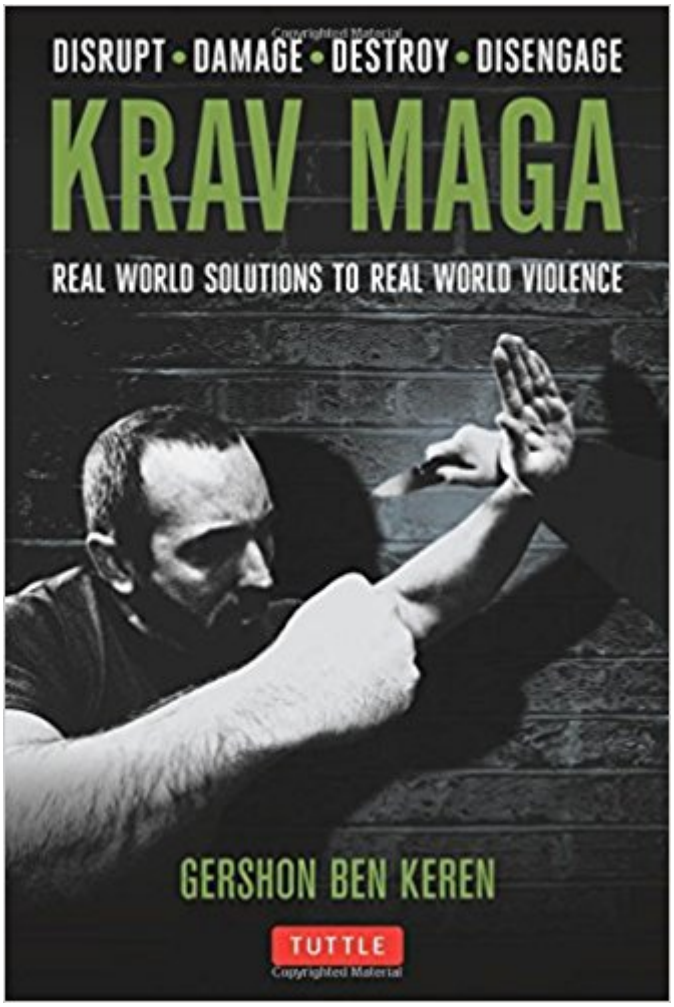
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Krav Maga: Real World Solutions To Real World Violence - Disrupt . Damage . Destroy . Disengage



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Synopsis

Krav Maga: Real World Solutions to Real World Violence presents a no-nonsense approach to neutralizing attackers in close quarters.Author Gershon Ben Keren explains the philosophy behind the Krav Maga method, which is the basis of the Israel Defense Force's (IDF) devastating close combat system. This book lays out a systematic approach to self-defense and provides illustrated confrontation scenarios paired with tailored practical responses.Accompanied by clear, easy-to-follow photographs, practical combat skills are described in step-by-step detail, along with the movement patterns needed to make them effective in real-life settings. All of the photos in the book were shot in real-time, demonstrating what realistic movementsÃ¢â ¬â •both from the attacker's and defender's perspectiveÃ¢â ¬â •look like. Where applicable, techniques have been shot in the scenarios in which they occur such as bars, restrooms, ATMs, etc. The situational components of such violent incidents are explained, so the reader can learn to identify, predict, and avoid violence before it occurs.Contents of this Krav Maga book include:What is Krav Maga? Krav Maga YashirIntroduction to author Gershon Ben KerenBasic Skills (Stances, Movement, Blocking and Striking)Ã¢â ¬â •The Timeline of Violence; Controlling Range; Relative Body Positioning; Groin Kick; Driving KneeSelf-Defense ScenariosÃ¢â ¬â •Knife Disarming; Gun to Front of Body; Abductions and Hostage Taking; Knife Shank; Improvised WeaponsUnarmed Assaults and Dynamic Components of ViolenceÃ¢â ¬â •Preventing a Front Headlock; Applying an Effective Guillotine; Defending Knees in a Clinchand more!

Book Information

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Customer Reviews

"The approaches highlighted in Gershon Ben Keren’s Krav Maga book provide simple, effective solutions to common and complex attacksÃ¢â ¬Â¦Whilst no book can replace ongoing, supervised reality-based training, this book provides a valuable reference for anyone serious about self-protection. Gershon has sought out and trained with many of Israel’s leading self-defense experts and combined his findings with his experiences in the military, private security industry and a successful martial arts career to produce an effective approach that is in line with best practices and proven techniques. This book should be a part of any serious martial arts and self-defense practitioner’s reference library." Ã¢â ¬â •Dr Gavriel Schneider 6th Dan, author of Beyond the Bodyguard and Head of System for Gendai Ryu and the Modern Warrior Alliance"As an ex-military intelligence operator with Special Forces units I expect the highest standards from the self-defense school I choose. I have trained under Gershon for the last nine years and continue, with his encouragement, to explore other martial arts and self-defense systems although I have yet to find any as complete, thoughtful and practical as his. Gershon is more than just a self-defense instructor, he thinks about and tests his theories under the harshest conditions and deeply cares about his system and students." Ã¢â ¬â •SR, Private Security Contractor"As a professional security consultant, I have worked for the UK and US governments providing protective services to diplomats and military officers. Prior to this I served in the UK military on Special Duties. Whilst in this unit, I was keen on learning more close quarters combative techniques, and this search took me to Krav Maga, where I met Gershon. His training, methodology and knowledge not just of the physical side of violence but the mental side of it, made me take notice. I have happily worked alongside Gershon, and his training methods and ideas are continually developing. This makes him one of the most knowledgeable personal defense experts I know." Ã¢â ¬â •David Ashworth, Professional Security Consultant"Gershon is an excellent instructor. He teaches reality-based scenario techniques that are far more productive outside the studio than many martial arts available today. Gershon’s expertise will also get you into the proper mindset for effective self defense. I have practiced various martial arts and I’m a former marine, but no one has prepared me better for personal security on the street than Gershon. Every class I attend I learn something new. He teaches aggressive, hardcore, comprehensive skills that give you the confidence you need to handle yourself if you’re ever in danger. His credibility and knowledge of personal security have taught viewers of local newscasts to become more self-aware." Ã¢â ¬â •Jarrod Holbrook, Television News correspondent"The material it covers is good, solid self defense. And again, you can easily find a way to incorporate this information into your own training. If you call your martial art, self-defense based, then you should be able to recognize all the good information presented in this

book." Ã¢â ¬â •J. Wilson, Martial Thoughts blog"The book is a great guide to Krav Maga, how to defend yourself and when you should do so. Very worth a read, because one day something in it could save you, or your loved ones lives." Ã¢â ¬â •Martial Arts Lab blog"I recommend this book for combatant instructors, martial arts enthusiasts, and laypeople with an interest in learning self-defense techniques" Ã¢â ¬â •Maj. John L. Hewitt, US Army, Military Review

Gershon Ben Keren has been training in Krav Maga since 1994 in both Israel and Europe. He holds a 5th Degree Black Belt in Krav Maga in Israel, where he also received his teaching certification. He has been trained by some of the IDF's (Israeli Defense Forces) most experienced and respected Krav Maga instructors. In December 2011, he was inducted into the "Museum of Israeli Martial Arts" at the Israeli Martial Arts Center in Herzilya. He has taught Krav Maga to civilians, security personnel, law enforcement agencies, and to members of elite military units and Special Forces. He also holds a 2nd Degree Black Belt in Judo and has won regional and national titles in Judo tournaments.He has a Master's Degree in Psychology, with particular reference to violence and aggressive behavior, and incorporates this knowledge into the reality based self-defense training that he provides. He lives and teaches Krav Maga in Boston, running Krav Maga Yashir Boston.

There are so many books out there on martial arts and/or self-defense, and I’ve grown weary of a lot of it; this one, however, is a refreshingly thoughtful and straightforward take on the realities of dealing with violence. The author is clearly an authority on the subject matter, as he is able to break down physical techniques and general personal safety concepts to crucial details, while keeping it very easy to follow. To be more specific, though, there are 2 main features of this book that separate it from the rest in my opinion:1. LAYOUT - The book is very descriptive and easy to understand. The color photo demonstrations are crystal clear and of insanely high-quality. If you’re used to one or two black-and-white photos to accompany text, you’re going to be pleased with the number of superbly photographed pictures in this book.2. CONCEPT - Of all that I’ve seen, this book is the most effective at demonstrating combative techniques, but there will always be a limit to the physical content one can actually learn from reading a book. My favorite thing about this book is its emphasis on personal safety concepts and principles that completely transcend any specific technique one might use in self-defense. This is the most "real" take on violence that I’ve ever read (i.e. It includes psychological factors, physiological factors, and environmental factors), and the idea that the physical aspect is just one component of a much bigger picture of personal protection is the

most valuable thing that someone can take from reading a book on this subject.If you are looking to actually learn something of value, I highly recommend this!

This is a comprehensive guide to the Krav Maga Yashir style of Krav Maga. The fact that there are multiple styles of Krav Maga was news to me. Yashir means ÃƒÂ¢Ã â ¬Ã Å“straightÃƒÂ¢Ã â ¬Ã Â• or ÃƒÂ¢Ã â ¬Ã Å“directÃƒÂ¢Ã â ¬Ã Â• and this system was founded by the bookÃƒÂ¢Ã â ¬Ã â„¢s author, Gershon Ben Keren, drawing heavily upon Imi LichtenfeldÃƒÂ¢Ã â ¬Ã â„¢s original program, but modified to make it relevant for a modern, civilian practitioner. (To offer an example of said modification, LichtenfeldÃƒÂ¢Ã â ¬Ã â„¢s system presumed that the fighter was an infantryman with a pack on his back, and so the original Krav Maga avoided movements that would be hazardous when so loaded down, but that are feasible for the average civilian on the street.) The author has a scholarly background in the psychology of violence, and emphasis on the realities of violence is a recurring theme.The book follows a typical format for martial arts books. The early pages discuss the philosophy and approach of the system in detail. The book then proceeds to discuss basics such as stance and the fundamentals of punching and kicking. Finally, it delves into progressively more challenging self-defense scenarios (unarmed, armed, multiple attacker, and from various directions) and the counters that the system offers.The book succeeds in its objectives. The photographs are well-done and provide the requisite clarity. One particularly nice feature is that the scenario photographs are taken in realistic settings so as to reinforce the importance of recognizing and using oneÃƒÂ¢Ã â ¬Ã â„¢s environment. Key concepts are reiterated throughout so as to facilitate learning. The organization is systematic and builds logically through progressively more challenging situations.The biggest criticism is of some of the bookÃƒÂ¢Ã â ¬Ã â„¢s repetitiveness. Repetitiveness is not necessarily a bad thing. It can be an important tool for learning, particularly with ideas that need to be thoroughly ingrainedÃƒÂ¢Ã â ¬Ã â •e.g. self-defense concepts. However, some of the repetition in this book is more wasteful than beneficial. The scenario sections feature a textual description of the attack / defense event, and then thereÃƒÂ¢Ã â ¬Ã â„¢re captioned photos that visually portray how the scenario plays out. The captions repeat much of the text, and they do it so close to the original text that itÃƒÂ¢Ã â ¬Ã â„¢s hard to imagine it being much more than an annoyance.IÃƒÂ¢Ã â ¬Ã â„¢d recommend this book for someone who is considering whether to take Krav Maga classes, or for martial artists looking for insight in to the nature of this system. It has some sound general advice on self-defense that those interested in that topic might find useful.

ÃƒÂ¢Ã â ¬Ã Å“Krav Maga: Real World Solutions To Real World ViolenceÃƒÂ¢Ã â ¬Ã Â• by Gershon Ben Keren is an excellent addition to oneÃƒÂ¢Ã â ¬Ã â„¢s self-defense library when looking for a book that illustrates self-defense techniques with concepts and principles also discussed.In close to 200 pages, Keren does a very good job of sharing some of his Krav Maga philosophy and techniques. He starts with an introduction of Krav Maga and himself before going into the three parts of this book.Part 1: Basic Skills (Stances, Movement, Blocking, and Striking)This portion of the book does a good job of describing basic principles and skills with photographs, that while small, are clear and illustrate well. Yes, they are basic, but basics are what one must learn and practice to actually defend oneself. These are the essential foundations of a good self-defense program and again, Keren does a good job of briefly describing these skills and illustrating them with photographs.Part 2: Self-Defense ScenariosThis section provides responses to numerous types of attacks. Some of which include: knife threat against a wall, gun to front of head, rear hostage with arm around neck, and so on. And while there are numerous scenarios, Keren shows through pictures and descriptions how simple movements can be used for different situations so one can master fewer responses to use in a variety of ways rather than something completely different for every scenario. The pictures are again, small, but clear.I actually took the book to the gym to get with a couple of my black belt Hapkido students to try some things out. We practiced the techniques and liked a number of them. They were not that different from things we already practice. On a few of them, we modified them a bit from what the book was showing to make them fit better with what we already do and practice. This really is the only way to learn techniques from a book or video, you must actually get on the mat and try them and practice them. And it is definitely easier to learn from a book or video when you already have a solid foundation of fighting or martial arts. I found the scenarios and techniques to be very good and liked this portion of the book.Part 3: Unarmed Assaults and Dynamic Components of ViolenceIt this part, the author covers topics such as applying different chokes and strangles, fighting from a clinch, and escaping headlocks. The information is presented like the scenarios with descriptions and the small, but clear, photographs. Again, to benefit from this part of the book one needs to get with a partner and try the stuff out and practice.ConclusionThe book concludes with a very short conclusion. This obviously isnÃƒÂ¢Ã â ¬Ã â„¢t the entire Krav Maga curriculum or everything Keren knows. It is however, a very good book on the specific situations and scenarios Keren covers. For this type of book (technique book with pictures), it is well done and one that will compliment any self-defense training program and belongs in any self-defense resource library. With this said, I donÃƒÂ¢Ã â ¬Ã â„¢t agree with all of KerenÃƒÂ¢Ã â ¬Ã â„¢s ÃƒÂ¢Ã â ¬Ã Å“solutions to violenceÃƒÂ¢Ã â ¬Ã Â•

and would opt for different solutions as times. But that doesnÃƒÂ¢Ã â ¬Ã â„¢t take away from the book as a good resource, as I believe you should learn different things, try them out, and find the ÃƒÂ¢Ã â ¬Ã Å“bestÃƒÂ¢Ã â ¬Ã Â• for you individually. Not everyone will fight like Keren, just like not everyone will fight like me. We must all learn and train to be the best we can be individually, and this book can help with that journey.

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