

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

Ancient Samurai Techniques on the Battlefield and in the Street [Downloadable Material Included]

U.S. Army Hand-to-Hand Combat

Elite Defence Techniques for Men and Women

Martial Arts of the Israeli Special Forces

Hand-To-Hand Fighting Skills From The World's Elite Military Units

Scientific Self-Defence

A Complete Guide to Unarmed Combat Techniques

SAS and Elite Forces Guide Extreme Unarmed Combat

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

Defensive Tactics for Special Operations

Special Forces Unarmed Combat Guide

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

SAS and Elite Forces Guide Sniper

SAS and Special Forces Self Defence Handbook

Modern Army Combatives

The Art of Self-Defence

Knife Fighting, Knife Throwing for Combat

How to Win in Hand to Hand Fighting

Get Tough!

The WidowMaker Program

Being Ready For When Disaster Strikes

Devices and Techniques for Incendiaries

The Complete Michael D. Echanis Collection

Modern Hand to Hand Combat

A Navy SEAL's Secrets to Surviving Any Disaster

Kill Or Get Killed

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Modern Army Combatives

Battle-Proven Techniques and Training Methods

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

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## GRANT BRAIDEN

[Ancient Samurai Techniques on the Battlefield and in the Street \[Downloadable Material Included\]](#) Lulu.com

Unarmed Combat: Hand-to-hand fighting skills from the world's most elite fighting units (SAS and Elite Forces Guide)Amber Books Ltd

**U.S. Army Hand-to-Hand Combat** Rowman & Littlefield

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.

[Elite Defence Techniques for Men and Women](#) Tuttle Publishing

They are swift, silent, and deadly. That's why armed guerrillas are feared by even the largest, best-equipped fighting forces. No tank, rocket-propelled grenade, or infantry battalion can match the guerrilla team's ability to exact brutality with precision, instill fear in enemy hearts, and viciously deflate morale. From the snows of Korea to the jungles of Southeast Asia to the mountains of Afghanistan, the U.S. Army has employed guerrilla tactics to deadly effect. Those tactics and techniques, being used today by U.S. soldiers, are laid out in the U.S. Army Guerrilla Warfare Handbook. Employing small, heavily-armed, and well-oiled fire teams, guerrilla warfare has played an invaluable role in the success of nearly every U.S. campaign for decades. Here, its methods are detailed: raids and ambushes, demolition, counterintelligence, mining and sniping, psychological warfare, communications, and much more. This is an inside look at the guerrilla strategies and weapons that have come to be feared by enemies and respected by allies. Not another outside perspective or commentary on unconventional warfare, this is the original—of

use to soldiers in the field and to anyone with an interest in military tactics.

**Martial Arts of the Israeli Special Forces** Contemporary Fighting Arts, LLC

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.

**Hand-To-Hand Fighting Skills From The World's Elite Military Units** Skyhorse Publishing, Inc.

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.

*Scientific Self-Defence* Macmillan

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.

**A Complete Guide to Unarmed Combat Techniques** Simon and Schuster

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.

*SAS and Elite Forces Guide Extreme Unarmed Combat* Independently Published

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.

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

*Unarmed Combat: Hand-to-hand fighting skills from the world's most elite fighting units (SAS and Elite Forces Guide)*

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.

*Defensive Tactics for Special Operations* Black Belt Communications Incorporated

Teaches the skills and offers up the tips and information people need if things really go wrong; for people who have decided to take their safety into their own hands in learning to live off the land, digging the own wells, providing their own power and defending themselves.

*Special Forces Unarmed Combat Guide* Rowman & Littlefield

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.

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

This is an updated version of a book published first during World War II. In addition to outlining the techniques of military and police individual combat, it examines the requirements of the civilian law enforcement officer for restraint and manhandling tactics.

*SAS and Elite Forces Guide Sniper* Simon and Schuster

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

*SAS and Special Forces Self Defence Handbook* Black Belt Communications

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.

*Modern Army Combatives* Skyhorse Publishing Inc.

Think and act like a Navy SEAL and you can survive anything. You can live scared—or be prepared. “We never thought it would happen to us.” From random shootings to deadly wildfires to terrorist attacks, the reality is that modern life is unpredictable and dangerous. Don't live in fear or rely on luck. Learn the SEAL mindset: Be prepared, feel confident, step up, and know exactly how to survive any life-threatening situation. Former Navy SEAL and preeminent American survivalist Cade Courtney delivers step-by-step instructions anyone can master in this illustrated, user-friendly guide. You'll learn to think like a SEAL and how to: improvise weapons from everyday items \* pack a go bag\* escape mass-shootings \* treat injuries at the scene\* subdue a hijacker \* survive extreme climates \* travel safely abroad\* defend against animal attacks \* survive pandemic \* and much more Don't be taken by surprise. Don't be a target. Fight back, protect yourself, and beat the odds with the essential manual no one in the twenty-first century should be without. BE A SURVIVOR, NOT A STATISTIC!

*The Art of Self-Defence* Black Belt Communications Incorporated  
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.

**Knife Fighting, Knife Throwing for Combat** Black Belt Communications

The Widow Maker Program: Extreme Self-Defense for Deadly Force Situation is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attack. In this one-of-a-kind book, self-defense innovator Sammy Franco teaches you his brutal and unorthodox combat style that is virtually indefensible and utterly devastating. However, the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces. LEARN HOW TO: Protect yourself and loved ones from vicious street criminals, safely close the distance gap between you and your attacker, evoke psychological terror in your adversary, shift from prey to predator during an assault, master quarter beat striking techniques, unleash powerful webbing techniques, quickly disorient and demolish your opponent, shutdown the opponent's cognitive brain, master offensive and defensive anchoring, perfect the wicked art of "razing", select the best targets to attack to maximize damage during a fight, condition your limbs to maximize your WidowMaker techniques, design your own WidowMaker workout routine, and much more. RATED "H" FOR HARDCORE SELF-DEFENSE With over 250 photographs and detailed step-by-step instructions, The Widow Maker Program teaches you Franco's surreptitious Webbing and Razing techniques. When combined, these two fighting methods create an unstoppable force capable of destroying the toughest adversary at will. The Widow Maker Program is a must-have for anyone interested in real world self-defense and who wants the ability to dispense extreme punishment when faced with a deadly force self-defense situation.

*How to Win in Hand to Hand Fighting* Rowman & Littlefield

Soldier of Fortune magazine described the late Michael D Echanis as "one of the leading experts of hand-to-hand combat in the world". Before creating one of the most effective knife-defence systems in modern warfare, Echanis studied under the supreme grandmaster of hwa rang do, Joo Bang Lee, and specialised in un shin bup, the Korean counterpart to ninjutsu.

**Get Tough!** Paladin Press

The third installment in the bestselling series-now featuring live-action video content. "The first volume in the 100 Deadly Skills series delivered clandestine hacks to help you escape and evade threats at home and abroad. The second book, *Survival Edition*, provided a blueprint for surviving fatal disasters. Now, with the *Combat Edition*, I've created the most comprehensive on-the-ground combat manual ever assembled-helping good people defeat evil, fight for their lives, and survive another day."-Clint Emerson Created by a retired Navy SEAL, this illustrated manual presents one hundred skills from some of the deadliest characters on Earth. Special ops. Outlaw bikers. Martial artists. Professional fighters. Drawn from an elite cadre of experts, each technique is broken down step by step to radically improve your chances of coming out on top-whether you're facing an active shooter or going toe to toe with a belligerent prick. Embedded videos let you visualize the skills and practice them in real time.

These one hundred deadly skills include: - Weaponizing your non-violent posture - Delivering damaging body strikes - Accurately throwing a knife - Quick drawing and shooting a handgun - Tactically deceiving your enemy - Surviving a multi-threat ambush - Understanding non-lethal and lethal options

Clint Emerson, retired Navy SEAL, spent twenty years conducting special ops all over the world while attached to SEAL Team Three, the National Security Agency (NSA), and a Special Mission Unit. Tom Mandrake has created and illustrated books, comics and graphic novels for over 40 years. Some of the titles he has

worked on include Batman, The Spectre, The Martian Manhunter, The Punisher, The New Mutants, The X-Files, Creeps, To Hell You Ride and Kros: Hallowed Ground. H. Keith Melton, a graduate of the U.S. Naval Academy and author of many spy books, is an intelligence historian and a specialist in clandestine technology, espionage, and tradecraft.

**The WidowMaker Program** Black Belt Communications Incorporated

Profiles of military armed and unarmed combat instructors from around the world, past and present.

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