



Idiot's Guides: Krav Maga

Kevin Lewis, David Michael Gilbertson

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Idiot's Guides: Krav Maga will not only define what it is, but also review the principles and systems of techniques and training to ensure survival. Combining in-depth information and easy-to-understand illustrated instructions, this guide will be a wonderful tool to help train both men and women on how to protect themselves, deal with threatening situations, and reverse dangerous situations where they're at a disadvantage.

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