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| 1. Record Nr. | UNINA990002873050403321 |
| Autore | Computational Learning |
| Titolo | Computational learning and probabilistic reasoning / edited by A. Gammerman |
| Pubbl/distr/stampa | Chichester : John Wiley, c1996 |
| ISBN | 0-471-96279-1 |
| Descrizione fisica | xxii, 312 p. ; 24 cm |
| Disciplina | 006.3 |
| Locazione | MAS |
| Collocazione | VIII-B-50 |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
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| 2. Record Nr. | UNINA9910135038603321 |
| Autore | Levine Darren |
| Titolo | Complete krav maga : the ultimate guide to over 250 self-defense and combative techniques / / Darren Levine and John Whitman ; foreword by Bas Rutten |
| Pubbl/distr/stampa | Berkeley, California : , : Ulysses Press, , 2016
©2016 |
| ISBN | 1-61243-577-7 |
| Edizione | [Second edition.] |
| Descrizione fisica | 1 online resource (578 pages) : illustrations, photographs |
| Disciplina | 796.81 |
| Soggetti | Krav maga |
| Lingua di pubblicazione | Inglese |
| Formato | Materiale a stampa |
| Livello bibliografico | Monografia |
| Nota di contenuto | Intro -- Title Page -- Dedication -- Copyright -- Table of Contents -- Foreword -- What Is Krav Maga -- The Roots of the System -- An |

Approach Based on Principles -- Krav Maga Principles Applied to Business and Life -- How to Use This Book -- YELLOW BELT -- Fundamentals -- Combatives -- Defenses -- Self-Defense -- Self-Defense -- Soft Techniques -- Groundfighting -- ORANGE BELT -- Combatives -- Defenses -- Self-Defense -- Falls -- Groundfighting -- GREEN BELT -- Combatives -- Defenses -- Falls and Rolls -- Self-Defense -- Groundfighting -- BLUE BELT -- Combatives -- Defenses -- Stick Defenses -- Kick Defenses -- Gun Defenses -- Cavaliers -- Groundfighting -- Takedowns -- BROWN BELT -- Combatives -- Throws -- Self-Defense -- Knife Defenses -- Knife Defenses -- Knife Defenses -- Shotgun/Assault Rifle/Submachine Gun Defenses -- Handgun Defenses -- BONUS BLACK BELT TECHNIQUES -- Handgun Threats -- Edged-Weapon Threats -- ABOUT THE CONTRIBUTORS.

Sommario/riassunto

"Darren Levine has my unqualified support and gratitude for his contributions to Krav Maga." -Imi Lichtenfeld, founder of Krav Maga
THE TOP-SELLING GUIDE TO KRAV MAGA IN AN UPDATED AND EXPANDED EDITION All the defense moves in Complete Krav Maga--from beginner Yellow Belt to advanced Black Belt--are described in depth and illustrated with step-by-step photos: * BEGINNER: Punches, kicks, knee strikes and defense movements * INTERMEDIATE: Counterattacks against knives, guns and sticks * ADVANCED: Advanced strikes and ground fighting techniques Based on the principle that it is best to move from defense to attack as quickly as possible, Complete Krav Maga teaches fast-escape maneuvers combined with powerful counterattacks. Whether you are big or small, male or female, young or old, you can use Krav Maga to protect yourself by exploiting an assailant's vulnerabilities.
