



Complete Krav Maga: The Ultimate Guide to Over 250 Self-Defense and Combative Techniques

Darren Levine, John Whitman

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“Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga.” –Imi Lichtenfeld, founder of Krav Maga

THE TOP-SELLING GUIDE TO KRAV MAGA IN AN UPDATED AND EXPANDED EDITION

All the defense moves in Complete Krav Maga—from beginner Yellow Belt to advanced Black Belt—are described in depth and illustrated with step-by-step photos:

- **BEGINNER:** Punches, kicks, knee strikes and defense movements
- **INTERMEDIATE:** Counterattacks against knives, guns and sticks
- **ADVANCED:** Advanced strikes and ground fighting techniques

Based on the principle that it is best to move from defense to attack as quickly as possible, *Complete Krav Maga* teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant’s vulnerabilities.



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