



The Essential Krav Maga

Christophe Philippe

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Every day, innocent people are accosted and assaulted by criminals, many of whom carry weapons. The increasingly popular martial art of Krav Maga offers powerful methods and a direct approach to fighting back. Simplicity, speed, and efficiency are the main characteristics of Krav Maga, which was founded for the Israeli armed forces and adopted by many other groups worldwide.

This book, written by a police officer who has taught Krav Maga extensively, presents an array of self-defense techniques. Each chapter contains instructions for a different type of defense and is a complete lesson. These include defensive strategies against empty-handed assailants and those with a variety of weapons. The book explains how to protect a companion, a boyfriend or girlfriend, or a child, and even how to get away from a group of assailants. Author Christophe Philippe offers simple, thorough explanations accompanied by full-color photographic sequences demonstrating the techniques.

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