

[PDF] Krav Maga - Use Of The Human Body As A Weapon Philosophy And Application Of Hand To Hand Fighting Training System

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Description:

About the Author Boaz Aviram is one of the only Krav Maga experts, and holds the secrets of this most effective Hand-to-Hand fighting technique ever developed. Aviram served as the Israel Defense Force Fighting Fitness Academy Krav Maga Chief Instructor, succeeding Eli Avikzar and Imrich Lichtenfeld, the father of Krav Maga.

The name Krav Maga was first used in the IDF to designate the Hand-to-Hand fighting system

developed by Imrich Lichtenfeld, a former European champion in three branches of sports: boxing, gymnastics and wrestling. After serving two years in the British Legions, he immigrated to the future State of Israel, where he initially trained Israeli underground guerrillas in the use of a knife, stick, swimming and Hand-to-Hand combat. When the new State of Israel was created, he became the first IDF Chief Instructor of Hand-to-Hand fighting. Krav Maga was adopted shortly thereafter as the official Hand-to-Hand system of the IDF.

When the founder of Krav Maga retired from the IDF, he transformed the 21-hour military intensive training curriculum into a 4 year Dojo training system based on the Japanese Judo ranking system. This civilian adaptation was diluted to be taught over long periods of time, and extracted many of its lethal elements. Imi's rationale was to keep the essence of Krav Maga in the IDF, and make a Civilian system suitable to teach youth. Upon his death, the generic name Krav Maga ("Contact Combat" in Hebrew) was adopted by many Martial Arts instructors who respected Imi when he was alive, but commercialized his system after his departure.

Boaz Aviram, determined to preserve the spirit and body of the original Krav Maga, had published the book "Krav Maga - Use of the Human Body as a Weapon: Philosophy and Application of Hand to Hand Fighting Training System," which tells the true history of the system, its rationale, uniqueness, advantages, and completely documents what the training system is all about and how to use it.

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