

# The Ultimate Guide to Over 250 Self-Defense and Combative Techniques



## Complete Krav Maga: The Ultimate Guide to Over 250 Self-Defense and Combative Techniques by Darren Levine

★★★★☆ 4.6 out of 5

Language : English  
File size : 143469 KB  
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Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 577 pages



In today's world, it's more important than ever to know how to protect yourself and your loved ones. With crime rates on the rise, it's essential to be prepared for anything.

That's why we've created this comprehensive guide to self-defense and combative techniques. This book will teach you everything you need to know to defend yourself against any attacker.

With over 250 techniques to choose from, you're sure to find the perfect ones for your needs. Whether you're a beginner or an experienced martial artist, this book has something for everyone.

## What You'll Learn in This Book

- The basics of self-defense, including how to assess a threat, avoid conflict, and use your body as a weapon.
- Over 250 self-defense and combative techniques, including strikes, kicks, throws, and grappling.
- How to defend yourself against common attacks, such as punches, kicks, grabs, and weapons.
- How to use your environment to your advantage.
- How to stay safe and avoid dangerous situations.

### **Why You Need This Book**

- To protect yourself and your loved ones from harm.
- To gain confidence and peace of mind.
- To improve your physical fitness and coordination.
- To learn valuable life skills that can benefit you in all aspects of your life.

### **Free Download Your Copy Today**

Don't wait another day to learn how to protect yourself and your loved ones. Free Download your copy of The Ultimate Guide to Over 250 Self-Defense and Combative Techniques today.

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Don't wait another day to be prepared. Free Download your copy today.



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