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PRESS RELEASE

Top Israeli Hand-to-Hand Combat Expert Boaz Aviram Publishes Krav-Maga Bible

Krav Maga – Use of the Human Body as a Weapon; Philosophy and Application of Hand to Hand Fighting Training System

Over the course of the last 25 years, the Israeli self-defense martial art known as *Krav-Maga* (Contact Combat), has steadily grown into one of the most widely used and respected techniques for military personnel, law enforcement specialists and civilians alike. Although hundreds of *Krav-Maga* training centers currently exist worldwide, Boaz Aviram is one of the only *Krav Maga* experts who was there at the very beginning, and holds the secrets of these most effective self-defense and offensive techniques.

Boaz Aviram served as the IDF Fighting Fitness Academy *Krav Maga* Chief Instructor, in direct lineage from Immi Sde-Or Lichtenfeld, the father and undisputed master of *Krav Maga*. In this long-awaited *Krav-Maga* “bible,” Aviram meticulously explains the origins of the techniques, their applications across a wide range of situations, comparisons to other similar martial arts, and detailed training programs accompanied by 1,000 photographs.

Krav Maga – Use of the Human Body as a Weapon; Philosophy and Application of Hand to Hand Fighting Training System, is available as a 325-page perfect bound paperback or download, currently being offered exclusively by Lulu Marketplace. For any serious student of worldwide martial arts, Aviram’s book is an opportunity not to be missed.

<http://www.lulu.com/product/paperback/krav-maga---use-of-the-human-body-as-a-weapon-philosophy-and-application-of-hand-to-hand-fighting-training-system/6182823>