



# Complete Krav Maga: The Ultimate Guide to Over 230 Self-Defense and Combative Techniques

*Darren Levine, John Whitman*

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### EVERY MOVE, EVERY TECHNIQUE

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

The official self-defense system of the Israeli Defense Forces, Krav Maga offers you an easy-to-learn yet highly effective self-defense system that emphasizes instinctive movements, practical techniques and realistic training scenarios.

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. Learning Krav Maga will give you the fitness, skills and confidence to feel safer and more secure every day.

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

#### •Beginner

Punches, kicks, knee strikes and basic defense movements

#### •Intermediate

Further self-defense moves, counterattacks, and defenses against knives, guns and sticks

#### •Advanced

All weapon defenses, groundfighting techniques and advanced strikes

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#### **Lori Gonzales:**

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