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Having had my fair share of combat

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training and real-life singular and team hand-to-hand encounters as a cop, I have come to realize that personal self-defense can be summed up in what I call the critical "A"s: namely, always Anticipate (means you anticipate that a conflict will happen, and so you prepare for it mentally and physically),



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always Armed (meaning always have a weapon of some sort with you),  
always Aware (awareness at a subconscious level that sees all),  
always Avoid (the ...

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Aleksandr is the Founder and Lead  
Instructor of Real World Self-Defense.

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He was born and raised in Russia before the Soviet fall. Our Founder then had the opportunity to travel the world with the PeaceCorps and lived in many "second" and "third-world" countries. Martial Arts was a large part of many of the cultures that

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Krav Maga: Real World Solutions to Real World Violence presents a no-nonsense approach to neutralizing attackers in close quarters. Author Gershon Ben Keren explains the philosophy behind the Krav Maga method, which is the basis of the Israel Defense Force's (IDF) devastating

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To Staying Alive In  
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close combat system. This book lays out a systematic approach to self-defense and provides illustrated confrontation scenarios paired with tailored practical responses.

Accompanied by clear, easy-to-follow photographs, practical combat skills are described in step-by-step detail,

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along with the movement patterns needed to make them effective in real-life settings. All of the photos in the book were shot in real-time, demonstrating what realistic movements—both from the attacker's and defender's perspective—look like. Where applicable, techniques have

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been shot in the scenarios in which they occur such as bars, restrooms, ATMs, etc. The situational components of such violent incidents are explained, so the reader can learn to identify, predict, and avoid violence before it occurs. Contents of this Krav Maga book include: What is Krav

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Remain calm and focused

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when faced with fear Cope with the aftermath of violence Get realistic self-defense training Self-defense expert Sammy Franco is no stranger to violence and personal protection. With decades of experience, he is the author of numerous self-defense books and the innovator of

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The first part of this book details and illustrates the preferred Kicks used in Krav Maga, and the second part presents the vital points to be targeted when kicking or striking. The Last part of this work is basically a full Krav Maga Self-defense course that also includes offensive techniques. The

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defenses against strikes, kicks, grabs, holds and chokes do often include kicking, but only when it is the most adequate reaction. This book is the first to underline in print the important principle of Retzev, with dozens of examples of continuous motion until the opponent is fully vanquished.

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Looks at the differences between martial arts and violence, with information on such topics as expectations of martial arts training, thinking critically about violence, and adapting training methods to reality.

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