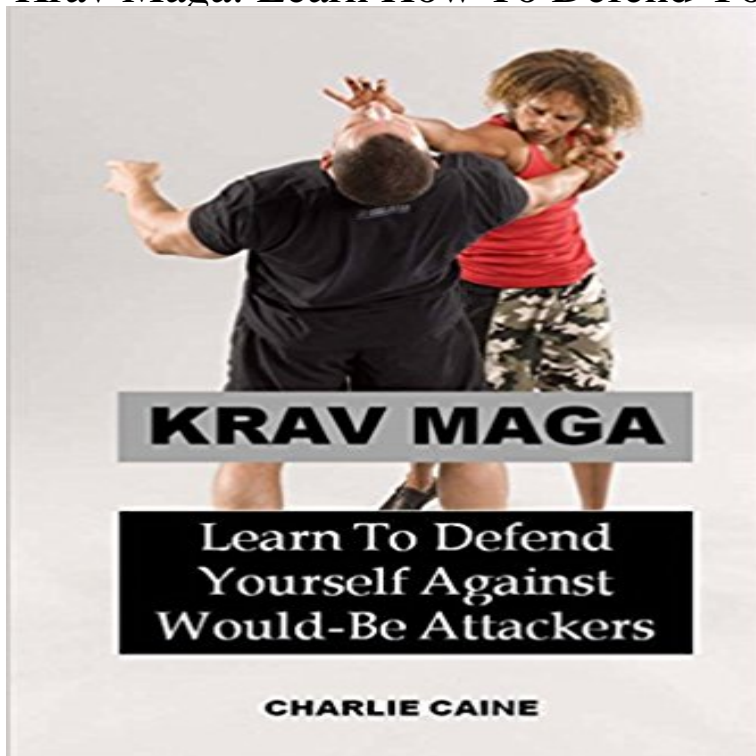


Krav Maga: Learn How To Defend Yourself From Would-be Attackers



Truth be told, danger is something that you have to live with. Thousands of crimes are committed every day, often inflicted on innocent individuals who are unguarded against these attacks. This is not geared to scare you but instead empower you because you can help yourself from being victimized through self-defense. There are many martial arts styles that you can choose from, and each of them has their respective advantages. This particular book introduces you to the art of Krav Maga. Combining different combat disciplines and applying it to realistic fight situations, Krav Maga has many variations developed to suit the needs of its learners. This book covers a brief background, introduces you to several standards of the system, and also highlights techniques that will be easy to follow during training and easy to remember and apply when the time of need arises. Like any combat practice, learning Krav Maga takes focus and practice. By following the procedures mentioned in these pages, you will have the confidence to defend yourself and your loved ones from would-be assailants anytime and anywhere.

Fisher Funeral Chapel and Cremation Services Obituaries Mary B. Reed Nancy E. Christen Cheryl Lynn Patton Harriet E. Walkup Larry Dean Kelley Edward William "Ned" Frey Alivyaira Zendaya Nichole Hicks James E. (Jim) Delaplane Dick D. Kesling Harvey Lewis Prather Josiah W. Pena Dewayne Moss David Lloyd Sherfey Ruth Ann Green Melvin "Mel" Edwin Willey Ross Rene Cotner Shirley Ann Turner Jeffery Lyle Earhart Cheryl Ann Richeson Sally Ruth Mak Bruce Edward Lehnen Patricia Robinson Tippecanoe County Veterans Tribute Cass County Veterans Tribute Video Remember Our Soldiers Valentines for Vets Our Promise To You... We are committed to supporting your family during their grief, recognizing that grief is personal to each individual. We acknowledge we cannot make the pain go away, but through our efforts, we can make the grief journey less lonely and perhaps.. a little easier. Excellence We will strive to create the most personal and meaningful tribute to the person who died and support any appropriate requests to commemorate the life that was lived. Attention To Details Whether the service is in our chapel, your church, home or at the graveside - we offer ideas and options to make each service unique. Value We believe you should be able to pay your respects without paying your life's savings, that's why we offer our Fair Price Guarantee. Dignity No matter what type of service you choose, your loved one will be cared for with the same dignity and compassion that we would extend to our own family. Compassion We, too, are walking the journey of grief in our own family. So we understand, in ways that only someone who has gone through a great loss, could possibly know. Light a Candle Light a Candle of hope and remembrance Featured Candle candle For Dewayne Moss ~Lit by~ Kelly Sullivan u well b miss Dewayn View All Candles Post a Heart Post a Perspective in memory Condolences Share Condolences with an online memorial Flowers and Gifts Send a Gift or Flowers to show your support Pet Loss Library Pet Loss support when grieving a pet Grief

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