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Krav Maga

Youtube Play lists

Oren Mellul - Israeli Krav Maga:

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

Howcast - Krav Maga Self-Defense Techniques:

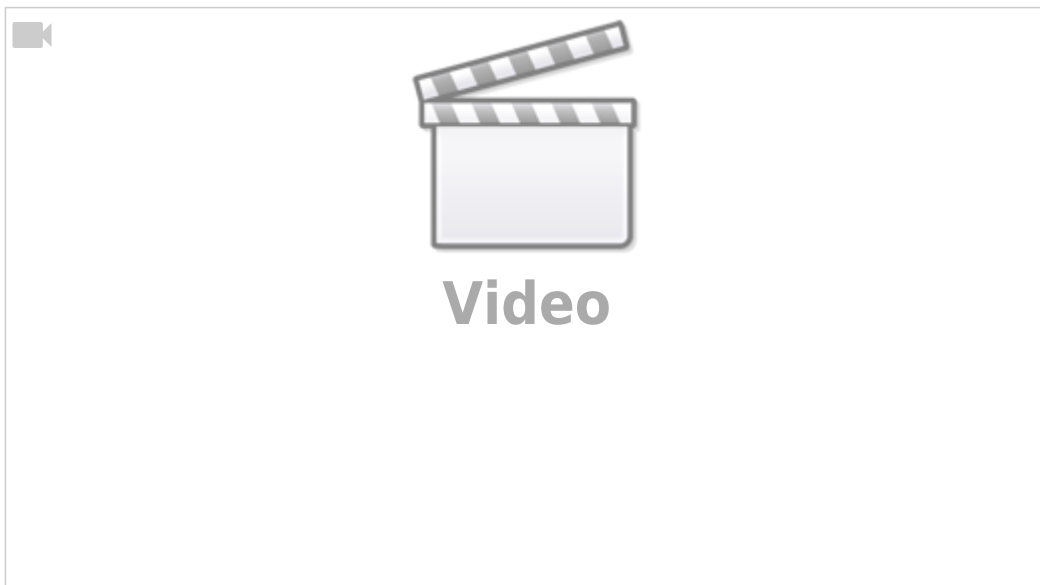
<https://www.youtube.com/watch?v=v2Rzhr1OtN4&list=PLLALQuK1NDRhbNpRSUEAloceyNEMzcKzN>

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

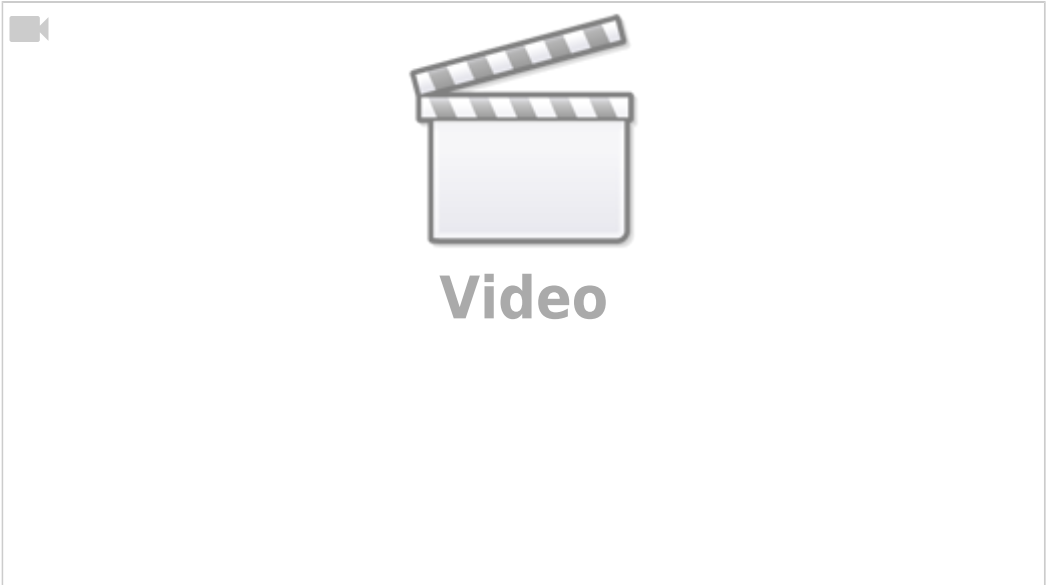
https://www.youtube.com/watch?v=pZQLtiaKQIU&list=PL-u0EuojkLG0-CFh0I7JgXILD_IPw_E4h

Videos

Einfache Schläge und Tritte:



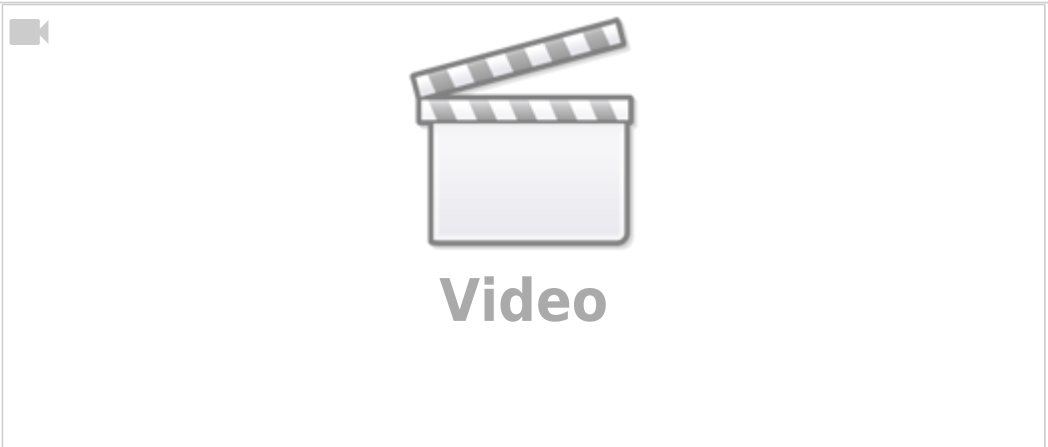
Push-Kick



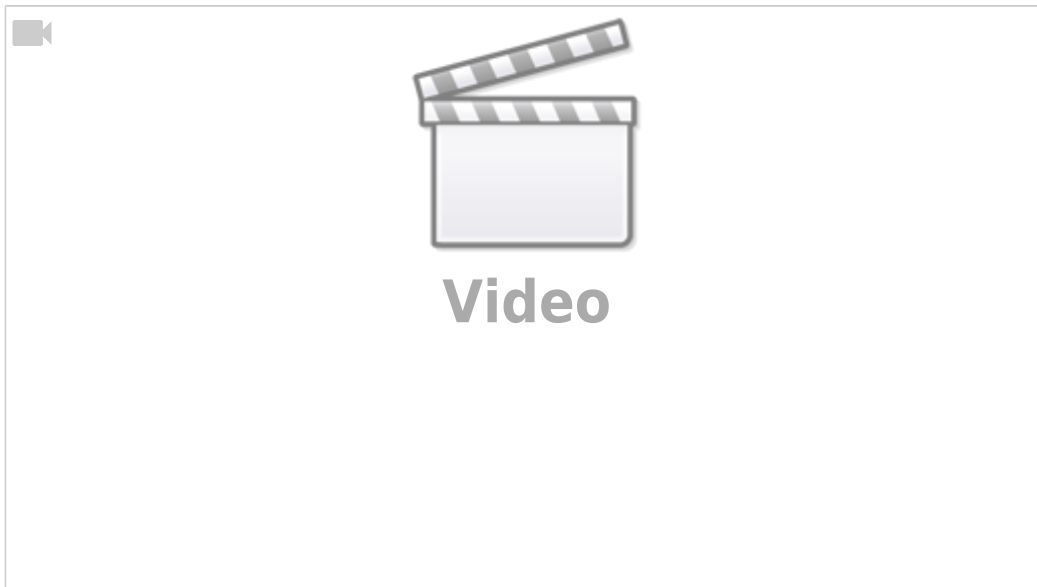
Verteidigung gegen geraden Faustschlag:
<https://www.youtube.com/watch?v=P4Vc3jEXIy8>



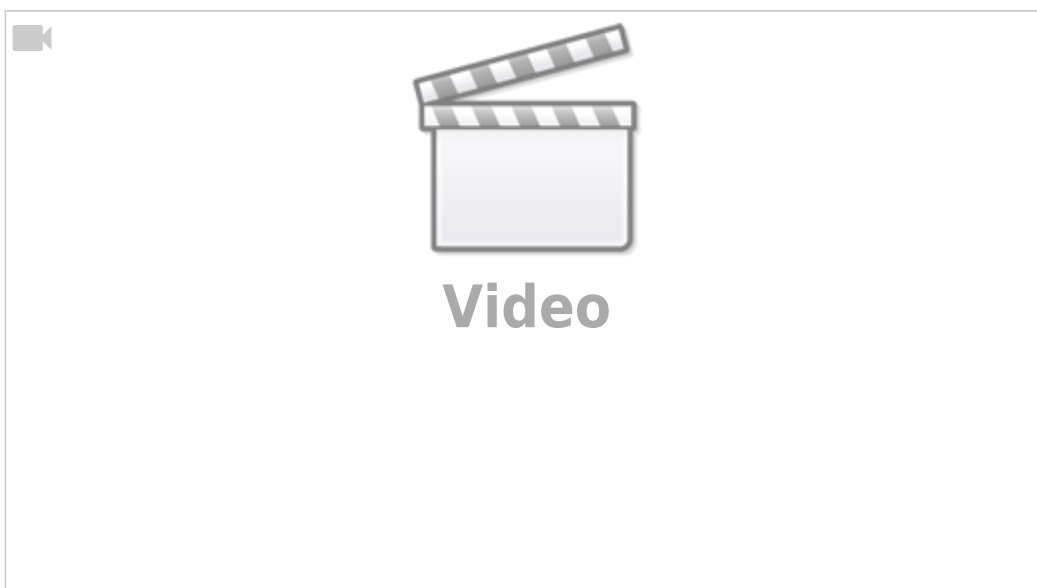
Innenverteidigung gegen Schläge (1):



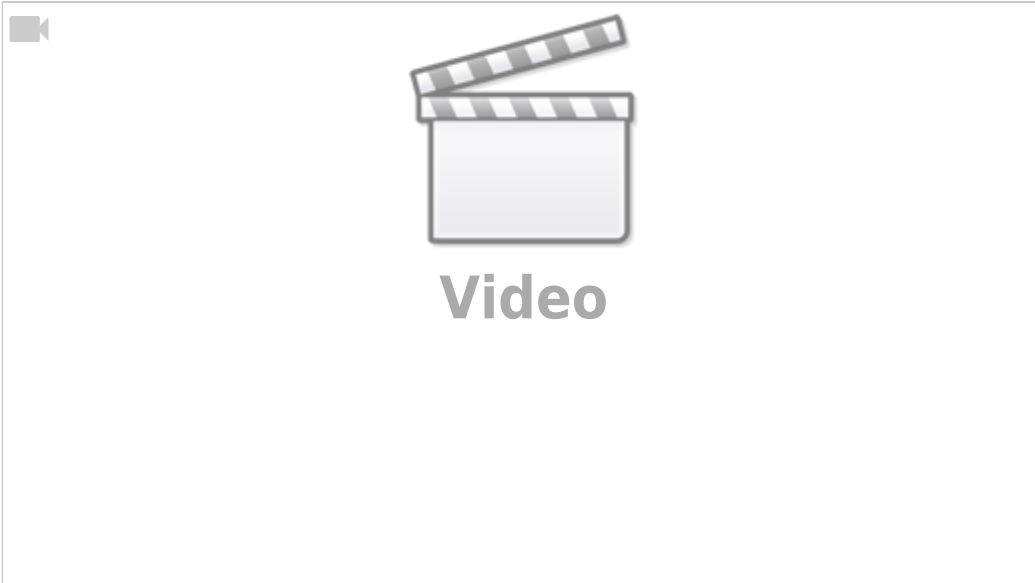
Innenverteidigung gegen Schläge (2):



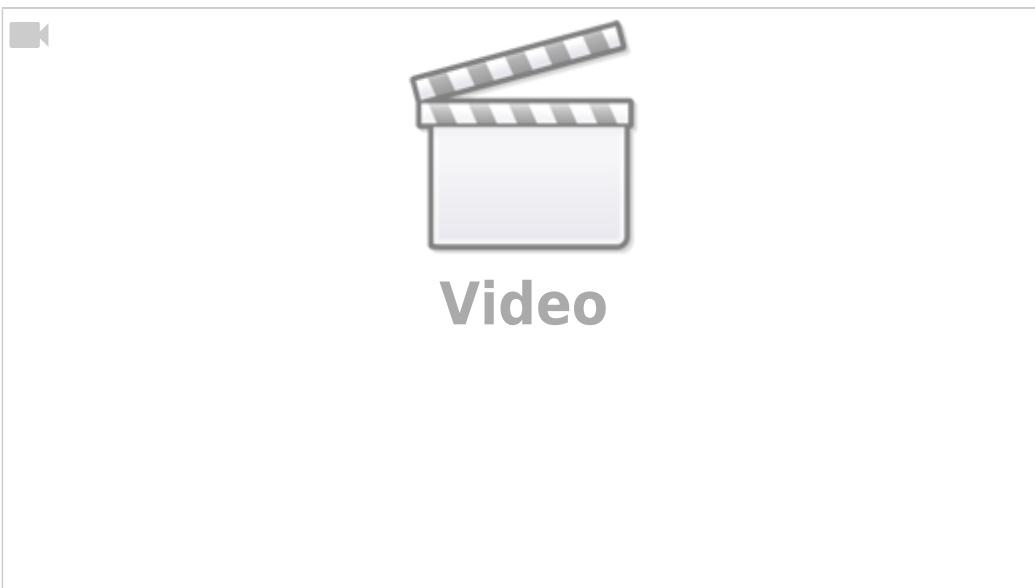
Außenverteidigung gegen Schläge (1):



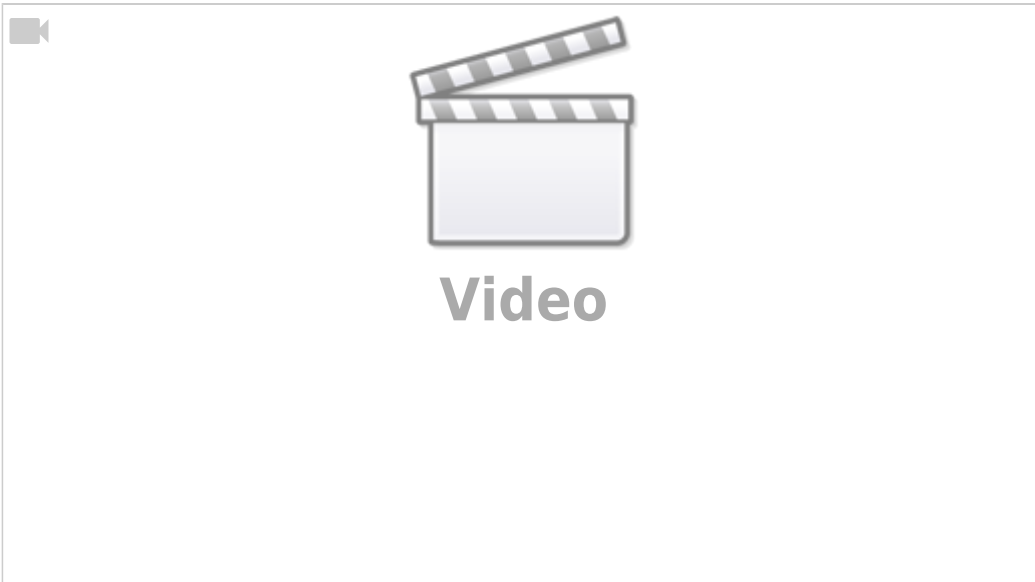
Außenverteidigung gegen Schläge (2):



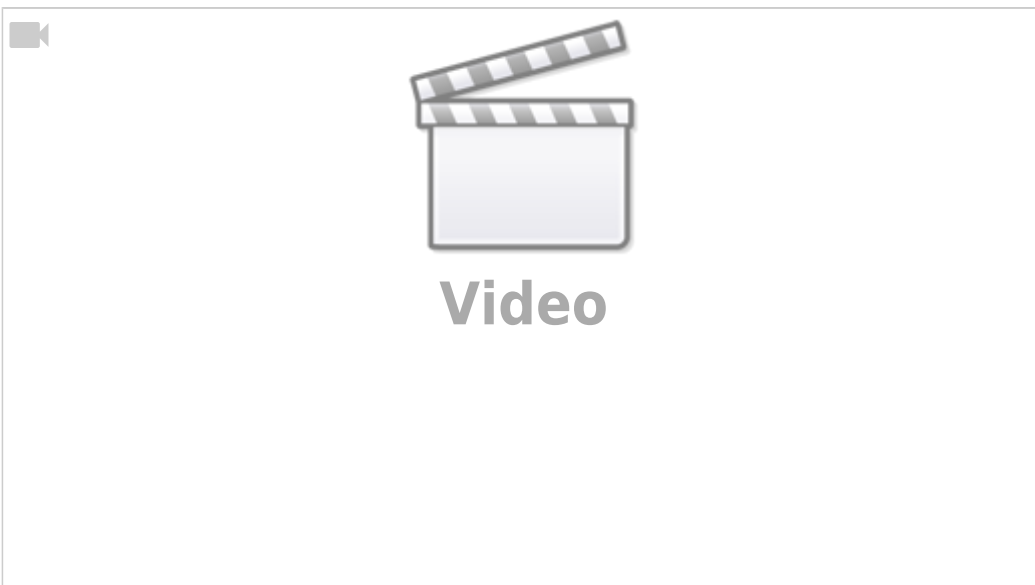
Innenverteidigung gegen Tritt:



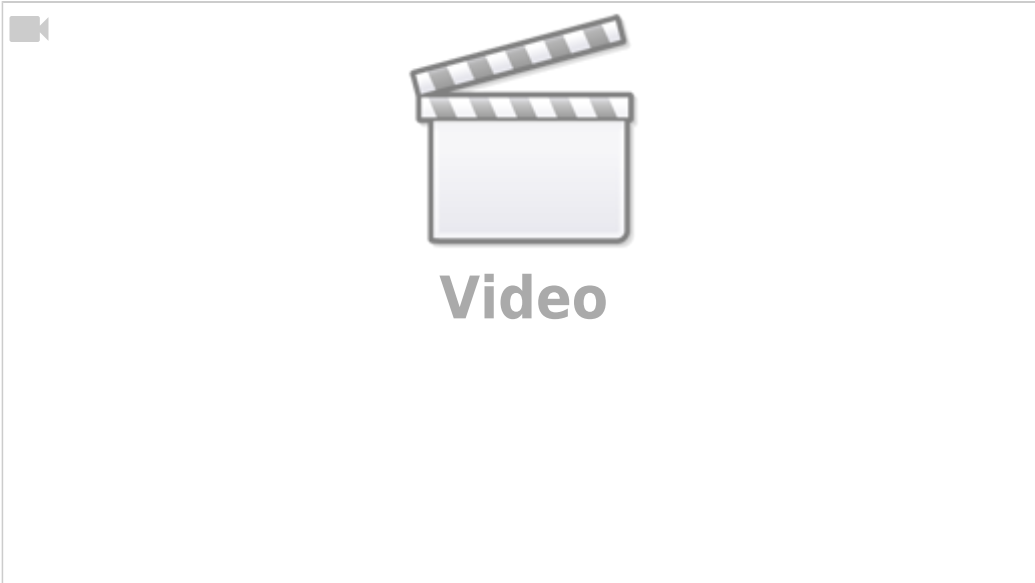
Außenverteidigung gegen Tritt:



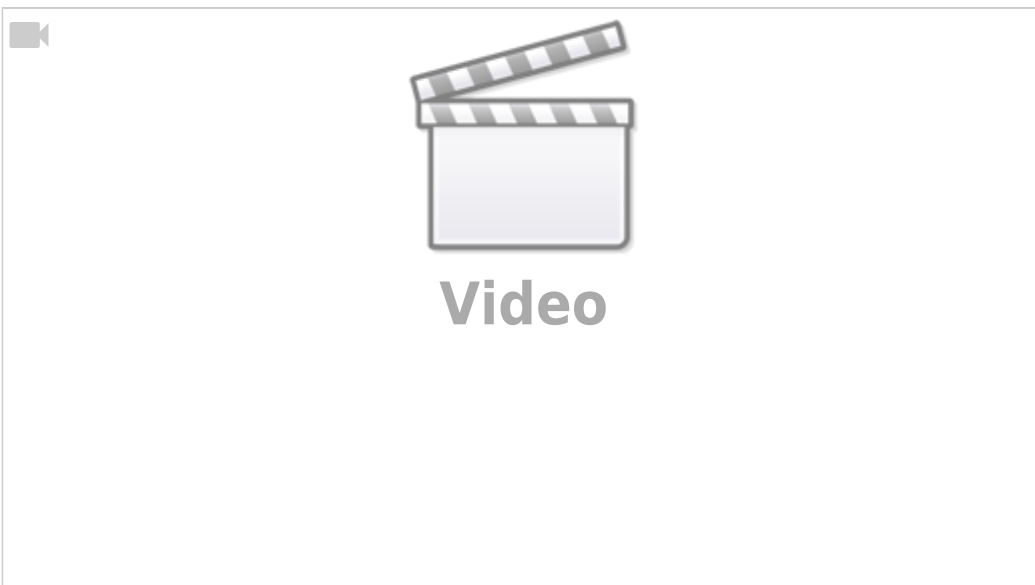
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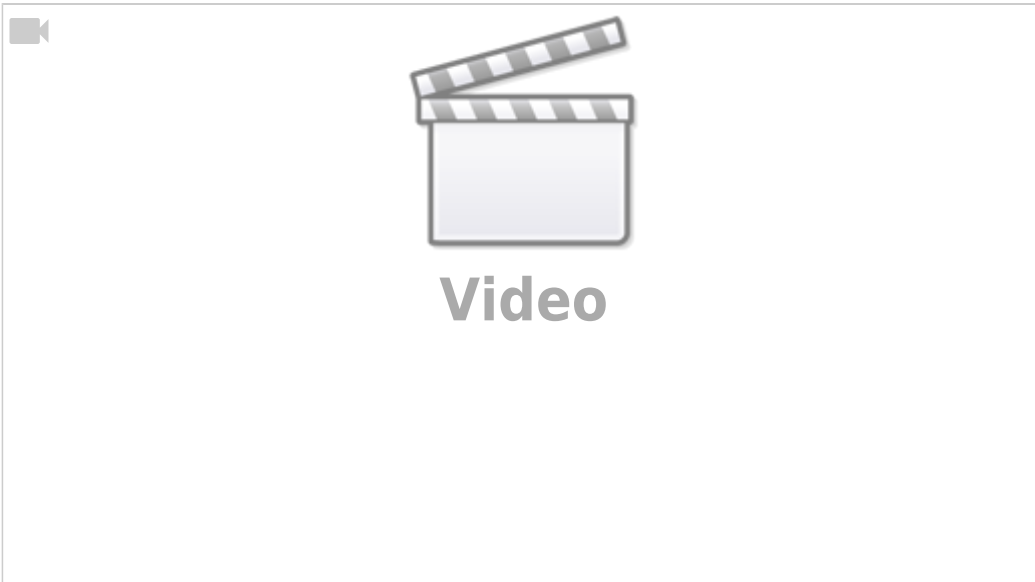
Innenverteidigung gegen Schläge (2):



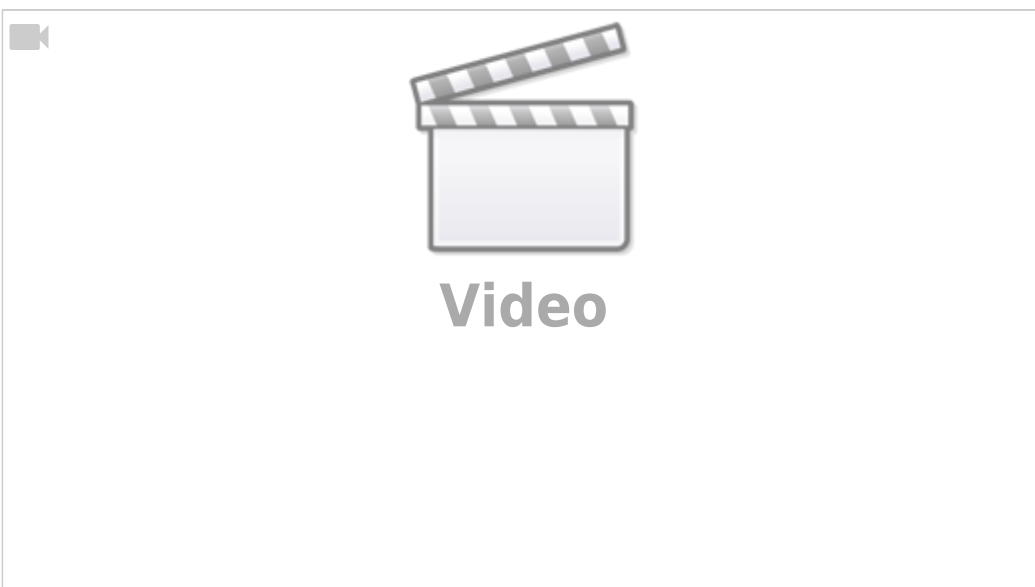
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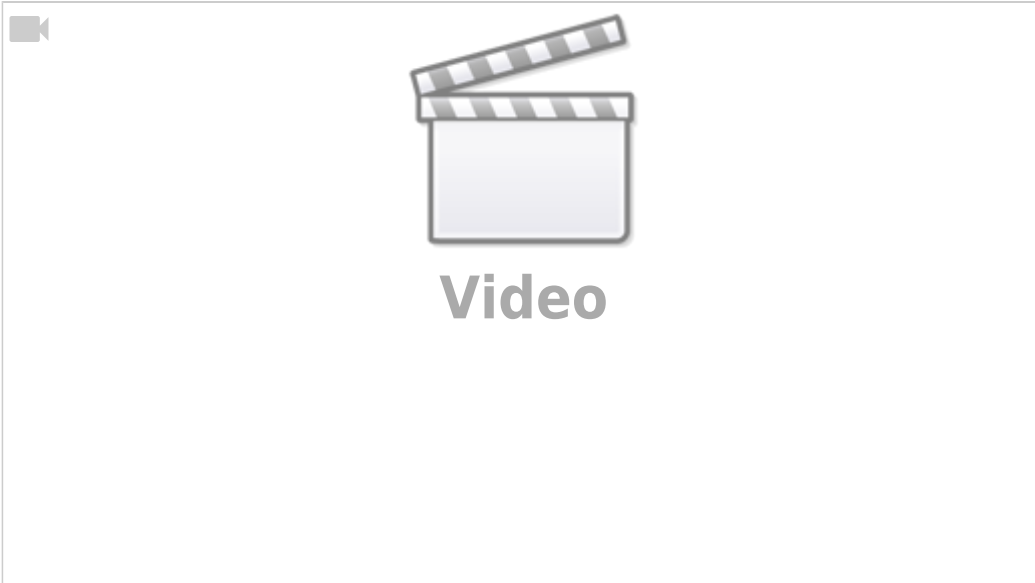
Außenverteidigung gegen Schläge (2):



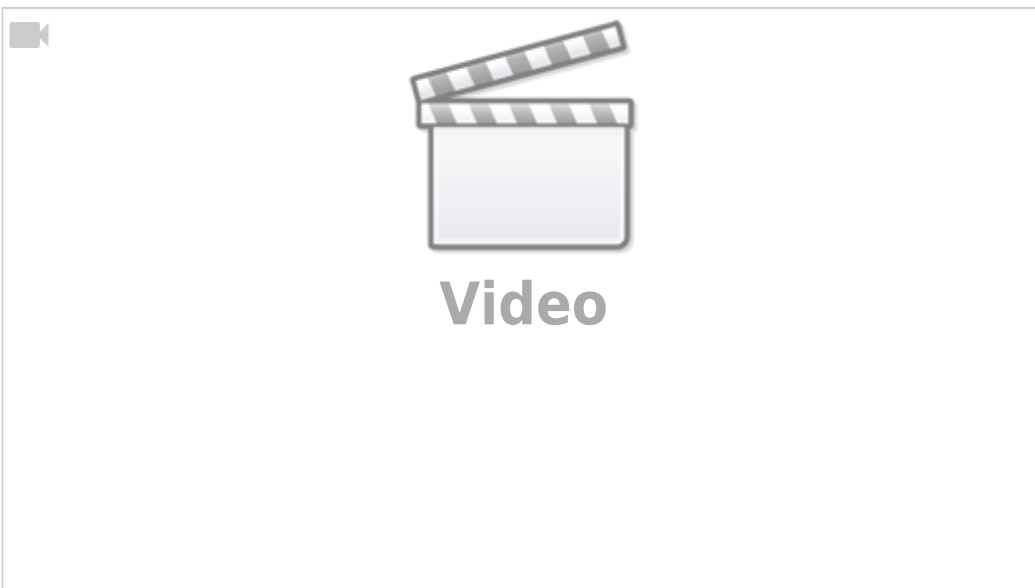
Hammerfaust & Hand lösen:



Aus Würgegriff befreien (1):

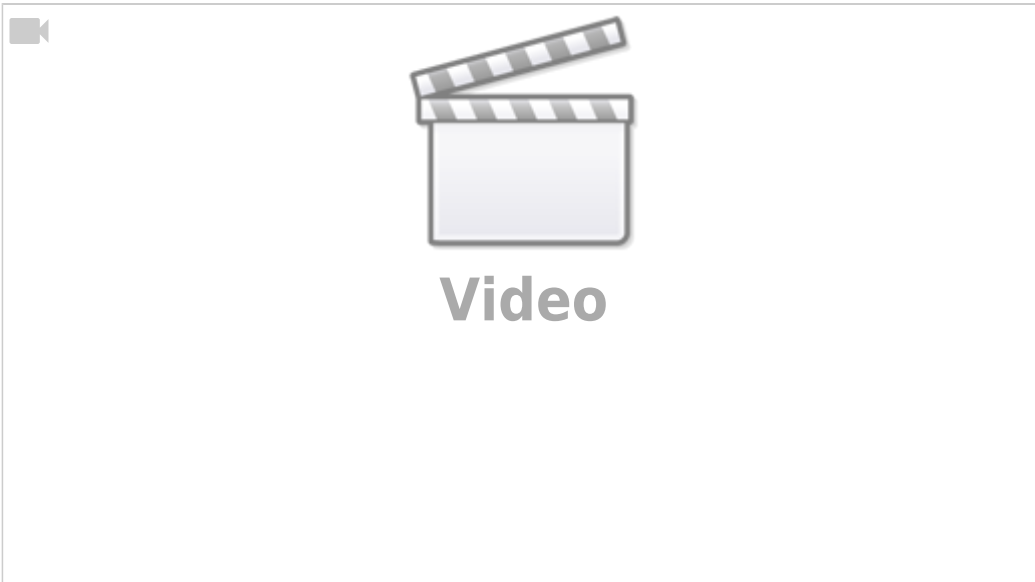


Aus Würgegriff befreien (2):

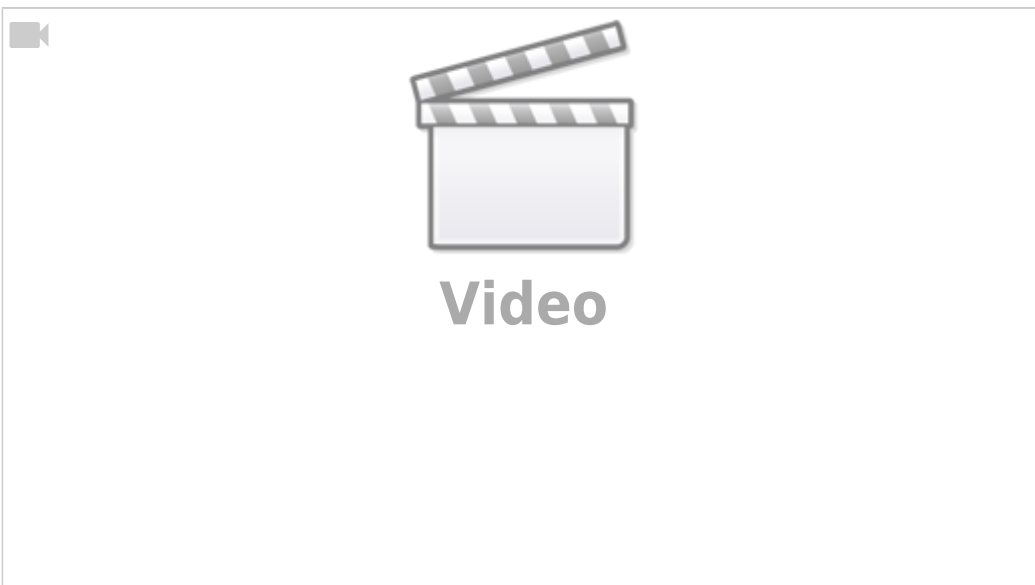


Aus Würgegriff befreien (3):
RoeH4FsINaE>rydTxBCKE2k?large}}

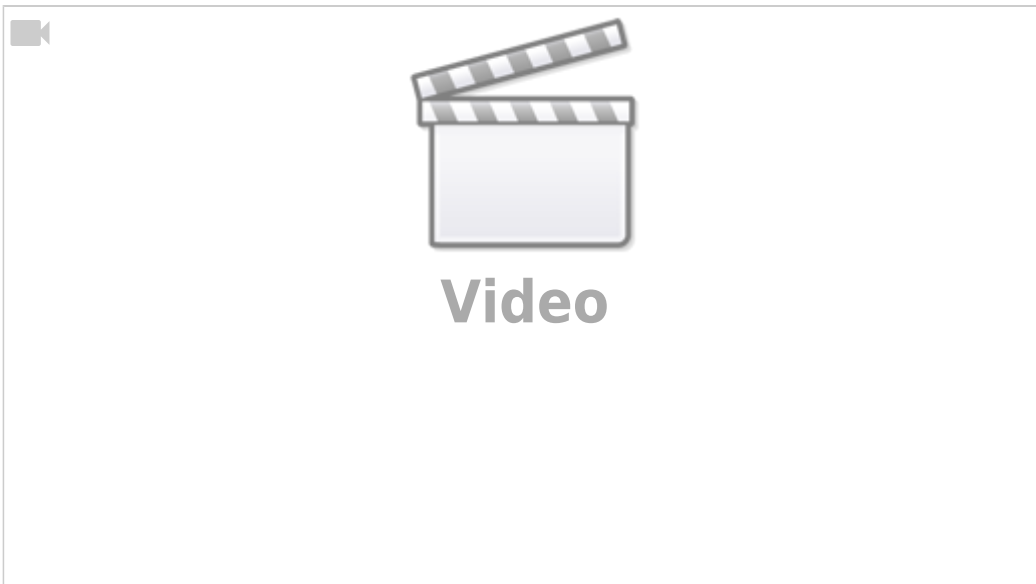
Scherentritt:



T-Shirt Grab an der Wand:



Mobilität entfernen:



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