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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

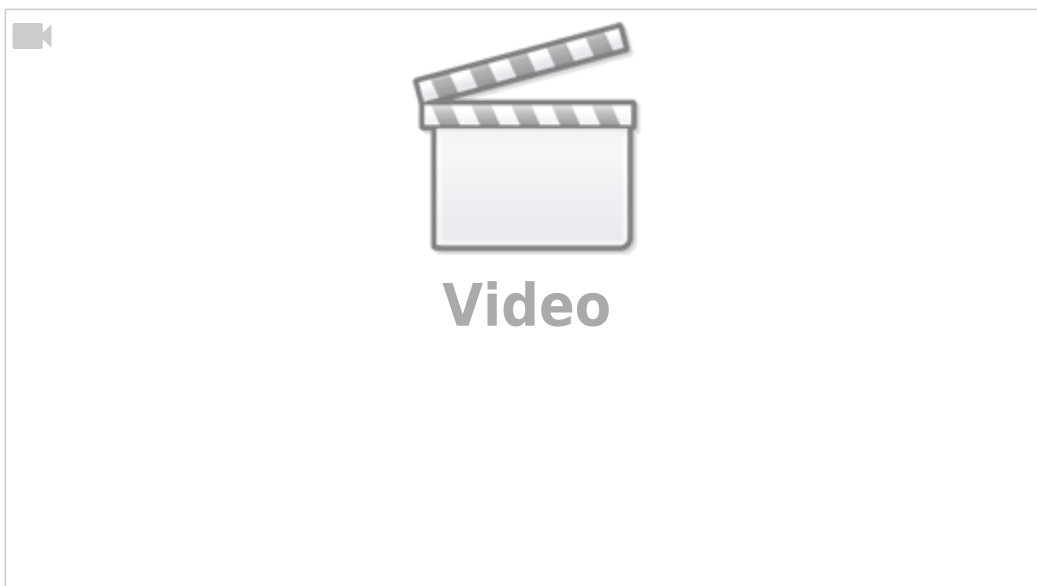
[https://www.youtube.com/watch?v=pZQLtiaKQIU&list=PL-u0EuojkLG0-CFh0I7JgXILD\\_IPw\\_E4h](https://www.youtube.com/watch?v=pZQLtiaKQIU&list=PL-u0EuojkLG0-CFh0I7JgXILD_IPw_E4h)

Intense Krav Maga - Krav Maga Basics Tutorials:

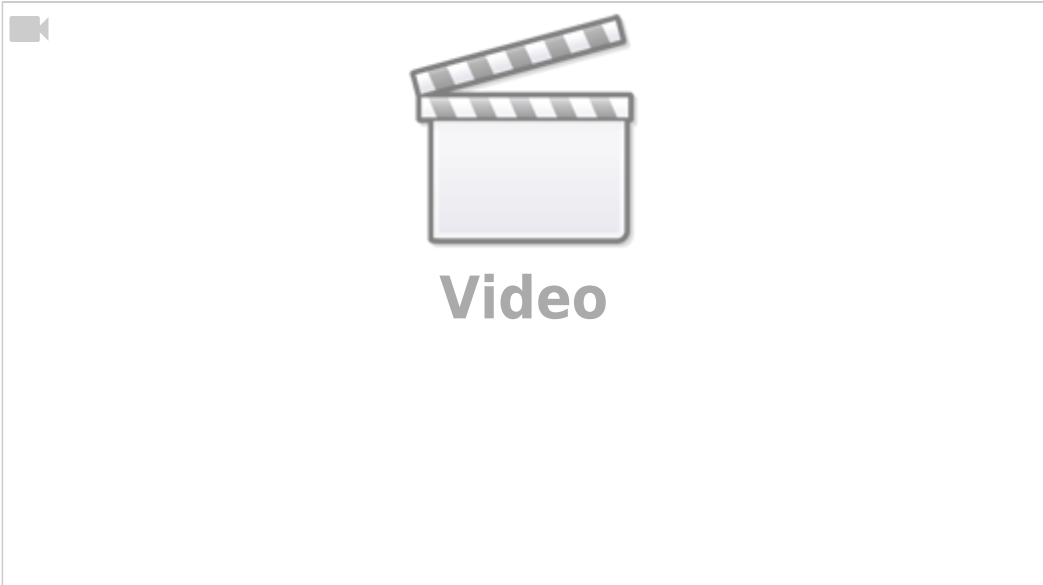
[https://www.youtube.com/watch?v=eIQQks3vaRQ&list=PLFMf6VIY5Qz3r\\_LMmhhnh3wd-7XYpqwUW](https://www.youtube.com/watch?v=eIQQks3vaRQ&list=PLFMf6VIY5Qz3r_LMmhhnh3wd-7XYpqwUW)

## Videos

Einfache Schläge und Tritte:



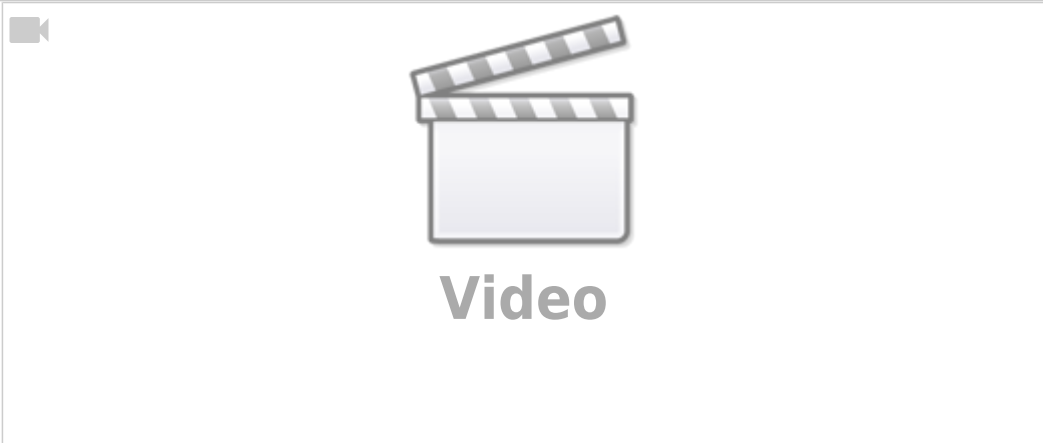
Push-Kick



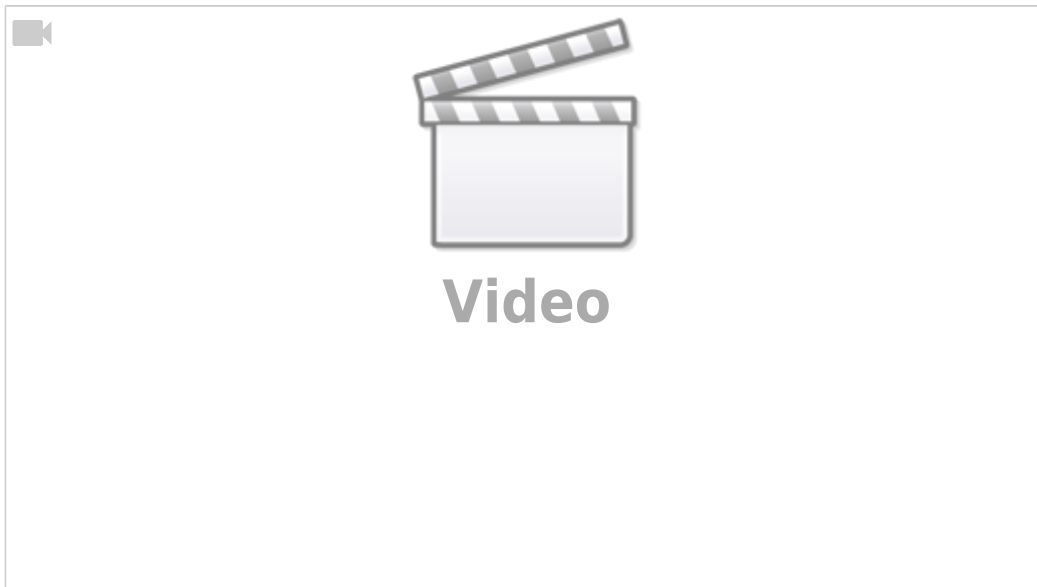
Verteidigung gegen geraden Faustschlag:  
<https://www.youtube.com/watch?v=P4Vc3jEXIy8>



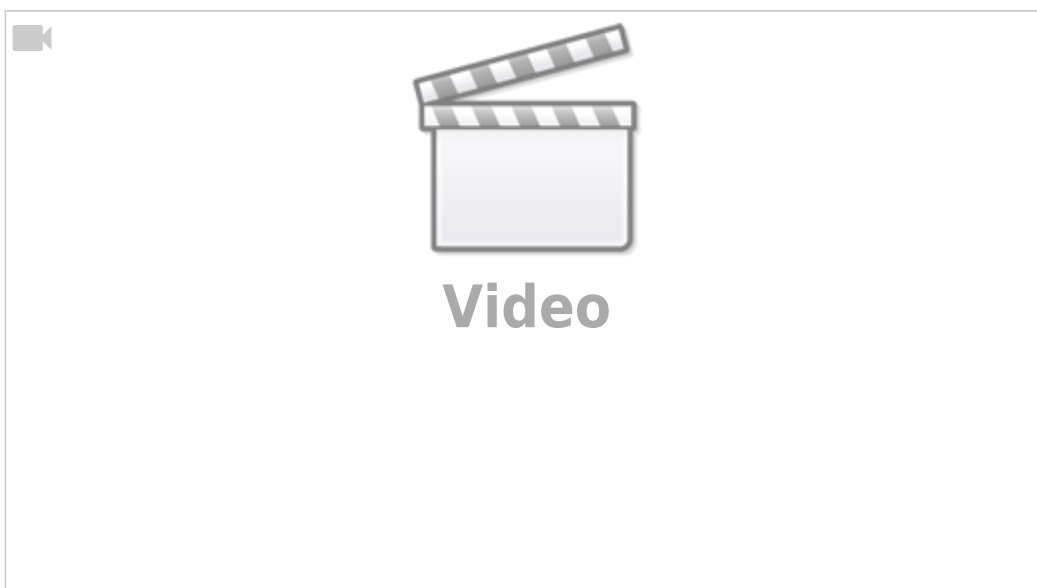
Innenverteidigung gegen Schläge (1):



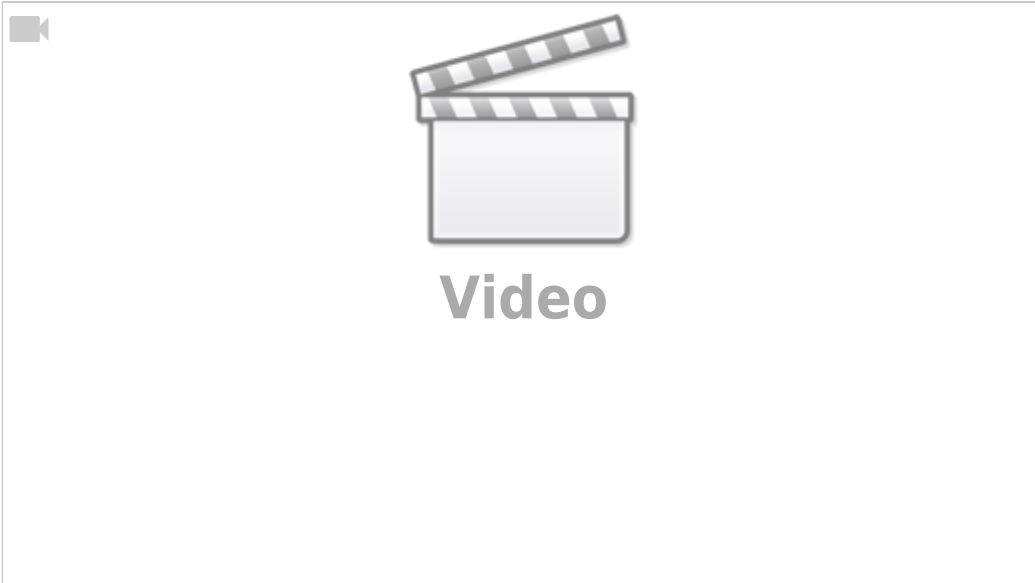
Innenverteidigung gegen Schläge (2):



Außenverteidigung gegen Schläge (1):

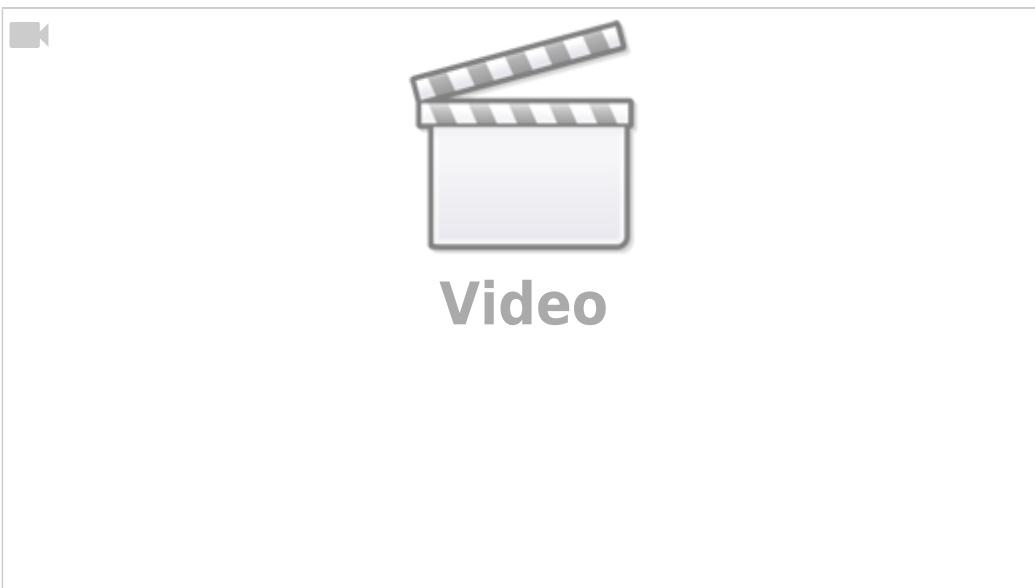


Außenverteidigung gegen Schläge (2):



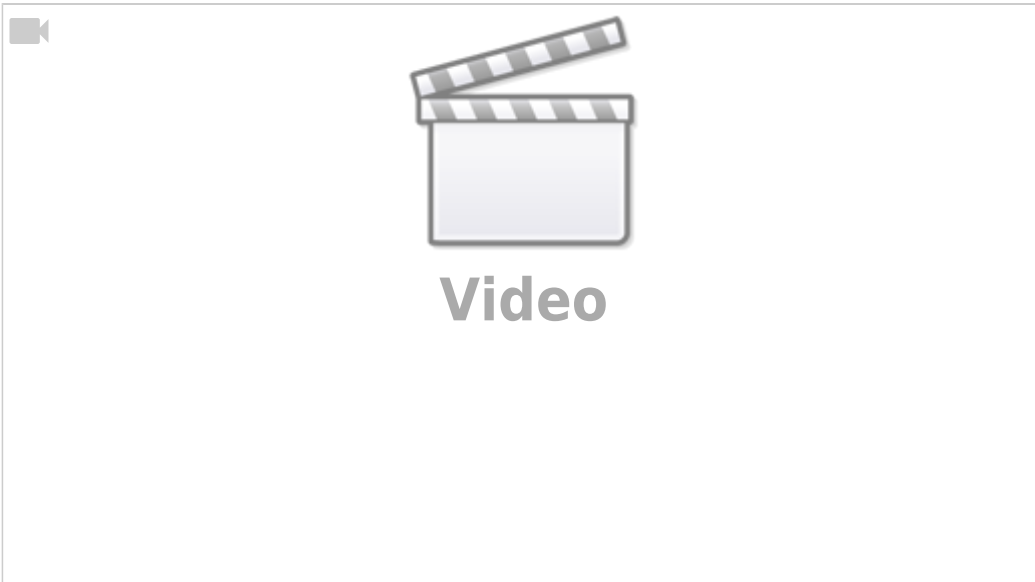
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Tritte einfach abwehren:



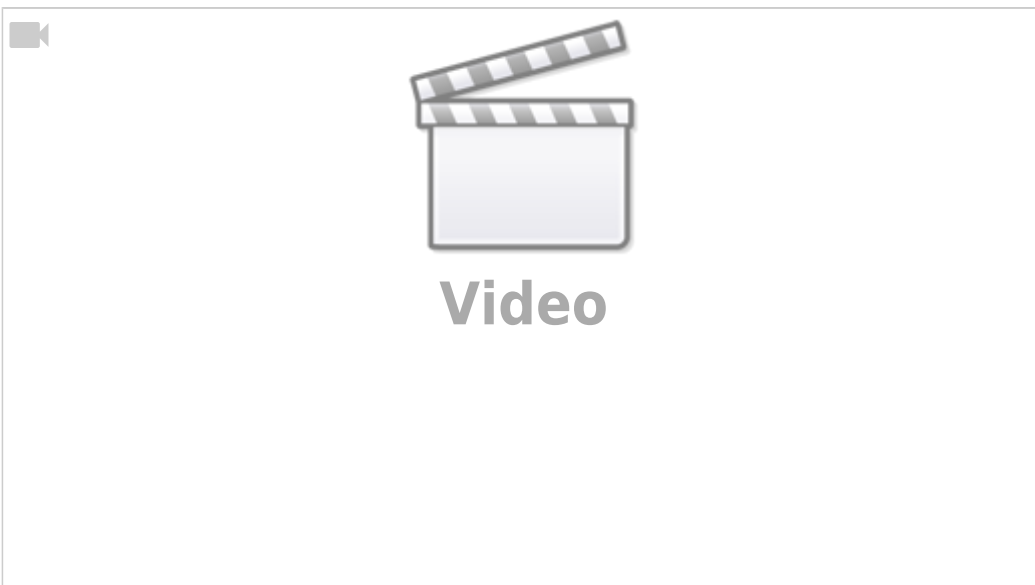
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Innenverteidigung gegen Tritt:



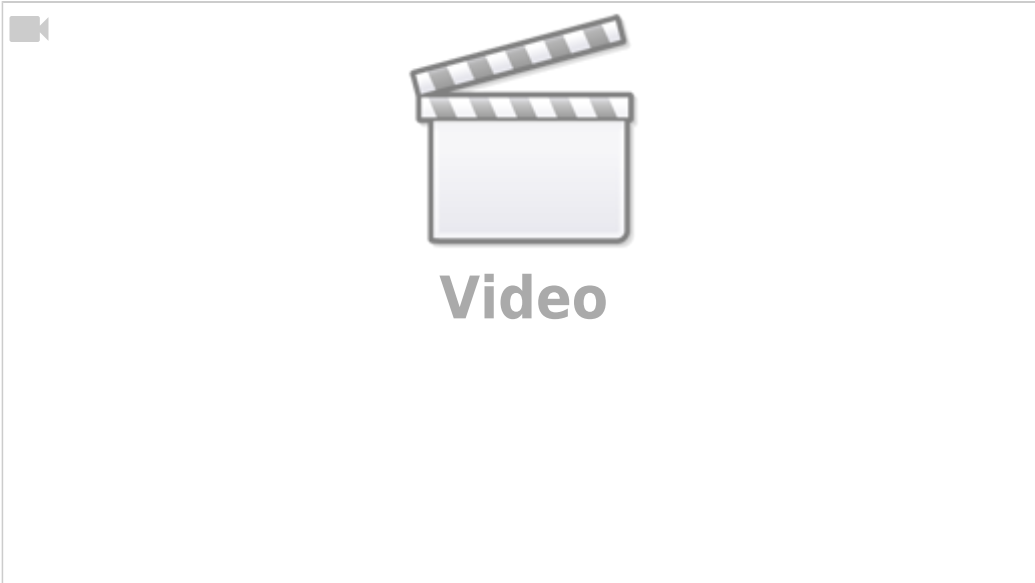
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Außenverteidigung gegen Tritt:



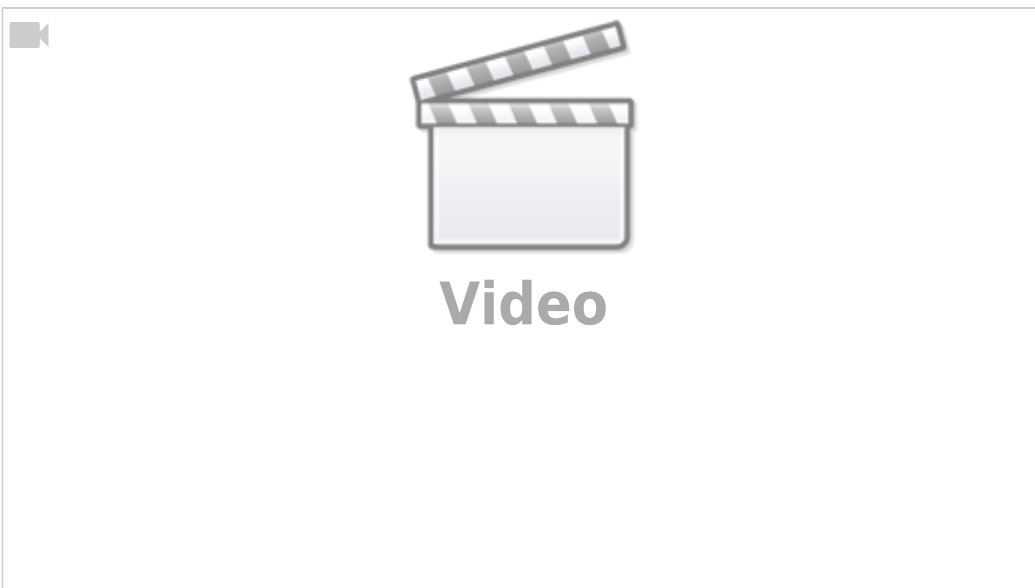
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Verteidigung gegen Rundtritt:



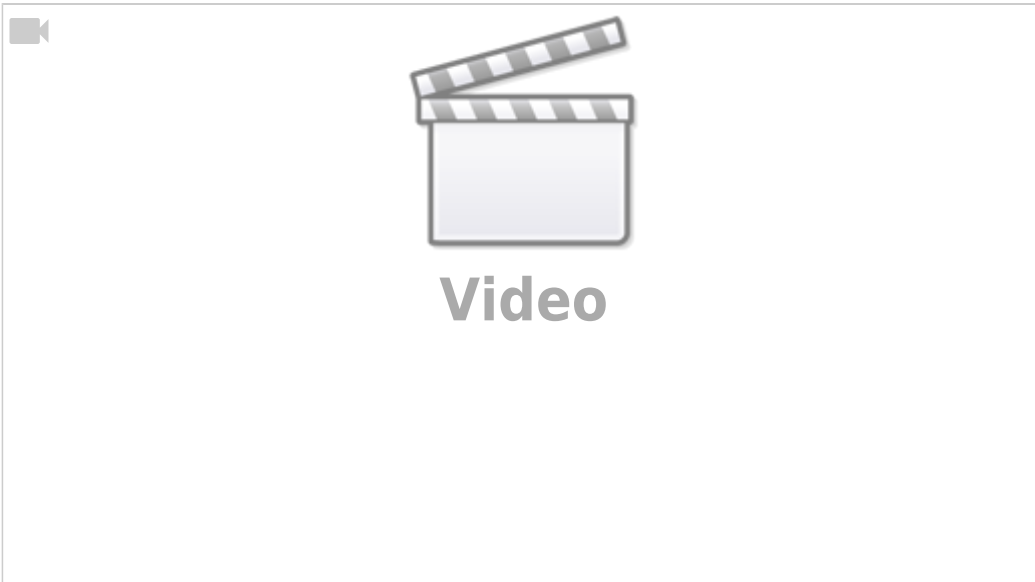
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Verteidigung gegen Rundtritt (2):



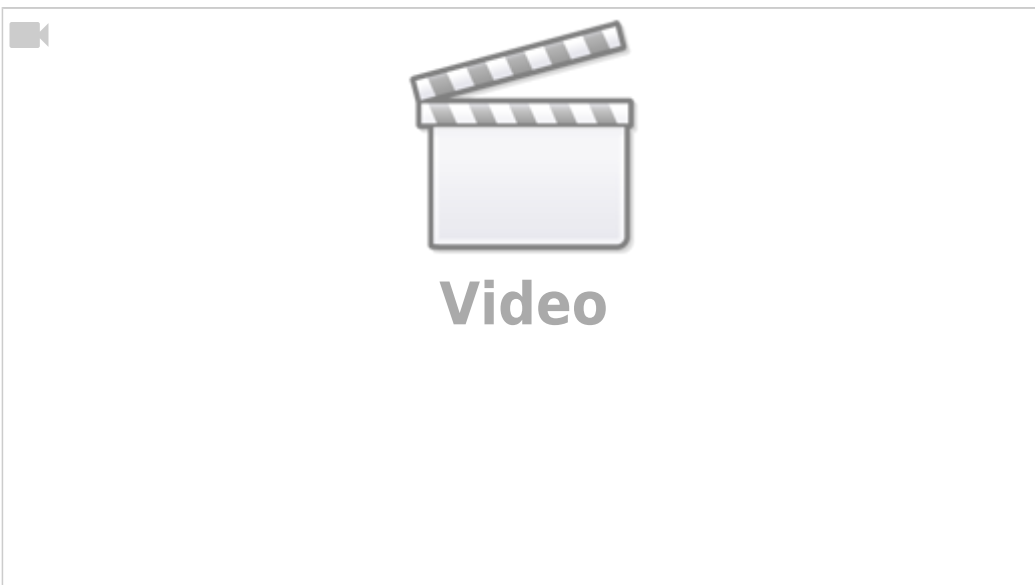
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Innenverteidigung gegen Schläge (1):



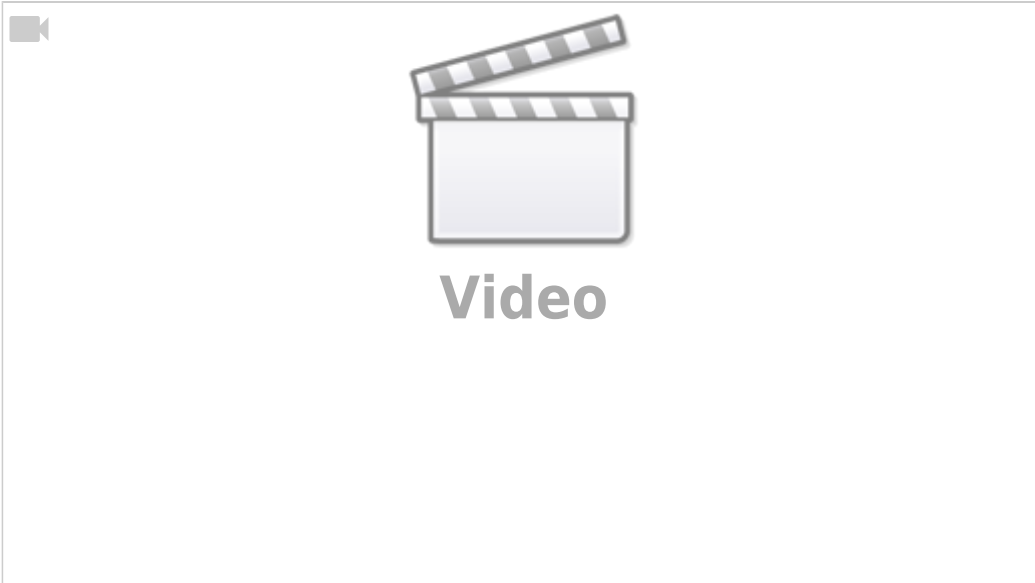
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Innenverteidigung gegen Schläge (2):



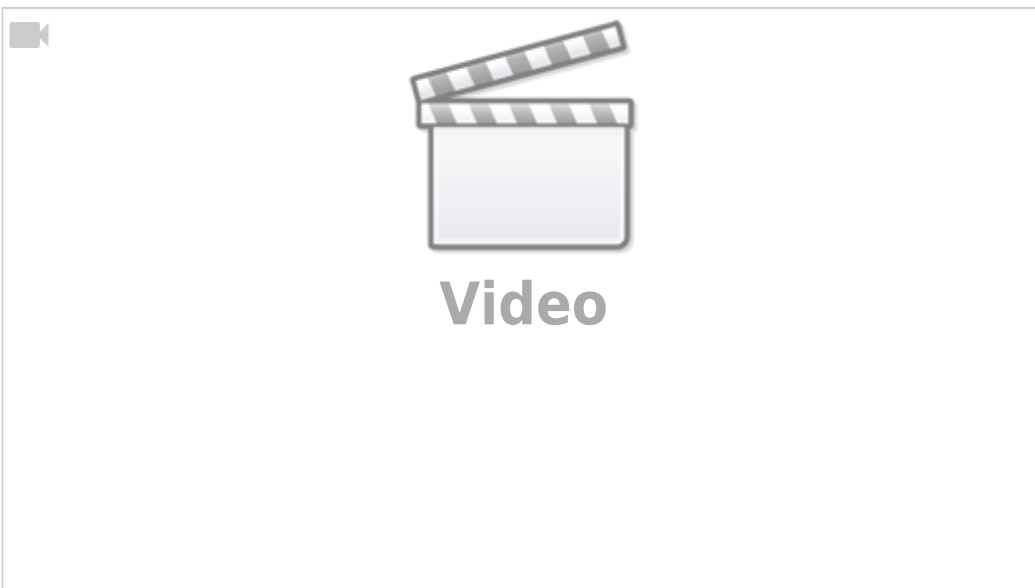
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Außenverteidigung gegen Schläge (1):



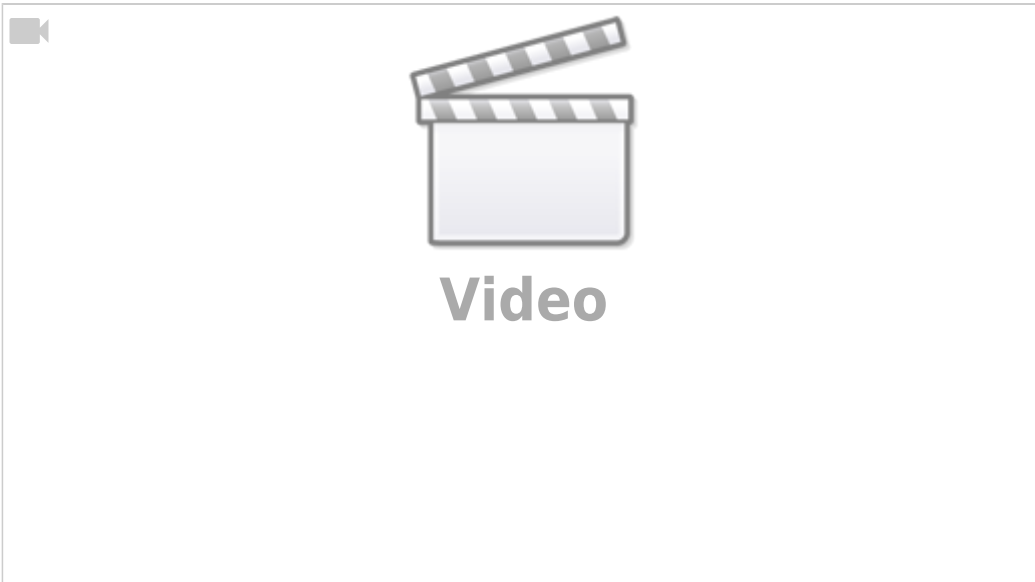
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Außenverteidigung gegen Schläge (2):



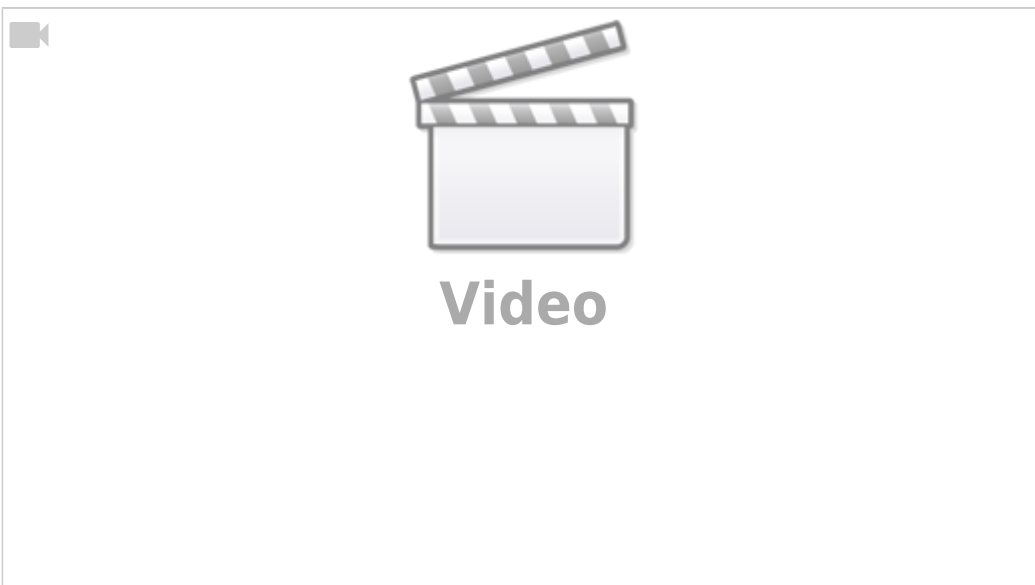
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Hammerfaust & Hand lösen:



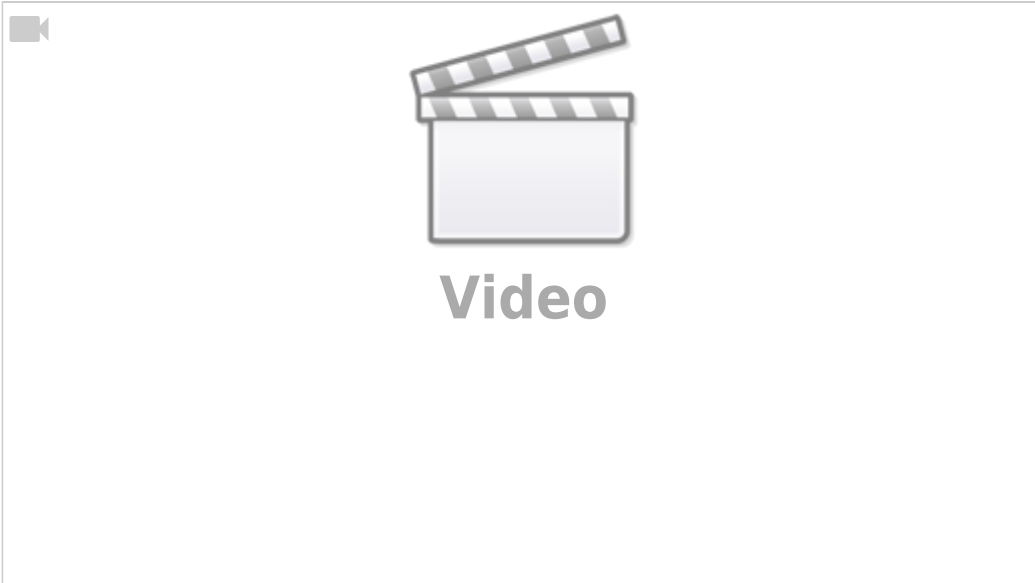
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Aus Würgegriff befreien (1):



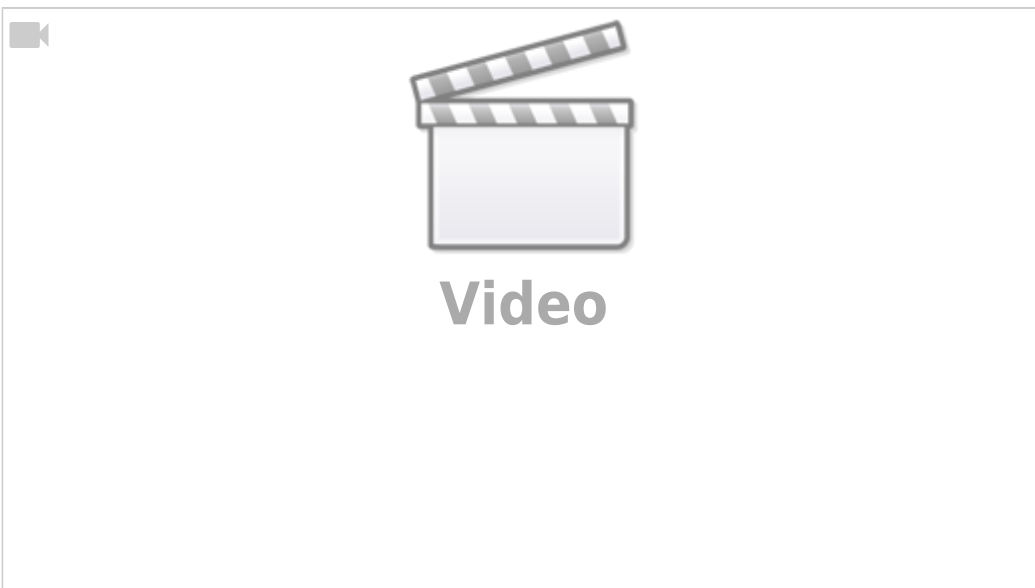
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Aus Würgegriff befreien (2):



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Aus Würgegriff befreien (3):



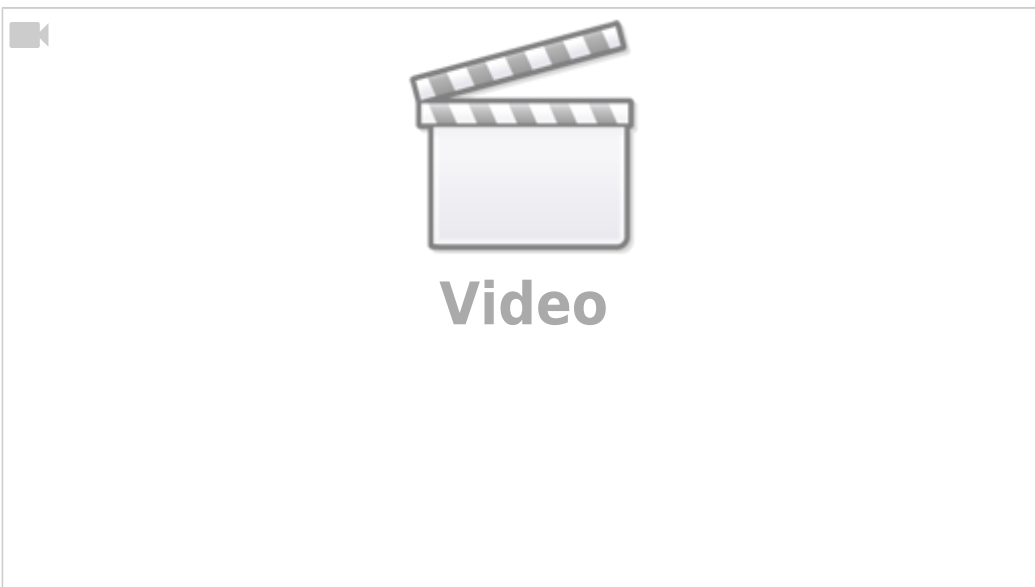
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Aus Würgegriff befreien (4):



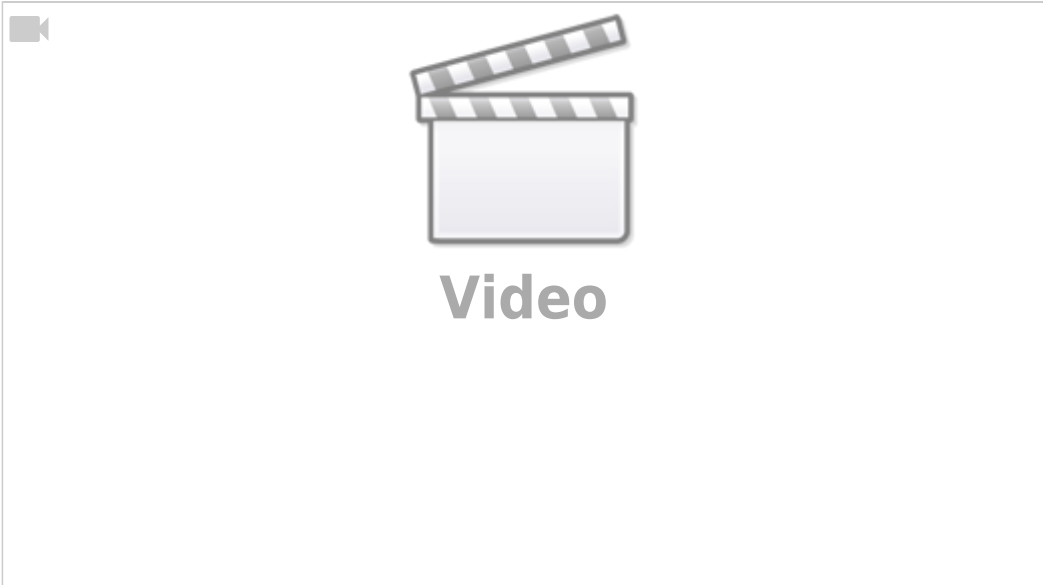
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Scherentritt:

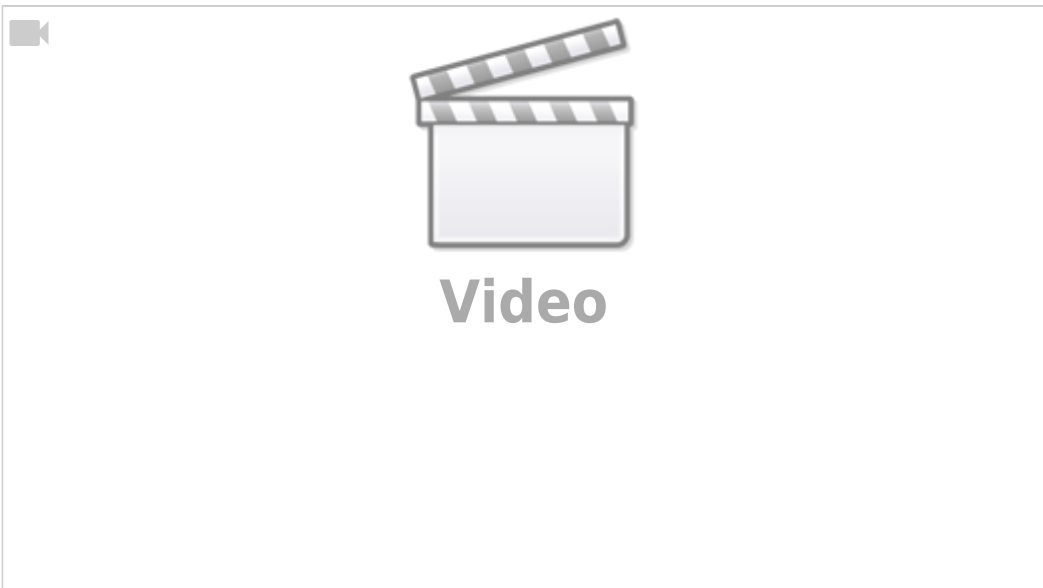


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T-Shirt Grab an der Wand:



Mobilität entfernen:



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