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Krav Maga (/ k r ə : v m ə ' g ə : /; Hebrew: קְרַב מַגָּא ['krav 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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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.

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David Kahn Krav Maga

Kahn has authored seven Krav Maga books with two of his books having won national book awards. The books in order of publication are Krav Maga: An Essential Guide to the Renowned Method -- for Self Defense and Fitness | Advanced Krav Maga-- The Next Level of Fitness and Self-Defense | Krav Maga Weapon Defenses | Krav Maga Professional Tactics | Krav Maga Defense -- How to Defend Yourself ...

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