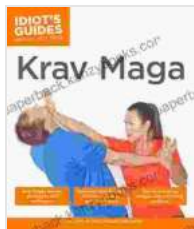


# Krav Maga Idiot Guides: The Ultimate Martial Arts Self-Defense Manual for Beginners

## What is Krav Maga?

Krav Maga is a martial art developed in Israel for self-defense. It is a practical, no-nonsense system that focuses on real-world situations. Krav Maga techniques are designed to be effective against all types of attackers, regardless of their size or strength.



## Krav Maga (Idiot's Guides)

★★★★☆ 4.1 out of 5

Language : English  
File size : 189107 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 431 pages  
Screen Reader : Supported



## Why Learn Krav Maga?

There are many reasons why you might want to learn Krav Maga. Here are a few:

- It's a great way to get in shape.
- It can help you build confidence and self-esteem.
- It can teach you how to defend yourself against attackers.

- It's a fun and challenging way to learn a new skill.

## **Who is This Book For?**

This book is for anyone who wants to learn Krav Maga. It is especially suitable for beginners, but even experienced martial artists can learn new things from this book.

## **What Will You Learn in This Book?**

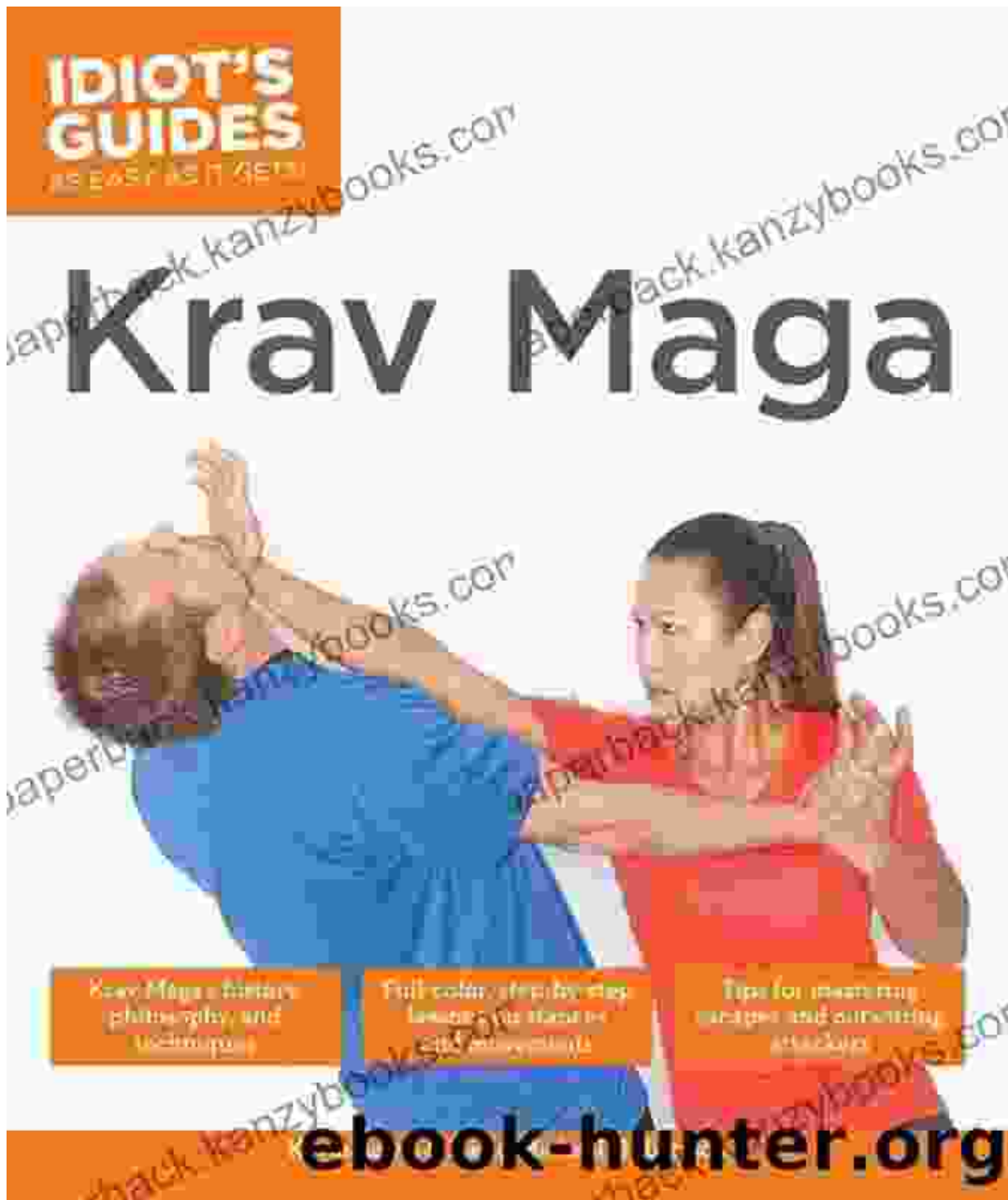
This book will teach you everything you need to know to get started with Krav Maga. You will learn:

- The basic principles of Krav Maga
- How to defend yourself against common attacks
- How to use Krav Maga techniques in real-world situations

## **About the Author**

The author of this book is a Krav Maga instructor with over 10 years of experience. He has trained thousands of students in Krav Maga, and he is passionate about helping others learn this life-saving martial art.

Don't wait any longer to learn Krav Maga. Free Download your copy of Krav Maga Idiot Guides today!



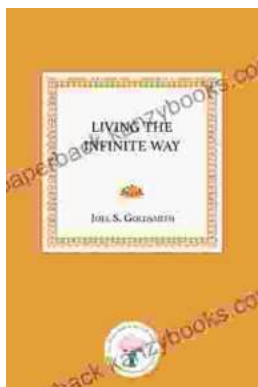
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