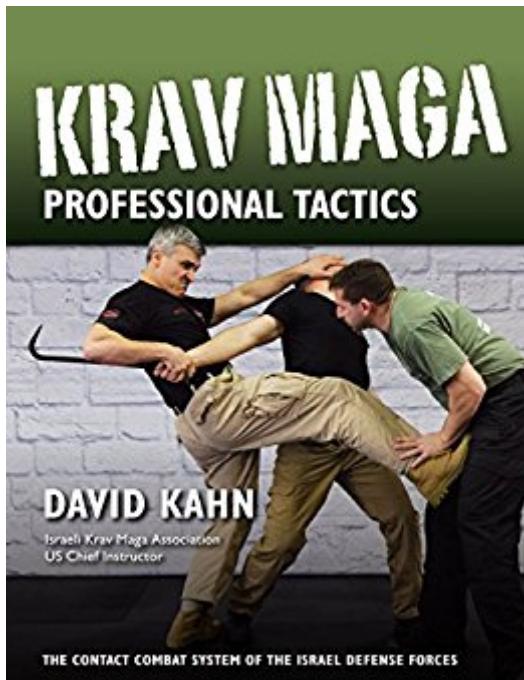


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# Krav Maga Professional Tactics: The Contact Combat System Of The Israel Defense Forces



## Synopsis

Israeli krav maga is the official self-defense system of the Israel Defense Forces. Krav maga training shares the same principles for civilians, law enforcement, and military personnel alike to deliver them from harm's way. Goals however, are different for law enforcement and military personnel. This book is designed for security-conscious civilians, law enforcement officers, military personnel, and security professionals alike who want to improve their chances of not just surviving an armed attack, but increase the odds of prevailing without serious injury. Krav maga's popularity in professional law enforcement, military, and security circles is attributable to its practicality, simplicity, quick retention, easy learning curve, and brutal effectiveness. This effectiveness is built on a few core tenets and simple building blocks. General principles are applied and customized to suit the needs of a dynamic violent situation. Contents include:

- Mind-sets, reactions, and tactics in response to violence
- The highest-level counters against multiple armed attacks and threats
- Core kick, clinch, and tackle defenses
- Core ground survival tactics
- Multiple-opponent strategies and tactics
- Impact weapon defenses
- Edged weapon defenses

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## Customer Reviews

I have served in the military for 16 years and law enforcement for eight. I have a background in martial arts and was a combatives instructor for two years. I personally witnessed standard training methods fail one of my buddies. He was taught to simply create distance and use firearms tactics. These methods didn't provide an adequate response in the heat of an edged weapon attack. Krav Maga is by far the best self-defense system due to its simplistic and practical nature. No other self-defense training is so effective and so simple at the same time. I have many times used elements from Krav Maga to fill gaps in the combatives curriculums I have had to instruct. When I first sought out Krav Maga training I found that there were many local places that seem to just teach ground and pound in there studio and call it Krav Maga. After researching the internet, I found that these local studios were far removed from the actual system itself. After seeking out the backstory on the system I found David's books and DVDs. Imi Lichtenfeld developed Krav Maga back in the 40s and passed the baton to Grandmaster Haim Gidon. Grandmaster Gidon is currently the highest ranking member of the IKMA. David Kahn was trained by Grandmaster Gidon. The curriculum taught in these books is straight from the source and untainted by pop culture. The great thing about these books and DVDs is that, with five books and four volumes of DVDs, there is way more than enough material to become an effective Kravist. With the right level of motivation and attention to detail you can be ready for any situation. I would recommend at least purchasing a gorilla pad, punching bag or finding a buddy to train with to make things easier. With that said, even without any equipment the techniques remain simple and effective.

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