

Manual Completo Krav Maga

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Krav Maga is a philosophy more than just a collection of certain strikes and blocks. Some martial arts are more concerned about looking pretty or winning a controlled fight – Krav is about saving your life. It is not something you do for fun in a fight club, or for a display in the middle of a mall during the holiday season.

The Complete Beginner's Guide to Krav Maga | BlackBeltAtHome

One of them is the book entitled Manual completo de Krav Maga By Darren Levine, John Whitman. This book gives the reader new knowledge and experience. This online book is made in simple word. It makes the reader is easy to know the meaning of the contentof this book.

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