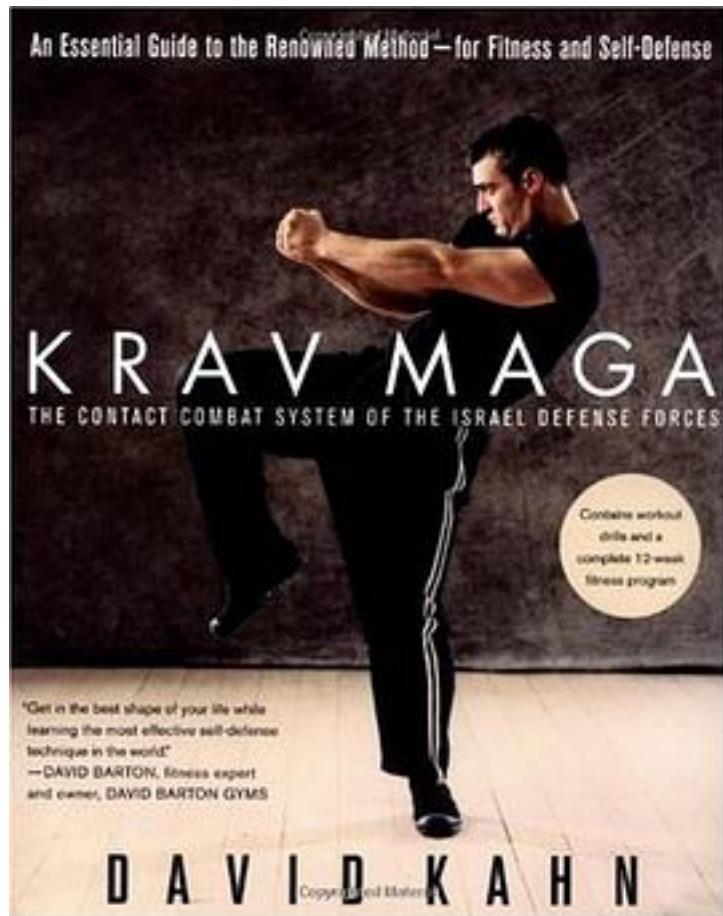


Krav Maga



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出版者:St Martins Pr

出版时间:2004-9

装帧:Pap

isbn:9780312331771

Master the moves of krav maga- -the international self-defense and fitness sensation

Increasingly popular around the world, krav maga is the renowned hand-to-hand defense system designed by the Israeli military forces. Swift, powerful, and simple, it is

an effective method for fending off any kind of attacker--and it is also an amazing workout.

Regardless of size, strength, and fitness level, anyone can master the essentials of krav maga --and reap the rewards of increased safety, confidence, and conditioning. With moves you can learn in as little as five minutes, or train and practice for long-term success, Krav Maga will show you how to:

- *Protect your body's vulnerable targets
- *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---to lose weight, increase core strength, and improve muscle tone
- *Use specially designed drills and a 12-week training program to become a kravist---a smart and prepared fighter

Written by one of America's foremost krav maga experts, this exciting new guide opens the door to an empowering and important set of skills that you or anyone can master.

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