

# KRAV MAGA



**No Frills, No Nonsense  
Self Defense for Women**

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**KRAV MAGA: NO FRILL,  
NO NONSENSE SELF  
DEFENSE FOR WOMEN**

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by

**Your Name/Company**

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## **KRAV MAGA: NO FRILL, NO NONSENSE SELF DEFENSE FOR WOMEN**

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Self-defense is an essential skill for women. When you're trained properly you can feel confident in your surroundings, free from fear. Krav Maga is a form of self-defense that women have embraced because of its practical nature.

### **What is Krav Maga?**

This may be the first time you've heard about this self-defense system. Krav Maga has been around for a long time, though. Developed in Israel, Krav Maga is now used by many law enforcement and military training programs.

This system is a combination of boxing and other martial arts programs. Unlike most martial arts, though, this is a noncompetitive form of training. The purpose of this is specifically to help you stay safe.

In Krav Maga there's a program specifically designed for women that focuses on rape prevention – every woman's worst fear and an experience that is too common. The Krav Maga women's program has been developed using research of how and where women are attacked in real situations.

That knowledge has been used to teach women to avoid danger signs, fend off an attacker, and get out of situations such as choke holds or headlocks. In addition to teaching physical force techniques, this program also addresses mental defense.

In a dangerous situation it's not uncommon for a person to freeze with fear and not really know what to do. Krav Maga teaches you how to stay present and alert so that you can protect yourself.

It's also common for Krav Maga for women to be taught in locations where you're likely to experience an attack such as a parking lot or bank ATM. Getting out of the classroom can help you see how this works in real life.

The goal of Krav Maga is to get to safety as soon as possible. While it may be impossible to avoid confrontation, you can consider your self-defense skills to be successful if you simply avoid danger and get away before something happens.

While some other self-defense programs may teach you moves that are helpful, they're not always practical in everyday life. With Krav Maga you'll find that the system is totally practical and can be used right away. You'll feel more confident and secure with your new skills. In this report you'll learn some basics about Krav Maga that can help you to decide if it's the best program for you.

## **SELF DEFENSE AGAINST ASSAULT**

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Self-defense is your first line of protection if someone tries to assault you. Legally, you're allowed to defend yourself if you feel you're in danger from a possible attacker. But you do need to keep some things in mind as you practice Krav Maga in a real life scenario.

When you're trained in martial arts, you must be careful not to overstep the legal laws about self-defense. For example, you should only use enough force to defend against the threat.

In other words, if you're being approached by an attacker that is unarmed or untrained in martial arts you have to be careful not to use too much force. In general, you shouldn't use deadly force unless you think that your own life is on the line or you think the person may commit a crime such as rape or assault.

Every state's laws are different about self-defense. But in general, if you feel threatened you can use your skills to keep safe. What you can't do is use them to go get revenge after a situation has taken place.

It's also important to understand that self-defense means someone else is being aggressive toward you first. If you are initially the aggressor in a situation, you can't claim self-defense later.

For the average individual, using self-defense is going to keep you safe and you'll be operating within the law. Krav Maga can help you to know how to identify an unsafe situation and which steps to take to neutralize an attacker, get away, and stay safe.

People often say that in self-defense there are no rules. To an extent that's true. You need to do whatever it takes to keep someone from hurting you. And in most cases the law is on your side. Krav Maga will teach you what you need to know for the best chance of survival in a dangerous situation.

### **Survival Mindset**

So much of your safety depends on your mindset. Your mindset helps you to stay aware of your surroundings and to be ready to defend yourself whenever necessary. The core of Krav Maga is teaching you how to be in the best mindset for your safety.

The survival mindset begins with staying out of unsafe situations. When you put yourself in risky situations, bad things are just more likely to happen. Some situations to avoid include:

- Social situations with people you know or suspect to be dangerous
- Situations with someone you know brings out intense negative emotions (such as an ex-partner)
- Poorly lit, isolated areas
- Carrying many belongings, especially valuables, while walking
- Taking an unknown route

There are many dangerous situations that can be avoided. But sometimes danger occurs when you're not putting yourself in a seemingly dangerous position. Part of the self-defense mindset is to be alert to your surroundings.

No matter what situation you're in, it's important to be mindful of your surroundings. You'll want to pay attention to who is in your surroundings, where they are, and assess whether a situation might be dangerous at any given moment.

In most cases it's best to avoid a confrontation by staying out dangerous situations. That might mean turning back into a building to get help instead of trying to get past a dangerous person. It might mean taking a different route to avoid risk.

But sometimes you can't avoid a situation. When you're not trained in self-defense a dangerous situation can trigger fear in you. For some people that causes a paralysis that doesn't allow any action. You can literally freeze in fear if you're untrained.

However, when you know what you need to do to protect yourself physically you have a different type of confidence in a risky situation. You can evaluate a situation and take mental steps to do what's necessary to either avoid an assault or deal with a confrontation.

Your training will kick into gear and you'll know when to use force, when to hold back and you can strategize about the best way to get away. Instead of being confused about what to do, you'll be able to make more rational decisions about the situation.

Having the survival mindset takes training. Krav Maga can help you to improve your mindset. It also teaches you skills for defending yourself physically. Knowing that you have those skills will improve the way you respond in a dangerous situation.

Krav Maga teaches you to:

- Use confident body language
- Use your voice effectively
- Create boundaries that improve your safety

When it comes to boundaries, there are three types: Emotional, Physical, and Verbal. Emotional boundaries basically mean knowing what does and doesn't feel right to you. This can help you to be more aware of a possible risk to you.

Physical boundaries mean keeping distance between you and strangers or possible threats. The more distance between you and the attacker, the better your chances of escaping. You want to stay at least two arms lengths away from a stranger.

If you're in a crowded place, that's not always possible. But you still need to keep as much personal space as possible.

Verbal boundaries are the final type of boundary. This is using a strong voice to assert what you want a possibly dangerous person to do. You want to make powerful statements that don't leave room for interpretation.

## **VERBAL TACTICS**

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How you use your voice can make the difference in a situation. But your verbal message is also affected by the way you carry yourself. You need to project strength and confidence if you feel you're being threatened. There are several things you can do to make that happen.

The elements of body language, facial expression, and eye contact are all part of the verbal message you send. And, of course, there's the actual tone of your voice when you deliver information.

Your body language should be confident. You want to appear relaxed, but you should also have good posture and appear alert. You should keep your head up and keep your arms open instead of crossing them in front of your body.

You also want to avoid movement such as pacing or shifting your weight. It's important to appear calm and steady. When you're facing someone who raises your red flag, you need to keep eye contact. You don't want to have a threatening look, but don't turn your eyes away or down.

When you're willing to look someone in the eye you send the signal that you're confident and alert. Predators are looking for weak prey that will easily do what they want them to do.

Your facial expression should also be calm. You don't want to look angry or distracted. Instead, stay focused and collected and cool. Use a commanding tone with your voice, but you don't yell or scream.

With proper verbalization you can de-escalate a situation before it becomes more dangerous. Verbalization especially works with someone who's normally not aggressive, but has heightened emotions, is intoxicated, or affected by drugs.

Then again, you may be dealing with someone who has a personality disorder and is violent or aggressive. Realize that you can't reason with someone who's in an irrational state. That's not the point of de-escalation.

Without training your first instinct might be to ignore someone or even argue with them. But these practices tend to make someone angrier and even more dangerous. Instead, Listen to what they're saying, even asking questions if necessary.

At the same time, make sure your body language is setting a boundary and that you're staying at least two arms' lengths away. As you listen, you also want to acknowledge that you hear what they're saying and you understand their feelings.

Finally, you also need to communicate your expectations. You should be firm and repeat your expectations as often as you need to. In many cases this tactic will help someone who is agitated to calm down and back away.

If you feel that it isn't working, though, you should trust your gut. If what you're doing is making the person more agitated or aggressive, stop doing it. Trust that what you're feeling is right and strategize a different approach using your Krav Maga skills.

## HOW TO STRIKE

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You obviously hope that you won't have to get into a physical confrontation with someone. However, self-defense means being prepared to do so if necessary. In this section we'll discuss some basics about striking.

When it comes to your strike, you need to focus on your stance and target areas. You'll also want to think about striking with the most effective areas of your body and using your own natural weapons.

For your stance, you'll begin in a neutral position – especially if you're still in the verbal de-escalation phase of speaking with someone. You don't want to appear aggressive. You can have your arms hanging at your side or you can have your hands up with your palms facing outward. This creates a physical boundary that says stay away from me.

A fighting stance is used when a physical confrontation is imminent. You'll want to put your left leg forward if you're right handed or your right leg forward if you're left handed. This provides you with balance and power as you strike.

Your feet need to be a little more than shoulder width apart to help you stay on your feet. Your hands will be raised up and should be about 8 inches from your face. Your hands can be curled, but not in a tight fist.

Square your shoulders toward the possible assailant and tuck your chin. This stance shows that you're confident and ready to defend yourself. It also helps you to maintain balance and power if you need to strike.

It's important to strike areas on your assailant that are soft and will be the most painful. Remember that you want to give yourself an opening to get away. Many people do things such as strike the chest or back – but these areas are protected by bone and not very painful to your attacker.

Instead, choose areas such as the eyes, ears, chin, solar plexus (the area just below the ribs where your diaphragm is), groin, kidney, knee or shin. These areas are sensitive and if you strike well, you'll have a better chance of disabling your attacker and getting away. If you just think about the parts of your body that are most sensitive it will help you to choose wisely.

When you strike someone else, you want to use parts of your body that are hard and will hurt. The best places to use are:

- Knuckles
- Palm
- Crown of your head
- Elbows
- Knee
- Shin
- Bottom of your heel

These are bonier areas of your body that will have more impact when striking against an opponent. You should also think about using some natural tactics against your attacker that can be very painful.

For example, gouging someone's eyes is going to be very painful for them and debilitating in the moment. It will allow you to get away to safety. Biting is also an option because it's painful and might give you an opening to get away.

Grabbing and twisting soft tissue areas of the body, especially in the groin area, is also a good tactic for getting quick results. In addition, you can focus on trying to bend and break small joints that cause a lot of pain such as the fingers.

These are some very basic tips for striking. The more training that you get in Krav Maga, the more you'll learn about specific techniques.

## **DEFENSE AGAINST AN UNARMED ATTACKER**

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If you've gotten to a point when de-escalation isn't working or isn't possible, you need to protect yourself against an attacker. This is where your striking technique will come into play. It's important that you remember to use all of your personal weapons.

Here are a few tips for improving your defense against an attacker:

- Use small hand movements so that you can have more control over your positioning and you can defend against a second attack from the assailant.
- Extend your hands a few inches away from your face so that you can defend your face before a punch gets close.
- Counter attack in the softest, most painful areas. A knee kick to the groin is often very effective.
- If you're attacked from behind, raise your hands as far backward as you can with your arms at a 90 degree angle. Step away in a diagonal direction to avoid your legs being swept.
- If you are put into a headlock position from the side, always work to gouge out the attackers eyes with your higher hand while your other hand should focus on grabbing and twisting in the groin area.
- In general, as soon as you feel your attacker has disengaged and is stunned you should get away as quickly as possible.

When you study Krav Maga in more detail you'll learn many different moves for putting off an unarmed attacker. But sometimes you have to deal with someone who is armed and there is help for that as well.

## **DEFENSE AGAINST AN ARMED ATTACKER**

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One of the most frightening things you can imagine is being confronted by someone who is pointing a gun at you. This is obviously a life threatening situation from the start. Krav Maga is a self-defense technique that has the sole purpose of keeping you alive and safe.

In the case of a mugging or robbery, remember that there isn't anything you own that's worth your life. In some cases complying with what the person wants will allow your life to be saved.

But even if you comply, you can still end up assaulted, raped, or even killed. It's important that you have many techniques available to you to prevent this from happening.

Most of the time when someone is using a gun against you, they still get close to you. Generally, gun crimes are committed within five feet of a person. This draws less attention and increases accuracy.

The main thing that you'll need to combat in this situation is fear. Often the presence of a life threatening weapon can cause you to freeze. But practicing over and over again with a weapon in a real life scenario can help you to feel confident you know what to do.

It's important to note that when you practice disarming an armed attacker, you should never use a real handgun. Not even one that's not loaded. Always use a mock gun made specifically for training.

Your goals when dealing with an armed attacker are to redirect the aim of the gun away from critical areas to more peripheral areas. You also want to disarm the attacker if possible and take control of the weapon.

There are specific techniques you'll learn using Krav Maga to help you feel confident in your ability to do this in a variety of situations. It's critical that you spend a lot of time training in this approach so that you have confidence should it happen to you.

Your ability to act quickly in a dangerous situation is the most critical thing. Even hesitating for a second can cause you to lose your life or become seriously injured. Training and practice are the best ways to insure that you'll know what to do if the time arrives that you need to defend yourself against someone who is armed.

## **TRAINING PROGRAMS AND PRODUCTS**

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Now that you understand some of the basics of Krav Maga, it's important to make sure you have proper training. It's not enough to read about the basics, you have to get hands on practice. By visiting [www.kravmaga.com](http://www.kravmaga.com) you can learn about training programs available all over the world.

You need to work with a certified instructor who can teach you techniques properly and effectively. You may want to specifically choose a Krav Maga course for women, but don't shy away from mixed classes.

As you begin your training, you'll find that there are products you can purchase that will enhance your experience. You'll use these for training purposes. For example, you'll want Krav Maga Leather Boxing Gloves to help you when training.

Obviously in real life you won't be wearing gloves, but this is a safety precaution for training exercise. You can also purchase a Hard Rubber Training Gun which is safe for training to disarm an attacker. In addition you'll find that there are also rubber knives available for training.

There are various guards you can purchase for protection during training. For example you can purchase a Krav Maga Professional Shin Guard, Revgear Punch Shield, and Krav Maga Kick Shield to stay safe during training.

You may also want to purchase training gloves for grappling that protect your hands during practice. There's also an entire line of clothing to help you have mobility and comfort while training.

### **Taking the Next Step**

Krav Maga can help you to have much more confidence in any situation. You won't walk around the world in fear of what you'll do should a confrontation arise. Instead, you'll have confidence to face an attacker and know you can get away.

But you won't be able to have that confidence if you don't get trained and continue to practice. Your next step is to make sure you contact a local training organization so that you can begin to lay a foundation for lifelong safety.

## **BUILD CONFIDENCE AND STRENGTH**

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We're here to help! There are more tips and techniques for self-defense and strength. You can also visit us at [{www.yourwebsite.com}](#)

{Inserting your picture and signature is also good for building trust}

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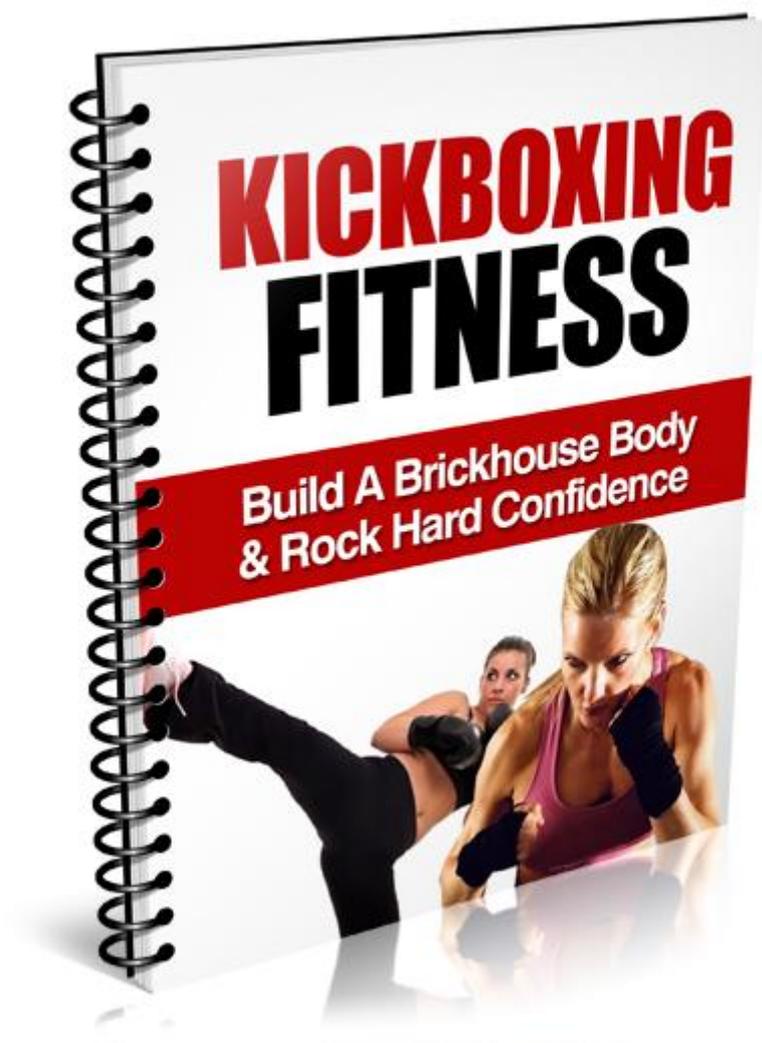
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