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Product Description This is the popular "I Learn Krav Maga" FEKM Krav Maga training manual collection by Richard Douieb which also exists as a set of companion DVD's DVD for every belt level. These manuals will allow you to understand the fundamental Krav-Maga techniques through a series of detailed pictures and practical advice.

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Your own krav maga training must be as real as (safely) possible. By using a protective helmet, gloves, and other protective gear, you can practice at a live speed. The way you practice is the way you will perform. Aim to build full force muscle memory reactions into all of your defenses and combatives.

Krav Maga (/ k r a : v m ə ' g a : /; Hebrew: קרב מגע [kʁav ma'ga(?)], lit. "contact combat") is a military self-defence and fighting

system developed for the Israel Defense Forces (IDF) and Israeli security forces derived from a combination of techniques sourced from aikido, boxing, wrestling, judo, and karate.. Krav Maga is known for its focus on real-world ...

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