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Black Belt Krav Maga: Elite Techniques of the World's Most Powerful Combat System

Darren Levine, Ryan Hoover

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LEARN TO COUNTER AND CONTROL THE MOST DANGEROUS SITUATIONS

As the official defensive tactics system of the Israeli police and military, Krav Maga has proven its effectiveness on front lines and back streets. Now, *Black Belt Krav Maga* teaches and illustrates the discipline's most potent self-defense moves. Based on simple principles and instinctive movements, these no-holds-barred street-fighting techniques are designed to do one thing and one thing only: End a fight as quickly as possible by completely disabling an opponent. Using these real-world moves—taught to top law-enforcement personnel—you'll be able to protect yourself and others from life-threatening attacks.

• **With over 500 step-by-step photos illustrating counterattacks for the most dangerous situations, including neutralizing attackers armed with knives, guns and other weapons.**

• **Covers fighting, ground fighting, advanced self-defense, weapons defenses and third-party protection**.

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