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Advanced Krav Maga The Next

The Language of Krav Maga. Throughout Advanced Krav Maga, the following terms will appear frequently. Once you understand the language of krav maga, you can better understand the method. Combative: Any manner of strike, takedown, throw, joint lock, choke, or other offensive fighting movement.

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This lineage ensures the quality of technique introduced in David's first book, Krav Maga: An Essential Guide to the Renowned Method—for Fitness and Self-Defense and continues with this second volume, Advanced Krav Maga: The Next Level of Fitness and Self-Defense. A seed does not fall far from the tree.

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