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OVER 100  
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EVERYTHING<sup>®</sup>

KRAV  
MAGA  
FOR FITNESS BOOK



Get fit with this high-intensity martial arts workout!

**Jeff Levine**, Lead Instructor, the Fit and Fearless Krav Maga Gym and Studio, in Austin, TX  
**and Tina Angelotti**, Head Instructor, the Krav Maga National Training Center/Krav Maga Worldwide  
**with Nathan Robert Brown**, Lead Instructor, Rising Dragons Dojo; Founder, World Pugilance League  
Technical Review by Karen West, N.A.S.M., A.C.S.M. Foreword by Krav Maga Worldwide

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# THE EVERYTHING® Krav Maga for Fitness Book

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Dear Reader,

Krav Maga is more than just a system of fighting. While it is one of the hottest forms of fitness currently available, it is more than that as well. Krav Maga is the art of living, offering those who practice it a newfound sense of confidence, the highest level of physical conditioning, and a sense of accomplishment. Krav Maga is a life-altering practice, one that creates athletes and warriors of the highest caliber.

This book provides you with all the tools you need to begin, as well as continue, your journey along the path that is Krav Maga. This book is an all-inclusive training guide that provides more than just basic step-by-step instructions (though these are included) for techniques. Training for fitness requires far more than this. Not just a guide to Krav Maga techniques, this book also offers dietary and nutrition advice, tips for stretching, plus a number of commonly used cross-training practices, such as yoga and kickboxing.

By following this guide, your fitness will improve on a number of levels — cardio, fat burning, energy, and flexibility. The program outlined in this book is not a fad, and it is not a theory. Krav Maga for fitness works...we KNOW it does. And it is our sincere wish that you give it a chance to work for you.

*Jeff Levine*  
*Tina Angelotti*  
*Nathan Brown*

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I would like to thank, first and foremost, Tina Angelotti. Without her amazing expertise, this book would not have been possible. I would also like to thank Kerry Smith for all her patience and Jack Sachs for all of her hard work. Thank you to Adams Media, BookEnds, my family, and to the Graduate staff at Midwestern State University, for putting up with me on those days when I was burned out.

This book is for my mother, Linda Brown. Without her, I never would have made it this far. Also to my daughter, Faith, the greatest teacher I've ever had, and her wonderful mother, Amanda, whom I will always be grateful for.

— Nathan Brown

# Top Ten Benefits of Krav Maga for Fitness

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1. You will feel strong and energetic, but you won't look bulky or unnatural.
2. You will create long, lean muscles.
3. You will learn how to burn more calories and fat during your workouts.
4. You will want to move more than you'll want to sit on the couch and watch TV.
5. You will increase your functional strength so everyday movements will not lead to injuries.
6. You will form the base for self-defense training.
7. You will learn how to eat for health and fitness.
8. You will learn how to work with your body as it ages, rather than giving in to the erroneous belief that the body has to disintegrate as you get older.
9. You will find balance in your life, and it will include activity and rest, and high-intensity movement and relaxing movement.
10. You will look in the mirror and like what you see.

# FOREWORD

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Krav Maga is an aggressive, hard-core self-defense system...but fitness has always been a major component of it. One of the first books about Krav Maga, *Fighting Fit* by David Ben-Asher, was focused on the idea of physical fitness. Sheiki Barak, now retired from the Israeli Defense Force, not only has the honor of being the Krav Maga instructor who achieved the highest rank in the Israeli Defense Force (Lieutenant Colonel), he was also in charge of all physical fitness for the IDF. Amichai Perets, who is very active with the Krav Maga Worldwide organization in the United States, served as the main instructor in both hand-to-hand combat and conditioning for the IDF's version of the U.S. Navy SEALs.

In the United States, Krav Maga Worldwide (and its godparent, the Krav Maga Association of America) has taken that fitness training to a whole new level. And yet, it's a level easily reached by the average person. This is important because Krav Maga's *raison d'être* is to be useful to everyone, not just top athletes.

The Krav Maga National Training Center in Los Angeles, California, has 2,000 active members. Most of them come for the self-defense training, but once they join they find one of the most active, vibrant, and satisfying fitness programs available anywhere in the world. This program was initiated by some of Krav Maga's top instructors, including Michael Margolin, a 4th Degree Black Belt in Krav Maga. Over the years, it has been refined and expanded by Tina Angelotti, one of the authors of this book and the person largely responsible for the current success of the Krav Maga fitness program.

The students who take fitness classes at Krav Maga Worldwide's facilities have two things in common. First, they want to become stronger and fitter; and second, they want a workout that is both interesting and practical. Krav Maga's fitness training provides a program that fulfills both those desires. Krav Maga strength is functional strength – using all the right muscle groups to lift, pull, and carry. Krav Maga stamina is functional stamina – your ability to work efficiently over long periods and explosively in short bursts. People who train at Krav Maga Worldwide facilities find themselves looking and (more importantly) feeling leaner, longer, and stronger.

It remains to be said that this is a fitness book, not a self-defense book. It won't teach you to protect yourself against a violent attack. But the exercises in this book *are* designed to complement and reinforce the movements you will learn in a Krav Maga self defense class. So if you bought this book expecting to be a ninja by the last page, stop reading now. But if you started reading because you're looking for practical, functional conditioning that will make you leaner and stronger, and set you up for self defense training, read on: you've come to the right place.

*Krav Maga Worldwide*

# INTRODUCTION

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CREATED ON THE VIOLENT STREETS of pre-WWII Europe and developed on the battlefields of the Middle East in an environment where one had little time to devote to combat training, the Krav Maga system was created to bring students to an efficient level of fighting ability in a short period of time. Since its birth, Krav Maga has proven its efficient applicability in the real and violent worlds of war, law enforcement, and civilian “street-wise” self-defense. Changing with the times, Krav Maga has continued to be developed and improved for over a half-century. You will find no specific “forms” (referred to as *kata* in Japanese Martial Arts) in this system, and very few absolute rules (if any). In Krav Maga training, the focus is on **you**. The training in this book is meant to help you develop a high level of physical fitness while teaching you easy-to-learn self-defense techniques that are designed to be effective in reality-based situations of aggression and/or violence.

The path of Krav Maga is far more than just a way of fighting, it is a survival system meant to ensure the practitioner’s personal safety. Considered a modern and constantly evolving street fighting system, Krav Maga is effective for use against both armed and unarmed attackers, addressing a variety of potential situations such as defense against punches, kicks, chokes, physical restraints/ grabs. What’s more, these defenses are learned in such a way that they may be employed against one or multiple attackers, armed with firearms, edged weapons, or blunt objects.

Krav Maga training places emphasis on conditioning oneself to react when caught off-guard. The techniques and training methods will sharpen your ability to defend and counter from a state of non-readiness, teaching you to transition from passive to aggressive modes in the blink of an eye. The training methods will tone your body while teaching you to fight effectively in moments of chaos and stress. The techniques will allow you to learn how to move from a disadvantaged situation to a position of advantage in combative situations.

In addition to self-defense, Krav Maga will harden, strengthen, and lengthen the muscles of your body. You will grow faster, stronger, and more toned with every passing week of training. The training will introduce you to elements that are applicable to the act of fighting — fighting strategies, feints, punching/ kicking combinations, blocks, and counterattacks. Psychologically, your confidence and assertiveness will grow as you learn to control fear, to face uncertainty, to remain calm in the midst of chaos, and to use the environment to your advantage.

Krav Maga offers a fitness program that includes specialized training methods that will not only challenge you on a physical level, but will also develop within you a rare mental discipline that will strengthen your spirit and develop your ability to deal with violent encounters under great amounts of mental stress. This is perhaps why so many law enforcement organizations have begun to integrate Krav Maga into their training programs.

Krav Maga is not a combat sport, and you will find no Krav Maga-sanctioned competitions or tournaments. This is not a sport...it is a way to develop the mental acuity and physical strength that will allow you to live and survive in today’s harsh world.

The Krav Maga symbol, as seen in the KMAA logo on the cover of this book, consists of a combination of the Hebrew letters K and M surrounded by an open circle. The open circle is symbolic of how the Krav Maga system remains open and constantly evolving, as practitioners are always improving, revising, and adding upon techniques, exercises, and training methods.

# 1 WHAT IS KRAV MAGA?

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The first question most people have when they hear the words *Krav Maga* is, “What’s that?” The standard answer is that Krav Maga is the martial art and fighting system of the Israeli Defense Force. However, as you will see, Krav Maga is far more, and its benefits reach far outside the borders of its home of origin in Israel. Krav Maga has extended into the worlds of professional sports, mixed martial arts, and aerobic fitness.

## A History of Contact Combat

Krav Maga was originally developed in Israel during the 1940s and 1950s by Imi Lichtenfeld (also known as Imrich Sde-Or) for the Israeli military. Though he was born in Hungary, Lichtenfeld was raised in Bratislava, the largest city and state capital of Slovakia. He excelled in athletics, especially combat sports, earning a number of awards in both wrestling and boxing.

## FACT

Imi Lichtenfeld is also known as Imrich Sde-Or (meaning “Light Field,” which is a translation of his name into Hebrew) and is the founder of the Krav Maga fighting system. Originally, Lichtenfeld developed Krav Maga as a system of close combat for the Israeli military, or the Israeli Defense Force (IDF).

Imi was the son of a police officer, Samuel Lichtenfeld. Imi’s father served for some thirty years as a chief inspector and became renowned for his extensive arrest record and for having dealt with a number of dangerous criminals. While on the force, Imi’s father owned and operated the Hercules gym in Bratislava where he taught self-defense — constantly focusing his teachings to instruct fellow officers on the importance of moral conduct with the public and the proper treatment of suspects during detainment.

## *On the Streets of Bratislava*

It was on the streets of Bratislava that Imi Lichtenfeld developed and sharpened his fighting abilities, birthing what would later come to be known as Krav Maga. Originally, Imi’s motivations were to protect himself and his Jewish neighbors from the anti-Semitic violence of local fascist gangs. In order to protect his community, Imi would often have to fight these men (some of whom were armed) with only his hands.

During this time Imi began to reflect on the combat sports of his past. From these experiences, he became aware of the basic differences between combat sports and fighting on the mean streets of reality. This principle would later become the foundation of Krav Maga.

Imi’s home was turned into a battlefield during the late 1930s as Hitler’s Nazi Germany turned Europe

into a hunting ground for Jews. Imi's strength and his efforts to protect his community made him a target of the Nazi Party. By 1940, Imi had no choice but to flee his home. Following years of travel, he settled in what was then Palestine and is now modern-day Israel.

Shortly after settling in Israel, Imi joined a paramilitary Jewish organization known as the Haganah and joined the fight for an independent state of Israel. It was during this time that he began teaching the basics of hand-to-hand and close combat to his fellow soldiers.

## ***Krav Maga's Development in Israel***

When the sovereign state of Israel was officially formed in 1948, the government contracted Imi to develop a system of hand-to-hand combat for soldiers, which would come to be called Krav Maga.

When the Haganah was merged into the Israeli Defense Force (IDF), Imi was appointed Chief Instructor of Physical Training and Krav Maga at the Israeli military's training facility.

## **QUESTION**

### **What does Krav Maga mean?**

*Krav Maga* is Hebrew for "contact combat." Today, soldiers and law enforcement officials all over the world study Krav Maga as a form of close combat and nonlethal suspect management. It is also growing in popularity as a form of physical fitness.

For twenty years, Imi continued to serve in the Israeli Defense Force, further developing his Krav Maga system as he trained both soldiers and instructors for the most elite military units in the country. The object of such a fighting system was, in fact, to remove the system by sacrificing ideas such as fixed positions and right and wrong mentalities for natural and efficient reactions that worked. The main idea was to create a fighting system that could be quickly learned, practiced, and effectively put into use by men and women who had little or no previous fighting experience, regardless of their size or strength. It needed to be quickly learned and easily retained with minimum practice.

In order for this to be achieved, Krav Maga focuses on what has proven to be effective in combat. Krav Maga is not a martial art of theory but one of practice.

Israel was in a constant state of war with its neighboring countries throughout the 1950s and 1960s and continues to have conflicts with its neighbors even today. Due to this, the techniques of Krav Maga have been tirelessly tested for decades. Each technique was proven either effective or useless in the real-world combat on the battlegrounds of the Middle East.

## ***Imi's Idea of Retirement***

By 1964 Imi Lichtenfeld had retired from active duty. Never one to become complacent, he began to redefine a new focus for Krav Maga. This time the battlefields would not be that of soldiers but the



violent, unexpected situations that confronted ordinary citizens in everyday life. Imi now decided to teach his system to civilians in Israel. He modified the system of Krav Maga so that ordinary people who lead ordinary lives could employ it.

Krav Maga became popular among Israeli civilians very quickly as teams of instructors, intensive training by Imi himself, spread it all over the country. Imi himself handpicked each of the instructors, and Imi, as well as the Israeli Ministry of Education, accredited all of them as teachers of Krav Maga.

## **The Rise of Krav Maga**

As a military fighting system, Krav Maga is tested every day both in Israel and in the United States. Krav Maga was introduced to the United States over twenty years ago by Darren Levine, chief Krav Maga instructor in the United States, and it has only continued to gain in popularity. Levine holds one of only two Krav Maga Founder's Certificates and is one of only two sixth-degree Krav Maga black belts in the world.

## **FACT**

In 1984 Darren Levine became the first American to receive a Full Instructor Certification in Krav Maga. After attending the First International Instructor's Course in Krav Maga, he became a friend and student of Imi Lichtenfeld. He is also responsible for bringing Krav Maga to the United States from Israel.

In 1981, Levine attended the First International Instructor's Course held at the Wingate Institute in Israel by the Krav Maga Association of Israel. Levine was one of only twenty-three members from the United States who were sponsored (by philanthropist S. D. Abraham) to attend the event. At seventy-one years of age, Imi Lichtenfeld was still able to effectively supervise the six-week course himself.

## ***Enter Darren Levine***

As a result of his martial arts and boxing experience (along with his role in the physical education program of the Heschel Day School near Los Angeles, California), Levine was among the few selected to attend. During the exhausting eight-hour-a-day, six-week-long training program, Imi and Levine developed a friendship. Before Levine left Israel, Imi told him that he would come to the United States the next summer to train him personally.

In the summer of 1982, Imi made good on his promise. He came to Los Angeles for several weeks spending time with Levine and his family while instructing him further in Krav Maga. This training would become a yearly tradition. Every summer after that, either Levine would go to Israel or Imi (one of his top instructors) would come to the United States for training.

## ***Levine Brings Krav Maga to School***

After his 1981 trip, Levine began teaching Krav Maga as an elective at the Los Angeles school where he ran the physical education program. Krav Maga soon became so popular that it was permanently incorporated as a part of the physical education program.

In addition to being a Kravist and a teacher, Levine played another important role — that of Deputy District Attorney in L.A. County. As a result, Levine regularly prosecuted offenders for violent crimes made against police officers. This unique position allowed Levine the opportunity to evaluate and analyze situations in his prosecution arguments, as well as recreate violent encounters for juries in the courtroom. This position also gave him the unique opportunity to constantly review and test the effectiveness of certain Krav Maga (and other) fighting techniques in close combat on the street and make changes based on what he had learned.

## **ESSENTIAL**

A Kravist is a practitioner of Krav Maga. No one is certain when or where this term came into use, and some schools of Krav Maga do not use it at all. Some speculate that this term started being used by westerners who had previous traditional martial arts backgrounds.

In 1984, at the ceremony for Levine's first-degree black belt in Krav Maga, Imi Lichtenfeld passed on his own black belt to his close friend and student. At this ceremony, Levine became the first American to receive a Full Instructor Certification in Krav Maga from the Wingate Institute for Physical Education and Sports as well as the Krav Maga Association of Israel.

### ***Krav Maga Comes to the United States***

In 1987, Krav Maga was introduced to the United States law enforcement community. Under the supervision of Imi, Levine and his students began adapting Krav Maga in ways that would suit the special needs of U.S. law enforcement personnel as well as members of the military. The Illinois State Police would be the first law enforcement agency to officially adopt Krav Maga as part of its curriculum. Imi, now seventy-seven years old, flew to the United States to observe the course. This was only the beginning for Krav Maga in the United States.

Over the last twenty years, Krav Maga has grown to become one of the most highly regarded self-defense and reality-based fighting systems in the world. Today Krav Maga is taught to over 350 U.S. law enforcement organizations, including the FBI, CIA, Federal Air Marshals Service, Los Angeles County Sheriff's Department, U.S. Immigrations and Customs Enforcement (ICE), U.S. Secret Service, the United States Army, the United States Air Force, the United States Marine Corps, and the United States Navy.

### **Krav Maga's Place in the Martial Arts World**

One way in which Krav Maga differs from some of the more traditional martial arts is that Krav Maga focuses on the "martial" part, and changes are made to the system whenever it makes sense to do so.

There is an ongoing debate among Kravists about the best techniques. With little emphasis on having a fixed “art,” so-to-speak, Kravists have little difficulty discarding any technique as long as there is something that better serves the practitioner’s specific needs, purposes, and/or principles. They therefore acknowledge that combative situations, like life, are never exactly the same.

The perfect fighting system would be one that has only one very simple but effective technique that works against every single attacker, every single time. The problem is that every attacker is different, the environment, situation, and the standard of what is considered an appropriate use of force will not always be the same. As a result, no single technique will work every time for every attacker in every situation.

## ***The Mindset of Krav Maga***

Krav Maga, as a system, encompasses self-defense as well as offensive hand-to-hand combat techniques against both armed and unarmed attackers. The training is designed to offer simulated situations that are as close to the real thing as can be safely practiced.

Along with the physical skills, Krav Maga training develops your ability to control your aggression on an emotional level, meaning that it will train you to release your aggression in controlled bursts when and if needed.

Since the majority of people are not familiar with Krav Maga, the easiest way to explain it is to compare it with other more commonly known martial arts. Most martial arts come from the countries of the Far East and are the result of thousands of years of spiritual and historical tradition. However, they all stem from a common thread — the need to defend oneself, one’s country, or one’s family from a perceived threat.

## ***Not Your Grandfather’s Karate!***

The people of Okinawa, a small island off the coast of Japan, first developed what is now known as karate in response to being forbidden to carry weapons by the ruling samurai class. However, it was a violent world, and the Shuri-te bodyguards of Okinawa’s royal family had to face that world unarmed.

## **ESSENTIAL**

While Krav Maga emphasizes aggressive responses to violent situations, this should not be mistaken for blind rage. The strikes and counters of the system, while aggressive and rapid, are not just blind flurries thrown with anger. Control is a primary principle of Krav Maga training.

To make matters worse, the Okinawan people were charged with the responsibility of keeping any and all foreign naval vessels off of their island, an unbending law that was set upon them by a military dictatorship. They were ordered to turn back all foreign sailors at the shore and they had to do so without the benefit of weaponry.

## ***If It Works, Use it!***

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Similar to the situation surrounding the founding of karate, Krav Maga was created from a survival situation in which it needed to work. While some of the older, more traditional martial arts, such as karate, are now studied as a way of preserving certain martial traditions of the past, Krav Maga is less of a tradition and far more a constantly evolving system meant for use in combat.

The Krav Maga system is not set in stone because all things change. Nothing ever stays the same forever. Krav Maga is designed to be effective in an ever-changing and sometimes violent world.

## ***The Rise of MMA and NHB in America***

Most recently, the emerging popularity of no-holds-barred (NHB) and mixed martial arts (MMA) gyms, reality shows, and competitions — such as the Lion's Den Gym, the reality show *The Ultimate Fighter*, and the popular Ultimate Fighting Championship (UFC) — have done a lot to increase interest and awareness among the general public.

In contrast to what is often portrayed in today's action and martial arts films, few one-on-one fights last more than thirty seconds. The reason for this is simple — both people may attack, but usually only takes one person connecting one blow to one target in order to end a fight.

In professional fights, the length of the encounter depends upon the fighting styles, physical fitness, amount of training, past experiences, and skill levels of one or both fighters. These fights tend to have a wide range of possible time durations, lasting anywhere from just a few seconds to as long as an hour or more.

In the MMA/NHB ring there are often rules in place to reduce the risk of fighters suffering permanent damage such as blindness, infections, or even paralysis.

There are few rules in MMA/NHB, and the most common are no biting, no hair pulling, no attacks to the neck/throat, kneecaps, or groin, and no eye gouging. Aside from these targets, next to nothing is taboo, leaving fighters with a broad range of combative and strategic possibilities.

In a real-world situation, one attacker can become two or more very quickly, and they rarely have any qualms about attacking the vital areas of your body that could permanently damage, paralyze, or even kill you. While Krav Maga training will definitely increase your odds of being able to win (or at the very least survive) a one-on-one confrontation, such training will also teach you the tools and endurance needed to defend against multiple attackers.

## **Krav Maga's Emphasis on Conditioning**

Anyone who has ever fought, competitively or on the streets, will tell you that when you're fighting an opponent, even thirty seconds can seem like a *very* long time. Why? The answer is simple: In a fight you have to put everything you have physically against everything your opponent has. The fighter who has more to give (both in mind and body) has the advantage. The first fighter to run out of steam

lose confidence is likely the first one to be knocked out.

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## ***Hard Realities***

There is a hard reality of fighting — your fitness level has a lot to do with your chances of winning a fight or simply surviving an attack. If Krav Maga is to deliver on its promise to practitioners that they will be able to defend themselves, then it must do what it can, on an individual case-by-case basis, address every Kravist's physical fitness level.

## **FACT**

There are currently about 220 Krav Maga gym locations worldwide: 210 in the United States, 7 in Europe (soon to be 9), 2 in Israel, and 1 in Japan. To find specific locations for a Krav Maga center near you, go to [www.kravmaga.com/locations.asp](http://www.kravmaga.com/locations.asp).

Krav Maga is a training program for adults, meaning that most practitioners have families, jobs, and other responsibilities. This means that Krav Maga must be able to work for people who have a limited amount of time to devote to training, and there has been more of an interest in the fitness aspects of Krav Maga than on the self-defense benefits.

## ***Harder Than Reality***

Krav Maga delivers on its promises as both an excellent physical fitness program as well as a method of self-defense, not to mention that it does so quickly, effectively, and in a fun, empowering, and energizing way. The cardiovascular conditioning gained from Krav Maga training is often far more intense than can be found in many other martial arts programs.

## **Applications to Other Sports**

All athletic activities, in one form or another, rely on balance, speed, agility, coordination, power, and reaction. With Krav Maga training, all of these components are implemented into the training sessions. Short bursts of power, quickly changing directions, acceleration, and slowing down: all of these skills will be practiced, some in the form of drills and others directly applied to techniques.

This type of training will enhance the performance of any athlete in any sport or activity. It doesn't matter whether you are looking to improve on a basketball player's jump shot, a baseball player's swing of the bat, a golfer's swing, preparing for a triathlon, or looking to build up your legs for outdoor cycling. Krav Maga can help you to improve both mentally and physically.

## ***The Competitive Edge***

No matter the sport, Krav Maga training can give any athlete the competitive edge, on both the physical and mental levels, that is needed in order to win. After a few months of training, you will be

able to see and feel the physical improvements that Krav Maga provides. You will then be able to modify your workout to your own individual performance level in a way that applies most directly to your particular training needs in any other sport.

## ***The Mental Edge***

Right from the beginning you will begin to develop mental skills that will help you compete in the real world. These skills include a can-do lifestyle and a never-quit attitude. You will develop mastery over your will as well as gain a sharper focus that will allow you to calmly and effectively deal with all kinds of challenges that come your way, not just physical confrontations.

You may also find that you cease to be as easily intimidated. Such a mental attitude embodies the very spirit of Krav Maga and carries as much importance as the physical skills do. At first you might be limited in how far you can develop simply because you cannot see beyond what you believe you are capable of. But once you start breaking down these self-imposed mental barriers, you will find you are capable of things that you never dreamed possible.

Krav Maga training techniques and drills are designed in a progressive way that enables you, the student, to recognize where your edge is, what your biggest challenges are, and how to push yourself to the next level in a safe and intelligent manner. And you will find yourself doing so without wasting so much as a moment's thought about being defeated. You will build on your courage, confidence, and perseverance through this training program, and it will begin to translate into every component of your everyday life.

## **The Ultimate Workout**

Every possible component of mind and body fitness is incorporated into a Krav Maga fitness program. The program starts by building a stable foundation within your body for you to work with. The next focus is to build upon your functional strength and to begin to apply that strength to the Krav Maga system or any other sport.

Lastly, your training will focus on learning how to develop your power and explosiveness, whether through a vertical jump or a left hook punch. For more specific information on techniques, drills, exercises, and workout routines, please refer to Chapters 13, 14, and 18.

## **ALERT**

Measuring body weight alone is a very limiting way of rating fitness. Muscle weighs more than fat. Just because your weight scale says you weigh the same, it does not mean you are not losing fat. Also, being rail thin does not mean you are healthy or fit. You should focus on your own overall fitness level, not the numbers on a scale.

The Krav Maga fitness program will teach your body how to move through the world with physical grace and a state of mental and emotional ease and awareness. The cardiorespiratory training that

included within the system will increase your body's metabolic rate (see Chapter 4), which will help to decrease your body fat percentage.

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The flexibility training aspect will lead to lengthened and more efficient joints and muscles, keeping the body mobile as you age. The strength training component will increase lean body mass as well as promote overall joint and skeletal health. In the long run, any exercise program helps to fight the ailments of aging, but Krav Maga is the only system that can get you into outstanding shape as well as teach you to be safe at the same time.

## ***Getting Results***

Krav Maga training simultaneously builds muscular, mental, cardiovascular, and core strength, and improves flexibility, vision, reaction time, endurance, self-control, speed, and the body's resting metabolic rate while it reduces stress. Krav Maga training is a balanced approach to becoming truly fit and will take you as far as you are willing to go! Dramatic results should be apparent in thirty days and a drastic change in your physical appearance can be seen in ninety days.

## ***Krav Maga for Everyone***

Perhaps the best evidence of the benefits of Krav Maga training can be seen on television and the big screen. And Krav Maga is not a practice that is restricted only to males. Many women enjoy Krav Maga fitness training, and they reap the same benefits as men. Many celebrities have begun Krav Maga training — Jennifer Garner (from TV's *Alias*), Christian Bale (*Batman Begins*), Jamie Gandolfini (from HBO's *The Sopranos*), Jennifer Lopez (*Enough*), and Shannon Elizabeth (*American Pie*) — to name just a handful. In fact, Jennifer Lopez received intensive Krav Maga training to prepare for her role in the movie *Enough*. In the film, Lopez plays a battered wife who chooses not to be a victim and decides that she's not going to be battered anymore. She trains for months and confronts her abusive husband one-on-one using Krav Maga!

In reality, women often thrive under Krav Maga training. So forget all that "it's not ladylike to fight" business! If that were true, then why were you given the ability?

## 2 GETTING MOTIVATED

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One of the hardest obstacles for you to overcome when you start your training will be to stay motivated. This means being motivated not only in the first few weeks but also throughout your Krav Maga training program. Learning about the process of motivation will help get you on the right track. It always helps to find something that you enjoy doing and that you have a keen interest in learning. Krav Maga is always evolving and growing, and for that reason alone it excels at keeping your interest. There is always something more for you to learn, practice, or improve upon.

### **Training with a Purpose**

Krav Maga is considered training with a purpose. You will not see a teacher of Krav Maga asking a student to perform an exercise simply because that teacher said so. Krav Maga is not your old-school karate dojo where questions were often discouraged and could even be considered disrespectful at times. In Krav Maga, you, the student, are welcomed and encouraged to ask questions of instructors and trainers. This way, you will be more capable of fully understanding the concepts and principles that are being introduced during your training.

### **ESSENTIAL**

Motivation is often easy to come by during the first few weeks of your training. However, oftentimes it is tempting to skip a day for the usual reasons. Resist that temptation; you will regret skipping a day! While you may have to force yourself to train every now and then, you will never regret having done so.

Every movement, every drill, and every sequence has a reason and a purpose for why it is being performed. Most of these exercises have more than one purpose. When you can begin to pick out why the specific goal is for performing a certain drill or exercise, it will seem as if the exercise suddenly has depth and substance that you did not see before. The activity then becomes much more engaging to you, and will keep you motivated to continue with your program.

### ***A Reason for Training***

The most popular and obvious reason to maintain your training program is to stay in control of your body weight. According to the National Institute of Health (NIH), nearly one-third of all American adults are overweight, many to the point of obesity. Sadly, NIH research also indicates that less than half of the adults in this country are at what is considered a healthy weight. Those who are overweight will often think that all they need to do is diet in order to lose weight. And while dieting does cut down calories and will help shed pounds, exercise is sometimes overlooked. This is why so many dieters find themselves back at square one, gaining back all the weight they lost during a period of dieting. Permanent lifestyle changes, namely diet and fitness, must be implemented in order to maintain a healthy weight.



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