

# KRAV MAGA

## Israeli Unarmed Fighting System



### Introduction

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## History



- The history of Israeli Fighting systems dates back to 1919, with the implementation of the British Mandate. In this same year the Jewish people formed an underground army known as the Haganah (the Hebrew word for defense) to deal with the ongoing conflict with various terrorist gangs, and in anticipation of the creation of a Jewish state promised to them by the British in the Balfour Declaration. Throughout its existence since that time, the little region in the Middle East now known as Israel has had to fight daily in order to survive.

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# What Is Krav Maga?



- Krav Maga is not a martial art. It is considered by many experts to be the most devastating fighting system in the world. In Krav Maga, you'll learn to defeat attackers (even multiple attackers) armed with knives, guns, bottles, sticks, baseball bats etc. Additionally, you'll learn how to debilitate your opponent immediately irrespective of his size, training background or experience level. Most importantly, you'll see immediate results.

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# Weak Points in Human Body Anatomy

Weak body points:

1. Eye
2. Nose
3. Ear
4. Throat
5. Groin
6. Quadriceps
7. Knee
8. Shin
9. Foot (top)



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# Basic Stances

- Stances
- Blows
- Kicks



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# Survival



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# Blows

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# Knife Attacks

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# Gun Attacks

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