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Krav Maga from other martial "arts" is its attention on the mental aspects of real self-defense: adrenaline stress, fight-or-flight response, and hesitation.

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the military,
but perfect for
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civilians
looking for
confidence in
any situation.
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ou autodefesa
(do inglês self-
defense), é um
conjunto de
vários métodos
que têm como
fim neutralizar
um ataque
surpresa. [1]As
técnicas de
defesa pessoal
têm origem nas

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tradicionais e
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comuns, para
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Thomas Beaudoin
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RTM = read the manual before asking others.
TG = Thank God
Twinkies = people who seem very sweet, and then later on turn extraordinarily stale and have to go. Please use proper

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conduct at all
times. there are
also trolls,
people
counters,
haters, & a
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other sorts of
people. TY =
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para sí mismo..
También recibe
otras
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tienen un
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