

# **Alain Cohen - Krav Maga Personal Protection Complete Series**

Krav Maga Personal Protection Six DVDs of great video are available. They cover punches and kicks from the guards. 360-degree defense tactics, gun defences, gun defenses. falls, rolls. grab counters. sweeps. throws. chokes. Working in the guard, joint locks. knife defenses. kicks.

Alain Cohen Former member of the Israeli Defense Forces and founder of the Israeli Defense System Federation teaches you the tough-hitting techniques he has shared with hundreds security professionals and krav maka instructors around the world.