KRAV MAGA

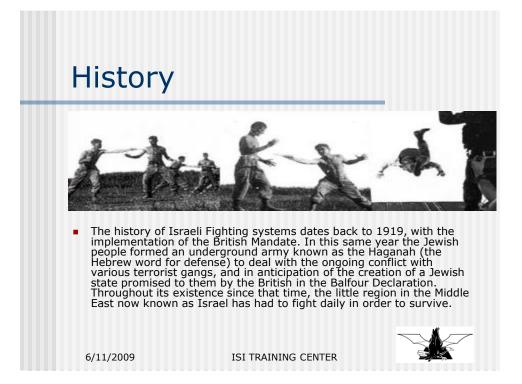
Israeli Unarmed Fighting System



Introduction

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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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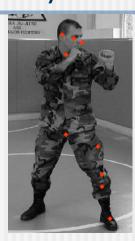
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Weak Points in Human **Body Anatomy**

Weak body points:

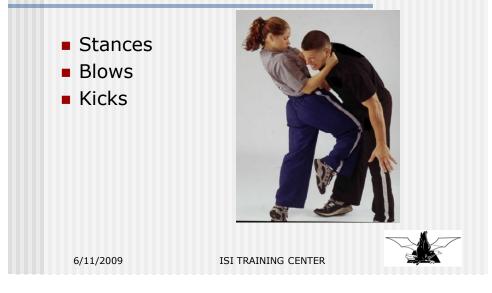
- 1. Eye
- 2. Nose
- 3. Ear
- 4. Throat
- 5. Groin
- 6. Quadriceps
- 7. Knee
- 8. Shin
- 9. Foot (top)

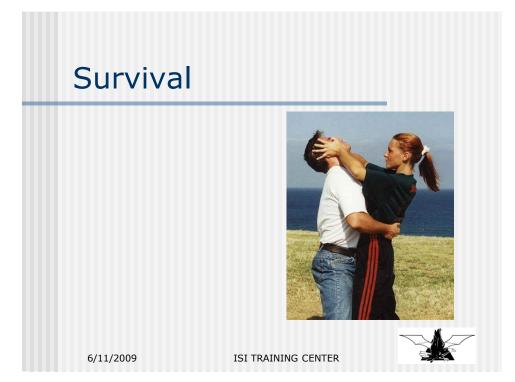


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Basic Stances





Blows

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Knife Attacks



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Gun Attacks



