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Belt to advanced
Black Belt, yet they
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Maga to move from defense to attack as quickly as possible, Complete Krav Maga offers fast-escape maneuvers from attacks and holds. It then follows them up with specific counterattacks, including punches, kicks and throws.

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level immediately
below black belt. The
system is progressive
and integrated,
meaning that many of
the moves and
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Magas essential guide to the renowned method for fitness and self-defence. London:

Piatkus, 2005. ISBN 0-01-303950-4.

Levine, Darren.

Complete krav maga: the ultimate guide to over 200 self-defense and combative techniques. Berkeley, CA: Ulysses, 2007. ISBN 1-56975-573-6.

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