

Krav Maga In No Time - Home Study Video Course



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Introducing the Krav Maga In No Time Video Course: The Krav Maga In No Time home study video course consists of 27 videos teaching you how to react and get out unharmed from a violence situation. You will learn to use the natural movements of your body to defend yourself and move to a counterattack. The basic principles of Krav Maga are: 1. The most natural and short movement is the best one. 2. Minimum movement against maximum attacks. This principles are embedded in each of the moves. Each movie shows a certain move of defense or attack accompanied by a straight-to-the-eye explanation. Then the move is shown in slow motion so that you are able to observe each detail. P.S: Guy Dar is a 2nd generation Krav Maga Instructor, and the owner of Krav Maga Maleh (Full Contact)

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