



Krav Maga: How To Get Started With The Most Straight-Forward Technique To Defend Yourself and Protect Others

Christopher Walker

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How would you react to a real-world violent confrontation?

Many people find that they are poorly prepared at the worst possible time.. **You can help yourself now by learning Krav Maga**, the most straight-forward and effective self-defense technique there is to face attacks and stay safe.

This book will help you get started in your journey to become ready to defend yourself and protect those you love from harm.

Here is some of what you'll learn:

- Who can benefit the most from learning Krav Maga, as well as the many benefits that it can bring to your everyday life
- Basic techniques that you must learn to face common adverse situations
- How to stay out of trouble in several likely scenarios
- How to master your mind so that you can think rationally in adverse situations
- How to develop your body at home by following a purpose-built exercise routine that will make you stronger and faster.

Buy this book and get started now so that you can be prepared when others won't be!

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