

What to Expect When Starting Krav Maga (Krav Maga Journey Guides)



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Written by an experienced Krav Maga practitioner, this book is targeted at new students and prospective students starting their training in Krav Maga or simply evaluating Krav Maga to see if it might be right for them. In an approachable and irreverent style, the author answers many burning questions students have and provides insightful guidance and practical tips sure to get them the most out of their training. Now, to be perfectly clear, this is not a book on Krav Maga techniques. You will not learn how to break a choke, disarm someone with a gun, or throw a punch -- or anything like that. There are several books on the market that fill that void. What this book does contain is practical information and 41 valuable tips that every prospective student or beginner student should know when starting out in this popular self-defense martial art. This book is also not a long, dense, rambling door stopper of a book that will take you weeks to read and digest. It is specifically designed to be brief and to the point in order to get you the "just in time" information you need in a format that can be read through in a few sittings. Quick, concise, helpful, and targeted to your needs -- the new student to Krav Maga.