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Her particular style of fighting (which is meant to mimic how a German spy would be trained in real life) is gritty, inspired by

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the self-defence system Krav Maga. She is brusque ... it was one of the ...

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Castrillo shouts. "Always guard your face!" Six days a week, sometimes twice a day, Castrillo leads grueling training

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sessions in the art of krav maga, a self-defense fighting style developed by ...

Miami Lakes Krav Maga

Having done some Krav Maga workshops herself, Ms Alvisse feels it's difficult to measure the impact in a civilian context because there is little governance of the

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training. "I think how it's ...

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Unique Valentine's Day Event Ideas You'll Love

“Morgan Ortagus will have my Complete and Total Endorsement if she decides to run!” Trump said. The pushback was swift. “Absolutely not,” wrote Ned Ryun, a conservative activist, on Twitter. “Nope.

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