

Proponents have suggested that Krav Maga is easily and quickly learned. The current research has supported this suggestion, having demonstrated that female novice practitioners can effectively learn two strike techniques in a single 30 minute session, and that improved skill continues to be demonstrated two weeks later with no intervening practice sessions. These findings suggest that practicing the Krav Maga self-defense system may rapidly develop the capacity to physically defend oneself.

Reference: Di Bacco VE, Taherzadeh M, Birot O, **Gage WH**. The effects of single versus multiple training sessions on the motor learning of two Krav Maga strike techniques, in women. PeerJ. 2020;8:e8525. Published 2020 Feb 13. doi:10.7717/peerj.8525

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