

The Martialarm Introduction To Krav Maga

The techniques of Krav Maga were formed by Imi Lichtenfeld, an outstanding wrestler and boxer who modified his techniques for practical street fighting in order to lead a group of athletes who defended Jews against fascist thugs in Slovakia in the 1930's.

Lichtenfeld eventually wound up as the Chief Instructor for physical fitness and hand-to-hand combat for the Israel Defence Force where he taught his style of martial art- still taught to this day in the IDF as well as by the Israeli security forces and Israeli police (and a number of U.S. law enforcement agencies, including the FBI).

Krav Maga is designed to be nothing but a practical means of street defence, one of the central concepts being that techniques should flow from a person's instinctual reactions, rather than teaching the student to control their natural reactions as most martial arts do, and thus is learned more quickly than other martial arts. Also of note is that Krav Maga techniques are often learned from a position of disadvantage (lying down, limited ability to move) so that the student knows how to get out of a bad situation. Similarly, Krav Maga teaches the student how to use the techniques even under mental duress- such as in minimal light, surprised, or when under stress- because such distractions are often present in violent confrontations. Students are also taught defence against clubs, knives, and guns.

Krav Maga training can be done in any city in the world and I encourage you to visit our martial arts directory of Krav Maga to find a school near you!

About the Author

Visit the martialarm website <http://www.martialarm.com/martialarts/kravmaga.html>

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