

KRAV MAGA

*The only
authorized guide*

**The Original Israeli System of
Self-Defense and Practical Fighting Skills**



HOW TO DEFEND YOURSELF AGAINST ARMED ASSAULT

**Imi Sde-Or (Lichtenfeld), Founder of Krav Maga
Eyal Yanilov, Chief Instructor**

Imi Sde-Or

Krav Maga: How to Defend Yourself Against Armed Assault



[continue reading](#)

Initially developed by Grandmaster Imi Sde-Or (Lichtenfeld) for the Israel Protection Forces and other nationwide security providers, Krav Maga has been thoroughly adapted to meet up civilian needs. Krav Maga is today's cutting edge self-defense and hands to hand combat program. This is actually the first and just authorized extensive manual on the Krav Maga discipline, compiled by its founder, Imi Sde-Or, and his senior disciple and follower, Eyal Yanilove. The technique was designed so that ordinary citizens, youthful and old, men and women alike, can successfully utilize it, regardless of their physical strength. This volume especially targets the various areas of dealing with an assailant armed with a sharp-edged weapon, a blunt object, or a firearm.



[continue reading](#)

Nice Reference which could Have Been Better. The annals of Krav Maga will be there for all of us amateur historians, too. While I like the counters, and believe that they will function, a motivated attacker will never be dissuaded due to the fact his pet technique fizzled the very first time. This makes it a great review and practice tool. It is better than a number of the overly optimistic products I've seen, but it would be so much more effective if it was included with an explanatory Dvd and blu-ray within the cover to address the more involved methods, etc.

Excellent Book for Beginners to Advanced What I appreciate about Krav is its orientation towards defense against the unexpected. The source by the people who began krav maga pleased I read it great book This book is from the source by the guys who started krav maga glad I read it great book.. It is also a great equalizer for ladies where obtaining a little distance or a 1 second head start would be the difference between get away and ending up in a dumpster. The risks it addresses are not abstractions to the residents of most of our large towns. The morgues are full of great men and women who passed away brutal deaths as a result of street thugs. There exists a chapter about expedient improvised weaponry and two chapters in using the stick mainly because a defensive tool. For most women who are pressured into cars by strangers it's the last trip of their life (see Gift of Fear). Five Stars Great Book. There's no replacement for training. But this reserve really helps to reinforce what you have discovered and prepare you for another lessons. My initial hand-to-hand combat trained in the Marines got a different purpose-eliminate the other guy first because I was in a desperate situation and unarmed against an enemy who was simply duty-bound to destroy me. Police use the force necessary to subdue and apprehend. However, there is a lot more in the publication. An absolute must have for all interested in Serious weapons protection. The expert systems take a long time to understand and consistently dedicated refresher teaching to retain, however when mastered tend to be more effective compared to the idiot systems. Ideally I will never be asked to disarm a man holding a grenade with the pin pulled. It's a worst case situation left to those who must deal with such things. The photos are clear and helpful. The constant outfit of the attacker and defender make it simpler to understand. The book is user-friendly, however, with apparent, quality gray scale images and photos. Most Important Book in English on Krav Maga Weapons Defense. Unless written by the master under whom they study there will always be conflicts and inconsistencies. Will the book consider you off the sofa and prepare you meant for deadly combat in 10 days? - no. Will it help you absorb and improve everything you are learning and also have learned in course? YES. Will it assist you to understand and appreciate what's possible? YES Will it help to review what you learned years earlier YES. Strongly suggested. My sense is certainly that many of the reviewers are looking for the same perfection they shoot for in martial arts in a book. With over 30 years of Martial

arts teaching under my belt, learning from and instructing various special operators, and Krav maga Instructor, this is the most IMPORTANT book written in English about armed attacks from a Krav Maga perspective. The additional 75% represents a range from a preview of what I will be learning to stuff that is normally and will always be considerably beyond my competence. Security is emphasized, though not as "secure" as litigation-conscious American commercial schooling centers and their legal advice would feel convenience with. Krav Maga can be a "combatives" system of hand-to-hand combat.. The idiot systems are quick to learn and an easy task to retain and effective when used ruthlessly. However, it really is 100% interesting. I prefer the idiot systems, myself. Each part of the technique is detailed. I have to explain that my history is military-hand-to-hand fight includes both unarmed fighting and weapons found in close quarter fight.NOTE: this is a publication about self defense-"do not get hurt" and "take action correctly" are two of its principles.I found 25% of the book to be helpful mainly because overview of what I was learning in course. This book doesn't particularly teach you how exactly to kill-the emphasis is certainly defensively getting rid of the threat long enough to flee. The target market of the book isn't the police officer charged with apprehending a violent criminal or the soldier confronted with an enemy who should be killed or disabled instantly (if not sooner)-this reserve is targeted at the personal citizen who counters the assailant's attack. Speaking as a 40+ season practitioner of the protective arts, I wouldn't be prepared to give this to total novices and anticipate them to reasonable well attempting these methods on their own--they have to have some existing knowledge and understanding of general self defense basics to essentially benefit. Sometimes, because the text message says, "if someone comes to kill you, kill him first. I will not be proficient more than enough to both avoid obtaining killed by multiple armed assailants and to stop deadly power assaults without actually hurting them."Sorry." Krav Maga is a protective art (Sambo is much more unpleasant) and the purpose of "Defend Yourself Against Armed Assault" can be "Become proficient, so you won't have to destroy. I am not Superman. The methods in this book do provide me lesser push options because not every assault can be a deadly power situation. I sensed that it needed better instructional images. other Krav Maga achievement stories. The Page 93 and Page 108 stories of self-defense are compelling because they cover people foolishly misusing handguns and successfully disarming them without injury to either defender or careless person. Many self-defense complications do not need that the defender eliminate the attacker. The publication was worthwhile for that only. Private citizens use the force needed to quit the assault-not always a "deadly force" assault, but will you stand still while somebody pounds on you? In the two instances talked about in the sidebars on pages 93 and 108 people were fooling around with loaded guns, not going to hurt anybody. The text gives

guidelines on training without an instructor, but I recommend an impartial referee both for basic safety and to improve training efficiency. a chess grasp who loses many chess fits to a "no one" (the moral: "under no circumstances underestimate your opponent"); Diane's use of a fire extinguisher because tear gas wasn't available; Several "real-life stories" testify to the potency of Krav Maga as a combatives system. In many of these situations there is a moment in time when escape might have been possible, particularly when the attackers are using medications. The illustrations are obvious and concise. These idiot systems consist of combatives such as for example Krav Maga, Russian Sambo, and the various hand-to-hand combat systems used by the world's militaries.. Various other sidebar antecedents: an armed soldier attacked at close range--and using hand-to-hand combat techniques to gain plenty of time and space to charge his rifle (armed service people usually have "unloaded weapons" when about sentry duty to limit accidental discharges, a practice that is often ignored in high-threat areas) and shoot his knife-armed attacker; There exists a chapter devoted to establishing a training program and training site. Great protective techniques and philosophy, but greater force may be needed Krav Maga: How exactly to Defend Yourself Against Armed Assault is straight from the horse's mouth. Decent Krav Maga instructional--if you understand something about basic techniques of blocking, impressive, and applied forces. A great many other books about hand-to-hand combat exist. I can train with this one. I would like an index, but I can use this as a defensive teaching textbook. My sole reservation is definitely that I might need to move up the power spectrum when purely protective techniques prove inadequate. Five Stars Ok MMA Good insight into Krav Maga Five Stars Must read if you're into fighting techniques. As a professional friend who is also a Deputy Sheriff part time commented, when secs count, the police are only minutes away. Imi's story, although a small part of the publication, is inspirational. yes! such as this book a lot! yes! good! .. It's a period of something that functions through its use of instinctive and forceful actions. One minute you are walking to your car and the next you are becoming attacked or forced into another car. Much less detailed as We had hoped. meh... it's okay. I refer to fighting systems as "idiot systems" and "expert systems"--not very flattering, I understand. I could train from this book, given a training partner and a referee. "How to Defend Yourself Against Armed Assault" covers counters to knives, guns, sticks, and hands grenades.



[continue reading](#)

download free Krav Maga: How to Defend Yourself Against Armed Assault
djvu

download free Krav Maga: How to Defend Yourself Against Armed Assault
pdf

[download free Earthquake Survival: Prepare For & Survive an Earthquake
\(Urban Survival Series\) e-book](#)

[download Tornado Survival: Prepare For & Survive a Tornado \(Urban
Survival Series\) ebook](#)

[download free Jeanne Rose: Herbal Body Book: The Herbal Way to Natural
Beauty & Health for Men & Women txt](#)