

[IDF LOGO]  
Israel Defense Forces  
Combat Fitness Center  
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[COMBAT FITNESS LOGO]

### KRAV MAGA MEANS IMI

Ever since the time of "Hagana" and the Palmach (the "resistance" organization and its special unit – EA) and throughout the years of the IDF, combat fitness and personal fitness comprised the cornerstone of the quality of the Israeli fighter.

This book is the first of its kind and one of the few in the world in this area, intended to teach the basics of Krav Maga and self-defense in light of the existing reality in the field.

Imi Sde-Or (Lichtenfeld) is the founder of the IDF Krav Maga system, and his method, now widely known, is a product of his experience accumulated over the years.

Even after he completed his prolific service, he remained available to his pupils and was a source of inspiration and support in every change or adaptation that were needed in this vital discipline.

In the method that he created, Imi implanted clear educational messages, which actually are none other than a reflection of his personality, for example: simplicity and determination in action, maximum safety in training and in confrontation, fairness and respect for others (including the adversary), and self-control.

His fascinating life story encompasses impressive victories in European boxing and wrestling championships, organization of the self-defense of the Jews of Bratislava, his home town, the drama of the illegal immigrant ship "Pancho," from which he rowed to Crete in order to summon help, the meeting with Itzhak Sadeh, at which he was persuaded to conduct training in the "Hagana" and subsequently in the Palmach and Palyam, his extensive training activity in the IDF, in which he served, inter alia, as Chief Instructor of the Physical Training School, and was part of a mission to Ethiopia to the court of Haile Selassie – and building the self-defense system for the citizens of Israel.

Imi spent his entire military career within the framework of the combat fitness system, developing his method and imparting it to his pupils – and therefore he should be considered the father of IDF Krav Maga.

He has been accompanying this method ever since the pre-State period, and under his tutelage the system he created attained an extraordinary level and know-how and was accepted as the official method.

The IDF Combat Fitness operation appreciates Imi's accomplishment in the training of thousands of instructors, and particularly his pioneering contribution in the area of self-defense and Krav Maga.

Shlomo Ben Gal, Lieutenant Colonel  
Commander, Combat Fitness Center

