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# Krav Maga

## Youtube Play lists

Oren Mellul - Israeli Krav Maga:

[https://www.youtube.com/watch?v=0q6xjTO4kGc&list=PLr5H8cgVDW98kurHdSLK7rgj\\_pwHxzI2c](https://www.youtube.com/watch?v=0q6xjTO4kGc&list=PLr5H8cgVDW98kurHdSLK7rgj_pwHxzI2c)

Global Martial Arts University - Krav Maga Classes:

[https://www.youtube.com/watch?v=jMMX9AuBiFc&list=PL59sCVifcXA3z\\_5J8P8GIVZsp4od-5gnR](https://www.youtube.com/watch?v=jMMX9AuBiFc&list=PL59sCVifcXA3z_5J8P8GIVZsp4od-5gnR)

Howcast - Krav Maga Self-Defense Techniques:

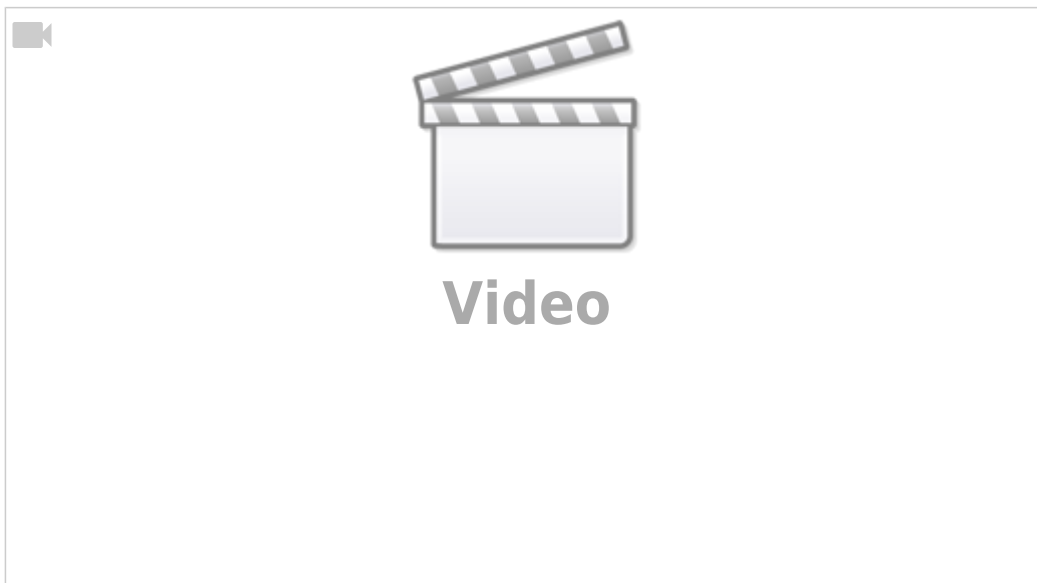
<https://www.youtube.com/watch?v=v2Rzhr1OtN4&list=PLLALQuK1NDRhbNpRSUEAloceyNEMzcKzN>

KRAV MAGA IDF TOP EXPERT INTENSIVE TRAINING - BEGINNER TO ADVANCED KRAV MAGA

[https://www.youtube.com/watch?v=pZQLtiaKQIU&list=PL-u0EuojkLG0-CFh0I7JgXILD\\_IPw\\_E4h](https://www.youtube.com/watch?v=pZQLtiaKQIU&list=PL-u0EuojkLG0-CFh0I7JgXILD_IPw_E4h)

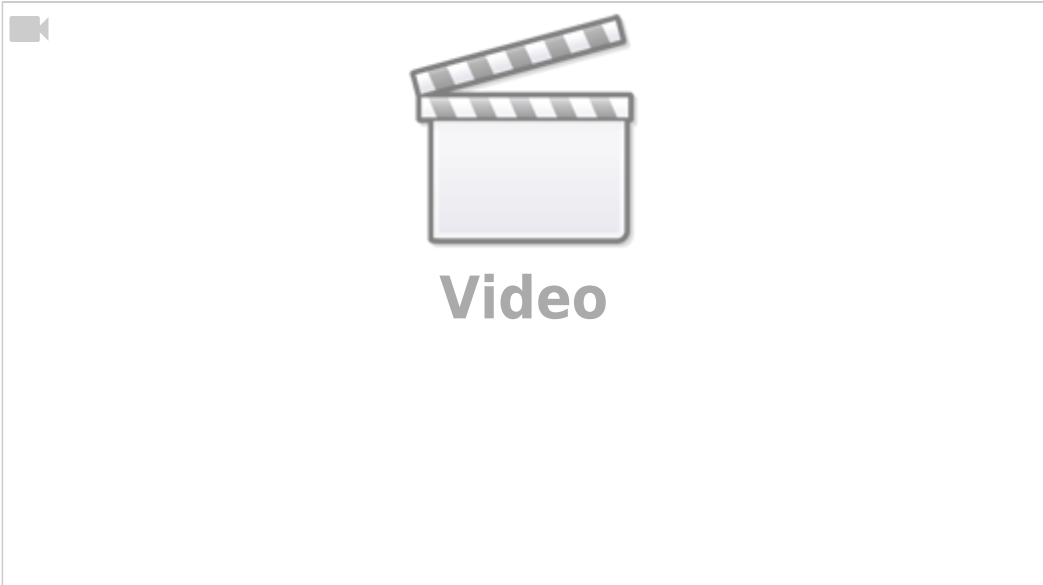
## Videos

Einfache Schläge und Tritte:



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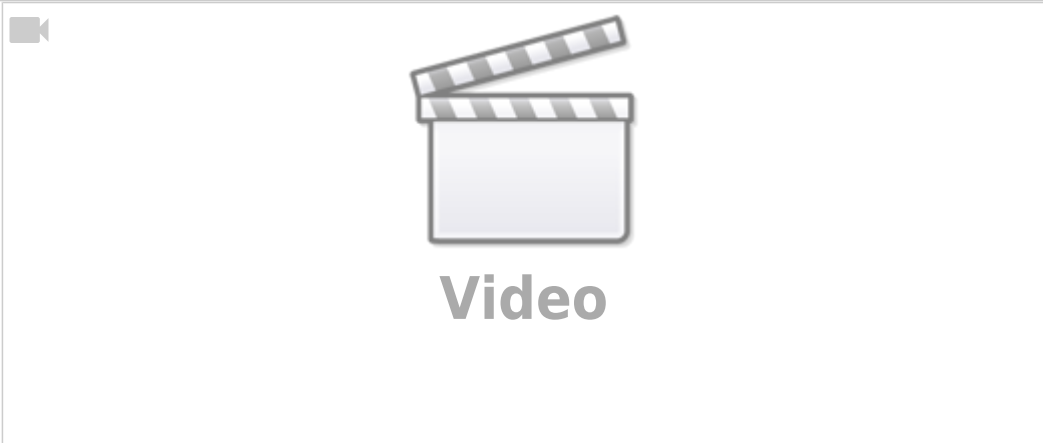
Push-Kick



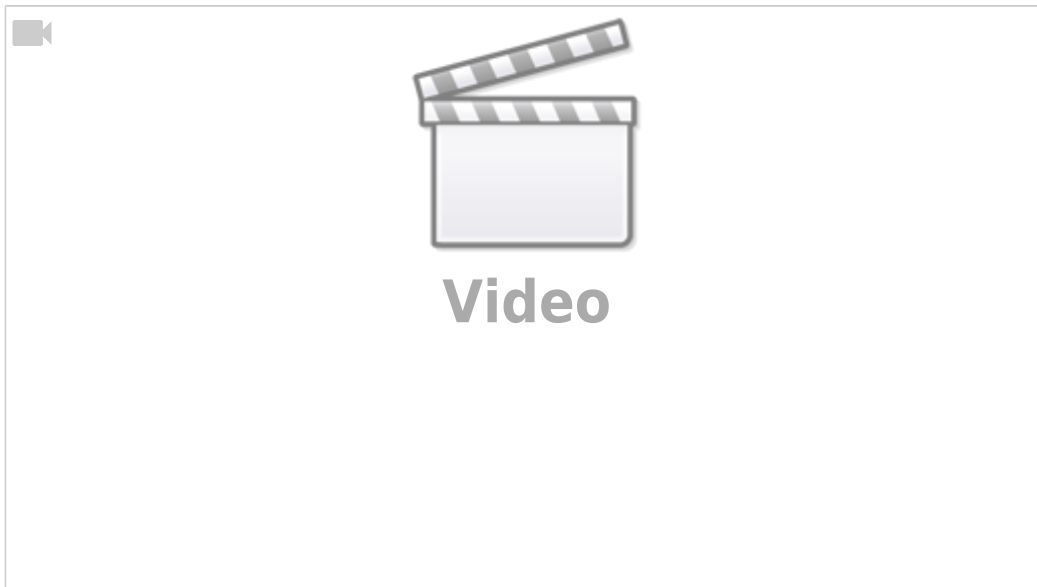
Verteidigung gegen geraden Faustschlag:  
<https://www.youtube.com/watch?v=P4Vc3jEXIy8>



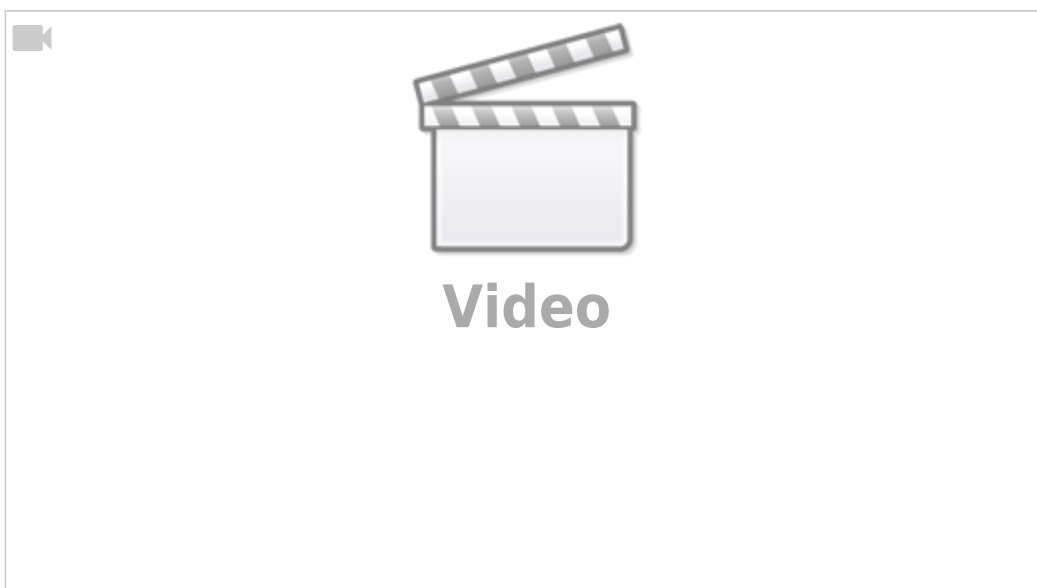
Innenverteidigung gegen Schläge (1):



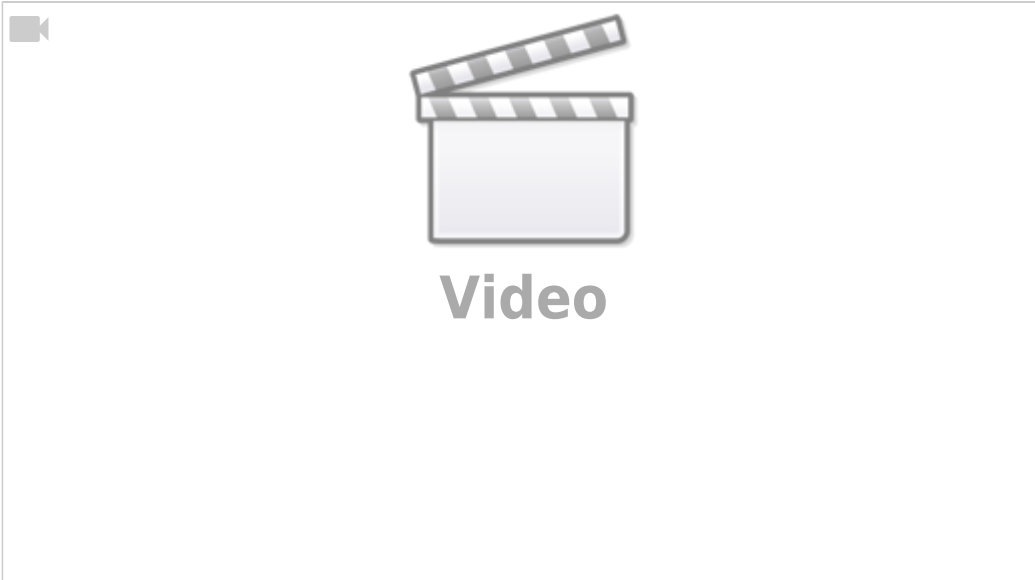
Innenverteidigung gegen Schläge (2):



Außenverteidigung gegen Schläge (1):

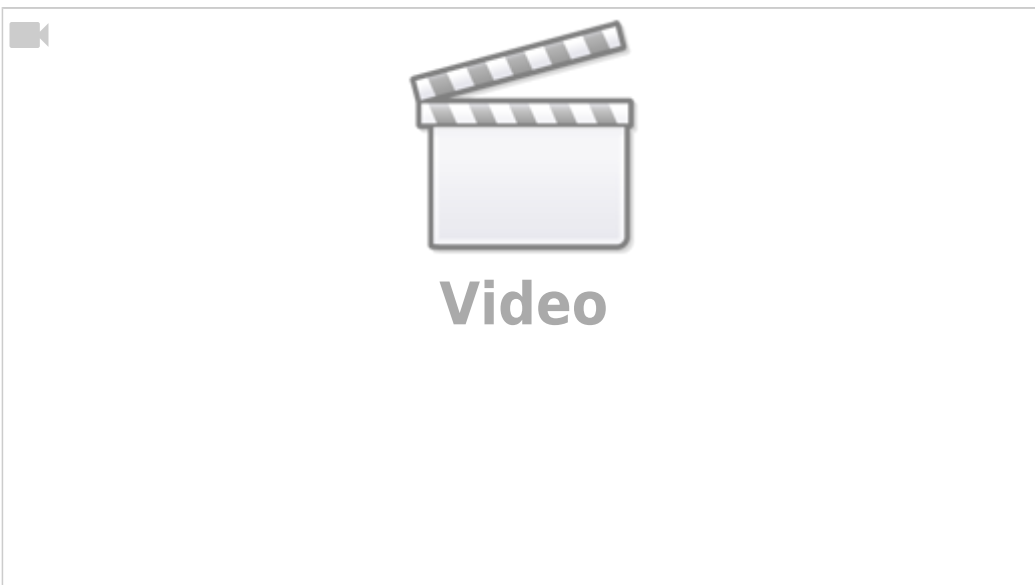


Außenverteidigung gegen Schläge (2):



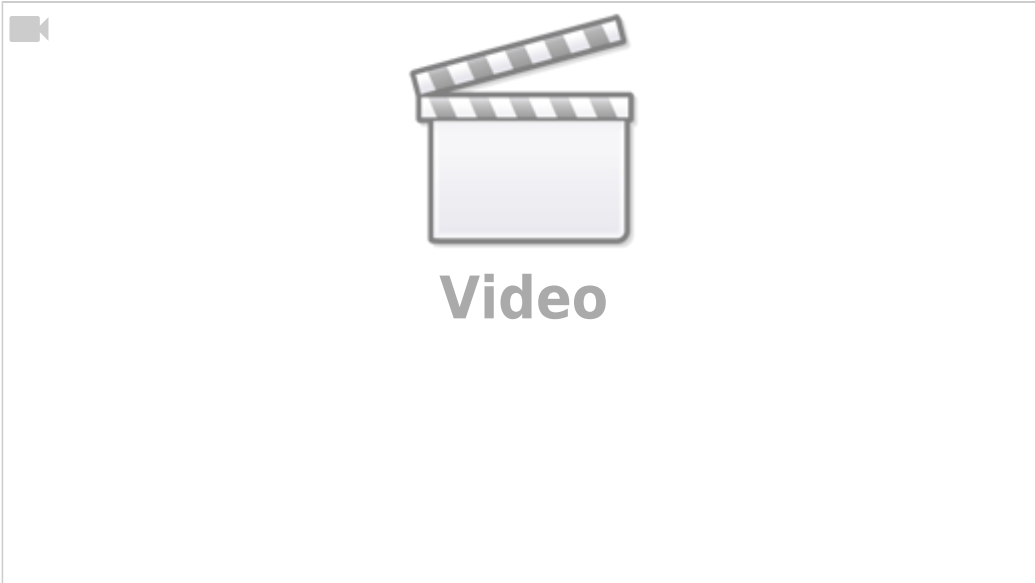
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Innenverteidigung gegen Tritt:



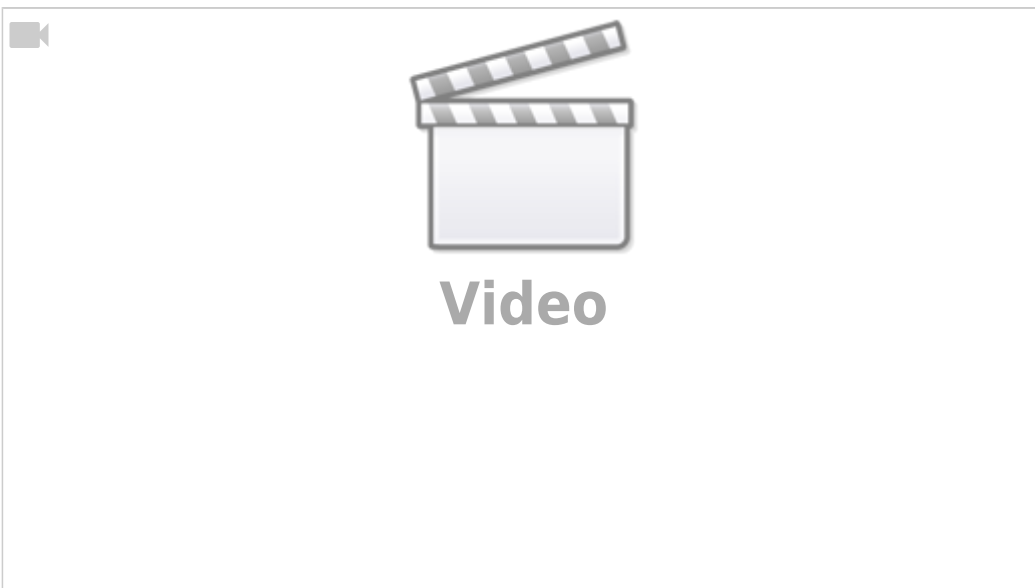
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Außenverteidigung gegen Tritt:



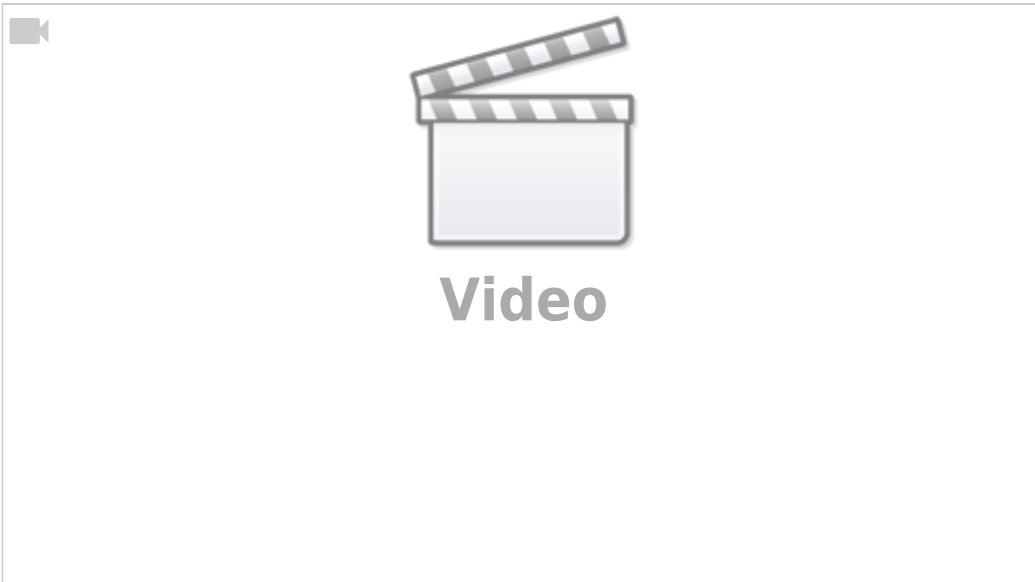
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Innenverteidigung gegen Schläge (1):



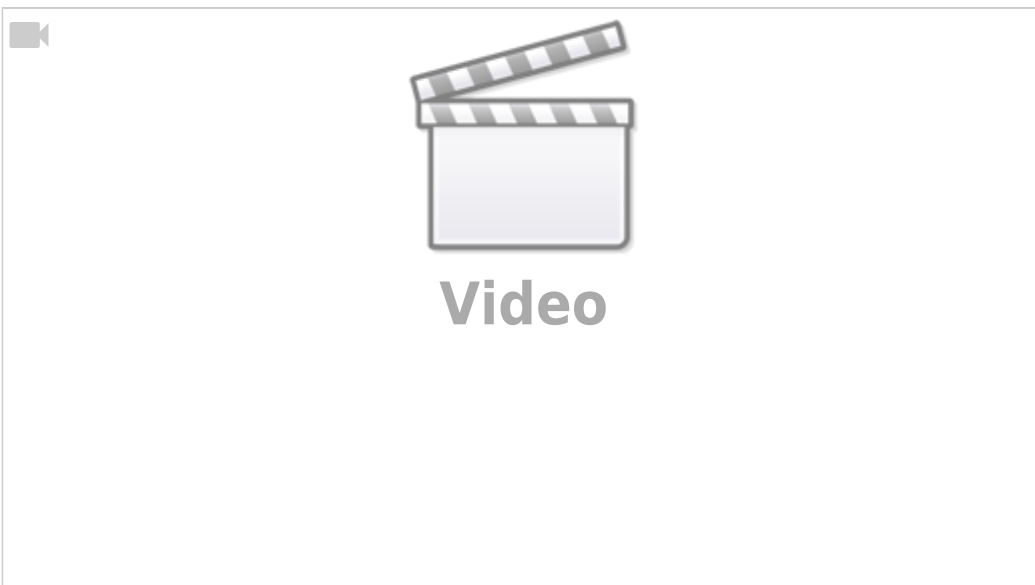
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Innenverteidigung gegen Schläge (2):



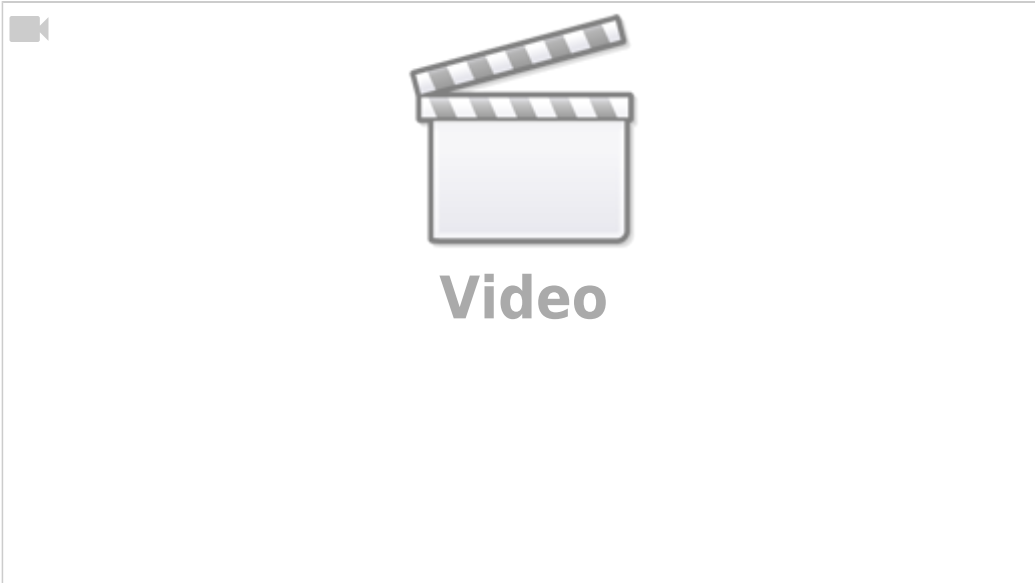
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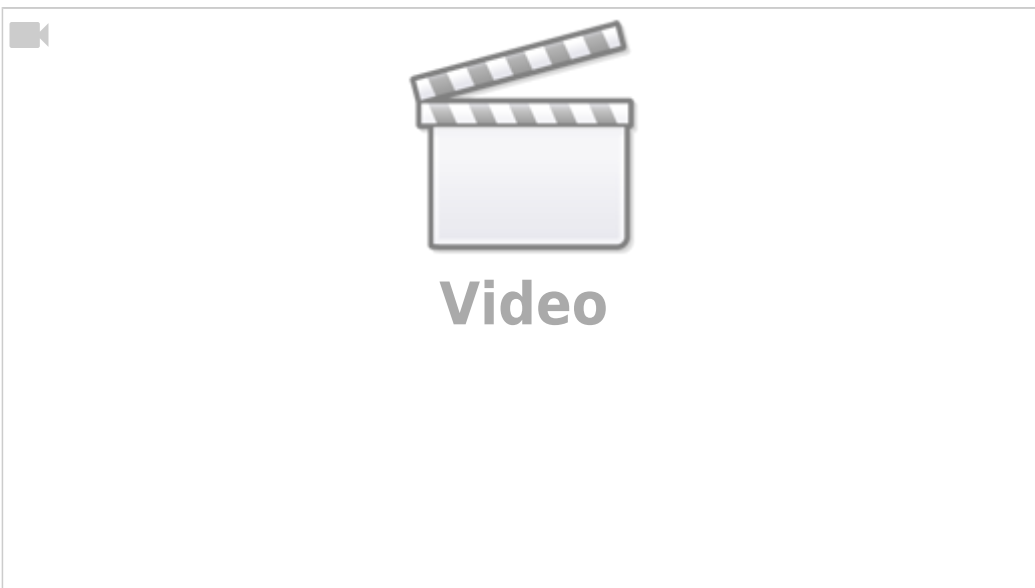


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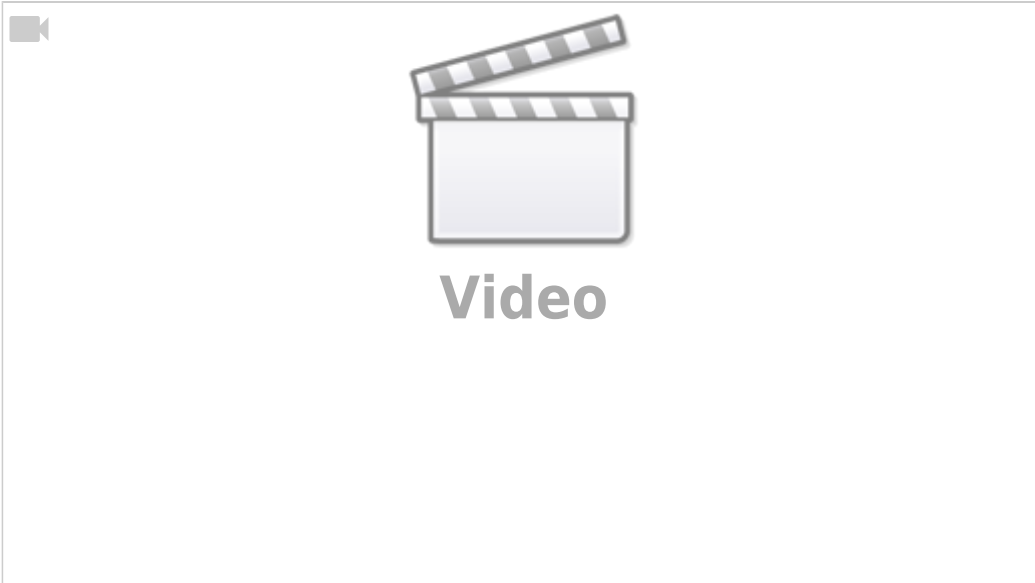
Außenverteidigung gegen Schläge (2):



Hammerfaust & Hand lösen:

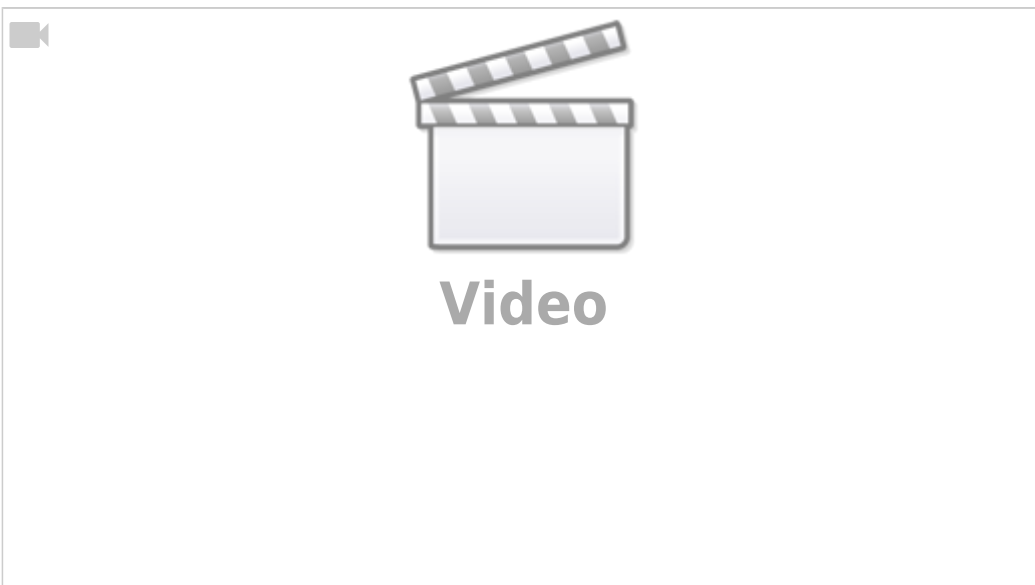


Aus Würgegriff befreien (1):



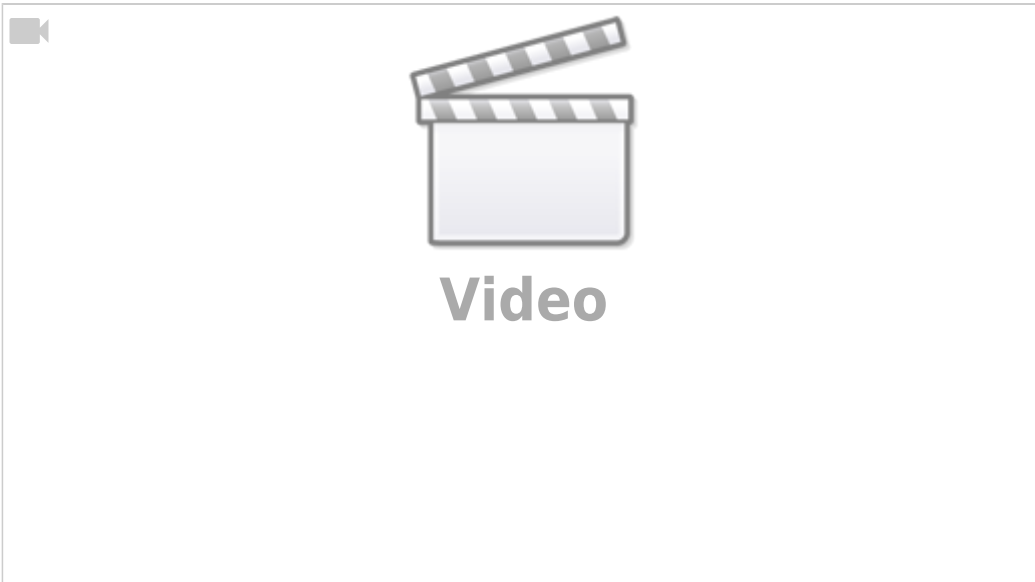
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Aus Würgegriff befreien (2):



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Scherentritt:



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