

# Krav Maga Handbook

*The author of this concise guide to unarmed combat and self-defence is a legend. W. E. Fairbairn (1885-1960) spent over thirty years in the tough environment of the Riot Squads of China's Shanghai Municipal Police. In order to lower levels of Police mortality at the hands of Chinese Tongs, he studied ancient Chinese and Japanese martial arts, including Ju-jitsu, and was the first foreigner to be awarded a black belt in the discipline. He developed his own system which he called 'Defendu'. At the outbreak of the Second World War, he was recruited by Britain's Special Operations Executive as an Instructor in unarmed combat and expounded the deadly mysteries of attack and defence to scores of trainee agents about to be dropped into occupied Europe. His methods were approved and officially adopted throughout the British army. Fairbairn also developed weapons and defence aids such as bullet proof vests. He is best known as the co-inventor of the famous Sykes-Fairbairn knife. In this book he expounds his distilled experience of unarmed combat. Fully illustrated, it shows how to deliver deadly blows with hand, fist, knee and boot; wrist, bear- and strangle holds (and how to break them); how to throw an enemy, and how to break their backs; how to disarm a pistol-wielding attacker; and securing a prisoner. The book also contains a chapter on the use of the rifle in close combat by Captain P. N. Walbridge.*

*Krav Maga is a modern and proven self-defense system. Easy to learn because it is based on natural reflexes, it is extremely efficient to use against one or more attackers. There is only one goal: to survive violent conflicts as unscathed as possible.*

*Developed by the Israeli army and formerly an insider tip in military training, this close combat system is booming worldwide. Krav Maga is not a traditional or competitive martial art but pure self-defense. It's all about survival. Its techniques are constantly*

*developed and adapted to current threat situations. In his book Krav Maga: Effective Techniques for Self-Defense, his second on this self-defense method, Carsten Draheim methodically explains more than 100 Krav Maga techniques for self-defense—including more than 300 detailed photos—by using the principles that make this system so successful. It includes information on both well-founded basics as well as advanced techniques, depending on the distance to the attacker. The effective techniques for self-defense in this book help to demonstrate what Krav Maga is all about, and it also includes exercise tips for more successful and safe execution and provides information to help the reader further develop the learned techniques, making this the official book on Krav Maga training.*

*This book is your ultimate Krav Maga resource. Here you will find the most up-to-date information, facts, quotes and much more. In easy to read chapters, with extensive references and links to get you to know all there is to know about Krav Maga's whole picture right away. Get countless Krav Maga facts right at your fingertips with this essential resource. The Krav Maga Handbook is the single and largest Krav Maga reference book. This compendium of information is the authoritative source for all your entertainment, reference, and learning needs. It will be your go-to source for any Krav Maga questions. A mind-tickling encyclopedia on Krav Maga, a treat in its entirety and an oasis of learning about what you don't yet know...but are glad you found. The Krav Maga Handbook will answer all of your needs, and much more.*

*Fantastic book and manual on the Krav Maga and the life of its founder Imi Lichtenfeld GM. All practitioners of this system of self-defense should be in possession. Master Gaetano Lo Presti, Italian, is considered among the world's greatest exponents of krav maga. President of WOKM Federation (World Original Israeli Krav Maga Federation). After the huge success of his first book "Krav Maga" addressed the Italian market, with this book*

*entirely in English, wants to disclose in the world, the history of this discipline and its founder.*

*"The Martial Arts of Life" Handbook 1st Kyu - White Lined Belt*

*The Personal Combat Handbook of the Taiwan National Police*

*The Elite Forces Handbook of Unarmed Combat*

*Krav Maga Training Manual: A Guidebook to Changing Your Life Through the Martial Arts*

*Training for Warriors*

*Filipino Martial Arts Knife Defense Training*

*Krav Maga Weapon Defenses*

Built from the skillsets and trainings of Songham Taekwondo, Aikido, Combat Sambo, Judo, Brazilian Jui Jitsu, Muay Thai, Krav Maga, Greco-Roman Wrestling, Shadow Boxing, Karate, Kung Fu, Persian Knife Techniques, Kali Baton-Stick Fighting, as well as other influence, Jinsei no Budō composes itself as a severely encompassing hybrid Martial Art and builds forward through involvement, training, growth, leadership, and devotion as well as tradition and ceremony.

As the official defensive tactics system of Israeli police, military, and elite special operations units, krav maga has proven its effectiveness from front lines and back streets to prisoner transport and "take no prisoners" missions. For the first time, "Black Belt Krav Maga" teaches and illustrates the discipline's most lethal fighting and self-defense moves in book format. These no-holds-barred street fighting techniques are designed to do one thing and one thing only: end a fight as quickly as possible by completely disabling an opponent.

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Extensive counterattacks are illustrated for the most dangerous situations, including neutralizing attackers armed with guns, knives, and other weapons. The program in Black Belt Krav Maga trains readers to function during the stress and shock of a sudden, violent encounter and react with a perfectly coordinated counterattack--quickly, automatically, and with deadly accuracy. Loren W. Christensen shows you over 300 ways you can add variety to your daily martial arts training routine. Whether you're a student looking for fun new solo drills to spice up your home training or an instructor in search of new ways to pump up your classes, this book has what you need. It is an incredible collection of drills, techniques, and exercises that will take your workouts to the next level. Organize your solo workouts to get maximum results from even the shortest training sessions. Improve your speed and power with dozens of inside tips and tricks. Beat boredom and get excited about your solo training sessions. Become a well-rounded fighter by adding essential skills your instructor may not be teaching you. Safely experiment with new techniques to find your ideal personal style of training. Get an edge on your opponents with training methods that will elevate your skills in the ring and on the street. Not only will you learn enough new training strategies and methods to keep you busy for years, but Loren W. Christensen's no-nonsense writing style

will get you up and moving, even on the days you'd rather skip your solo workout. This book is packed with insight, technique, and motivation. It will become your favorite training partner.

Provides lessons that anyone, regardless of strength or size, can use to neutralize an attacker in seconds, offering a variety of defenses against knife and gun attacks, as well as escapes from headlocks, choke holds and other tough situations. Original.

Kapap Combat Concepts

Martial Arts of the Israeli Special Forces

Complete Krav Maga

Police Kung Fu

An Illustrated Introduction

Jiu-Jitsu Strategies and Tactics for Self-Defense (Downloadable Media Included)

The Ultimate Guide to Over 230 Self-Defense and Combative Techniques

***A groundbreaking self-defense and fitness book for women by a ballerina-turned-self-defense expert. Learn how to become your own weapon of self-defense and fitness so that you can create and target your best life. After ballerina Avital Zeisler was savagely attacked as a young woman, she lived in fear—until she took action to train with experts in self-defense from around the world. Seeking a method specific to women and using Krav Maga as a base, she created her own self-defense program: the Soteria Method. It was an immediate sensation, and is now in demand by everyone from corporate executives to Hollywood stars—such as Amanda Seyfried, Megan Boone, and Keri Russell, to name a***

*few—who seek her classes both for the self-defense and for the intense, body-sculpting workout. Unique and empowering, Weapons of Fitness will help get you into incredible shape—and just might save your life.*

*Presents a training guide to krav maga weapon defenses, and includes information on weapon awareness training, control holds, defense against continuous attacks, and hostage situations.*

*Examines techniques used by special forces around the world: the lethal strikes of the Spetsnaz, locks and constrictions used by the Egyptian special forces, U.S. Army throws and holds, and elementary methods taught to Britain's Parachute Regiment.*

*Krav Maga Universal is one of the foremost Krav Maga Organizations in the world. Headed by Mr Ernie Kirk, a pioneer in self defense applications for the real world, KMU encourages a progressive approach to the world renowned system of unarmed and armed self protection, originally developed by the Israeli Defense Force. This handbook is designed to give students of KMU background information and theory behind the use of Krav Maga as well as a breakdown of Curriculum requirements for each rank. It is therefore recommended reading for all members of KMU and the Krav Maga and self defense community at large. This books contents were collated by Ernie Kirk and formatted by Paul Landreth-Smith with assistance from Tom Whitaker. These three form the Instructor Directors of KMU and guide the direction of training making it as relevant to modern needs as possible.*

*The Marine Corps Martial Arts Program  
Black Belt Krav Maga*

*Runners and Walkers Self Defense Handbook  
Brazilian Jiu-Jitsu Self-Defense Techniques  
Effective Techniques for Self-Defense*

*The Contact Combat System of the Israel Defense Forces*

***This instructional Brazillian Jiu-Jitsu book with downloadable video offers a complete guide to ground fighting principles and techniques to use when the fight goes to the ground. In a street defense scenario, the ground is a dangerous place to be. While it's a good idea to actively learn defensive strategies for ground fighting, it is important to put those skills into the context of how you want to use them. Whether you're an experienced submission-grappling competitor, a traditional martial artist training in a stand up striking style, or law enforcement professional, Ground Defense provides you with an essential system of self-protection for street-oriented ground scenarios. When the Fight Goes to the Ground establishes the risks and hazards of various ground defense scenarios, presenting effective strategies for neutralizing and minimizing them. You will learn a wide range of tools for defense, including the targeting of vital areas, body shifting/control techniques, and the concept of "weapons of opportunity." All of these***

***techniques are easy to learn and apply, providing an adaptable skill set for anyone, regardless of size, strength or gender. These tools are then shown in various combinations, with examples of how to use them against specific types of attacks, including simple hold-downs, ground and pound, submission grappling pins, chokes, arm locks, leg locks, knife attacks and multiple assailant scenarios. In addition, this martial arts book gives you useful training suggestions and regimens, addressing graduated skill development, challenges presented by different body types, and safety practices at all levels of training.***

***Learn to master ninjutsu techniques and the Budo warrior ethos with this informative and entertaining martial arts guide.***

***Welcome to the secret world of the ninja master! The Illustrated Ninja Handbook is your ultimate guide to the esoteric knowledge and teachings of the ancient Japanese shinobi. It provides ninjitsu devotees with the first detailed understanding of this shadowy and mysterious martial art form. This handbook contains step-by-step instructions that allow you to master the 40 most devastating ninja fighting techniques. It was created with the blessing of legendary***

***ninjutsu master Soke Masaaki Hatsumi, who taught for many generations in the Bujinkan School—generally recognized as the leading ninjutsu school in the world. The Bujinkan Dojo encompasses nine separate ryu-ha or martial arts schools that are based in Japan and headed by Hatsumi. Bujinkan ninjas use both armed and unarmed fighting techniques, with weapons such as swords, bamboo shinai, and staffs. They also learn to defend themselves unarmed against weapons attacks. Author Remigiusz Borda studied and taught Bujinkan ninjutsu for many decades, and in this book presents the unique system created by Masaaki Hatsumi—the 34th Grandmaster and head of the Togakure-ryu Ninjutsu lineage. The Illustrated Ninja Handbook is based on hundreds of years of actual ninja combat experience and contains the traditional knowledge of the legendary Shinobi warrior clan who were instrumental in helping found the Tokugawa Shogunate. An internationally renowned wrestler, boxer and gymnast, Imi Lichtenfeld recruited young men who shared his views, but his tactics were no match for armed adversaries. So he focused on creating a form of fighting that combined all the martial arts with a new way of thinking. Tracy Lee Thomas, a master teacher who***

***has been instructing students in the martial arts for more than thirty years, explores how Krav Maga evolved and how to use it to transform your life. He examines its core principles, including: Neutralizing threats: This is the first and foremost objective. Simplicity: The art consists of holds, strikes, and blocks that are simple and efficient. Defense and attack at the same time: By using both techniques in a single move, you can remove the threat as quickly as possible. Constant motion: The objective is to incapacitate the opponent with a continuous series of movements that are aggressively defensive. Master the moves of krav maga—the international self-defense and physical fitness sensation Increasingly popular around the world, krav maga is the renowned hand-to-hand Martial Arts defense fighting designed by the Israeli military forces. Swift, powerful, and simple, it is an effective method for fending off any kind of attacker—and it is also an amazing workout. Regardless of size, strength, and fitness level, anyone can master the essentials of krav maga—and reap the rewards of increased safety, confidence, and conditioning. With moves you can learn in as little as five minutes, or train and practice for long-term success, Krav Maga***

***covers all the below: \*What is Krav Maga all about \*Instruction on how to protect your body's vulnerable target and learn weapons defense combat \*Use an opponent's momentum to fuel your counterattack \*Escape all kinds of grips and holds \*Combine training punches, kicks, and other moves into a powerful conditioning workout---to lose weight, increase core strength, and improve muscle tone \*Use specially designed drills and a 12-week training program to become a kravist---a smart and prepared fighter Written by one of America's foremost krav maga experts, this exciting new guide opens the door to an empowering and important set of techniques that you or anyone can master. Krav Maga***

***□□□□□ Jinsei no Budō***

***Krav Maga Extreme Survival***

***The Martial Artist's Home Training Guide***

***Combatives for Street Survival***

***The Ultimate Mixed Martial Arts Workout***

***Hand-To-Hand Fighting Skills From The World's Elite Military Units***

Aikido and the Dynamic Sphere: An Illustrated Introduction provides a complete foundation in the practice of one of the most distinctive and effective Japanese martial arts. Aikido was created in Japan in the 1920's by Morihei Ueshiba, also known as Osensei. To possess the skills, techniques and

attitude of the true practitioner of aikido, one must achieve a very high level of integration of the powers of mind and body, the harmonious combination of physical means and ethical motives. By controlling body position and learning how to harmonize vital physical and mental powers, anyone (regardless of size, strength or weight) can fend off attacks using this sophisticated martial art. Written and illustrated by husband/wife team, Oscar Ratti and Adele Westbrook, Aikido and the Dynamic Sphere, with over 1,200 illustrations, includes many Aikido techniques in chapters such as: What is Aikido? The Foundations of Aikido The Practice of Aikido The Basic Techniques of Neutralization Advanced Practice And more!

Leading the reader through simple yet powerful, brutally effective methods of self-defense designed for use in myriad street crime scenarios, this guide explains the use of force continuum and teaches how to efficiently avoid potentially violent encounters through the use of "pre-incident indicators." The techniques depicted are credible, relevant, practicable, and utilized by members of elite military units and U.S. government personnel traveling abroad to high-risk areas of operation. The philosophy of "less is more" results in a succinct system of self-defense that is drawn from the author's experiences as well as the collective experience of his students around the world.

Krav Maga for Beginners A Step-by-Step Guide to the World's Easiest-to-Learn, Most-Effective Fitness and

Fighting Program Ulysses Press

An accessible primer on the disciplinary form's principles explains how to draw on street fighting skills in order to build self-defense capabilities and promote overall fitness, in a resource that includes coverage of such areas as strength training, fat burning, and escaping a threatening situation.

Original.

Your Ultimate Program for Self Defense

Easy and Effective Self Protection Whatever Your Age, Size Or Skill!

The Self-Defense Handbook

Self Defense Made Simple

Silat for the Street

Solo Training

The Women's Ultimate Guide to Fitness, Self-Defense, and Empowerment

**Marine Corps Reference Publication (MCRP)**

**3-02B. Marine Corps Martial Arts Program (MCMAP), is designed for Marines to review and study techniques after receiving initial naming from a certified Marine Corps martial arts instructor or martial arts instructor trainer. It is not designed as a self-study or independent course. The true value of Marine Corps Martial Arts Program is enhancement to unit training. A frilly implemented program can help instill unit esprit de corps and help foster the mental, character, and physical development of the individual Marine in the unit. This publication guides individual Marines, u leaders, and martial arts instructors/instructor trainers in**

***the proper tactics, techniques, and procedures for martial arts training. MCRP 3-02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors. Its role is to ensure standardized execution of tactics, techniques, and procedures throughout the Marine Corps. Although not directive, this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs. For policy on conducting martial arts training, refer to Marine Corps Order 1500.59, Marine Corps Martial Arts Program (MCMAP). WARNING Techniques described in this manual can cause serious injury or death. Practical application in the training of these techniques will be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training.***

***Are you a runner? Do you like to take walks? Have you ever thought about the dangers that could be lurking out there waiting for you as you go on your walk or run? Don't become a victim. Learn these street wise skills and techniques adopted for those who love to exercise outdoors taken from the best battle-tested combative arts system around; Krav Maga. You will feel stronger and more confident as you see that you can learn how to fight back against the bad guys out there. Don't let evil win.***

***Do you want to learn how to easily and effectively protect yourself - whatever your age,***

***size or skill?! The new #1 Self Defense Bestseller - Grab Your Copy Now! Discover 'Self Defense Made Simple' from Bestselling Self Defense Author Phil Pierce: Your blueprint for smarter, easier and more intuitive self-protection without the years of training or complicated lessons. Do you want to learn how to ensure you never get hit using one special technique? Or how to use psychology 'hacks' to prevent violence before it happens and stay in control? Learn how to really use everyday objects as weapons (90% of people get this wrong!) Discover the truth behind pressure points - and how you can use them How to defend yourself against the most common attacks How to use the powerful self-defense tools your body already has Learn the exact exercises you can use to quickly and easily build a 'self-defense body' How to find the weak points on an attacker...that you can exploit! How to choose the perfect self-defense class (and which ones are just wasting your time) Understand how to identify a threat before it ever happens How to avoid the No.1, life-threatening self-defense mistake And more! Based on the tactics of Self-Defense experts, top Martial Artists and security personnel the simple techniques included are all designed to enable you to stay safe on the streets whatever your age, size or skill! Ever wondered what it takes in a real life or death situation to make the right choices? Or how to dominate any violent encounter on the streets without even throwing a punch? You may be surprised at the***

**answers... Get Your Copy Now! Tags: Self Defense, Self Defence, Martial Arts, Self Protection, self defense Weapons, Self Defense for Women, Self defense tips**

***Brazilian Jiu-Jitsu is a guide to the most effective and devastating techniques in popular martial arts by World Champion and Brazilian Jiu Jitsu legend Alexandre Paiva. The book contains over 1,000 full-color photographs demonstrating the moves that made the author the most feared competitor in BJJ circles and now one of the most sought-after instructors. Jiu-Jitsu or Jujutsu came into prominence in the early 90's when jiu-jitsu expert Royce Gracie won the first, second, and fourth Ultimate Fighting Championships against much larger opponents who were using other styles such as boxing, muay thai, karate, and wrestling. Since then it has become one of the most popular styles in MMA due to its focus on ground fighting. Learn the techniques that have proven dominant in Brazilian Jiu-Jitsu tournaments and in the Mixed Martial Arts cage: Takedowns The Closed Guard Passing The Closed Guard Butterfly Guard Open Guard Pass Side Control Half Guard Back Mount With sections devoted to both gi and no-gi techniques, whether training for a Brazilian Jiu-Jitsu tournament or a Mixed Martial Arts fight, Brazilian Jiu-Jitsu is one book no true competitor can afford to miss.***

***Krav Maga for Beginners***

***The Best Street Fighting Moves and Self-Defense Techniques***

***SAS and Elite Forces Guide Extreme Unarmed***

**Combat**

***The Krav Maga Handbook - Everything You Need to Know about Krav Maga***

***Weapons of Fitness***

***Brazilian Jiu-Jitsu***

***Hidden Techniques of Ninjutsu***

BECAUSE NOT ALL KRAV MAGA IS THE SAME TM 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 Firearm disarms and retention Includes 954 detailed photographs The most up-to-date tactics presented in this book focus on the most common violent scenarios. These techniques derive from the author's translation of the Israeli Krav Maga Association (IKMA) curriculum. The IKMA is the governing body for krav maga,

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recognized by the Israeli government and headed by Grandmaster Haim Gidon. Responsible people seek krav maga training as a shield against violence.

Teach Yourself Knife Defense! Discover how to use the "block/grab" knife defense system developed by GM Larry Alquezar. This training manual is packed with knife-flow drills and other exercises. Develop your Filipino knife defense skills, because these techniques are generations old. Get it now. **IMPORTANT:** Trying to disarm a knife wielding attacker is extremely dangerous. The techniques in this book are for Martial Arts enthusiasts and are NOT meant for real life situations. One of the Best Filipino Knife Defense Books Around \* 40+ knife disarming techniques. \* Knife training flow drills so you will be able to apply the techniques instinctively. \* Disarm, induce pain, break his limb, and/or make him stab himself. \* Techniques for all angles of attack. ... and much more! Limited Time Only... Get your copy of Practical Escrima Knife Defense today and you will also receive: \* Free SF Nonfiction Books new releases \* Exclusive discount offers \* Downloadable sample chapters \* Bonus content ... and more! Teach yourself knife defense today, because these are the secrets of GM Larry Alquezar. Get it now.

"Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga." – Imi Lichtenfeld, founder of Krav Maga

**THE TOP-SELLING GUIDE TO KRAV MAGA IN AN UPDATED AND EXPANDED EDITION**

All the defense moves in Complete Krav Maga—from beginner Yellow Belt to advanced Black Belt—are described in depth and illustrated with step-by-step photos:

- **BEGINNER:** Punches, kicks, knee strikes and defense movements
- **INTERMEDIATE:** Counterattacks against knives, guns and sticks
- **ADVANCED:** Advanced strikes and ground fighting techniques

Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav

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Maga teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant's vulnerabilities.

Master the effective, practical style of Kung Fu practiced by the Taiwanese police with this illustrated martial arts guide.

Police Kung Fu: The Personal Combat Handbook of the Taiwan National Police is a comprehensive approach for the realistic use of traditional kung fu by law enforcement and corrections officers—and ordinary citizens—to maximize personal safety while minimizing the necessary use of force.

Lavishly illustrated with photographs of Taiwanese police officers systematically demonstrating tactics that have been used with great effect for several decades in Taiwan, Police Kung Fu teaches responses to unarmed attackers and to attacks with guns, knives, and assorted clubs and other weapons, as well as police baton techniques for individual and crowd control. With a thorough grounding in traditional Wing Chun kung fu, renowned for its direct power and speed, the police training demonstrated in this volume is readily adaptable to a wide variety of controlled-force situations.

Police Kung Fu is a great resource for every law enforcement professional and those interested in the martial arts and self defense.

When the Fight Goes to the Ground

Easy to Learn, Dynamic Self Defense Survival Tips

Hard-Core Countermeasures for High-Risk Situations

KMU Student Handbook

Imi Lichtenfeld - The Grand Master of Krav Maga

An Essential Guide to the Renowned Method--for Fitness and Self-Defense

Elite Techniques of the World's Most Powerful Combat System

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The result of extensive research, including an analysis of over 140 active shooter/killer incidents, Krav Maga Extreme Survival provides an apolitical view of personal safety—concentrating on practical methods to survive violent situations. In his third book, Gershon Ben Keren explains how Krav Maga techniques can be used to survive some of the most relevant, extreme situations including carjackings, home invasions and attempted mass killings. The book also details predator profiling methods to aid in the prediction, prevention and avoidance of violence. Demonstrating effective solutions that have been tried and tested in both the real world and through reconstructions of real-life events, each section of Krav Maga Extreme Survival presents detailed instructions alongside a series of photographs that show how to defend yourself and others against: Attacks in workplaces, homes and public places Instances of domestic violence including violent and abusive relationships Assailants armed with knives, handguns, long barrel firearms,

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explosives, and improvised weapons  
Attacks in cars and other confined and  
restricted spaces Vehicular rammings  
Unarmed attackers One-on-one assaults  
and attacks targeting a group  
Emphasizing a dynamic assessment of  
your environment, combined with a rapid  
response, Krav Maga Extreme Survival  
teaches practitioners to neutralize an  
assailant's advantage early, before the  
situation escalates.

The ultimate guide to Israeli combat  
and defense strategies

Three leading Krav Maga instructors  
outline a street-tested program for  
women on how to defend themselves while  
neutralizing an attacker, explaining  
how to use the Israeli personal defense  
system to turn an aggressor's size and  
strength against him while providing  
illustrated guidelines for life-saving  
strikes, kicks and throws. Original.  
Contains photographic sequences and  
instructions for over 230 movements  
from the Krav Maga, the self-defense  
system of the Israeli Defense Forces.

Krav Maga for Women

A Step-by-Step Guide to the World's  
Easiest-to-Learn, Most-Effective

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Fitness and Fighting Program  
SAS and Special Forces Self Defence  
Handbook

Krav Maga Tactical Survival  
All-in Fighting

Practical Escrima Knife Defense

The Book of Krav-Maga - The bible

**Krav Maga Tactical Survival** presents proven solutions to dangerous, real-life situations. Krav Maga is the official self-defense system of the Israeli Defense Forces and has been battle-tested by police, armed forces, private security personnel and security-minded individuals around the globe for 60 years. Krav Maga teaches you how to quickly size up a dangerous situation and neutralize your attackers before they gain the upper hand. This martial arts book is full of examples of real-world life-threatening situations, and in each case the clear, step-by-step photographs and text illustrate an effective solution—showing you how to disrupt your attacker's strategy, disarm them, damage or destroy their ability to harm you, and quickly disengage so you can move to a more secure location. Krav Maga Tactical Survival covers the following essential techniques: Upper Body Combatives (hammer-fist strikes, hook punches, head-butts, front kicks and more) De-escalation techniques Spooling knife and firearm draws Neutralizing knife and firearm attacks Dealing with unarmed attacks (clothing grabs, chokes and bear hugs) Executing pick-ups and throws

Burton Richardson's **Silat for the Street** blends the most brutally efficient silat techniques with the training methods and tactics of elite-level MMA. The reader will learn how to defend against larger, stronger, trained attackers, including those with an MMA background. **Silat for the Street** is a

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functional, practical book for: \* The pencak silat practitioner who wants to learn the important details that make silat work and how to apply the art against a trained MMA fighter. \* The MMA practitioner who wants to learn a system of true street self-defense that blends very well with MMA training, and how to alter their sport training to be street effective. \* The traditional martial artist who wants to learn another method that is highly adaptable and is open to another perspective on highly functional street self-defense. \* The beginner martial artist who wants to learn in a well-organized step-by-step presentation. \* The advanced martial artist who wants to understand the minute details that make silat work and to learn how to apply the art against an MMA-trained fighter. Silat for the Street differs from other silat books by focusing on practical fighting applications instead of just displaying the "artistic" but often nonfunctional portions. Richardson is know worldwide for using his background as a scientist to rigorously test the techniques of various arts in the crucible of combat against top MMA athletes. People trust Richardson's findings because they know he only shows what works under pressure. His ability to organize and explain detailed concepts in an easy-to-understand way makes the book accessible to individuals of all levels of expertise. It is the only book of its kind on silat.

Teach Yourself Self-Defense! Inside this four-part self-defense training manual, you will learn: \* The Principles of Self-Defense. The information in this section is more valuable from a self-defense point of view than any of the individual techniques. \* Basic Self-Defense Techniques. Simple and effective moves to escape your attacker(s) and get to safety. \* Advanced Strikes & Strategies. Use these tactics when the basic self-defense techniques are too aggressive, such as in a "friendly" pub or schoolyard brawl. \* Weapon Disarms. Advanced lessons on how to disarm an attacker and fight

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multiple opponents. This is the only self-defense training manual you need, because these are the best street fighting moves around. Get it now. Discover Real Street Fighting Tactics \* The best target areas for self-defense and which strikes to use. \* How to achieve street fighting knockouts. \* Ground fighting techniques for self-defense. \* Easy to apply strategies for attack and defense. \* The correct way to use choke holds and how to escape them. \* The best self-defense objects from everyday items. \* Weapon vs weapon street fighting training. \* How to adapt what you learn to any situation. Adapted From Proven Street Fighting Styles This no-nonsense self-defense training manual focuses on the most effective techniques from a wide variety of martial arts, including (but not limited to): \* Jeet Kune Do (Bruce Lee's martial art) \* Vortex Control Self-Defense (eclectic self-defense) \* Kali/Escrima Arnis (Filipino weapon-based martial arts) \* Wing Chun (efficient Chinese martial art) \* Krav Maga (Israel military) \* Systema (Russian military) \* Mixed Martial Arts (strikes and ground fighting) ...and more. Limited Time Only... Get your copy of The Self-Defense Handbook today and you will also receive: \* Free SF Nonfiction Books new releases \* Exclusive discount offers \* Downloadable sample chapters \* Bonus content ... and more! Teach yourself self-defense that works, because this is one of the best street fighting books around. Get it now.

Duck punch, cover block and knee strike. Boxing, wrestling and Ju-Jitsu. Gameplan, lines of attack and final disengagement. If taking flight isn't an option, fighting is a necessity. Extreme Unarmed Combat is the authoritative handbook on an immense array of close combat defence techniques, from fistfights to headlocks, from tackling single unarmed opponents to armed groups, from stance to manoeuvring. Presented in a handy pocketbook format, Extreme Unarmed Combat's structure considers the different

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