



Krav Maga: Knotty Pressure Points For Self Defense (Krav Maga Series)

Charlie Caine

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****TWO ADDITIONAL BONUS BOOKS INCLUDED!****

Krav Maga: Knotty Pressure Points For Self Defense

A knowledge of the pressure points can be incredibly beneficial to a Krav Maga practitioner for both fighting and healing. An understanding of where the body is most susceptible to pain can give your techniques—be the holds, chokes, or strikes—an added impact. In addition, pressure point attacks impair the ability of your opponent and so give you a strong advantage. A knowledge of pressure points can also allow you to take care of your own injuries and the injuries of the people you train with. Familiarity and experience with these healing practices will make you a more valuable member of your dojo and a more fearsome opponent. This book will be talking about pressure points in Krav Maga and their applications in both healing and self-defense.

SPANISH TRANSLATION OF THIS BOOK IS ALSO INCLUDED

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