

# esportes de luta com

1. Krav maga techniques are designed for survival and often escape rather than "victory" or dominance.

If Krav Maga is so effective, why is it not featured in MMA fights? - Quora

quora : If-Krav-Maga-is-so-effective-why-is-it-not-featured-in-...&#39;s also why you really need an instructor with