

Online Library Sas And Elite Forces Guide
Extreme Unarmed Combat Hand To Hand Fighting
Skills From The Worlds Elite Military Units

Sas And Elite Forces Guide Extreme Unarmed Combat Hand To Hand Fighting Skills From The Worlds Elite Military Units

Written by a former Survival Instructor of the SAS, The SAS Self-Defence Manual provides easy-to-follow, illustrated instructions on coping with all kinds of threatening situations, from muggings to knife attacks. The author

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teaches you strategies for both avoiding conflict and getting out of a dangerous situation quickly and safely. Learn how mental attitude, body language, assertiveness, and the ability to overcome fear can prevent you from becoming a prime target for criminals. Learn which parts of the body are the most effective weapons in fending off an attacker, and which are the most likely targets for attack. Defend yourself from sudden grabs,

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strangles, weapons, and road rage. And find out how to deliver the SAS five-second knockout, a defence previously available only to British SAS Special Forces soldiers. Illustrated with black-and-white photographs and instructive artworks and including expert advice throughout, The SAS Self-Defence Manual is a comprehensive guide to self-defence for both men and women. The sniper is a lone hunter: to become a special forces sniper requires

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supreme concentration and extreme self-discipline. SAS and Elite Forces Guide: Sniper examines what it takes to be a special forces elite sniper. It is as important to focus on mental discipline and physical fitness as it is to be able to shoot to Olympic levels of accuracy. You must become an expert in fieldcraft and stalking, and become familiar with nature and the weather. The book describes the psychological makeup of a sniper, what training is

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required to become an expert marksman, and what weapons are used by special forces snipers today. Using 300 instructive artworks, SAS and Elite Forces: Sniper shows you how special forces units such as the SAS and Delta Force train their most elite soldiers. -The SAS is one of the world's greatest military elite units and its soldiers are renowned for their ability to cope when under great physical and mental stress. With this book readers can

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acquire the unique range of skills taught to members of the British Special Air Service to help them succeed in the modern world. SAS Fitness Training features illustrated exercises for improving strength, stamina, and agility; advice on diet and nutrition; and chapters on mental agility and self-defense teach readers how to overcome their daily challenges, the SAS way---www.amazon.com.
Duck punch, cover block and knee

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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

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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.

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This book could save your life.

**Preparing to Survive: SAS and Elite
Forces Guide**

The Elite

SAS and Elite Forces Guide Manhunt

**How to get fit enough to pass a special
forces selection course**

**How to Fight and Survive in Modern
Warfare**

**Earthquakes, Floods, Fires, Airplane
Crashes, Terrorism and Much More**

Wilderness Survival Skills from the

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World's Most Elite Military Units

I've written this book to help you – the soldier – kill the enemy when you get the chance and, most importantly, come back home in one piece. To achieve this aim I've covered combat training from boot camp up to the level required of a Special Forces soldier. And then gone on to add a few tricks of my own. I've done a bit of soldiering (Northern Ireland, SAS deployments, Bush Wars in Africa, life as a merc) and been in my fair share of fire-fights. I've only been wounded twice and learnt from both occasions. I'm going to use my experience to teach you to play the game. I'm not going to teach you how to survive in snowy mountains for a month with only one tea-bag or how to kill a room full of people with only a toothpick. There are plenty of books that do that already. This book will teach you how to fight and survive war in the 21st century from

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the tools of the trade, to avoiding getting shot or blown-up, from surviving an interrogation to defending a position. This is a book not for the faint hearted. But then neither is war.

Using 300 instructive artworks, Elite Forces Handbook: Mental Endurance shows you how special forces units such as the SAS and Delta Force stretch themselves mentally.

POW Escape and Evasion covers everything you need to know about making a successful return to friendly territory. Beginning from the point where a combatant finds himself or herself trapped in enemy territory, the book offers useful tips and solid advice on how to evade capture and, if that fails, how to escape. Key topics include the will to survive; handling stress in captivity; escape techniques; survival in a variety of environments, including urban, rural, jungle and desert; how to forage for food; tracking and how to

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cover your tracks; navigation, with or without a map; and seeking recovery by friendly forces. The book also includes a number of real life accounts of POW escape from World War II (including The Great Escape story and Colditz), the Vietnam War (Dieter Dengler, with others, escaping from Laos), the Balkans, Iraq (Thomas Hamill in 2004) and Afghanistan. With more than 120 black-&-white artworks and with easy-to-follow text, POW Escape and Evasion is for anyone who wants to know how to survive in the most stressful of circumstances and emerge a winner. This is a book that could save your life.

Special Forces in Action is a detailed account of the operations of the world's special forces from 1991 to the present day. From the Gulf War to the invasion of Iraq, via the war in Afghanistan, the search for war criminals in the Balkans, drug baron hunting in

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South America, hostage rescues in Africa, and the counter-terrorist initiatives since 9/11, the book brings the reader full details of the often clandestine and varied roles of the world's elite soldiers. Presented in a handy pocketbook format, the book shows how the world's special forces have become a vital part of any government's military machine and the roles that they have played in recent world events. Authoritatively written and illustrated with more than 150 black and white photographs and illustrations, the book is an expert account of recent operations by the world's most elite forces.

A Complete Guide to Unarmed Combat Techniques

The SAS Self-Defence Manual

Sniping skills from the world's elite forces

Survival Skills from the World's Elite Military Units

Defending Yourself Against Hand-held Weapons

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SAS and Elite Forces Guide to Armed Combat
Being Ready For When Disaster Strikes

Twice a year, 150 anxious recruits gather at SAS headquarters in the UK, their minds focused on one objective: to become SAS soldiers in one of the world's most elite regiments. Yet between arriving and receiving the famous winged dagger badge, stands nearly four months of the toughest military selection process in the world. Could you rise to this exceptional challenge of mind and body? The SAS Training Manual shows you how. Beginning with essential preparation, the book covers fitness training, navigation skills and the four-w

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selection course itself. Find out how to keep the instructors happy, how to deal with exhaustion during Test Week, and how to survive disaster strike on bleak mountains. But having been selected, there's still training. Learn how the recruits acquire the skills of an SAS soldier, from hostage rescue to handling foreign weapons, from parachute training to surviving jungle courses, from escape and evasion to resistance and interrogation. Illustrated with black-and-white photographs and instructive artworks and including first hand accounts, The SAS Training Manual is an exhaustive, lively guide to the process of becoming one

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the world's best soldiers. Twice a year, 150 anxious recruits gather at SAS headquarters in Hereford, England, their minds focused on one objective: to become SAS soldiers in one of the world's most elite regiments. Yet between arriving and receiving the famous winged dagger badge, stands nearly four months of the toughest military selection process in the world. Could you rise to this exceptional challenge of mind and body? The SAS Training Manual shows you how. Beginning with essential preparation, the book covers fitness training, navigation skills and the four-week selection course itself. Find out how to keep the instructors happy, how to de

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with exhaustion during Test Week, and how to survive disaster strike on bleak mountains. But having been selected, there's still training. Learn how the recruits acquire the skills of an SAS soldier, from hostage rescue to handling foreign weapons, from parachute training to surviving jungle courses, from escape and evasion to resistance and interrogation. Illustrated with black-and-white photographs and instructive artworks and including first-hand accounts, The SAS Training Manual is an exhaustive, lively guide to the process of becoming one of the world's best soldiers.

Duck punch, cover block and knee strike. Boxing,

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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 group tactics, 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 the area of the body to defend. It teaches how to attack without getting hurt, and how to incapacitate an opponent. With

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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.

With the aid of superb line artworks, 'Special Forces Wilderness Survival Guide' demonstrates the core skills that the world's elite forces practice to survive in a wilderness environment.

A practical manual for sniping

How to Accomplish Military Standard Mental Endurance

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Extreme Unarmed Combat Hand To Hand Fighting

Skills From The Worlds Elite Military Units

Extreme Unarmed Combat: SAS & Elite Forces Guide

Special Forces Survival Guide

SAS and Elite Forces Guide Armed Combat

Military Workouts and Fitness Challenges for Maximising

Performance

Combat Techniques

Combat Techniques is a comprehensive reference work on tactical procedures for infantry today. Illustrated with action photographs and detailed artworks, it provides a thorough insight into how the

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soldiers of today's armies would fight in any combat scenario they encountered. The book covers all aspects of the battlefield, detailing the various forces and assets at a battlefield commander's disposal, showing how tactics have changed since the end of World War II, and examining a huge range of tactical procedures, from controlling an air strike or firing an anti-tank weapon to sub-zero operations, hostage-rescue situations, fighting in urban or extreme terrain, amphibious assaults, and evading capture.

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The difficulties of asymmetric warfare are also addressed, with chapters on counter-terrorist and anti-insurgency operations. Using colour photographs and artworks, *Combat Techniques* shows the men and equipment of modern armies from around the world, and, with the help of an authoritative text, demonstrates how they operate in today's every changing, technology dominated battlefields. The *POW How To Escape Handbook* covers everything you need to know about making a successful return to friendly territory.

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Beginning from the point where a combatant finds himself or herself trapped in enemy territory, the book offers useful tips and solid advice on how to evade capture and, if that fails, how to escape. Key topics include the will to survive; handling stress in captivity; escape techniques; survival in a variety of environments, including urban, rural, jungle and desert; how to forage for food; tracking and how to cover your tracks; navigation, with or without a map; and seeking recovery by friendly forces. The book also includes a

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number of real life accounts of POW escape from World War II (including The Great Escape story and Colditz), the Vietnam War (Dieter Dengler, with others, escaping from Laos), the Balkans, Iraq (Thomas Hamill in 2004) and Afghanistan.

In 1991 the United States and coalition forces liberated Kuwait after its brief occupation by Saddam Hussein's Iraq. One of the abiding memories of that conflict was the activities of the coalition's special forces soldiers deep in Iraq, hunting down SCUD missiles and their

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launchers before they could be fired on Israel. Since that date, elite military formations have played an increasingly important role in the policing of the modern world. *Special Forces in Action* is a detailed account of the operations of the world's special forces over the last 20 years. From the Gulf War to the invasion of Iraq, via the war in Afghanistan, the search for war criminals in the Balkans, the drug baron hunting in South America, hostage rescues in Africa, and the counter-terrorist initiatives

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since 9/11, and the killing of Osama Bin Laden, the book brings the reader full details of the often clandestine activities of the world's elite soldiers. Illustrated with action photographs, Special Forces in Action shows how the world's special forces have become a vital part of any government's military machine, and the parts they have played in recent world events. With an authoritative text and rare photographs, the book is a highly illustrated guide to the recent operations of these most secretive - and successful -

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soldiers.

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

Essential Rope Skills From The World's
Elite Units

How to Survive Behind Enemy Lines With the

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Extreme Unarmed Combat Hand To Hand Fighting
Skills From The Worlds Elite Military Units
World's Elite Military Units

**Elite defence techniques for men and women
SAS and Elite Forces Guide Sniper
SAS and Special Forces Self Defence
Handbook**

**Fighting with Weapons in Everyday
Situations**

SAS and Special Forces guide to escape and evasion

**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**

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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.

Who's going to guide you when your military boot camp class is over? What's going to help you prepare for the next boot camp challenge? With the aid of superb line artworks, SAS and Elite Forces Guide: Extreme Fitness demonstrates to the reader how special forces soldiers are trained to reach and maintain peak physical fitness. The book explores the different training methods to build up physical strength, speed, agility and endurance, across

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running, swimming, weight training, circuit training and triathlon events. In addition, it addresses the importance of diet and nutrition, injuries and rest, and using mental fitness to help physical health. With more than 300 easy-to-follow artworks, training tips and workouts used by the U.S. Navy SEALs and British Royal Marines, Extreme Fitness is the definitive guide for the person who wants to be their best.

Elite Forces Handbook of Hunting and Shooting demonstrates the core skills involved in being a self-reliant hunter. From tracking large game to shooting wild pheasant, this book is the essential guide to finding, killing and surviving off animals in the wild.

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Extreme Unarmed Combat Hand To Hand Fighting
Skills From The Worlds Elite Military Units

How to Develop Mental Toughness from the World's Elite Forces

Armed Combat: SAS & Elite Forces Guide

Being Ready for when Disaster Strikes

Hand-To-Hand Fighting Skills from the World's Most Elite Military Units

Hand-To-Hand Fighting Skills from the World's Elite Military Units

How To Survive Behind Enemy Lines From The World's Elite Military Units

SAS and Elite Forces Guide Extreme Unarmed Combat

A survival guide utilized by members of the military is designed to train soldiers on how to evade capture and return to friendly territory

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if trapped behind enemy lines, in a resource that covers such topics as survival in a variety of environments, navigating without a map, and foraging for food.

Survival Techniques takes you through all the things you need to know about surviving natural disasters and staying alive in the wild, such as where to find water in the desert; how to build shelters from locally available materials that will keep out the wind and rain but will also be ventilated; and what plants are safe to eat and which are deadly poisonous. In addition to the informative text, Survival Techniques is packed with 200 illustrations that provide a brilliant guide to mastering survival situations. Surviving in the wilderness is one thing, but the ultimate aim is to get back to civilisation, and so Survival Techniques contains valuable chapters on navigation techniques and when and how to travel through hostile terrain.

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Alongside chapters on wilderness first aid, making tools and preserving food in the wild, Survival Techniques also has sections that deal with surviving in difficult urban situations. This book is mandatory reading for those wishing to survive all that nature can throw at them. [This is a text-only ebook edition.]

SAS and Elite Forces Guide Mental Endurance How to Develop Mental Toughness from the World's Elite Forces Rowman & Littlefield

SAS and Elite Forces Guide to Survival This guide teaches the skills and offers up the information people need for when things really go wrong. For those who have decided to take their safety into their own hands, the world's best survival experts show readers how live off the land, dig their own wells, provide their own power and defend themselves. Chris McNab is a specialist in survival

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techniques. He has published over 20 books including How to Survive Anything, Anywhere, Special Forces Endurance Techniques, First Aid Survival Manual, Military Survival Handbook and SAS and Elite Forces Guide: Wilderness Survival.

Sniper: SAS and Elite Forces Guide

An Elite Workout Programme for Body and Mind

SAS and Elite Forces Guide Preparing to Survive

Sniping Skills from the World's Elite Forces

Special Forces in Action

Sniper : Sniping Skills from the World's Elite Forces

Essential Military Skills in Self Defence

***SAS & Elite Forces Guide to Using Ropes
and Knots draws on the skills of the***

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world's best soldiers to teach you how to use these essential tools in the wilderness. Tried and tested techniques used by the world's special forces give you field-tested advice on issues such as: how to take care of ropes, the most useful knots to use in a survival situation, how to make your own ropes out of animal tendons or plants, how to use your rope effectively when climbing, how to lash together a log raft. A simple rope can be a lifesaver in a survival situation. Knowing how to use a rope and make

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effective knots will help you in an amazing variety of ways - from constructing shelters and creating weapons, to fishing and hunting. Most important, ropes and knots act as literal lifelines in dangerous environments, such as when crossing a fast-flowing river or scaling a mountainside.

From searching for high-value enemy targets such as Osama bin Laden and Saddam Hussein to finding soldiers caught behind enemy lines, from escaped prisoners and serial killers to a missing child, Manhunt

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explores just how the military and police forces track people down. Including many case studies of high-value targets, suspected criminals and fugitives from justice, and with extensive background on the different techniques in tracking used, from traditional Native American trackers' skills to the latest high-tech methods, Manhunt brings together the history and science of tracking. Illustrated with 350 maps, photographs and drawings, The SAS and Elite Forces Guide to Manhunts: Tracking High Value Enemy Targets is an

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authoritative examination of tracking from footprints to forensics and a must for anyone interested in the latest military practices and survival skills. .

What are you going to do if the water supply stops? Or if there's no food on sale any more? If there's no electricity? Or if law and order breaks down? Will you manage? Would you make the right decisions? Are you ready for this? SAS And Elite Forces Guide: Preparing To Survive teaches you all the skills and offers you all the tips and information you may need

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if things really go wrong. Preppers are 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. In the wake of 9/11 and Hurricane Katrina their numbers are growing and there is increasing media coverage of this phenomenon. SAS And Elite Forces Guide: Preparing To Survive begins with the possible catastrophe scenarios such as environmental disasters, wars and terrorism. Chapter by chapter, the book

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looks at the areas you need to prepare: your home, what you need if you have to take flight, pre-preparing food for a crisis, finding clean water, maintaining your health, defending yourself, and creating power supplies. With tips and techniques from survival experts, this book shows you what to do not only in the moments and hours after disaster has struck, but also in the weeks, months and years that follow. With more than 300 easy-to-follow artworks and handy pull-out lists of key information, SAS And Elite

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Forces Guide: Preparing To Survive is the definitive long term survival guide for when help isn't on its way. If disaster strikes, you'll be ready.

*DIVUsing simple steps, the book shows the reader how they can build up their endurance over a matter of weeks and months, and how their quality of life will benefit. Elite Forces Handbook: Mental Endurance demonstrates how you can gain the psychological edge over your opponent and take greater control of yourself. /div
How to Survive Natural Disasters*

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*Defending yourself against hand-held
weapons*

*The Art And Science Of Tracking High Value
Enemy Targets*

The SAS Training Manual

SAS Ultimate Guide to Combat

*Crisis Survival: SAS and Elite Forces
Survival Guide*

SAS and Elite Forces Guide Ropes and Knots

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

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power and defending themselves.

Using rare and previously unpublished images from around the world, *The Elite: The A-Z of Modern Special Operations Forces* is the ultimate guide to the secretive world of modern special operations forces. It sends the reader back in time to operations such as Eagle Claw in Iran and the recapture of the Iranian Embassy in London and then forward to recent operations against al-Shabaab and Islamic State. Entries also detail units ranging from the New Zealand SAS Group to the Polish GROM, and key individuals from Iraq counter-terrorism strategist General Stanley McChrystal to Victoria Cross recipient SASR Corporal Mark Donaldson. Answering questions such as how much the latest four-tube night vision goggles worn by the SEALs in *Zero Dark Thirty* cost, which

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pistol is most widely employed by special operators around the world and why, and if SOF still use HALO jumps, this book is the definitive single-source guide to the world's elite special forces.

There's no point having a gun if you don't know how best to use it. And if you don't know how to hold a knife, you're better off not holding it at all. With the aid of superb line artworks, SAS and Elite Forces Guide: Armed Combat demonstrates to the reader how special forces soldiers are taught to excel in defending themselves against and using hand weapons, be they rifles, daggers, truncheons or throwing stars. The book explores the different uses of hand weapons, from pistols to semi-automatics to sniper's rifles, from flick knives to machetes, from stun grenades to CS gas,

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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.

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

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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, coping 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.

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

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Skills From The Worlds Elite Military Units

Elite forces operations, 1991 – 2011

Weapons, Skills and Techniques for Competitive Shooting
Sports

SAS and Elite Forces Guide; Mental Endurance
Unarmed Combat

The Special Forces Guide to Escape and Evasion

POW Escape and Evasion: SAS & Elite Forces Guide

What do you do if your aircraft ditches at sea? Or your building is on fire? Or you are the victim of a terrorist attack? Would you make the right decision to save yourself and the lives of others? Crisis Survival is a complete handbook to any crisis that may suddenly arise, from food or water shortages,

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to natural disasters, to plane crashes and hostage situations. A crisis might last a few hours, days, or even years - with this book you can be ready for any eventuality. With easy-to-follow illustrations and handy lists of key information, Crisis Survival is the definitive crisis survival guide for anyone wanting to be ready for anything - it could literally save your life.

SURVIVE HARSH TERRAIN, EXTREME CONDITIONS AND LIFE-THREATENING SITUATIONS Packed with tips, tricks, and clear instructions, Special Forces Survival Guide presents the vital techniques used by the world's best trained

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soldiers to stay alive in the wild, including

how to: •Find Food and Water •Build Shelter

•Start a Fire •Craft Tools and Weapons

*•Navigate without a Compass •Signal for Help
and First Aid This book presents the field-*

tested skills of the most elite commandos

including the: •Navy SEALs •Army Rangers

•Delta Force •Green Berets •Royal Marines

•French Foreign Legion •Australian SAS

*The SAS and Special Forces Guide to Escape
and Evasion*

*Special Forces in Action : Elite Forces
Operations, 1991-2011*

Sporting Guns: SAS and Elite Forces Guide

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*The Complete Guide to How Soldiers Fight Wars
Today*

*SAS and Elite Forces Guide Prisoner of War
Escape & Evasion*

SAS and Elite Forces Guide Hunting

*Survival Techniques: SAS and Elite Forces
Guide*