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Krav Maga. Introducción introduce las técnicas básicas de este sistema, sus movimientos más útiles en el mundo real y su exhaustivo programa de formación. Ya sea que esté tratando de mejorar sus técnicas de combate o ganar confianza en sí mismo para escapar con un altercado violento, Krav

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Adam Griffith began his training in Krav Maga under Grandmaster Rhon Mizrachi after a friend described Krav Maga to him as, "The best way to win a street fight." Beginning his training in 2009,

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Adam tested to his rank of Black Belt with Graham Friedman on July 4th, 2015 earning his belt and becoming a Full Instructor of the Krav Maga ...

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