

# Krav Maga Training Guide

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Krav Maga. Here to stay! John Whitman is a fifth degree black belt in Krav Maga and has been a practitioner for twenty-two years. He has authored several books on

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EVERY MOVE, EVERY TECHNIQUE? Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga. ?Imi Lichtenfeld, founder of Krav Maga

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