

Special Forces Unarmed Combat Hand To Hand Fighting Skills From The Worlds Most Elite Military Units

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U.S. Army Hand-to-Hand Combat -

Department of the Army 2009-11-03

Presents the official field manual used by the United States Army detailing the techniques of hand-to-hand fighting.

Armed Combat: SAS & Elite Forces Guide -

Martin J Dougherty 2014-01-01

Overhead block, upward stab, step-through lunge, bayonet slash; knife fighting, handgun shooting, sword play. If your enemy is armed, you need to know how to deal with him. SAS and Elite Forces Guide: Armed Combat teaches a huge range of armed close combat techniques, including tips on fighting stances and postures, movement and evasions, quick draws, parries, fend-offs, blocks, cuts, thrusts, strikes, and stabs. Our expert author will teach you how to tackle single opponents and groups using blunt weapons, blades, firearms, and improvised weapons. Presented in an easy to follow format, SAS and Elite Forces Guide: Armed Combat is divided into separate chapters covering fighting

skills mindset, what to attack and where to defend, blunt weapons, sharp and pointed weapons, firearms, unarmed techniques, training drills, and improvised techniques. The author also offers plenty of short, handy tips on key topics such as bayonet training, quick draw techniques, copying with injury and dirty tricks. Written in easy-to-understand steps and accompanied with more than 150 black-and-white illustrations, SAS and Elite Forces Guide: Armed Combat guides the reader through everything they need to know to overcome an armed aggressor in any hand-to-hand combat situation.

Kapap Combat Concepts - Avi Nardia

2010-05-01

Guaranteed to appeal to civilians, martial artists, law-enforcement officers, and military personnel, this series captures one of the most versatile self-defense systems being practiced today. From original kapap fighting theories to position and movement principles for real-life conflict applications, these demonstrations ensure

adaptability to any type of training. Additional topics include grappling techniques, multiple-defensive responses, reality-based combat conditioning exercises, fundamental knife drills, striking tactics, and pressure points.

Extreme Unarmed Combat - Martin J. Dougherty 2021-03-02

SAS and Elite Forces Guide Extreme Unarmed Combat - Martin Dougherty 2018-08

Presented in a handy pocketbook format, Extreme Unarmed Combat considers the different fighting and martial arts skills a person can use before looking at the areas of the body to defend, showing how to attack without letting oneself be hurt as well as how to incapacitate an opponent.

SAS and Elite Forces Guide Sniper - Martin Dougherty 2018-08-01

A practical manual for sniping

SAS and Special Forces Self Defence Handbook - John 'Lofty' Wiseman 2019-03-28

Special Forces Unarmed Combat Guide - Martin J. Dougherty 2010

The SAS Self-defence Manual - John Wiseman 1997

Modern Hand to Hand Combat - Hakim Isler 2014-09-30

Learn the most effective way to neutralize an opponent using ancient samurai techniques applied to modern combat with this illustrated martial arts guide. Modern Hand to Hand Combat: Ancient Samurai Techniques on the Battlefield and in the Street recognizes the lawless nature of today's battlefield. Hakim Isler, a veteran of the Iraq War, knows from his own experiences that in an urban combat setting, the players, the equipment, and the stakes are very different from those found in an MMA octagon, the boxing ring, or the martial arts dojo. Based primarily on samurai techniques over a millennium old, Isler's system—Battlefield

Proximity Combat—is an effective answer to the unique needs of the modern warfighter and military martial artist. This martial arts training book gives step-by-step self-defense instructions on how to effectively and realistically respond to life and death hand-to-hand combat situations through movements and principles that are as valid today as they were 1000 years ago. With almost three hundred illustrations and a detailed DVD, the philosophy and instructions in Modern Hand to Hand Combat can mean the difference between life and death on the battlefield or in a street fight.

Get Tough! - W. E. Fairbairn 2017-07-05

Get Tough! is the fully illustrated manual of lethal unarmed combat methods taught to British and US Special Forces in the Second World War by Major W E Fairbairn, co-inventor of the Sykes-Fairbairn knife, and senior instructor to WW2's Special Forces.

Letter from the Birmingham Jail - Jr. Martin Luther King 2017-07-02

In "Letter from Birmingham Jail," Martin Luther King Jr. explains why blacks can no longer be victims of inequality.

100 Deadly Skills - Clint Emerson 2015-10-13
A hands-on, practical survival guide from retired Navy SEAL Clint Emerson, from eluding pursuers, evading capture, and surviving dangerous situations.

W.E. Fairbairn's Complete Compendium of Lethal, Unarmed, Hand-to-Hand Combat Methods and Fighting - W E Fairbairn
2020-09-25

The fully illustrated distilled knowledge of W.E. Fairbairn, legendary SOE instructor in unarmed combat, and co-inventor of the Sykes-Fairbairn knife, who learned his deadly skills in 30 years on the Shanghai waterfront. It has been suggested that Fairbairn was the inspiration for Q Branch, in Ian Fleming's fictional books about the British Secret Service agent James Bond. Get Tough! is the fully illustrated manual of lethal unarmed combat methods taught to British and US Special

Forces in the Second World War by Major W.E. Fairbairn, co-inventor of the Sykes-Fairbairn knife, and senior instructor to WW2's Special Forces. The methods used in this book should only be employed when life is in danger from an attacker, since correctly applied they can kill or maim an opponent. All-In Fighting shows how to deliver deadly blows with hand, fist, knee and boot; wrist, bear and strangle holds (and how to break them); how to throw an enemy, and how to break their backs; how to disarm a pistol-wielding attacker; and securing a prisoner. Actual incidents provided the basis for Shooting to Live; this is an instruction manual on life-or-death close-quarters shootouts with the pistol. The emphasis is on training to fight with no notice, at very close ranges, in poor lighting and in unexpected environments. Originally published during the Second World War, Hands Off! shows the emancipated woman how to deal with any 'unpleasant' situation which would immeasurably increase their efficiency in the War effort. The

methods of self-defence were especially selected for use by women, taking into account their disadvantages of weight, build and strength. Scientific Self-Defence is the hand-to-hand combat system based on practical experience mixed with jujutsu and boxing that Fairbairn developed to train the Shanghai Municipal Police and was later taught in expanded form to the Office of Strategic Services and Special Operations Executive members during World War II. Defendu is the classic hand-to-hand combat system based on practical experience mixed with jujutsu and boxing that Fairbairn developed to train the Shanghai Municipal Police.

SAS and Elite Forces Guide Extreme Unarmed Combat - Martin Dougherty
2018-08-01

Duck punch, cover block and knee strike. Boxing, wrestling and Ju-Jitsu. Gameplan, lines of attack and final disengagement. If taking flight isn't an option, fighting is a necessity. Extreme Unarmed Combat is the authoritative handbook on an

immense array of close combat defence techniques, from fistfights to headlocks, from tackling single unarmed opponents to armed groups, from stance to manoeuvring. Presented in a handy pocketbook format, Extreme Unarmed Combat's structure considers the different fighting and martial arts skills an individual can use before having to consider at the areas of the body to defend. It teaches how to attack without getting hurt, and how to incapacitate an opponent. With more than 120 black-&-white illustrations of combat scenarios, punches, blocks and ducks, and with expert easy-to-follow text, Extreme Unarmed Combat guides you through everything a person need to know about what to do when escaping trouble isn't an option. This book can save lives.

How to Defend Yourself - Martin J Dougherty
2014-12-02

Offers instructions on self-defense, including how to defend against a straight punch, a grab attempt, or a swinging punch attack.

Practical Martial Arts For Special Forces -

William Beaver 1996-03-01

Let William Beaver, a 17-year martial artist and former U.S. Army Special Forces soldier, teach you how to use your hands and feet to deliver natural, reflexive strikes and holds to disarm and disable any attacker. Beaver provides step-by-step instructions and drills in such vital aspects of empty-hand combat as ground fighting, grab counters and firearm and knife defenses.

The Last Full Measure - Michael Stephenson
2013-06-04

Behind every soldier's death lies a story. What psychological and cultural pressures brought him to his fate? What lies—and truths—convinced him to march toward his death? Covering warfare from prehistory through the present day, *The Last Full Measure* tells these soldiers' stories, ultimately capturing the experience of war as few books ever have. In these pages, we march into battle alongside the Greek phalanx and the medieval foot soldier. We hear gunpowder's

thunder in the slaughters of the Napoleonic era and the industrialized killing of the Civil War, and recoil at the modern, automated horrors of both World Wars. Finally, we witness the death of one tradition of “heroic” combat and the construction of another in the wars of the modern era, ranging from Vietnam to America’s latest involvements in Iraq and Afghanistan. Combining commanding prose, impeccable research, and a true sensitivity to the combatant’s plight, *The Last Full Measure* is both a remarkably fresh journey through the annals of war and a powerful tribute to the proverbial unknown soldier.

SEAL Survival Guide - Cade Courtley 2012-12-04
Think and act like a Navy SEAL, and you can survive anything. The world is a dangerous place. You can live scared-or be prepared.

[The Marine Corps Martial Arts Program](#) - United States Marine Corps 2013-06
Marine Corps Reference Publication (MCRP) 3-02B. Marine Corps Martial Arts Program (MCMAP), is designed for Marines to review and

study techniques after receiving initial naming from a certified Marine Corps martial arts instructor or martial arts instructor trainer. It is not designed as a self-study or independent course. The true value of Marine Corps Martial Arts Program is enhancement to unit training. A frilly implemented program can help instill unit esprit de corps and help foster the mental, character, and physical development of the individual Marine in the unit. This publication guides individual Marines, u leaders, and martial arts instructors/instructor trainers in the proper tactics, techniques, and procedures for martial arts training. MCRP 3-02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors. Its role is to ensure standardized execution of tactics, techniques, and procedures throughout the Marine Corps. Although not directive, this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs. For policy on

conducting martial arts training, refer to Marine Corps Order 1500.59, Marine Corps Martial Arts Program (MCMAP). WARNING Techniques described in this manual can cause serious injury or death. Practical application in the training of these techniques will be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training.

W.E. Fairbairn's Complete Compendium of Lethal, Unarmed, Hand-to-Hand Combat Methods and Fighting - W E Fairbairn

2020-09-25

The fully illustrated distilled knowledge of W.E. Fairbairn, legendary SOE instructor in unarmed combat, and co-inventor of the Sykes-Fairbairn knife, who learned his deadly skills in 30 years on the Shanghai waterfront. It has been suggested that Fairbairn was the inspiration for Q Branch, in Ian Fleming's fictional books about the British Secret Service agent James Bond. Get Tough! is the fully illustrated manual of lethal unarmed

combat methods taught to British and US Special Forces in the Second World War by Major W.E. Fairbairn, co-inventor of the Sykes-Fairbairn knife, and senior instructor to WW2's Special Forces. The methods used in this book should only be employed when life is in danger from an attacker, since correctly applied they can kill or maim an opponent. All-In Fighting shows how to deliver deadly blows with hand, fist, knee and boot; wrist, bear and strangle holds (and how to break them); how to throw an enemy, and how to break their backs; how to disarm a pistol-wielding attacker; and securing a prisoner. Actual incidents provided the basis for Shooting to Live; this is an instruction manual on life-or-death close-quarters shootouts with the pistol. The emphasis is on training to fight with no notice, at very close ranges, in poor lighting and in unexpected environments. Originally published during the Second World War, Hands Off! shows the emancipated woman how to deal with any 'unpleasant'situation which would immeasurably

increase their efficiency in the War effort. The methods of self-defence were especially selected for use by women, taking into account their disadvantages of weight, build and strength. Scientific Self-Defence is the hand-to-hand combat system based on practical experience mixed with jujutsu and boxing that Fairbairn developed to train the Shanghai Municipal Police and was later taught in expanded form to the Office of Strategic Services and Special Operations Executive members during World War II. Defendu is the classic hand-to-hand combat system based on practical experience mixed with jujutsu and boxing that Fairbairn developed to train the Shanghai Municipal Police.

The Seven Strategies of Hand to Hand

Combat - Ernest Emerson 2015-04-08

This is not a book about techniques. Black Belt Hall of Famer and Tier One tactical instructor, Ernest Emerson opens the doors to the previously hidden Strategies, Tactics, and Mentality of the world's deadliest warriors, giving

you the tools to upgrade your training in any system, into a truly effective program of combat ready skills. Emerson's genius is in being able to break down human conflict (combat) into its most basic component parts and then explain them in terms that make perfect sense. Then in turn, he gives you the ability to train and supercharge those components individually so that when they are reassembled the result is an Abrams tank powered by jet engines. But, if you're looking for a book on how to block a punch, you won't find it here. This is about giving you the means to create a supercharged capability to take what you already know to the elite level, ready for actual combat. The difference between tier one operators and the rest of us is not that they know more techniques or possess secret skills. They know the same things as we do. They just know how to do them much better. Emerson takes you into his classroom to teach you the real secrets, the forbidden knowledge of the warrior elite,

America's Special Operations and Black Ops Units. The problem with training for real-world hand-to-hand combat skills is that almost all martial arts are over 200 years removed from actual combat and have been softened up or "sporterized" to be palatable to the general public. The difference between conventional training and combatives training is defined by two simple words; intent and intensity. Each needs the other to be maximally effective and conventional martial arts lack both. Without truly knowing if something will actually work in live combat, how can an instructor teach combat skills to someone whose life may depend on those skills? If you are ever in a situation where you're face-to-face with pure evil, and you're not both physically and mentally prepared for violent, deadly combat, then that is the day you will likely die. The author shows that you must be able to bring violence of action against the bad guy to such a degree that it doesn't just counter his attack, but destroys him, for attempting to do

you harm. You will learn how to evaluate your current training against the criteria of the perfect technique, to judge everything you do as to whether it will work in real combat or not, and avoid wasting your valuable time doing things that are of no value. Learning and applying principles and concepts outlined in this book will give you the confidence you need, to never again wonder "Will this really work or Can I do this? You will learn that the true mastery of fighting skills is not just based on confidence in the techniques but ultimately in the confidence you have in yourself. Some of the subjects covered in detail include; 1. The principles, strategies, and tactics of combat 2. The physical, physiological, and psychological effects of combat on the human body and how to use them to your advantage 3. The 3 Laws of Combat and the 6 Instinctual Triggers 4. The high art of preemptive self-defense 5. The importance of being able to distinguish between capability and capacity

Combative fighting skills is not a martial art. It is

hard, intense, painful training along with the development of the Warrior Mindset. Without that mindset and the iron will to win, you are only using half of your power. The other half is in the mind. You will learn how important it is to never neglect one for the other. Ernest Emerson has worked with members of the Naval Special Warfare Community, Navy SEALs for over 25 years. He carried a DOD top secret clearance for 15 years. He is the owner of Emerson Knives, Inc. and the Black Shamrock Combat Academy in Los Angeles California.

Knife Self-Defense for Combat - Michael D. Echanis 1977

In the study of unconventional warfare, few names carry as much weight as Michael D. Echanis. The shadowy hand-to-hand combat pioneer died under mysterious circumstances, but before meeting a violent, fiery death in an unexplained plane crash in Nicaragua, he penned Knife Self-Defence for Combat, the definitive guide to controlling and disarming a knife

attacker and a must-have for any paramilitary operative. Previously unavailable to the general public on the open market, this modern mercenary's favorite contains more than 30 fully illustrated techniques.

Apollo's Warriors - Michael E. Haas 1998-05
Presenting a fascinating insider's view of U.S.A.F. special operations, this volume brings to life the critical contributions these forces have made to the exercise of air & space power. Focusing in particular on the period between the Korean War & the Indochina wars of 1950-1979, the accounts of numerous missions are profusely illustrated with photos & maps. Includes a discussion of AF operations in Europe during WWII, as well as profiles of Air Commandos who performed above & beyond the call of duty. Reflects on the need for financial & political support for restoration of the forces. Bibliography. Extensive photos & maps. Charts & tables.

Fight to Win - Martin Dougherty 2013-10-08
If you are going to fight, you might as well fight

to win! This book presents 20 simple fighting techniques that will win any fight, any time! Fight to Win teaches you how to fight with a minimum of technical jargon. It allows you to quickly develop the ability to win by learning a small number of techniques that always work in every situation. This is far more effective than learning hundreds of movements and variations which work only in specific circumstances (and are easily forgotten in the heat of the moment!) With 400 full-color photos and easy-to-follow instructions, this martial arts book presents self-defense techniques such as: The Hammerfist—delivered by straightening a bent arm and striking with the base of the fist The Double Leg Takedown—will make the opponent land so hard he'll be stunned and unable to defend himself The Triangle Choke—uses the opponent's arm and shoulder to compress the carotid arteries and cut off blood supply to the brain and more!

SAS and Elite Forces Guide Extreme Unarmed

Combat - Martin J. Dougherty 2012

Presented in a handy pocketbook format, Extreme Unarmed Combat considers the different fighting and martial arts skills a person can use before looking at the areas of the body to defend, showing how to attack without letting oneself be hurt as well as how to incapacitate an opponent.

The Elite Forces Handbook of Unarmed Combat - Ron Shillingford 2001-08-27

Examines techniques used by special forces around the world: the lethal strikes of the Spetsnaz, locks and constrictions used by the Egyptian special forces, U.S. Army throws and holds, and elementary methods taught to Britain's Parachute Regiment.

How to Fight Like a Special Forces Soldier - Steve Crawford 2016-12

Unarmed Combat - Martin J. Dougherty 2019-08-06

With easy-to-follow illustrations and pullout lists, Unarmed Combat reveals how special forces

soldiers master hand-to-hand fighting--how they maximize body weight, and use strikes, throws, locks, and constrictions to defeat opponents. It explains how military units have combined several martial arts to create combat systems, and what does (and doesn't) work against armed attackers. Experts offer their proven tips, and explain both the mental preparation and physical techniques necessary for defense.

Hand to Hand Combat for Amphibious Scouts -
U.S. Navy 1945-08-01

Fighting techniques of the forerunners of the NAVY SEALS During World War 2 it became clear to the Navy that a group of covert raiders would need to be trained to clear the way for amphibious landings in both Europe and the Pacific. With not much more than swim shorts, mask, fins and explosives these commandos were sent in advance of major landings on beach recon missions or to clear underwater obstacles and booby traps. These soldiers were always at high risk of discovery and as such they needed

special combat training in order to fight effectively against enemy guards or sentries. This manual was compiled to gather all of the 'dirty fighting' tricks and Jiu Jitsu methods they utilized to fight hand to hand with any foe or opponent; armed or unarmed. Chapters detail numerous defensive and offensive techniques, in a step-by-step manner. This is not for the squeamish, these are brutal and deadly methods used by Navy Raiders and demolition teams to take out guards and sentrys quickly, quietly and with the maximum of efficiency. They include: • Falls and Rolls • Defense against Weapons • Vital Areas • Kicking • Chokes • Escapes • Tying a Prisoner • Club Fighting • Sentry Stalking • Knife Fighting Illustrated with over 110 restored pictures and charts. A must-have for students of WWII special operations or U.S. Navy 'Frog Men.' It is a thoroughly fascinating look at military training in combat martial arts techniques. Originally published Aug. 1 1945. Keywords: frog man,demolition,raider,recon,seal,combat

knife, jujitsu, UDT, SEAL

How to Fight Like a Special Forces Soldier -

Steve Crawford 2016-08

How to Fight Like a Special Forces Soldier is the most in-depth study yet of how human beings can be turned into deadly fighting machines.

SAS and Elite Forces Guide Armed Combat -

Martin Dougherty 2013-06-04

The book explores the different uses of hand weapons, from pistols to semiautomatics to sniper's rifles, from flick knives to machetes, from stun grenades to CS gas, from knuckle-dusters to nunchaku sticks. With tips and techniques from combat experts, the book explains which weapon to choose for given situations and how to use each weapon. With more than 300 easy-to-follow illustrations and handy pull-out lists of key training tips, Guns, Knives & Other Personal Weapons is the definitive guide for anyone wanting to be ready for anything.

Extreme Unarmed Combat: SAS & Elite

Forces Guide - Martin J. Dougherty 2015-12-10
Duck punch, cover block and knee strike. Boxing, wrestling and Ju-Jitsu. Gameplan, lines of attack and final disengagement. If you can't take flight, you're going to have to fight. Extreme Unarmed Combat is an authoritative handbook on an immense array of close combat defence techniques, from fistfights to headlocks, from tackling single unarmed opponents to armed groups, from stance to manoeuvring. Extreme Unarmed Combat's structure considers the different fighting and martial arts skills you can use before looking at the areas of the body to defend, how to attack without letting yourself be hurt and how to incapacitate your opponent. With more than 300 black-&-white illustrations of combat scenarios, punches, blocks and ducks, and with expert easy-to-follow text, Extreme Unarmed Combat guides you through everything you need to know about what to do when you can't escape trouble. This book could save your life.

Get Tough! - W E Fairbairn 2019-05

This book, by the man who taught them, shows how the British Commandos fought in the Second World War in unarmed hand-to-hand combat. It shows how they won their fights - even against enemies who were bigger, stronger, and armed. Brute strength is not required. This book shows you how to put a thug out of action with your bare hands, so fast he won't know what's hit him. Get Tough is filled with clear, graphic line drawings which, with the easy-to-follow directions, demonstrate the Fairbairn System. The author, Major W. E. Fairbairn, was a tough Police officer who spent 30 years with the Shanghai Municipal Police, where he learned jiu-jitsu (Judo), Chinese boxing and other martial arts. He was senior instructor to British Special Forces during the war, and was the co-inventor of the legendary Sykes-Fairbairn Commando knife. While in China he became the first foreigner, living outside Japan, ever admitted to Kodokan Jiu-Jitsu University in Tokyo where he was

awarded the black belt, second degree. Combining all the knowledge thus acquired he developed a system that stopped the Shanghai terrorists in their tracks, demoralized the Nazis, and probably proved a decisive factor in the success of Allied Special forces in World War Two. This is a must book for the armed forces, civilian defense groups, police, security guards, and indeed anyone whose life may be threatened. The method of hand-to-hand fighting described in this book is the approved standard instruction for all members of His Majesty's forces. The Commandos, and parachute troops, harrying the invasion coasts of Europe, have been thoroughly trained in its use. Britain's two-million Home Guard are daily being instructed in its simple but terrible effectiveness. The units of the United States Marine Corps who were stationed in China between 1927 and 1940 learned these methods at my own hands when I was Assistant Commissioner of the Shanghai Municipal Police. There will be some who will be shocked by

the methods advocated here. To them I say "In war you cannot afford the luxury of squeamishness. Either you kill or capture, or you will be captured or killed. We've got to be tough to win, and we've got to be ruthless - tougher and more ruthless than our enemies."

Occupational Outlook Handbook - United States. Bureau of Labor Statistics 1976

Defendu - W E Fairbairn 2020-11-13

The classic hand-to-hand combat system based on practical experience mixed with jujutsu and boxing that Fairbairn developed to train the Shanghai Municipal Police.

H2H (Hand to Hand) Combat - Greg Thompson 2012-10-23

The US Army "the most modern fighting force in the world" relies on the latest technology in smart bombs, fighter planes, and smart ships, but when fighting in the battlefield, all the technology in the world can be reduced to two soldiers locked in hand-to-hand combat, where survival is the

winning prize. The most technologically advanced fighting force in the world relies on the best and most effective hand-to-hand fighting techniques ever developed. In H2H Combat, Soldiers Edition, the creator of SOCP (Special Operations Combatives Program), Greg Thompson, demonstrates the same combat and self-defense techniques he teaches to the Special Forces and Army troops. You will learn modern clinching, effective striking, basic weapon takeaway, knife defense, and grappling techniques that may someday save your life. This book is not only a must for the young recruit as well as the battle hardened expert, but also for anyone who is concerned about personal protection in this modern and aggressive world. Unarmed Combat: Hand-to-hand fighting skills from the world's most elite fighting units (SAS and Elite Forces Guide) - Martin J Dougherty 2010 With the aid of superb line artworks, Unarmed Combat demonstrates to the reader how special forces soldiers are taught to excel in hand-to-

hand fighting: how they maximise bodyweight, and the use of various strikes, throws, locks and constrictions to defeat opponents. It explains how different martial arts have been combined by military units to create hand-to-hand combat systems for defence against multiple assailants, for fighting on the ground, for dealing with edged and impact weapons, what works against attackers with firearms and – more importantly – what doesn't. With tips and techniques from unarmed combat experts, the book is divided into two main sections. The first covers the mental preparation needed to be ready to defend yourself. The second covers the physical techniques needed to defend yourself, and if necessary, strike back to temporarily incapacitate your attacker and escape. With more than 300 easy-to-follow artworks and handy pull-out lists of key information, Unarmed Combat is the definitive guide for anyone wanting to be ready for anything - it could save your life.

All-in Fighting - W. E. Fairbairn 2021-05-06
The author of this concise guide to unarmed combat and self-defence is a legend. W. E. Fairbairn (1885-1960) spent over thirty years in the tough environment of the Riot Squads of China's Shanghai Municipal Police. In order to lower levels of Police mortality at the hands of Chinese Tongs, he studied ancient Chinese and Japanese martial arts, including Ju-jitsu, and was the first foreigner to be awarded a black belt in the discipline. He developed his own system which he called 'Defendu'. At the outbreak of the Second World War, he was recruited by Britain's Special Operations Executive as an Instructor in unarmed combat and expounded the deadly mysteries of attack and defence to scores of trainee agents about to be dropped into occupied Europe. His methods were approved and officially adopted throughout the British army. Fairbairn also developed weapons and defence aids such as bullet proof vests. He is best known as the co-inventor of the famous Sykes-Fairbairn knife. In

this book he expounds his distilled experience of unarmed combat. Fully illustrated, it shows how to deliver deadly blows with hand, fist, knee and boot; wrist, bear- and strangle holds (and how to break them); how to throw an enemy, and how to break their backs; how to disarm a pistol-wielding attacker; and securing a prisoner. The book also contains a chapter on the use of the rifle in close combat by Captain P. N. Walbridge.

The Complete Michael D. Echanis Collection -

Michael D. Echanis 2010

This thorough collection delivers powerful, reality-based self-defense methods from one of

the world's best-known weapons experts. Combining the books Knife Fighting, Knife Throwing for Combat; Basic Stick Fighting for Combat; and Knife Self-Defense for Combat in one volume for the first time, this complete edition teaches aspiring martial artists dozens of knife-attack and counterattack techniques, psychological and physical visualization methods of unconventional paramilitary warfare, the use of the stick as a weapon of survival, and more than 30 separate methods for disarming and controlling a knife attacker.