

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

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

-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 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.

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

'Preparing to Survive' teaches you all the skills and offers you all the tips and information you may need if things really go wrong. Chapter by chapter, the book looks at the areas you need to prepare. With tips and techniques from survival experts, it 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.

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 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

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book is an expert account of recent operations by the world's most elite forces.

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 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.

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, 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.

In 1991, Coalition forces were active deep inside Iraq, hunting down SCUD missiles and their launchers before they could be fired. In 2011, special forces were responsible for the assassination of Osama Bin Laden. This book is a detailed account of the operations of the world's special forces from 1991 to the present day.

With the aid of superb line artworks, the Elite Forces Handbook: Hunting 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. The book offers useful tips on a vast array of topics, including laying traps, building your own weapons, deciphering tracks, skinning and butchering your kill, cooking meat and building smokehouses. It also describes various shooting techniques, as well as covering topics such as selecting firearms, choosing the right ammunition and gun maintenance. With more than 300 easy-to-follow artworks and handy pull-out lists of key information, the Elite Forces Handbook: Hunting is the definitive pocket guide for huntsmen of all levels. When nature's all you have, you need to know how to use it to survive.

You can train all you like, but when it comes to the crunch, do you have the mental endurance to see yourself through combat situations, being held hostage or finding yourself at the mercy of the elements? SAS and Elite Forces Handbook: Mental Endurance examines what it takes to be as mentally fit as a special forces soldier. It is equally important to focus on diet, rest patterns and mental discipline as it is to concentrate on push-ups, sit-ups and other physical exercises. Using 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

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benefit. SAS and Elite Forces Handbook: Mental Endurance demonstrates how you can gain the psychological edge over your opponent. Whether you are competing in unarmed combat sports, running a marathon or just looking to get ahead, the book will have helpful and practical advice for you. Exercises such as positive thinking and visualisations and memory games are explored as ways of dealing with solitude, depression, anger management and torture when in crisis situations. Using 300 instructive artworks, SAS and Elite Forces Handbook: Mental Endurance shows you how special forces units such as the SAS and Delta Force stretch themselves mentally.

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

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 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.

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 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 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 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. With the aid of superb line artworks, 'Special Forces Wilderness Survival Guide' demonstrates the core skills that the world's elite

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forces practice to survive in a wilderness environment.

This one-volume encyclopedia contains a complete A-Z of special forces tactics world-wide, including those of the SAS and a collection of accounts of forces operations since 1945. The book contains a step-by-step guide to their tactics. It covers raids and ambushes deep behind enemy lines to tracking, first aid, hostage rescue, navigation and wilderness survival in any terrain on earth, from the high Arctic to tropical jungles. It also includes true accounts of special forces operations since 1939, including action in the Falklands, Vietnam, Oman, Iran, China, Africa and Europe.

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. 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.]

A practical manual for sniping

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

The Second World War saw elite units take a prominent role on the battlefield for the first time. The Encyclopedia of Elite Forces in World War II is a wide-ranging guide to the excellent units on land, sea or in the air whose success was usually hard-won against the odds, and whose actions had an impact on the course of the fighting around them. The best units from both sides of the fighting are represented, as are the two main theatres of war. Arranged by combatant nation, the book covers such famous units as the US Rangers, British SAS and German Waffen-SS, as well as some of the less well-known units like Popski's Private Army, the LRDG and Merrill's Marauders. Not all the units featured in the book were officially designated as elite forces – indeed, some of those involved were only ordinary soldiers – but they achieved elite status through their deeds. Illustrated with action photographs, The Encyclopedia of Elite Forces in World War II is a comprehensive guide to the elite forces of both sides during the 1939-45 war. Each entry describes the unit's strength, date of formation and gives a brief overview of its combat record during the war. Covering all aspects of warfare and both the European and Pacific theatres in World War II, the book will appeal to anyone with an interest in either World War II or elite units at war.

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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 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.

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

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, 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.

The sniper is a lone hunter: to become a special forces sniper requires supreme concentration and extreme self-discipline. This book examines what it takes to be a special forces elite sniper. It describes the psychological makeup of a sniper, what training is required and what weapons are used by special forces snipers today.

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 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.

SAS and Special Forces guide to escape and evasion

The POW How To Escape Handbook 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 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.

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-week 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 of 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 deal with exhaustion during Test Week, and how to

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The sniper is a lone hunter: to become a special forces sniper requires 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 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.

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

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.

Describes the organization, weapons, equipment, uniforms, and representative missions of special forces units around the world 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.

With the aid of superb line artworks, Unarmed Combat demonstrates to the reader how special forces soldiers are taught to excel in hand-to-hand fighting: how they maximise bodyweight, and the use of various strikes, throws, locks and constrictions to defeat opponents. It explains how different martial arts have been combined by military units to create hand-to-hand combat systems for defence against multiple assailants, for fighting on the ground, for dealing with edged and impact weapons, what works against

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attackers with firearms and – more importantly – what doesn't. With tips and techniques from unarmed combat experts, the book is divided into two main sections. The first covers the mental preparation needed to be ready to defend yourself. The second covers the physical techniques needed to defend yourself, and if necessary, strike back to temporarily incapacitate your attacker and escape. With more than 300 easy-to-follow artworks and handy pull-out lists of key information, Unarmed Combat is the definitive guide for anyone wanting to be ready for anything - it could save your life.

Sniper: SAS and Elite Forces Guide Sniping skills from the world's elite forces Amber Books Ltd

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