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Krav Maga (/ krɑːv məˈɡɑː /; Hebrew: בְּרִיקָּוּ מַגָּן [ˈkrav maˈga (ʔ)], lit. "contact combat") is a military self-defence and fighting system developed for the Israel Defense Forces (IDF) and Israeli security forces derived from a combination of techniques sourced from aikido, boxing, wrestling, judo, and karate.

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