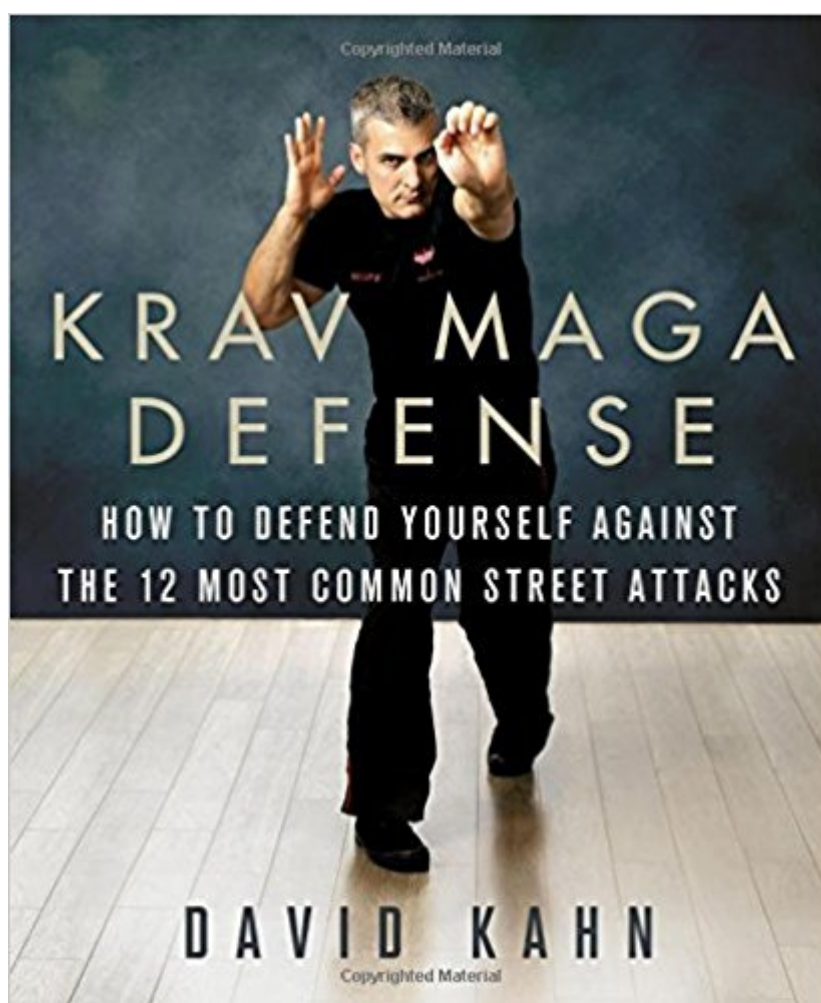


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Krav Maga Defense: How To Defend Yourself Against The 12 Most Common Unarmed Street Attacks



Synopsis

David Kahn, U.S. Chief Instructor of the Israeli Krav Maga Association, is back again with Krav Maga Defense: How to Defend Yourself Against the 12 Most Common Street Attacks. Created by the Israeli army for self-defense, krav maga is gaining popularity around the world—especially here in the United States. Kahn is a self-defense expert, teacher, and served as a board member of the original Israeli Krav Maga Association. Kahn will teach you how to gain the upper hand in the twelve most common unarmed street attacks the average person is likely to encounter. He will show you how to outmaneuver takedowns, rear chokes, ambush attacks, sucker punches while texting, knees to the groin, among other street safety skills. Kahn has instructed everyone from members at the local Y to executives, celebrities, and all major federal U.S. law enforcement agencies, as well as all five branches of the U.S. military. His simple, no-nonsense approach to self-defense is perfect for men and women of all fitness levels. Don't become tomorrow's headline; Krav Maga Defense will teach you to protect yourself today.

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Customer Reviews

Timing Kick Defenses Against Punches As you recognize the attacker begin to coil his shoulder, and step toward you, begin to pivot on the ball of the foot of your rear (right) leg. This begins to transfer your weight forward as you extend your forward (left) leg through the attacker's groin. Note: this pivot is already primed and in place as you stand in your low ready de-escalation position with your weight placed on both balls of your feet. As you

deliver the straight kick, launch your left leg forward naturally as you would kick a bouncing ball. Do not pull your knee up abnormally and then thrust your leg out.

Timing Kick Defenses Against Punches 2 Be sure to raise your arms up as this helps pull your body weight forward while also placing you in a proper fighting stance to continue your counterattack as needed. Curl your toes and kick with the ball of your foot. Kick your attacker in the knee, groin, or midsection as the attacker tries to deliver a straight punch (or any other type of upper-body attack). Follow up with additional retzev counterattacks as necessary. Importantly, you could also use your rear right leg, provided you recognized the incoming attack in time to launch the rear kick.

David Kahn, Israeli Krav Maga Association (Gidon System) United States Chief Instructor, is the only American to sit on the IKMA board of directors. David has formally trained all five branches of the U.S. military, the Royal Marines, in addition to federal, state, and local law enforcement agencies including instructors from the Marine Corps, Army, Navy, FBI, DEA, U.S. Marshals, NJSP, and Philadelphia PD, along with celebrities, executives, and other clients. He is the author of Krav Maga, Advanced Krav Maga, Krav Maga Weapon Defenses, and Krav Maga Professional Tactics. David also created the DVD companion set Mastering Krav Maga: Defending the 12 Most Common Unarmed Attacks. David and his partners operate several Israeli krav maga training centers along with the IKMAP affiliate instructor program. A graduate of Princeton University, he lives in New Jersey.

I had the privilege to meet David about a year ago and train with him multiple times. I have purchased all of his books and the same high level of instruction that he provides in person is evident in his books. David breaks techniques and concepts down into easy to follow instructions. Well written and easy to follow, I have not come across a better set of books for self defense techniques that are both easy to learn and highly effective.

I highly recommend that any kravist should purchase this book. David Kahn has once again authored another well written, easily understood publishing with photographs that visually depict the true defensive executions of the Israeli Krav Maga Gidon System. The explanations of practical applications of Israeli Krav Maga defensive tactics are complimented by sound written instruction along with the book's plethora of step-by-step photographs in each chapter. All levels of Krav Maga

practitioners are benefited by this publication. I can attest to the efficacy of the contents of this book as I have trained under David Kahn's instruction. I would caution kravists against publications by any system other than the IKMA Gidon System. These splinter "krav maga instructors" have strayed from certain basic principles established by Imi Lichtenfeld & Grandmaster Haim Gidon. Excellent book.

Exceptionally well written book by an author who is a Princeton grad and an acknowledged Expert in Israeli Krav Magazine. No-nonsense approach to self-defense for any age or physical condition. I have practiced Aikido for 3 decades but find this style of self-defense intuitive & effective. Author's story is worth noting. Highly recommended read. I purchased his Krava Mega CD's as well.....

I have been studying combat arts for over 20 years. David lays the book out in a easy to read and study format allowing for a quick and easy reference on the techniques he has in put in the books. I use them as a training aid for my security team as well as my own family. I highly recomend them to anyone intrested in Krav Maga.

Very useful for information. Good information on the mind set of being aware of you situation and your surrounding. (full disclosure, he once gave a class I took)

Very interesting style, will be very effective in protecting one self and family members

It was okay and certainly gives you some practical options for self defense, the key is to go to your Krav dojo and actually practice the various moves, otherwise, it is just head knowledge.

I haven't finished the book yet but I really like the clear simple away everything as stated. The information is relevant and applicable I like the book.

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