



Krav Maga Defense: How to Defend Yourself Against the 12 Most Common Street Attacks

David Kahn

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David Kahn, author of *Krav Maga* and *Advanced Krav Maga*, is back again with *KRAV MAGA Defense: The Twelve Most Common Unarmed Street Attacks*. Created by the Israeli army for self-defense, Krav Maga is gaining popularity around the world, especially here in the U.S. Kahn is a self-defense expert, teacher, and board member of the Israeli Krav Maga Association.

Through photos, Kahn will teach you how to gain the upper hand in the twelve most common unarmed street attacks the average person is likely to encounter. He'll show you how to out-manuever take downs, rear chokes, ambush attacks, sucker punches while texting, and knees to the groin, among other things.

Kahn has instructed everyone from members at the local Y to executives, celebrities, and all major federal U.S. law enforcement agencies, as well as all four branches of the U.S. military. His simple, no-nonsense approach to self-defense is perfect for men and women of all fitness levels. Don't become tomorrow's headline; *Krav Maga Defense* will teach you to protect yourself today.

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