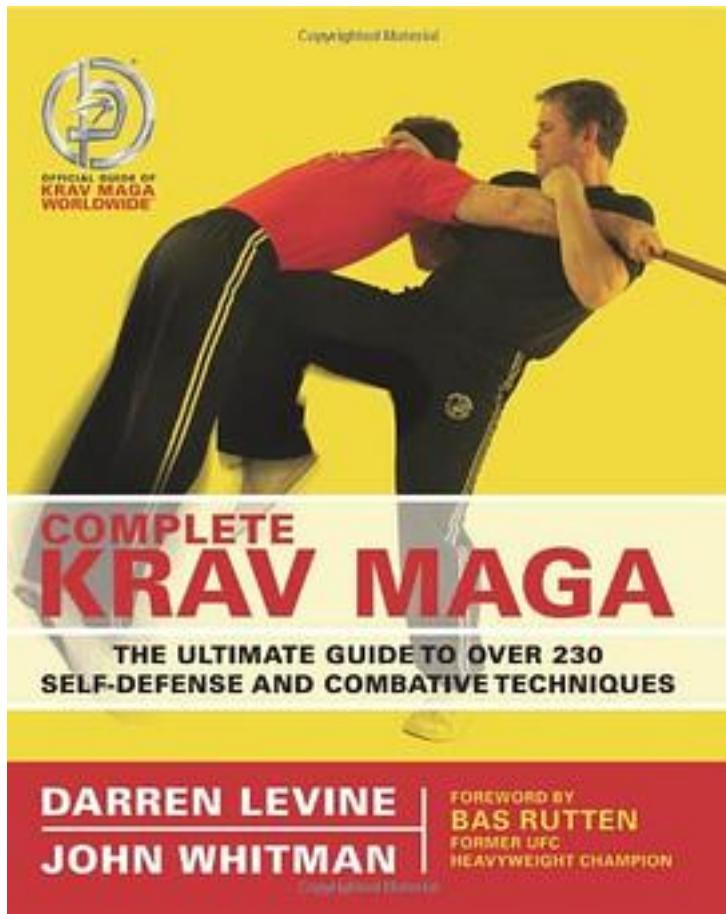


Complete Krav Maga



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著者:Whitman, John/ Levine, Darren

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Developed for the Israel military forces and battle tested in real-life combat, Krav Maga has gained an international reputation as an easy-to-learn yet highly effective art of self-defense. Clearly written and extensively illustrated, Complete Krav Maga details every aspect of the system including dozens of hand-to-hand combat moves, over 20

weapons defense techniques and a complete physical conditioning workout program.

All the moves are described in depth from beginning Yellow Belt to advanced Black Belt, yet they are easy to learn because one of Krav Maga's strengths is its simplicity. Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga offers fast-escape maneuvers from attacks and holds. It then follows them up with specific counterattacks, including punches, kicks and throws.

The authors show how anyone (big or small, man or woman) can practice self defense by using Krav Maga to protect weak spots, exploit an assailant's vulnerabilities and turn the attacker's force against him. Complete Krav Maga teaches the reader how to get in shape, gain confidence and feel safer and more secure every day.

作者介绍:

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标签

武术

USA

Fitness

Darren_Levine

Curriculum

评论

不是很理解为什么本书说krav maga不强调摔法，按理说大部分威胁都产生于近距离，在不强调力量的前提下膝肘很难ko对手，这时候一个漂亮的take down显然可以neutralize attacker

Krav Maga是一种简洁有效的防身手段。按照书本分阶段掌握这种高效的技术很不错。

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书评

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