

# Krav Maga

Krav Maga is an Israeli army method of unarmed combat now gaining popularity all over the world. It is considered a “no-nonsense” method of self-defence for a variety of situations. Originally developed during the liberation fighting of Israel, Krav Maga is now practiced by the entire Israeli military - especially its elite forces.

Krav Maga combines elements of boxing, [Judo](#), and [Jujitsu](#) as well as the use of weapons such as knives and sticks. This weapon technique is taught to deal with modern day street situations where guns and knives are often involved. There are no kata or other traditional martial arts training exercises.



The techniques of Krav Maga are highly practical and effective for the street. Individuals can attain a high level of proficiency within a relatively short period of instruction.

Picture shows Eyal Yanilov, the World Head Instructor for the International Krav Maga Federation (IKMF).