



Krav Maga: How to Defend Yourself Against Armed Assault

Imi Sde-Or, Eyal Yanilov

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Krav Maga is today's cutting edge self-defense and hand to hand combat system. Initially developed by Grandmaster Imi Sde-Or (Lichtenfeld) for the Israel Defense Forces and other national security services, Krav Maga has been thoroughly adapted to meet civilian needs. The method was designed so that ordinary citizens, young and old, men and women alike, can successfully use it, regardless of their physical strength. This is the first and only authorized comprehensive manual on the Krav Maga discipline, written by its founder, Imi Sde-Or, and his senior disciple and follower, Eyal Yanilov. This volume especially focuses on the various facets of dealing with an assailant armed with a sharp-edged weapon, a blunt object, or a firearm.

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