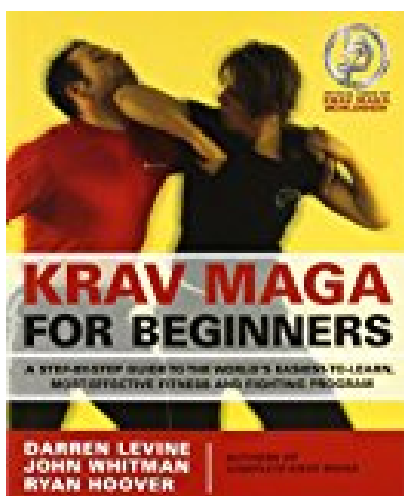


Krav Maga for Beginners A Step-b- -Step Guide to the Worlds Easiest-t- -Learn Most-Effective Fitness and Fighting Program



BOOK DETAILS

- Author : Darren Levine
- Pages : 144 Pages
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BOOK SYNOPSIS

An accessible primer on the disciplinary forms principles explains how to draw on street fighting skills in order to build self-defense capabilities and promote overall fitness, in a resource that includes coverage of such areas as strength training, fat burning, and escaping a threatening situation. Original.

KRAV MAGA FOR BEGINNERS A STEP-BY-STEP GUIDE TO THE WORLDS EASIEST-TO-LEARN MOST-EFFECTIVE FITNESS AND FIGHTING PROGRAM

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