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KRAV_MAGA_HOW_TO_DEFEND_YOURSELF_AGAINST_ARMED_ASSAULT

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If you were to only pick up a single book on Krav Maga, we highly recommend Krav Maga: How to Defend Yourself Against Armed Assault. Written by the father of Krav Maga and his senior disciple, Eyal Yanilov, other than its origin story, it focuses on the various techniques for reacting quickly and efficiently against violent confrontations.

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Biography. Eyal Yanilov is a graduate of the School for Trainers and Instructors at the Wingate Institute for Sport and Physical Education and holds a degree in electrical engineering. He studied with the founder of Krav Maga, Imi Lichtenfeld (also known as Imi Sde-Or) beginning in 1974. He is one of two Krav Maga practitioners who holds the highest level granted by Imi Lichtenfeld, Master ...

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Imi Sde-Or, author of Krav Maga: How to Defend Yourself Against Armed Assault, on LibraryThing LibraryThing is a cataloging and social networking site for booklovers Home Groups Talk Zeitgeist

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