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As mentioned, Krav Maga ("Contact Combat" in Hebrew) is the official self-defense and fighting system used by the Israeli Defense Forces (I.D.F.), Israeli Police and Security Services. It is also taught in institutions associated with the Israeli Ministry of Education, and since 1964, Krav Maga has been taught to civilians all over the world.

History of the Israeli Self-Defense System of Krav Maga Krav Maga was developed in Czechoslovakia in the 1930s by Imi Lichtenfeld, also known as Imi Sde-Or (Sde-Or—"Light Field"—a calque of his surname into Hebrew). He first taught his fighting system in Bratislava in order to help protect the local Jewish community from the Nazi militia.

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and kicks and elbows and knees. Intangibles, such as awareness, instinct and aggression, are but a few of the many other elements that comprise Krav Maga.

Krav Maga is a military self-defence and fighting system developed for the Israel Defense Forces (IDF) and Israeli security forces derived from a combination of techniques sourced from Boxing, Wrestling, Judo, Aikido, and Karate. Krav Maga is known for its focus on real-world situations and its extreme efficiency. It was derived from the street-fighting experience of Hungarian-Israeli martial ...

Krav Maga Is for Everyone. Built on simple principles, instinctive movements, and practical techniques, Krav Maga was made the official self-defense system of the Israel Defense Forces. To this day, it remains a favorite among law enforcement agencies, military personnel, and anyone interested in making the transformation of a lifetime.

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Hand to Hand Combat. Krav Maga (meaning "contact combat") is the close quarters combat system used by the Israel Defense Forces. Created and continually refined to be an efficient and effective combat system, with a focus on maximizing retention to enable instinctual reactions under high stress situations, while also minimizing the training time to effect fast results.

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Jun 01, 2012 · "Krav Maga Weapon Defenses" by David Kahn is an excellent addition to anyone's self-defense library, especially those who practice or want to know more about Krav Maga, in particular, weapon defenses from this combat system from the Israel Defense Forces.

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