

Krav Maga Training Manual

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Krav maga - black belt

Krav maga is a brutal hybrid form of martial arts hand-to-hand combat that was founded by Imi Lichtenfeld (1910-1998). It is based on Imi Lichtenfeld

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Krav maga

History of Krav Maga. Krav Maga was developed by Imi Lichtenfeld in late 1930 s for the Jewish community that was being attacked by Nazi supporters in Europe.

Warrior defense fitness | krav maga kick boxing

The Krav Maga system is based on a simple and effective self-defense system that emphasizes instinctive movements, practical techniques and real-life training scenarios.

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