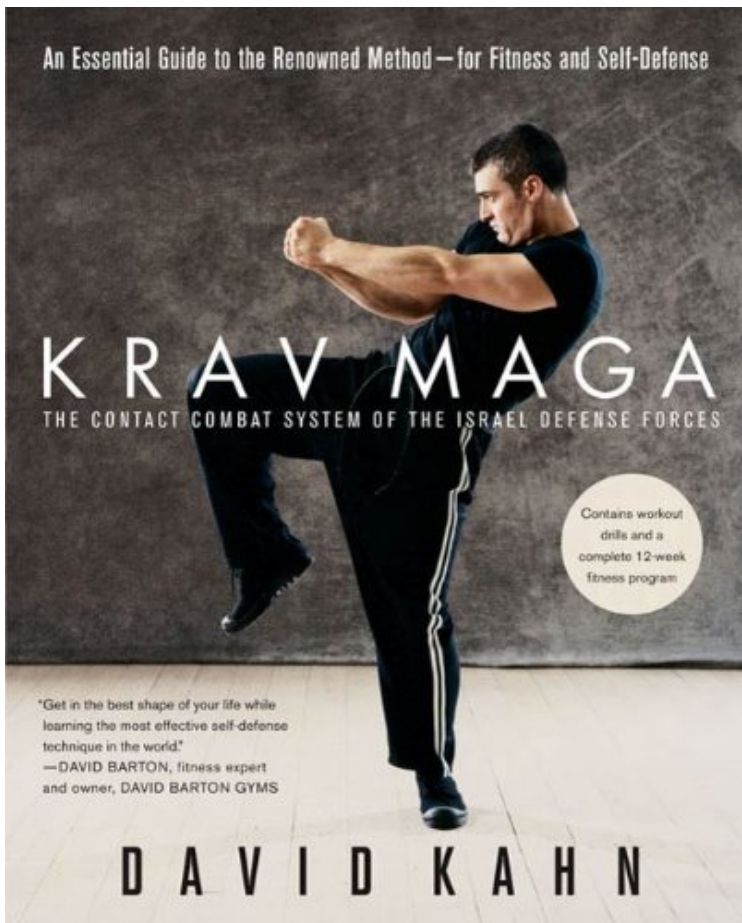


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Krav Maga: An Essential Guide to the Renowned Method--for Fitness and Self-Defense



Par David Kahn

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- *What is Krav Maga all about*
- *Instruction on how to protect your body's vulnerable target and learn weapons defense combat*
- *Use an opponent's momentum to fuel your counterattack*
- *Escape all kinds of grips and holds*
- *Combine training punches, kicks, and other moves into a powerful conditioning workout---

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James Gandolfini, actor (The Sopranos)"David Kahn is a wonderful teacher and I wholeheartedly recommend this book to anyone--male or female, big or small,_or fat."