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Your 3-in-1 Self-Defense Training Manual! Discover an effective and easy to learn method of self-defense.

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*techniques from a wide range of
martial arts to create the ultimate
street-effective fighting method. This
self-defense system will teach you
hand-to-hand combat, knife defense,
and stick fighting. Discover the
skills you need to defend yourself,*

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*because traditional martial arts
don't work on the streets. Get it now.
Combines the Most Effective Martial
Arts * GM Lawrence Lee's Tong
Kune Do Kung Fu * Wing Chun *
Balintawak Arnis Kali Escrima *
Panatukan knife fighting techniques*

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...and many others. Once you know
the basics, almost anyone can apply
Vortex Control Self-Defense.

Dexterity, strength, age, or fitness
level is not an issue. Volume 1:
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science of modern self-defense. *

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*How to use power angles for an
unbreakable defense. * A simple yet
devastating fighting strategy
following military principles of
warfare. * The concept of
weaponizing to get the most damage
out of all your movements. **

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*Harnessing gravitational forces to
maximize power in all your strikes.*

** Using body mechanics and physics
for striking speed and to maximize
damage to your opponent. Volume*

2: Practical Escrima Knife Defense

** 40+ knife disarming techniques. **

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*Knives Skills, An Analysis
Of United States Army Post
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*Knife training flow drills so you will
be able to apply the techniques
instinctively. * Disarm, induce pain,
break his limb, and/or make him
stab himself. * Learn the best way to
attack when you are the one with the
knife. * Techniques for all angles of*

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*attack. Volume 3: Practical Arnis
Stick Fighting * The single best
strike which will end 99% of street-
based confrontations. * Drills
covering all angles of attack and all
the different types of strikes. **
Proper stance and movement to get

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*the most power. * Little known but
very effective snatch techniques to
take your opponent's weapon. **

*Drills to ingrain the movements into
your muscle memory and make them
instinctive. Complete Vortex Control
Self-Defense includes all 3 of the*

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*above training manuals. Limited
Time Only... Get your copy of
Complete Vortex Control Self-
Defense today and you will also
receive: * Free SF Nonfiction Books
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*chapters * Bonus content ... and
more! This publication has the
approval of Peter Sunbye, creator of
Vortex Control Self-Defense. Learn
to protect yourself with this all-in-
one training manual, because
Vortex Control Self-Defense is easy*

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to learn and devastating to apply.

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*Gordon E. Perrigard was a
Canadian medical doctor who
combined his knowledge of
advanced ju-jitsu with his
knowledge of human anatomy to*

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*come up with this devastatingly
effective close-in combat
system. Arwrology is derived from
the old Welsh word 'arwr', meaning
an all-out hand-to-hand fighter.
Arwrology was originally released
in 1943 for use in training*

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combatants for World War II.
Of United States Army Post
Martial artists from all over the
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world quickly hailed its superior
2008
fighting methods, and today it
remains one of the most highly
sought after-and most valuable-
fighting manuals in the

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*world. Arwrology is distinctive
because it uses a single system of
conditioned reflexes based on
general body movement for both
armed and unarmed fighting. If one
method fails to subdue an attacker,
a practitioner can effortlessly flow*

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*to another technique without
exposing his body to attack. Through
clear instructions, photos, and
illustrations Arwrology shows you
how to: Defeat someone armed with
a firearm, knife, dagger or club Use
knowledge to overcome brute*

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*strength Fall without injury and rise
up without using your hands Get out
of strangleholds, grips, and other
holds Train to develop fast reflexes
and important fighting muscle
Duck punch, cover block and knee
strike. Boxing, wrestling and Ju-*

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*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,*

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*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*

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*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*

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*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.*

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Combatives Skills. An Analysis
This book can save lives.

*Self-defence techniques are useful
for both military personnel and in
everyday situations. Written for the
non-expert, the SAS and Elite
Forces Guide: Unarmed Combat
explains how to deal with*

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*unexpected assaults, whether you
are in the home, enjoying a night out
or just walking along the street.*

*With the help of clear illustrations
and precise text, the book explains
how to handle sudden assaults,
escalating confrontations and*

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*premeditated attacks, whether by
unarmed or armed assailants. The
book includes sections on
deescalating confrontations, how to
win without fighting, training and
preparation, striking methods, locks
and controls, strangles and chokes,*

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*throws and deflections, dealing with
grabs, kicks and punches, defeating
edged weapons, defeating firearms,
fighting on the ground, defending
against a group attack and fighting
with improvised weapons*

BR>Written by an expert self-

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*defence instructor, the SAS and Elite
Forces Guide: Unarmed Combat
will prepare you for that unexpected
and unsought attack in an everyday
situation.*

*Surviving in the Arena of Life and
Death*

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American Combat Judo
The Seven Strategies of Hand to
Hand Combat
Hand-To-Hand Fighting Skills from
the World's Most Elite Military
Units
Kill Or Get Killed

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

The US Army—the most
modern fighting force in the
world—relies on the latest
technology in smart bombs,

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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

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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,

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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

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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

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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.

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Originally published in 1954,
the U.S. Army Hand-to-Hand
Combat guide was the
official field manual for
soldiers. It covers hand-to-
hand combat in all areas,
with and without short-range

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weaponry, and includes
training methods, defending
and disarming methods,
throws, holds, chokes,
escapes, knife combat,
dominant positions, and
vulnerable body parts. This

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handbook is a useful and
authoritative guide relevant
for those interested in
learning self-defense and
close-range fighting
techniques. The U.S. ARMY is
one of three military

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departments in the United
States (Army, Navy, and Air
Force) which reports to the
Department of Defense. It is
comprised of two distinct
and equally important
components, active and

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reserve. The reserve
components are the United
States Army Reserve and the
Army National Guard. The
U.S. Army frequently
releases publications and
training manuals intended to

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instruct both soldiers and
civilians.

This is the first book to offer
a comprehensive overview of
the history, development
and contemporary
significance of sport in Asia.

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It addresses a wide range of issues central to sport in the context of Asian culture, politics, economy and society. The book explores diverse topics, including the history of traditional Asian

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sport; the rise of modern
sport in Asia; the Olympic
Movement in Asia; mega
sport events in Asia; sport
governance and policy;
gender, class and ethnicity in
Asian sport, and Asia's

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sporting heroes and
heroines. With contributions
from 74 leading international
scholars, it offers a new
perspective on
understanding Asian sport
and society, telling the story

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of how sport in this mega-
region is coming together
and reshaping the world in
the process. It also provides
readers with a wide lens
through which to better
contextualise the

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relationships between Asia
Of United States Army Post
and the world within the
Combat Surveys From 2004
global sport community. The
2008
Routledge Handbook of
Sport in Asia is a vital
resource for students and
scholars studying the

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history, politics, sociology,
culture and policy of sport in
Asia, as well as sport
management, sport history,
sport sociology, and sport
policy and politics. It is also
valuable reading for those

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working in international
sport organisations.

This book, by the man who
taught them, shows how the
British Commandos fought in
the Second World War in
unarmed hand-to hand

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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

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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

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System. The author, Major
W. E. Fairbairn, was a tough
Police officer who spent 30
years with the Shanghai
Municipal Police, where he
learned ju-jitsu (Judo),
Chinese boxing and other

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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

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foreigner, living outside
Japan, ever admitted to
Kodokan Jiu-Jutsu University
in Tokyo where he was
awarded the black belt,
second degree. Combining
all the knowledge thus

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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

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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

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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

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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

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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

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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

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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."

Hand to Hand Combat for
Amphibious Scouts

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Scientific Self-Defence
US Navy(1945)
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The Academy of the Sword
Riot Control Techniques,
Manhandling, and Close
Combat, for Police and the
Military

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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

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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

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public on the open market, this
modern mercenary's favorite contains
more than 30 fully illustrated
techniques.

Learn the most effective way to
neutralize an opponent using ancient
samurai techniques applied to

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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

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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

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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

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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

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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.

This OFFICIAL U.S. Army Field
Manual 3-25.150 contains

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information and guidance pertaining
to rifle-bayonet fighting and Hand-to-
Hand Combat. The Hand-to-Hand
Combat portion of this manual is

divided into basic and advanced
training. This manual serves as a guide
for instructors, trainers, and foot

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soldiers in the art of instinctive hands-on combat and rifle-bayonet fighting. The Hand-to-Hand portion of this field manual contains applied techniques applicable to civilian Mixed Martial Art conditioning and techniques. CHAPTER 1:

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INTRODUCTION CHAPTER 2:
TRAINING CHAPTER 3: BASIC
GROUND-FIGHTING CHAPTER
4: ADVANCED GROUND-
FIGHTING CHAPTER 5:
TAKEDOWNS AND THROWS
CHAPTER 6: STRIKES CHAPTER

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7: HANDHELD WEAPONS
CHAPTER 8: STANDING
DEFENSE APPENDIX A: GROUP
TACTICS APPENDIX B:
COMPETITION

The fully illustrated distilled
knowledge of W.E. Fairbairn,

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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

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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,

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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

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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.

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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

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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

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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

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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

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

Devices and Techniques for
Incendiaries

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Speed Training for Combat, Boxing,
Martial Arts, and MMA
The Tactical Skills Of Hand-to-Hand
Combat

Kempo-Jitsu Pre 1900 Martial Art
All-Out Hand-to-Hand Fighting for
Commandos, Military, and Civilians

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U. S. Army Hand-To-Hand Combat

**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**

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2000

**Municipal Police. In order to
lower levels of Police
mortality at the hands of
Chinese Tong, he studied
ancient Chinese and Japanese
martial arts, including Ju-
jitsu, and was the first
foreigner to be awarded a**

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**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**

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**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**

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**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**

Read Book Hand To Hand
Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2008

**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**

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Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 1994
2000
**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 Flower of Battle is Colin
Hatcher's translation of Fiore
dei Liberi's art of combat from**

Read Book Hand To Hand
Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2008

**the early 15th century. The
work included high-resolution
images and English text laid
out in the manner of the
original.**

**During World War 2 it became
clear to the Navy that a group
of covert raiders would need**

Read Book Hand To Hand
Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2001
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 to clear underwater

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Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveying From 2004
2008

**obstacles and booby traps.
These soldiers needed special
combat training in order to
fight effectively against
enemy guards or sentries.
Chapters detail numerous
defensive and offensive
techniques, in a step-by-step**

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Combat And The Use Of
Combatives Skills An Analysis
manner.

**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**

Read Book Hand To Hand
Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2008
**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**

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Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2001
2000

**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**

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Combat And The Use Of
Combatives Skills. An Analysis
Of United States Army Post
Combat Surveys From 2004
2008

**reassembled the result is an
Abrams tank powered by jet
engines. But again, you must
be cautioned, 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**

Read Book Hand To Hand
Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2008

**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**

Read Book Hand To Hand
Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2009

**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**

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Combatives Skills An Analysis
Of United States Army Post
Combat Survey From 2004
2008

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

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Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2008

**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**

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Combatives Skills An Analysis

Of United States Army Post

Combat Surveys From 2004

2008

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

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Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2008

**evil, one who is hellbent on
your destruction, 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**

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Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2008

**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**

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Combatives Skills An Analysis
Of United States Army Post
Combat Surveys From 2004
2008

**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**

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Combat And The Use Of
Combatives Skills An Analysis
Of United States Army Post
Combat Survivors From 2004
2008

**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**

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Combat Surveys From 2004

**confidence you have in
yourself. Some of the subjects
covered in detail include;1.**

**2003 The principles, strategies, and
tactics of combat2. The
physical, physiological, and
psychological effects of
combat on the human body**

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and how to use them to your
advantage3. The 3 Laws of
Combat and the 6 Instinctual
Triggers4. The high art of
preemptive self-defense5. The
importance of being able to
distinguish between capability
and capacity

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Combat Surveys To 2004

2000
development of the Warrior

Mindset, which is really more

valuable than any other skill

you possess. Without that

mindset and the iron will to

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2008

**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**

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**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.**

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2008
**U.S. Army Hand-to-Hand
Combat
Hand-To-Hand Fighting Skills
From The World's Elite
Military Units
U. S. Marines Close-Quarters
Combat Manual
SAS and Elite Forces Guide**

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Of United States Army Post
**Extreme Unarmed Combat
Get Tough!**

Knife Self-Defense for Combat
Military demolitions are the destruction
by fire, water, explosive, and
mechanical means of areas, structures,
facilities, or materials to accomplish a
military objective. The U.S. Army

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Combatives Skills, An Analysis
Of United States Army Post
Combat Surveys From 2004
2009

Explosives and Demolitions Handbook
is a guide to the use of explosives in the
destruction of military obstacles from
the Department of the U.S. Army. This
guide includes information on types,
characteristics, and uses of explosives
and auxiliary equipment; preparation,
placement, and firing of charges; safety

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Combat Surveys From 2001
2008

**precautions; handling, transportation,
and storage of explosives; deliberate
and hasty demolition methods; and
much more. Applicable to nuclear and
nonnuclear warfare, and having
offensive and defensive uses, the
knowledge one will come away with
from reading this handbook is**

Read Book Hand To Hand
Combat And The Use Of
Combatives Skills An Analysis
invaluable.

**The Historic World War II Army
Handbook on Military Hand-To-Hand
Combat and Self-Defense. Build your
library with this unabridged, high-
quality World War II Civilian
Reference Edition facsimile reissue of
the official Unarmed Defense for the**

**Read Book Hand To Hand
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Of United States Army Post
Combat Surveys From 2004
2000**
**American Soldier - FM 21-150 Basic
Army Field Manual, 1944 release. This
historic unclassified civilian reference
edition manual features principles of
hand-to-hand combat and self defense
for soldiers during World War II.
Contents include defense-focused
historic reviews of hand-to-hand**

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2008

**fighting and training principles with
multiple illustrations, including escapes,
body hold evasion, choke hold defenses,
kick defenses, taking prisoners and
incapacitating enemies, defending
against knife and sword, defenses
against blunt weapons and clubs,
defense against firearms like pistols and**

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2009**

**rifles, defenses against wrestling holds,
how to break free from grips on
clothing and hair, and how to defend
against fist attacks. Learn how things
were historically done in the military
for personal enrichment and historical
study by learning from the classic
knowledge of the American soldier.**

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**Great for learning the history behind
the ins-and-outs of soldering principles
developed by the U.S. military. Not just
for military personnel, this book is a
great gift for outdoors enthusiasts,
backpackers, campers, hikers, hunters,
scouts, military history enthusiasts, and
veterans! A part of the Military**

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Combat Surveys From 1904
**Outdoors Skills Series. This Doublebit
Historic Edition reprint of Unarmed
Defense for the American Soldier -FM
21-150 (1942) is professionally restored
and presented from the original
facsimile source with the highest degree
of fidelity possible. Available in both
paperback and hardcover, readers can**

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Combatives Skills An Analysis
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Combat Surveys From 2004

**enjoy this historic Civilian Reference
Edition reissue for generations to come
and learn from its timeless knowledge.**

**This handbook of American Judo is a
thorough study in the methods and
techniques of hand-fighting. It is based
upon the classic jiu-jitsu but
incorporates most recent improvements**

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2008

in the scientific development of modes of personal combat. The first purpose of this book is to develop a technique of disabling and, if necessary, seriously injuring an opponent. The second purpose is to give the reader adequate skill and knowledge in defending himself against an assailant. Includes

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Combat Surveys From 2004

**200 photographs illustrating jiu-jitsu,
wrestling, foot-fighting and police
tactics.**

**There are currently more than 200,000
active-duty U.S. Marines and another
40,000 in the reserves. These Marines
depend on the skills and techniques
taught in this concise manual—and now**

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2009

you can too! Today's Marines operate in conflict situations that change from low intensity to high intensity over a matter of hours. This fully-illustrated guide features both the lethal and nonlethal techniques needed to responsibly handle any situation without unnecessarily escalating the violence. The U.S. Marine

**Read Book Hand To Hand
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Of United States Army Post
Combat Surveys From 2004
2008**

**Close Combat Fighting Handbook
explains the methods to quickly
neutralize any attacker in close quarters
and teaches you how to use any part of
the human body as a weapon. It covers
breaking a fall, defending against
headlocks and chokes, protecting
against punches and kicks, surviving**

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Combat And The Use Of
Combatives Skills An Analysis
of armed attackers and more.

**Unarmed Defense for the American
Soldier - FM 21-150 Basic Army Field
Manual (1942 World War II Civilian
Reference Edition)**

H2h Combat Soldiers Edition

**W.E. Fairbairn's Complete
Compendium of Lethal, Unarmed,**

Page 126/223

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Combat Survey From 2004

**Hand-to-Hand Combat Methods and
Fighting**

Vol. 2: the Flow of Combat

Hand-to-hand Fighting

**The 50 Zen Principles of Hand-to-Face
Combat**

**"Get tough, get down in
the gutter, win at all**

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Of United States Army Post
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costs... I teach what is
called 'Gutter Fighting.'
There's no fair play, no
rules except one: kill or
be killed." - W.E.

Fairbairn Learn self-
defense from one of the

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most badass hand-to-hand
combat experts the world
has ever seen! W. E.

Fairbairn is an absolute
legend in the world of
martial arts. He is
credited with inventing

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the SWAT team, riot
police, bullet-proof vest,
and the Fairbairn-Sykes
fighting knife used to
this day by Special
Forces, Marines, and
Armies around the world.

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After enlisting in the
British Royal Marines at
age 16, Fairbairn spent
the years between 1903 and
1907 stationed in Japan
and Korea eagerly studying
every form of martial art

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he came across. Fairbairn
then accepted a position
as a patrolman with the
Shanghai Municipal Police
department, which, in the
early days of the 20th
Century, was struggling

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against seemingly endless
swarms of organized
criminals and violent
gangsters. Tasked with
training the underfunded
department, Fairbairn wove
together his military

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training, mastery of
Eastern martial arts, and
everything he learned from
personal experience street-
fighting deadly criminals
into a new style of no-
holds-barred, 'gutter-

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fighting' called Defendu.
In the 35 years he spent
walking the streets of
Shanghai, Fairbairn
allegedly survived over
600 physical engagements,
the violence of which left

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his body covered head-to-
toe with the scars of
knife and bullet wounds.
Upon leaving Shanghai
Fairbairn accepted a job
to train elite agents for
the British Secret Service

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in anticipation of WWII.
Of United States Army Post
Written in 1931, after 20
Combat Surveys From 2004
years on the gritty,
2008
lawless streets of
Shanghai, Scientific Self-
Defense is a no-nonsense
guide to protecting

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yourself by any means
necessary against any
conceivable assailant.

With hundreds of diagrams
and photos illustrating
Defendu's time-honored
defensive maneuvers and

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Combat Surveys From 2004
2008
brutal retaliatory
attacks, Scientific Self-
Defense will teach you
everything you need to
know about kicking ass and
taking names!
The preface to this U.S.

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Army manual (FM 3-25.150)
states: "This field manual
contains information and
guidance pertaining to
rifle-bayonet fighting and
hand-to-hand combat. The
hand-to-hand combat

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portion of this manual is
divided into basic and
advanced training. This
manual serves as a guide
for instructors, trainers,
and soldiers in the art of
instinctive rifle-bayonet

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fighting.? According to
the manual: ?Hand-to-hand
combat is an engagement
between two or more
persons in an empty-handed
struggle or with hand-held
weapons such as knives,

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sticks, or projectile
weapons that cannot be
fired. Proficiency in hand-
to-hand combat is one of
the fundamental building
blocks for training the
modern soldier. Soldiers

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must be prepared to use
different levels of force
in an environment where
conflict may change from
low intensity to high
intensity over a matter of
hours. Many military

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operations, such as
peacekeeping missions or
noncombatant evacuation,
may restrict the use of
deadly weapons. Hand-to-
hand combatives training
will save lives when an

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unexpected confrontation
occurs. More importantly,
combatives training helps
to instill courage and
self-confidence. With
competence comes the
understanding of

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controlled aggression and
the ability to remain
focused while under
duress. Training in
combatives includes hard
and arduous physical
training that is, at the

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same time, mentally
demanding and carries over
to other military
pursuits. The overall
effect of combatives
training is the
culmination of a

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successful physical
fitness program, enhancing
individual and unit
strength, flexibility,
balance, and
cardiorespiratory fitness,
and building personal

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courage, self confidence,
self-discipline, and
esprit de corps.? As such,
this manual provides a
unique, heavily
illustrated training
manual for a number of

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2008
hand-to-hand combat
techniques. Chapter Three
deals with basic ground-
fighting techniques.
?Basic ground-fighting
techniques build a
fundamental understanding

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of dominant body position,
which should be the focus
of most combatives
training before moving on
to the more difficult
standing techniques.
Ground fighting is also

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where technique can most
easily be used to overcome
size and strength. Before
any killing or disabling
technique can be applied,
the soldier must first
gain and maintain dominant

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body position. The
leverage gained from
dominant body position
allows the fighter to
defeat a stronger
opponent. An appreciation
for dominant position is

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fundamental to becoming a
proficient fighter because
it ties together what
would otherwise be a long
confusing list of
unrelated techniques. If a
finishing technique is

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attempted from dominant
position and fails, the
fighter can simply try
again. If, on the other
hand, a finishing
technique is attempted
from other than dominant

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position and fails, it
will usually mean defeat.?
Attacks include the collar
choke, single wing choke,
straight arm bar, arm
lock, guillotine choke,
scissors sweep, Captain

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Kirk, ankle grab/knee
push, triangle choke, knee
mount, leg attacks,
straight ankle lock, and
figure-four ankle lock.
Striking, called an
integral part of all

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actual fighting, includes
pass the guard with
strikes, striking from
side control, defending
against strikes, and more.
Takedowns and throws are
covered in detail. Later

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chapters cover handheld
weapons using the bayonet
or knife, which may be
the ideal weapon to
dispatch the enemy.? Field-
expedient weapons are
discussed, including the

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entrenching tool, three-
foot sticks, and six-foot
pole. Standing defense
techniques against unarmed
and armed opponents are
reviewed. Restrictive
force scenarios include

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two against one, three
against two, one against
two, and two against
three.

Bestselling author W.E.B.
Griffin's epic sixth novel
in THE CORPS series--a

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powerful, dramatic tribute
to the courageous men and
women who braved WWII. As
Japanese forces close in
for an all-out effort to
recapture Guadalcanal from
the American forces

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occupying the island, many
fates converge and
intertwine, finding
Captain Charles Galloway,
Major Jake Dillon,
Sergeant Thomas McCoy and
China Marine Killer McCoy

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in dramatic arenas all
over the Pacific. From the
Solomons to Australia to
Washington, D.C., the
warriors, plus the wives
and sweethearts who love
them, once more find

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themselves facing the
challenges of their
lives...

A New York Times
Bestseller, Got Fight? is
an hysterical,
entertaining, and in-your-

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face guide to fighting
from the most enigmatic
and unpredictable fighter
in Mixed Martial Arts
(MMA) . Forrest Griffin is
the light-heavyweight
champion of the Ultimate

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Fighting Championship
(UFC) and was the winner
of the first season of
Spike TV's The Ultimate
Fighter; in Got Fight?, he
shows you how he did it.
With Erich Krauss, Muay

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Thai fighter and co-author
of "The Prodigy" B.J.
Penn's Mixed Martial Arts:
The Book of Knowledge.
A System of Personal
Defense for the Soldier
How to Maximize Your Hand

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Speed, Foot Speed,
Punching Speed, Kicking
Speed, Wrestling Speed,
and Fighting Speed
21st Century U. S. Army
Combatives Field Manual
Unarmed Combat

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**An Existential
Phenomenological
Investigation of Military
Service Members'
Experience of Hand-to-hand
Combat
Arwrology**

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Hand-to-hand combat is one of the more psychologically challenging performance environments for those in the military (Grossman, 1995).

Even with the technological advances of modern warfare military leaders still believe hand-to-hand combat is

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*an important and relevant challenge
for service members (Blanton, 2007;
Clark, 2009; Collins, 2007;
Wojdakowski, 2007; Wood &
Micaelson, 2000). Despite its
importance, the hand-to-hand combat
experience has, to date, attracted very*

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*little research attention. Therefore,
the purpose of this study was to
explore military service members'
experiences of hand-to-hand combat.*

*To accomplish this objective,
phenomenological interviews were
conducted with 17 male military*

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service members. Each participant was asked to respond to the following open-ended statement: "Please describe your experience of hand-to-hand combat with an enemy combatant during combat operations." Follow-up questions were asked only

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*to obtain additional details and
further clarification of the
participant's comments. All interviews
were audio recorded and transcribed
verbatim. The transcripts were
analyzed qualitatively, revealing a
total of 584 meaning units. The data*

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*were then grouped into sub-themes
and major themes that depicted the
participants' experiences. A final
thematic structure revealed four
major, figural dimensions that
illustrated these service members'
experiences of hand-to-hand combat:*

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*enemy threat, fall to your training,
Of United States Army Post
fast, and close. These major figural
Combat Surveys From 2004
themes emerged against the contextual
2008
background of the major theme:
everyday combat operations. The
results were somewhat consistent with
previous literature, mainly*

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information presented in hand-to-hand combat training manuals, but several findings represented extensions of existing knowledge. The most significant aspects of these service members' experiences were:

(a) the perceived novelty of hand-to-

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*hand combat relative to "normal"
combat operations, (b) the perception
of opponents as instrumental objects,
which temporarily suspended the
sense of the opponents' humanity, (c)
the perceived speed of a hand-to-
hand combat event, and (d) a*

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*perceived spectrum of intensity (mild
to extreme) of encounters with respect
to the emotion of fear and the
physiological sensations of high
arousal. The results suggest several
practical training implications for
military service personnel, hand-to-*

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Combatives Skills An Analysis
*hand combat instructors, and
performance psychology consultants.
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*

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Combatives Skills An Analysis
*of the civilian law enforcement
officer for restraint and
manhandling tactics.*

*When Bradley Steiner self-published
The Tactical Skills of Hand-to-Hand
Combat (Self-Defense) in the
mid-1970s, it sold out two sizable*

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*printings within eight months. In it,
Steiner outlined the 12 tactical
principles of self-defense from his
American Combato™ system, which
he had created in 1975 and which he
still teaches today. A fusion of World
War II close-quarter combat,*

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*traditional martial arts and realistic
self-defense – incorporating lessons
from Rex Applegate, W.E. Fairbairn,
E.A. Sykes and Charles Nelson,
among others – Steiner's program also
included modern weapons and the
excellent (if unorthodox) "dirty tricks"*

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Combatives Skills. An Analysis
of alley, street and prison fighting,
with which he had become familiar
through his training of and
association with New York Police
Department officers. An entertaining
and enlightening new introduction by
the author provides a concise and

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Combatives Skills An Analysis

*illuminating history of the early days
Of United States Army Post
of self-defense training in the United
Combat Surveys From 2004
States. Paladin Press is pleased to add
2008
this legendary self-defense manual to
its Combat Classics collection.*

*Based on proven concepts of martial
arts masters such as Bruce Lee, this*

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Combatives Skills An Analysis
*guide contains advanced training
methods to maximize speed and
reflexes for competition and self-
defense.*

*Hand to Hand Combat, Knife
Defense, and Stick Fighting*

Hand-to-Hand Fighting Skills from

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Combat And The Use Of
Combatives Skills An Analysis
the World's Most Elite Military Units
Of United States Army Post
Boxing
Combat Surveys From 2004
U.S. Army Special Forces Guide to
2008
Unconventional Warfare
Got Fight?
All-in Fighting
The US Army the most

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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

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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

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Of United States Army Post
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fighting force in the
world relies on the best
and most effective hand-
to-hand fighting
techniques ever
developed. In H2H
Combat, Soldiers

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Edition, The creator of
SOCP (Special Operations
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Greg Thompson
demonstrates the same
combat and self-defense
techniques he teaches to

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the Special Forces and
Army troops. In H2H
Combat, Soldiers
Edition, you will learn
modern clinching,
effective striking,
basic weapon takeaway,

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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

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expert, but also for
anyone that is concerned
about personal
protection in this
modern and aggressive
world.

Meant for novices and

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experienced soldiers
Describes ways to use
tannerite, aluminum
powder, thermite, fuse
cords, fuse igniters,
and more in
unconventional warfare

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2008
Special tactics book and
a US army guide U.S.
Army Special Forces
Guide to Unconventional
Warfare contains
incredibly detailed
information and visuals

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provided by the U.S.
Army. With this guide,
you will be able to
easily apply its
material to understand
and create initiators,
igniters, and incendiary

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materials. This is an
anarchist cookbook of
sorts by army guys. It
is an improvised
munitions handbook made
from U.S. Army
intelligence. The table

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of contents includes
gelled gasoline, fire
fudge, napalm, silver
nitrate, concentrated
sulfuric acid, fuse
cords, spontaneous
combustion, and delay

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mechanisms. Brimming
with special forces
secrets, this guide is a
critical tool for any
provocateur-in-training
and provides insight
into how American

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special forces are
fighting our enemies
overseas.

Presents the official
field manual used by the
United States Army
detailing the techniques

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Combatives Skills An Analysis
of hand-to-hand
fighting.

The book features a
twofold, interrelated
focus. First, it looks
at the unique Filipino
culture; how it was

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greatly influenced by
Spanish colonization,
the oppression it
suffered under foreign
rule, and how the native
yearning for freedom led
to the development of

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the martial art of
arnis. The book then
presents the distinct
technical aspects and
resultant physical
manifestation of the
indigenous fighting art.

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Centering upon the
Kombatan method forged
by Grandmaster Ernesto
Amador Presas Sr., it
describes numerous
maneuvers utilizing
stick, blade, and empty

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hand components, and
offers information on
their myriad practical
applications. This
volume is unique in that
it is one of but a few
composed by a native-

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born and bred Filipino
author, one who absorbed
lesson in the
Philippines, directly
under the guidance of an
established system's
founder. The book seeks

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to present arnis in a
proper light, as a
simple and pragmatic
method of self-

protection, while
debunking the more
fanciful theories and

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concepts that have crept
in as it makes its way
into world
consciousness.

Mixed Martial Arts

MS Ludwig Xv13

Stick, Blade, and Empty-

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Hand Combat Techniques
Of United States Army Post
of the Philippines
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Illustrated Fencing
2008
Books, 1500-1800
Combat Judo
U.S. Army Explosives and
Demolitions Handbook

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There's tough, and then there's
Marine tough. This is the official
U.S. Marines guide to close-
quarters combat. If you're
serious about learning to fight
and defend yourself, then this is
the book for you...Because if

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there's one thing the Marines
take seriously, it's winning fights.
This no-nonsense manual is fully-
illustrated and describes the
renowned linear in-fighting
neural-override engagement
(LINE) system that each and

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every active-duty U.S. Marine
relies on in the field. With
comprehensive sections on
stances, falls, punches, kicks,
blocks, holds and more, this
book teaches skills that will
enable you to neutralize your

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most vicious enemies. It even
has a chapter on handling
yourself in close-combat
situations with knives and
bayonets. If you're ready to get
real and treat self-defense like
more than a weekend hobby,

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you need your own copy of the
U.S. Marines Close-Quarters
Combat Manual. Accept no
substitute.

Quotes from the masters: Ken
Melbourne has connected many
of the old techniques to new

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problems, to find new solutions
for self defense. Sifu Winchell
Ping Chiu Woo Grandmaster,
Hung Gar Fu Hok President,
International Brotherhood of
Chinese Martial Artists Ken
Melbourne is the real thing!

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Sensei Alan Cunningham - 10th
dan, Taiho Jitsu President,
American Taiho Jitsu Association
Ken Melbourne is a Martial Arts
genius! He is in the top ten
martial artists I know! O-Sensei
Philip S. Porter - 9th dan Judo

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President, United States Martial
Arts Association Ken Melbourne
can add real applications to
anyones art! Sensei Kenneth
Miarecki - 9th dan - Sen-I Ryu
Budo Vice President, North
American Grandmasters Council

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I would be indeed disappointed
to learn that any of my followers
had acquired the strength and
skill to wrestle and then assumed
the part of a bully. For a bully is
at heart a coward. Earle
Liederman (1886 1970) Taken

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from his book (1923) entitled:
The Science of Wrestling and
The Art of Jiu-Jitsu Some cause
happiness wherever they go,
others whenever they go. Oscar
Wilde (1854 1900)
How To Win In Hand To Hand

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Fighting
Modern Army Combatives
The Flower of Battle
Modern Hand to Hand Combat
Arnis Self-Defense
Close Combat