



# **The Theory of Self Defence - An Introduction to Krav Maga Self Defence Lessons and Techniques**

*John Aldcroft*

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The theory of Krav Maga teaches that the main aim of using Krav Maga techniques is simply to unlock your body's natural weapons arsenal so that, should the occasion arise, you will be physically and mentally prepared to defend yourself or your loved ones.

Krav Maga teaches how to attack the body's vulnerable parts in order to best disable an opponent if necessary, with techniques that are simple, efficient and invaluable.

You will soon realise that despite its aggressive appearance, and the fact that it advocates a dirty fight without rules, it is only used to ease escape, protect your loved ones or prevent further injury to yourself and others.

But look, this book is all about the theory of self defence, so read on and if you like what you see, and in future you may like to think about training with us in person or in one of our planned online training courses?

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