

# MANUAL COMPLETO DE KRAV MAGA

LA GUÍA DEFINITIVA PARA  
MÁS DE 230 TÉCNICAS  
DE COMBATE  
Y DEFENSA  
PERSONAL



GUÍA OFICIAL DE  
KRAV MAGA  
WORLDWIDE



DARREN LEVINE  
JOHN WHITMAN

Prólogo de  
BAS RUTTEN  
EX CAMPEÓN DE LOS PESOS PESADOS DEL

# Manual Completo Krav Maga

**Lingsheng Yao**



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