

[PDF] Krav Maga: An Essential Guide To The Renowned Method--for Fitness And Self-Defense

David Kahn - pdf download free book



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Description:

Review "Get in the best shape of your life while learning the most effective self-defense technique in the world."

- David Barton, fitness expert and owner, David Barton Gyms

"Training with *krav maga* instructor David Kahn was an honor and privilege, and the tactics he teaches are a valuable skill."

- Mark A. Hanafee, U. S. Coast Guard Police Training Officer

"David Kahn is a wonderful teacher and I wholeheartedly recommend this book to anyone--male or female, big or small, or fat."

- James Gandolfini, actor (*The Sopranos*)

About the Author David Kahn is one of America's leading experts in *krav maga*. After years of intensive training in Israel under Grandmaster Haim Gidon of the Israeli Krav Maga Association (IKMA) and having received his IKMA advanced black-belt teaching certification, David now sits on the Association's board of directors as the only American representative.

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