



Krav Maga: Dominating Solutions to Real World Violence (Krav Maga, Self Defense, Martial Arts, MMA, Home Defense, Fighting, Violence)

George Silva

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Handle Street Violence with Krav Maga!

Are you ready to face an attack? Can you defend yourself and your family? Is it time to gain some new fighting skills?

With *Krav Maga: Dominating Solutions to Real World Violence*, you'll learn everything you need to know to use reasonable force to get out of trouble with minimal injury to yourself.

Learn simple but aggressive movements that punch straight to the heart of self-defense!

In *Krav Maga: Dominating Solutions to Real World Violence*, you'll learn the hand-to-hand combat system of the Israeli military. It was designed to be learned quickly and used effectively by people of all ages, genders, body types, and fitness levels. There are no rules, forms, or combinations of moves to learn – just simple self-defense techniques that use the body's natural reactions.

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In this insightful guide, you'll learn the philosophy and principles of Krav Maga. For example, Krav Maga techniques are easily adaptable to many situations. Instead of focusing on flashy techniques and perfect execution, this martial art gets *results* with aggressive, practical fighting techniques.

*You'll even learn how to use **impact weapons** with Krav Maga!*

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