

History of Krav Maga

"Krav Maga" is Hebrew and means "Contact Combat" or "Touch Fighting". It was originally developed for the military, special forces, and counter terrorist police units in Israel. The founder of Krav Maga was Imrich (Imi) Lichtenfeld (Sde-Or). Born in 1910 and dying in 1998, Imi devoted his life to developing and furthering Krav Maga, initially within the defence and security forces in Israel, and then throughout the world. Imi's motto and motivation for spreading Krav Maga was "So that one may walk in peace."

Here you will find concise information about Krav Maga and the International Krav Maga Federation (IKMF). The information provided here has been taken directly from the IKMF - HQ, the source of Krav Maga.