

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

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EX CAMPEÓN DE LOS PESOS PESADOS DEL

Krav Maga Manual 2011

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