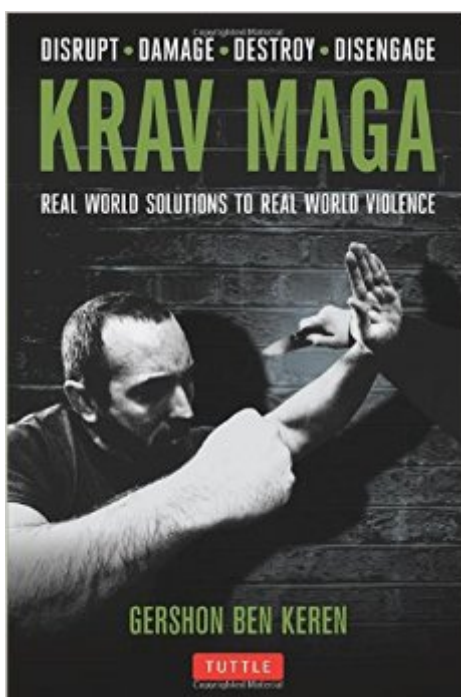


The book was found

Krav Maga: Real World Solutions To Real World Violence



Synopsis

Krav Maga: Real World Solutions to Real World Violence presents a no-nonsense approach to neutralizing attackers in close quarters. Author Gershon Ben Keren explains the philosophy behind the Krav Maga method, which is the basis of the Israel Defense Force's (IDF) devastating close combat system. This book lays out a systematic approach to self-defense and provides illustrated confrontation scenarios paired with tailored practical responses. Accompanied by clear, easy-to-follow photographs, practical combat skills are described in step-by-step detail, along with the movement patterns needed to make them effective in real-life settings. All of the photos in the book were shot in real-time, demonstrating what realistic movements "both from the attacker's and defender's perspective" look like. Where applicable, techniques have been shot in the scenarios in which they occur such as bars, restrooms, ATMs, etc. The situational components of such violent incidents are explained, so the reader can learn to identify, predict, and avoid violence before it occurs. Contents of this Krav Maga book include: What is Krav Maga? Krav Maga Yashir Introduction to author Gershon Ben Keren Basic Skills (Stances, Movement, Blocking and Striking) "The Timeline of Violence; Controlling Range; Relative Body Positioning; Groin Kick; Driving Knee Self-Defense Scenarios" Knife Disarming; Gun to Front of Body; Abductions and Hostage Taking; Knife Shank; Improvised Weapons Unarmed Assaults and Dynamic Components of Violence "Preventing a Front Headlock; Applying an Effective Guillotine; Defending Knees in a Clinch and more!

Book Information

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Customer Reviews

â œKrav Maga: Real World Solutions To Real World Violenceâ • by Gershon Ben Keren is an excellent addition to oneâ™s self-defense library when looking for a book that illustrates self-defense techniques with concepts and principles also discussed. In close to 200 pages, Keren does a very good job of sharing some of his Krav Maga philosophy and techniques. He starts with an introduction of Krav Maga and himself before going into the three parts of this book. Part 1: Basic Skills (Stances, Movement, Blocking, and Striking) This portion of the book does a good job of describing basic principles and skills with photographs, that while small, are clear and illustrate well. Yes, they are basic, but basics are what one must learn and practice to actually defend oneself. These are the essential foundations of a good self-defense program and again, Keren does a good job of briefly describing these skills and illustrating them with photographs. Part 2: Self-Defense Scenarios This section provides responses to numerous types of attacks. Some of which include: knife threat against a wall, gun to front of head, rear hostage with arm around neck, and so on. And while there are numerous scenarios, Keren shows through pictures and descriptions how simple movements can be used for different situations so one can master fewer responses to use in a variety of ways rather than something completely different for every scenario. The pictures are again, small, but clear. I actually took the book to the gym to get with a couple of my black belt Hapkido students to try some things out. We practiced the techniques and liked a number of them. They were not that different from things we already practice.

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