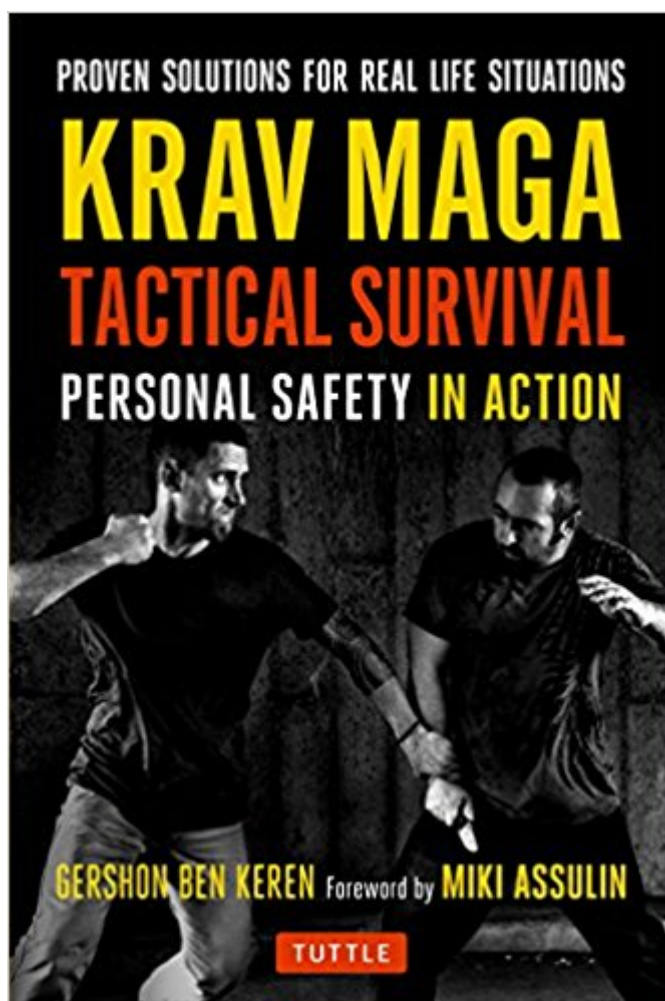


The book was found

Krav Maga Tactical Survival: Personal Safety In Action. Proven Solutions For Real Life Situations



Synopsis

Krav Maga Tactical Survival presents proven solutions to dangerous, real life situations. Krav Maga is the official self-defense system of the Israeli Defense Forces, and has been battle-tested by police, armed forces, private security personnel and security-minded individuals around the globe for 60 years. Krav Maga teaches you how to quickly size up a dangerous situation and neutralize your attackers before they gain the upper hand. This martial arts book is full of examples of real-world life-threatening situations, and in each case the clear, step-by-step photographs and text illustrate an effective solution—showing you how to disrupt your attacker's strategy, disarm them, damage or destroy their ability to harm you, and disengage quickly so you can move to a more secure location. Krav Maga Tactical Survival covers the following essential techniques: Upper Body Combatives (hammer-fist strikes, hook punches, head-butts, front kicks and more) De-escalation techniques Spooling knife and firearm draws Neutralizing knife and firearm attacks Dealing with unarmed attacks (clothing grabs, chokes and bear hugs) Executing pick-ups and throws

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Customer Reviews

"It is a must for every Prepper who hasn't been through Basic Training, and even some that have. The book is packed full of color pictures that walk you through every move step by step—Knowing how to handle different situations where your life could be in danger will give anyone's ego a boost and help them feel more self-confident." —The Sgt, American Preppers Online"Not to be stereotyped or dismissed as a book for men with muscles, the stereotyped close

protection officer or doorman. It is, as the title suggests, not about beating your predator or the gunman facing you, but surviving. The book is to be commended for the many color photos that show at each stage of an escape. My compliments to the author." **Professional Security Magazine Online** "the book provides a superb companion to Krav Maga training by qualified teachers" Gershon Ben Keren uses everything from contemporary cognitive neuroscience principles to proven situational awareness concepts, to maximize the possibility that ninety percent of the time you can defend yourself by recognizing and keeping out of potentially violent situations."

Gregory K. Binus, M.D., Director of Psychotherapy Training, Boston University School of Medicine/ Boston Medical Center Department of Psychiatry Residency Training Program "Gershon's newest book is another reminder of his understanding of violent individuals. His heightened ability to detect, counter, and neutralize danger is the very reason that I read his publications, and seek his training. He is a true master of personal protection."

Jeffrey Maguire, Combat Veteran, Personal Protection Specialist, Private Detective, Owner of Maguire Protective Services "A great book for those that want to learn clean technique."

Roy Elghanayan Head of System, "Roy Elghanayan Krav Maga" (REKM) Former Krav Maga Head Instructor of Israeli Special Forces Honored twice the IDF Chief of Staff Award "This book is an excellent complement to any hands-on training program in Krav Maga and a great resource for any self-defense practitioner interested in learning more about Krav Maga's tactics for dealing with common violent threats in today's world."

Survivor's Edge Magazine "Gershon Ben Keren takes a refreshingly pragmatic approach to personal safety, making this book an excellent choice for a variety of audiences. Throughout its chapters, a recurring theme reminds the reader that there is no one-size-fits-all approach to self defense and challenges the reader to adapt to various scenarios by considering how to respond when things don't go according to plan."

Richard L. Barnard, Capt, USAF "Krav Maga Tactical Survival is first-class in its genre" "This comprehensive volume delivers knowledge on surviving many violent situations from barroom brawls to parking lot beat-downs (and many others in-between). It represents a solid combatives manual and undoubtedly stands alone in a crowded genre."

Recoil OffGrid Magazine

This is the 2nd Book on Krav Maga that I've written. The first ("Krav Maga - Real World Solutions to Real World Violence") looked primarily at assaults, committed by predatory individuals, who orchestrated or planned their attacks, such as muggers, and robbers etc. The second (this book), looks more at social violence; spontaneous assaults involving individuals, who have had "injustices" committed against them, such as having a drink spilt over them etc. the book looks not

only at physical responses to these types of conflict, but also how to de-escalate and deflect them - which involves a lot more than apologizing, and speaking calmly etc. In fact doing this may make things worse. This makes it a great companion to the first book, as well as one that can stand alone by itself. Part of the approach of the book, is to show that different solutions, can be used against a similar attack, based on situational components e.g. in some cases it may be better to disengage than disarm a weapon etc. Rather than suggest that there is only one tactic/method to use against a particular attack, the book shows different responses that may be more relevant and effective based on what is actually happening i.e. the situation determines the solution. Once again all of the photographs are in full color, and were shot at full speed, in the locations where violence occurs. What makes Krav Maga and Self-Defense effective is understanding the context in which violent altercations take place, and this is what the book tries to achieve.

This is the second home run from Gershon Ben Keren. His first book, Real World Solutions to Real World Violence, was an excellent resource - a must have for people who are serious about self defense. His new book, Tactical Survival, Personal Safety in Action, follows perfectly in its path. It's an excellent read with a lot of great information. The techniques are well-explained with numerous helpful photos. But what really sets his books apart from other martial arts/self defense books is his insights into the psychology of violence. Understanding and interpreting potentially violent conflicts is emphasized so that the knowledge stays with you, even when under the type of heavy stress that may inhibit your ability to perform. Gershon gives you all the tools you need, physical and mental. I highly recommend both books.

Krav Maga Tactical Survival is tremendous! It is full of effective techniques and very well written. It is chock full of wisdom and easy to read. The pictures and descriptions are the best I've ever seen! If you want to learn about Krav Maga and self defense, you need this book! You will learn how to keep yourself safe, and gain a solid understanding of how and why violence happens.

As a practitioner of Krav Maga and having a background in other martial arts, I find Gershon's book informative, practical and well organized. The book demonstrates a variety of techniques and scenarios that will add to one's training or perhaps motivate you to begin. The introduction is well worth reading and sets the tone for the rest of the book. It is organized into specific sections with explanations and photographs that break down what is happening and offer the reader many options and choices. Wherever you are in your training, or if you have an interest in expanding your

knowledge, reading this book will be beneficial.

A great book for learning self defense. Lots of very descriptive pictures, simple instruction on techniques, and very thorough description of the reasoning behind each situation and how it relates to real the real world.

The absolute best thing about this book is that it meets the reader at whatever level of experience they have. If you have been training for years, this book offers refinement and understanding to fill in the gaps in your knowledge . I had been someone who felt he could handle any challenge in life, except a physical altercation. The lessons in this book will familiarize the reader with the skills and techniques one should be be aware of in order to begin to have the ability to defend oneself. I think it's also invaluable for people to realize that there are a finite universe of ways they can be attacked and if a person becomes aware of them and learns a defense for each, they are well on their way to providing themselves with a high level of personal safety. All of these thoughts are lessons learned from this book. Great read and you learn something new with each turn of a page. Don't hesitate in making this investment - it is well worth it!

Great book, with a wide range of situations and their solutions. The photographs are a great visual supports for understanding the technique. One very useful aspect of this book is the effort the author put into explaining how those situations develops, and how the solutions may therefore be varying.

It's a great book! This is not just a book about Krav Maga techniques, it dives deep on circumstances where certain threats might happen including the environment and criminals psychological behavior. The real life situations are really dynamic and you can't just expect a single solution, you have to adapt and change based on the environment and how the assailant responses. This book shows you multiple approaches towards the same assault with slight variations with analysis on pros and cons for each solution and in what situations one might be more desirable than the others. One of my favorite part about this book is the section on how human brain works during these conflict situations, which makes perfect sense. Overall, great book, highly recommended it.

In have purchased and studied many Krav Maga books over the years. Although the layout,

descriptions and pictures in the book are very easy to follow with good flow, I would question the effectiveness of some of the techniques. Especially when it comes to weapons. A key concept in Krav Maga is simultaneous defense and attack along with using the bodies natural reactions as foundation for defending. Focusing on gross motor skills and getting off line is also key. In several techniques described these foundations are not implemented. One example would be grabbing and pinning the wrist of an attacking gunman on his waist. This is more of a fine motor skill and I suspect would be a very difficult task in a dynamic situation while under duress. Also remaining in front of the attacker leaves you vulnerable to an attack with the assailants free hand if initial strike is not effective. Controlling the weapon is also important. Another defense describes using a triangle choke versus a gun. This would be dangerous if the choke were not applied perfectly as the weapon is free and not controlled at all. As I said, easy to read and understand. Great illustrations. When it comes down to technique in certain instances, I would be hesitant to consider some of what is described and I believe better options exist.

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