



SAS and Elite Forces Guide Extreme Unarmed Combat: Hand-To-Hand Fighting Skills From The World's Elite Military Units

By Martin Dougherty

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Duck punch, cover block and knee strike. Boxing, wrestling and Ju-Jitsu. Gameplan,

lines of attack and final disengagement. If taking flight isn't an option, fighting is a necessity. Extreme Unarmed Combat is the authoritative handbook on an immense array of close combat defence techniques, from fistfights to headlocks, from tackling single unarmed opponents to armed groups, from stance to manoeuvring.

Presented in a handy pocketbook format, Extreme Unarmed Combat's structure considers the different fighting and martial arts skills an individual can use before having to consider at the areas of the body to defend. It teaches how to attack without getting hurt, and how to incapacitate an opponent.

With more than 120 black-&-white illustrations of combat scenarios, punches, blocks

and ducks, and with expert easy-to-follow text, Extreme Unarmed Combat guides you through everything a person need to know about what to do when escaping trouble isn't an option. This book can save lives.

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Editorial Review

From the Back Cover

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 maneuvering.

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About the Author

Martin J Dougherty is a Master Level Assessor with the Self-Defence Federation, holding black belts in two styles of Ju-Jitsu as well as self-defence. His martial arts career has encompassed ju-jitsu, kickboxing and self-defence as well as military combative systems. Martin has written books on a variety of subjects including self-defence and warfare in addition to his work in the defence and security industry, where he is an expert on weapon systems and asymmetric conflict. He is author of *Small Arms: From the Civil War to the Present Day*, *Warriors of the World: The Ancient Warrior*, *Weapons and Fighting Techniques of the Medieval Warrior* and *The Art of Self Defense*.

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Once combat starts, you fight with what you have. Your preparation is done, your skills and fitness are at whatever level you have reached. There is no time to wish you had spent more hours in the gym or learned some extra techniques.

If you lack skill, fitness, strength or any other factor, you will have to make up for it with something else. The mental aspect is of paramount importance – guts and determination can cover many other deficiencies. Many people subscribe to the idea that 'violence solves nothing'. In fact, a great many problems can be solved with violence, provided you use enough and in the right way. However, using violent means will often create new problems. For example, it may be a simple matter to eliminate a sentry, but once he is missed the enemy will be alerted – the sentry problem is solved but now there is an active search underway. This is a different and possibly more serious problem. Thus if possible it is best to deal with threats by non-violent means. However, sometimes there is no alternative but to use force. If you have tried and failed or been given no opportunity to avoid trouble, deescalate the situation or deter the assailant, then you must accept that the attack is going to happen and deal with it head-on. If this creates new problems, you can handle them as they arise.

Remember that your goal is always to bring the situation to an end on your own terms, and act accordingly. That might mean escaping or disabling the opponent. It might mean bundling him out through a door and locking it behind him, or applying a painful restraint and outlining the consequences of continuing his attack. Decide what you need to do and then do it without hesitation or second-guessing yourself.

Users Review

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Colby McCray:

Do you have favorite book? For those who have, what is your favorite's book? Guide is very important thing for us to know everything in the world. Each guide has different aim as well as goal; it means that book has different type. Some people truly feel enjoy to spend their time for you to read a book. These are reading whatever they consider because their hobby is usually reading a book. Think about the person who don't like looking at a book? Sometime, man feel need book once they found difficult problem or even exercise. Well, probably you will want this SAS and Elite Forces Guide Extreme Unarmed Combat: Hand-To-Hand Fighting Skills From The World's Elite Military Units.

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