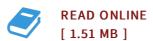




Unarmed Combat

By Martin J. Dougherty

Paperback. Book Condition: New. Not Signed; An expert account of potentially lifesaving combat information Over 300 easy-tofollow artworks and pullout lists With the aid of superb line artworks, the SAS and Elite Forces Guide: Unarmed Combat demonstrates to the reader how special forces soldiers are taught to excel in hand-to-hand fighting: how they maximise body weight, 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 pullout lists of key information, the SAS and Elite Forces Guide: Unarmed Combat is the definitive guide for anyone wanting to be ready for anything...



Reviews

This ebook will not be effortless to get going on studying but very enjoyable to learn. Of course, it can be play, still an amazing and interesting literature. Your daily life period will probably be enhance once you complete looking at this book.

-- Mr. Osborne Homenick

These sorts of ebook is the greatest ebook readily available. Sure, it can be engage in, nonetheless an interesting and amazing literature. I realized this pdf from my dad and i encouraged this pdf to learn.

-- Nicolette Hodkiewicz

Other Books



Tinga Tinga Tales: Why Lion Roars - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; This is a Tinga Tinga tale inspired by traditional stories from Africa. Lion is king of Tinga Tinga but he can't roar! Can his friend Flea help Lion to find his roar and behave more like...



The Princess and the Frog - Read it Yourself with Ladybird

Paperback. Book Condition: New. Not Signed; A kind frog helps a princess and she makes him a promise. What happens when the king tells her that she has keep her promise? Read it yourself with Ladybird is one of Ladybird's best-selling reading...



You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most

Sourcebooks, Inc. Paperback / softback. Book Condition: new. BRAND NEW, You Shouldn't Have to Say Goodbye: It's Hard Losing the Person You Love the Most, Patricia Hermes, Thirteen-year-old Sarah Morrow doesn't think much of the fact that her mother winced a little...



New KS2 English SAT Buster 10-Minute Tests: 2016 SATs & Beyond

Paperback. Book Condition: New. Not Signed; This is Book 2 of CGP's SAT Buster 10-Minute Tests for KS2 Grammar, Punctuation & Spelling - it's a brilliant way to introduce English SATS preparation in bite-sized chunks. Each set of quick tests is packed...



NIV Soul Survivor New Testament in One Year

Paperback. Book Condition: New. Not Signed; 'The whole Bible, in just one year? You've got to be kidding.' Don't panic! How about just the New Testament to start off with? Take thousands of young people all committed to reading the word together...



First Fairy Tales

Board book. Book Condition: New. Not Signed; This is a traditional story that is retold in rhyme in this chunky padded boardbook. When a couple of tailors offer to make a suit from material so wondrous that only clever people can see...