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Krav Maga: Use Your Body as a Weapon

Boaz Aviram

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The noncompetitive self-defense technique known as Krav Maga originally began in the Israeli Defense Force, of which author Boaz Aviram has been a long-standing member. Krav Maga combines fighting techniques from a wide range of martial arts, from boxing to jiujitsu to judo, and teaches its students invaluable lessons in optimizing self-defense, maintaining awareness, and striking most effectively. Boaz Aviram provides sound information on how to best tackle your opponent in the quickest and most efficient way. Some of these methods include:

• Preemptive counterattacks
• Using your opponent's most vulnerable areas to your advantage
• Paying attention to possible escape routes
• Using common objects at hand for self-defense

Krav Maga offers the original philosophy and application of hand-to-hand training as it started out, and Aviram scrupulously explains the origins of each technique to help the reader best comprehend it. This book provides over 150 techniques with over one thousand photos to help you get started in the world of self-defense, self-awareness, and maximum efficiency.

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