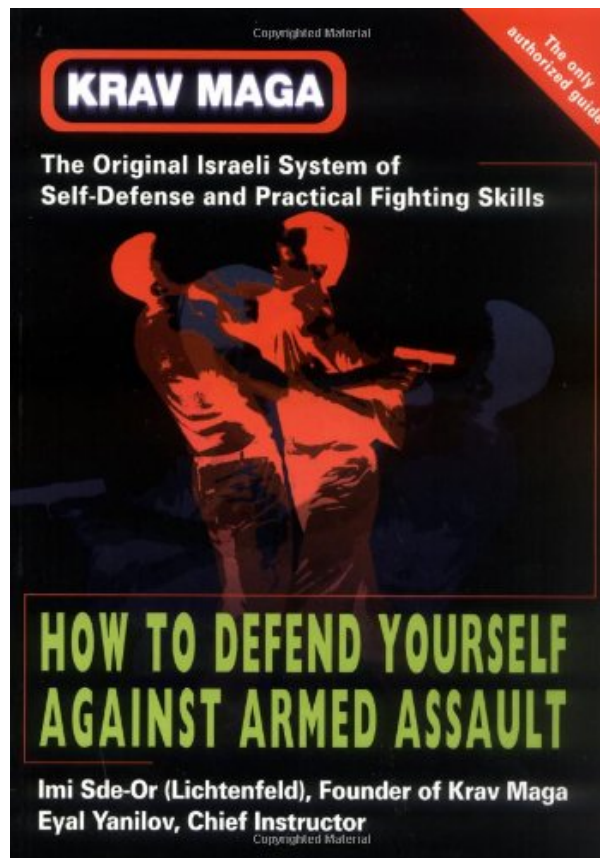
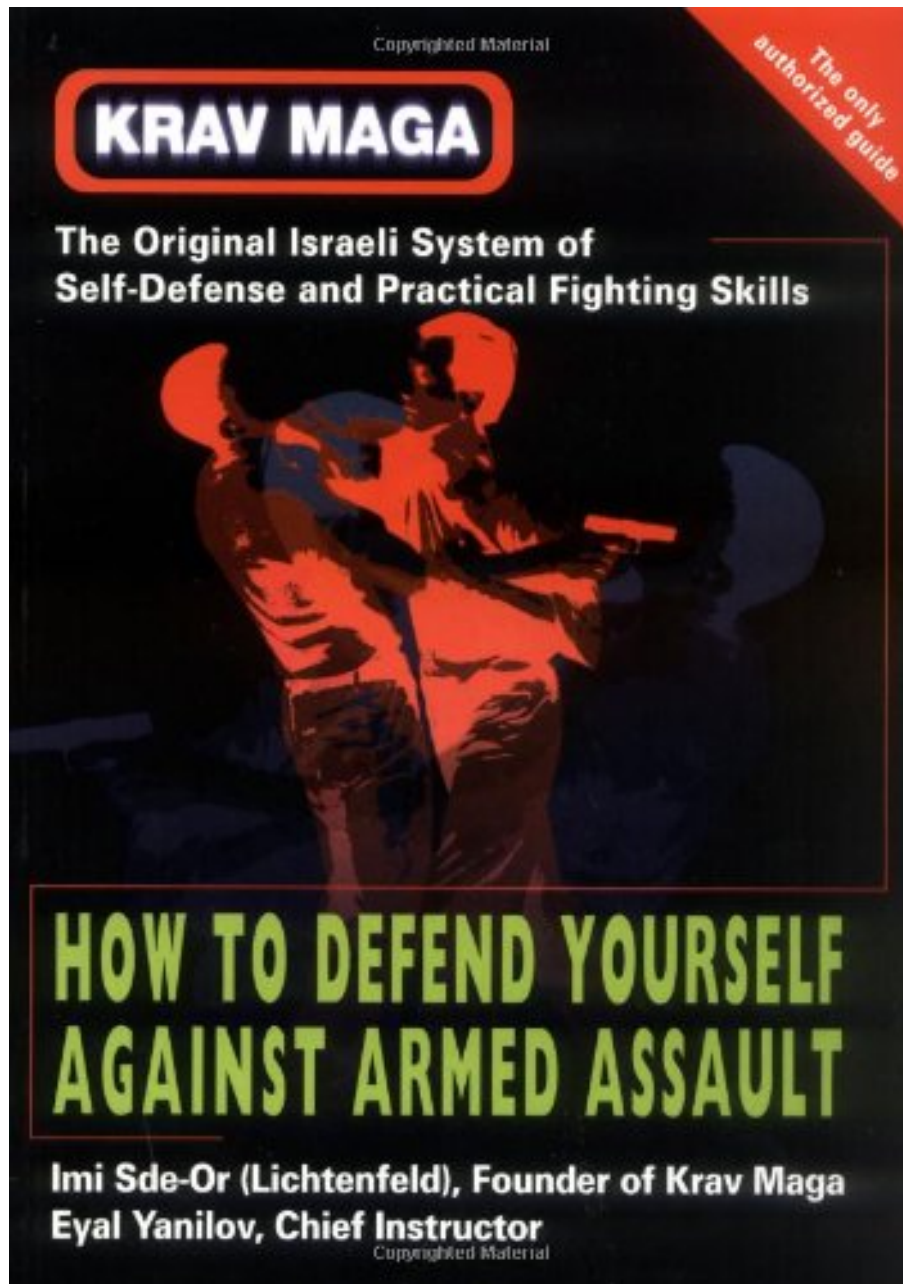


KRAV MAGA: HOW TO DEFEND YOURSELF AGAINST ARMED ASSAULT BY IMI SDE-OR, EYAL YANILOV



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Review

"Imi Sde-Or, of blessed memory, developed a strategy for Krav Maga that makes self-defense possible for the individual too, whether or not in uniform, such that even when alone, the battle will not necessarily be lost."—Shimon Peres, formerly Israel's Prime Minister

About the Author

Imi Sde-Or (Imrich Lichtenfeld, 1910-1998) was the creator of the acclaimed school of Krav Maga. Imi and his senior disciple and follower, Iyal Yanilov, spent more than a decade writing this book.

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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 Yanilove. 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.

- Sales Rank: #315305 in Books
- Brand: Brand: Frog Books
- Published on: 2001-07
- Released on: 2001-06-25
- Original language: English
- Number of items: 1
- Dimensions: 9.40" h x .60" w x 6.50" l, 1.06 pounds
- Binding: Paperback
- 256 pages

Features

- Used Book in Good Condition

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Most helpful customer reviews

5 of 5 people found the following review helpful.

Excellent Book for Beginners to Advanced

By Steve Dietrich

What I appreciate about Krav is its orientation towards defense against the unexpected. One moment you are walking to your car and the next you are being attacked or forced into another car. It's a time of something that works through its use of instinctive and forceful action. It's also a great equalizer for women where getting a little distance or a 1 second head start will be the difference between escape and ending up in a dumpster.

The risks it addresses are not abstractions to the citizens of most of our large cities. The morgues are littered with great women and men who died brutal deaths at the hands of street thugs. In many of these cases there was a moment in time when escape might have been possible, especially when the attackers are using drugs. For most women who are forced into cars by strangers it is the last ride of their life (see Gift of Fear).

As a professional friend who is also a Deputy Sheriff part time commented, when seconds count, the police are only minutes away.

There's no substitute for training. But this book helps to reinforce what you have learned and prepare you for the next lessons.

I found 25% of the book to be helpful as a review of what I was learning in class. The book was worthwhile for that alone. However, there is a lot more in the book.

The other 75% represents a range from a preview of what I will be learning to stuff that is and will always be far beyond my competence. However, it is 100% interesting. Hopefully I will never be called upon to disarm a man holding a grenade with the pin pulled. It's a worst case scenario left to those who must deal with such things.

The photos are clear and helpful. The consistent dress of the attacker and defender make it easier to understand. This makes it a great review and practice tool.

My sense is that many of the reviewers are looking for the same perfection they strive for in martial arts in a book. Unless written by the master under whom they study there will always be conflicts and inconsistencies.

Will the book take you off the couch and prepare you for deadly combat in 10 days? - no. Will it help you absorb and improve what you are learning and have learned in class? YES. Will it help you to understand and appreciate what is possible? YES Will it help to review what you learned years earlier YES.

Highly recommended.

2 of 2 people found the following review helpful.

Most Important Book in English on Krav Maga Weapons Defense.

By Dharmajyoti

With over 30 years of Martial arts training under my belt, learning from and instructing various special operators, and Krav maga Instructor, simply the most IMPORTANT book written in English on the subject of armed attacks from a Krav Maga perspective. A Must have for all interested in Serious weapons defense.

1 of 1 people found the following review helpful.

Nice Reference that Could Have Been Better.

By Mr. Rob

Decent Krav Maga instructional--if you know something about basic techniques of blocking, striking, and applied forces. Speaking as a 40+ year practitioner of the defensive arts, I wouldn't expect to give this to complete novices and expect them to fair well attempting these techniques on their own--they need to have some existing knowledge and understanding of general self defense basics to really benefit. The book is user friendly, however, with clear, quality gray scale graphics and photos. It is better than a number of the overly optimistic products I've seen, but it would be so much more effective if it came with an explanatory DVD on the inside of the cover to address the more involved techniques, etc.

[See all 77 customer reviews...](#)

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