

## Special Forces Unarmed Combat Hand To Hand Fighting Skills From The Worlds Most Elite Military Units

*Examines techniques used by special forces around the world: the lethal strikes of the Spetsnaz, locks and constrictions used by the Egyptian special forces, U.S. Army throws and holds, and elementary methods taught to Britain's Parachute Regiment.*

### LEARN WHAT REALLY WORKS IN A FIGHT!

*The 10 Best Bar Fighting Moves: Down and Dirty Fighting Techniques to Save Your Ass When Things Get Ugly is a unique book that gives you the most practical and effective methods for defeating any barroom brawler. This book isn't about sport fighting, flashy martial arts moves or traditional rituals. It's about real-world fighting and it teaches you with simple and effective techniques to fight and defend against all types of opponents. Best of all, you do not have to be a martial arts master or self-defense expert to apply these fighting techniques.*

### EVERYTHING YOU NEED TO WIN THE BAR FIGHT!

*This easy to follow book covers the entire spectrum of bar fighting concepts. Learn how to throw the perfect "knockout punch", exploit and manipulate your environment, learn tricks of the bar trade that will confuse your adversary, master makeshift weapons, and so much more. By following the bar fighting techniques outlined in this book you will dramatically improve your combat skills regardless of your size, strength, or level of training experience.*

### 30+ YEARS OF REAL-WORLD COMBAT TRAINING!

*The techniques and strategies featured in this book are based on world renowned self-defense expert, Sammy Franco's 30+ years of research, training and teaching reality based self-defense. He has taught these unique fighting concepts to thousands of his students, and he's confident they will help you in your time of need.*

*Regardless of your background or level of experience. The techniques and strategies featured in this book are practical and straightforward and can be seamlessly incorporated into your current martial arts, self-defense or survival program. As a matter of fact, integrating these principles and their related concepts will dramatically improve your odds of prevailing in any high risk self-defense situation.*

*From back cover: Integrated Defensive Fighting Systems, Inc. is proud to present the official training manual of the Fierce Israeli Guerrilla Hand-tohand Tactics (F.I.G.H.T.) program. The F.I.G.H.T. program uses the most effective self-defense system available today- Haganah. The Haganah advanced combat system is based on both Israeli martial arts and Israeli military tactics as used by Israeli Special Forces operatives in extremely hostile situations. Haganah is more than simply a martial art, it is a devastating street combat system, and represents the future of hand-to-hand combat and street fighting methodologies, intense, integrated, powerful, and effective.*

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

*Extreme Self-Defense for Deadly Force Situations*

*Knife Self-Defense for Combat*

*The Elite Forces Handbook of Unarmed Combat*

*Practical Martial Arts For Special Forces*

*Get Tough!*

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

Fully illustrated and enhanced with colorised images this is a new edition of what is recognised as one of the classic manuals of unarmed combat, it will be sure to delight all martial art enthusiasts. This book, by the man who taught them, shows how the British Commandos fought in the Second World War in unarmed hand-to-hand 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 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 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 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 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 acquired he developed a system that stopped the Shanghai terrorists in their tracks, demoralised the Nazis, and probably proved a decisive factor in the success of Allied Special forces in World War Two. This is a must book for the armed forces, civilian defence groups, police, security guards and indeed anyone whose life may be threatened.

BECAUSE NOT ALL KRAV MAGA IS THE SAME (TM) Israeli Krav maga is the official self-defense system of the Israel Defense Forces. Krav maga training shares the same principles for civilians, law enforcement, and military personnel alike to deliver them from harm's way. Goals however, are different for law enforcement and military personnel. This book is designed for security-conscious civilians, law enforcement officers, military personnel, and security professionals alike who want to improve their chances of not just surviving an armed attack, but increase the odds of prevailing without serious injury. Krav maga's popularity in professional law enforcement, military, and security circles is attributable to its practicality, simplicity, quick retention, easy learning curve, and brutal effectiveness. This effectiveness is built on a few core tenets and simple building blocks. General principles are applied and customized to suit the needs of a dynamic violent situation. Contents include: Mind-sets, reactions, and tactics in response to violence The highest-level counters against multiple armed attacks and threats Core kick, clinch, and tackle defenses Core ground survival tactics Multiple-opponent strategies and tactics Impact weapon defenses Edged weapon defenses Firearm disarms and retention Includes 954 detailed photographs The most up-to-date tactics presented in this book focus on the most common violent scenarios. These techniques derive from the author's translation of the Israeli Krav Maga Association (IKMA) curriculum. The IKMA is the governing body for Krav maga, recognized by the Israeli

government and headed by Grandmaster Haim Gidon. Responsible people seek krav maga training as a shield against violence.

SAS and Special Forces Self Defence Handbook

Special Forces Unarmed Combat Guide

War Machine

Military Combative Masters of the 20th Century

Feral Fighting

All-in Fighting

*Presents the official field manual used by the United States Army detailing the techniques of hand-to-hand fighting.*

*Let William Beaver, a 17-year martial artist and former U.S. Army Special Forces soldier, teach you how to use your hands and feet to deliver natural, reflexive strikes and holds to disarm and disable any attacker. Beaver provides step-by-step instructions and drills in such vital aspects of empty-hand combat as ground fighting, grab counters and firearm and knife defenses. Marine Corps Reference Publication (MCRP) 3-02B, Marine Corps Martial Arts Program (MCMAP), is designed for Marines to review and study techniques after receiving initial training from a certified Marine Corps martial arts instructor or martial arts instructor trainer. It is not designed as a self-study or independent course. The true value of Marine Corps Martial Arts Program is enhancement to an implemented program can help instill unit esprit de corps and help foster the mental, character, and physical development of the individual Marine in the unit. This publication guides individual Marines, u leaders, and martial arts instructors/instructor trainers in the proper tactics, techniques, and procedures for martial arts training. MCRP 3-02B is not intended to replace supervision by appropriate unit leaders and martial arts instruction by qualified instructors. Its role is to ensure standardized execution of tactics, techniques, and procedures throughout the Marine Corps. Although not directive, this publication is intended for use as a reference by all Marines in developing individual and unit martial arts programs. For policy on conducting martial arts training, refer to Marine Corps Order 1500.59, Marine Corps Martial Arts Program (MCMAP). WARNING Techniques described in this manual can cause serious injury or death. Practical application in the training of these techniques will be conducted in strict adherence with training procedures outlined in this manual as well as by conducting a thorough operational risk assessment for all training.*

*U.S. Army Hand-to-Hand Combat*

*W.E. Fairbairn's Complete Compendium of Lethal, Unarmed, Hand-to-Hand Combat Methods and Fighting*

*Extreme Unarmed Combat*

*Sniping Skills from the World's Elite Forces*

*Thank You for My Service*

*Unarmed Combat: Hand-to-hand fighting skills from the world's most elite fighting units (SAS and Elite Forces Guide)*

*Profiles of military armed and unarmed combat techniques from around the world, past and present. 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 Fairbairn system was based on his training and knowledge in boxing, wrestling, savate, jujutsu, judo and fights he was also involved in during his police work. Fairbairn began to develop his own system of hand-to-hand combat, initially referring to it as 'Defendu'. It was designed to be simple to learn and to provide effective results. Fairbairn published his book, 'Defendu', in 1926 (reprinted as 'Scientific Self Defence' in 1931), illustrating this method and it is here that the term 'Defendu' first appeared. This confused early readers of the book, who assumed that the techniques within it had been based mainly in the Eastern martial arts that Fairbairn had learned. Fairbairn was called upon by the British to help train Allied troops in World War II. Fairbairn and others expanded on this system to create the Close Quarters Combat system that was then taught to the troops. This system was built on Defendu, but modified for military applications, rather than police and riot control. The original Defendu was oriented towards self-defence and restraint, while the Close Quarters Combat system concentrated on rapid disabling of an opponent, with potentially lethal force. The militarised version of Defendu is described in the military manual 'All-in Fighting 1942', used as a supplement during WW2 CQC training. This book was later published in a civilian edition, missing the chapters on bayonet fighting and rifle sighting, under the name 'Get Tough! How to Win in Hand-to-Hand Fighting. As Taught to the British Commandos and the U.S. Armed Forces'. Fairbairn's CQC system is also described in Rex Applegate's book 'Kill or Get Killed'. Together with Eric A. Sykes, Fairbairn developed innovative pistol shooting techniques and handgun specifications for the Shanghai Municipal Police which were later disseminated through their book 'Shooting to Live with the One-Hand Gun', along with various other police innovations such as riot batons, armoured vests and other equipment. He is perhaps best known for designing the famous Fairbairn-Sykes fighting knife, or 'Commando' knife, a siletto-style fighting dagger used by British Special Forces in the Second World War, and featured in his textbook 'Scientific Self-Defence'. Fairbairn also designed the lesser-known Smatchet, and collaborated on the design of several other combat knife designs. Publications: Defendu Scientific Self-Defence All-In Fighting Get Tough Hands Off! (Self Defence for Women and Girls) Shooting to Live All of Fairbairn's works are published and available from The Naval & Military Press.*

*How To Transform Yourself Into A Vicious And Deadly Street Fighter*

*A Complete Guide to Unarmed Combat Techniques*

*Kapap Combat Concepts*

*Basic Stick Fighting for Combat*

*Scientific Self-Defence*

*Tactical Savagery as a Last Resort*

THE WIDOW MAKER RETURNS! Just when you thought Sammy Franco's best-selling Widow Maker Program could not be surpassed, Feral Fighting outdoes its wicked predecessor! Feral Fighting is the advanced companion book that builds on the brutal fighting techniques of the original Widow Maker program. NEW LEVELS OF COMBAT PERFORMANCE! In this sequel, self-defense innovator Sammy Franco marches forward with cutting-edge concepts and techniques that will take your self-defense skills to entirely new levels of combat performance. LEARN HOW TO: Turn your fingers into torches Master the cunning art of Scorching Defeat mentally crazed attackers Develop terrorizing hand speed Counter a raging assault Master the unique Shielding Wedge technique Learn the brutal art of Sharking Become a human battering ram in a fight Short-circuit the opponent's brain in combat And much, much more THE REVOLUTIONARY SHIELDING WEDGE Feral Fighting also includes Franco's revolutionary Shielding Wedge technique which is based on the ancient Greek military formation known as the Phalanx. When used correctly, it transforms you into an unstoppable human meat grinder, capable of destroying any criminal adversary. SEND YOUR ATTACKER SCREAMING INTO THE NIGHT! Feral Fighting teaches you Franco's cunning art of Scorching. Learn how to convert your fingertips into burning torches that generate over 2 million scoville heat units causing excruciating pain and temporarily blindness for up to 20 minutes. Scorching is the ultimate fight stopper! ENGINEERED FOR HIGH RISK SELF-DEFENSE SITUATIONS! Feral Fighting is a must-have book for anyone interested in high-risk self-defense training and who wants to take their Widow Maker skills to the next level of combat mastery.

SAVAGE STREET FIGHTING - IT'S BRUTALLY EFFECTIVE! Self-defense expert Sammy Franco reveals the science behind his most primal fighting method. Savage Street Fighting: Tactical Savagery as a Last Resort is a brutal self-defense system specifically designed to teach law-abiding citizens how to use "tactical savagery" when faced with the immediate threat of an unlawful deadly criminal attack. Savage Street Fighting is systematically engineered for the most dire circumstances - when there are no other self-defense options left! Learn How To: Win a street fight instantly Defeat any ground fighting system Bypass the time consuming grappling game Develop a true 'Savage Street' instinct swift and severe pain at will Psych-out the toughest & meanest street thugs Quickly escape from all types of choke holds Destroy any attacker regardless of his size and strength Force your attacker to immediately retreat from the fight Defend against multiple attackers And much, much more A GROUND FIGHTER'S WORST NIGHTMARE! Savage Street Fighting is a ground fighter's worst nightmare! Unlike every submission fighting system taught today, Savage Street Fighting scientifically circumvents the laborious and time consuming grappling game and ends the ground fight instantly! But, when used in combination with any grappling and ground fighting system, Savage Street Fighting will make you unbeatable on the ground! Savage Street Fighting is the combat program mixed martial artists and grapplers don't want you to see! ITS IDEAL FOR: Civilians Law enforcement Military personnel Security specialists Executive protection Martial artists Self-defense practitioners ITS QUICK AND EASY TO LEARN! With over 300 photographs and detailed step-by-step instructions, Savage Street Fighting teaches you Franco's most ferocious and barbaric street fighting techniques. They are simple to learn and easy to apply. As a matter of fact, you don't need any previous self-defense or martial arts training to apply these devastating combat techniques. But, if you do have previous training, Savage Street Fighting seamlessly integrates with any type of martial art style or self-defense system. ITS PRIMAL AND FERCE! Savage Street Fighting truly is the 800-pound gorilla of self-defense tactics. Savage Street Fighting is a must-have book for anyone concerned about real world self-defense and who wants the knowledge, skills and mindset required to dispense extreme punishment when faced with a deadly force self-defense situation. Now is the time to learn how to unleash your inner beast!

This book, by the man who taught them, shows how the British Commandos fought in the Second World War in unarmed hand-to-hand 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 action with your 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 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 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 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 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 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 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 coasts of Europe, have been thoroughlytrained 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 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 Police.There will be some who will be shocked by the methods advocated here, them I say "In war you cannot afford the luxury of squeamishness. Either you kill or capture, or you will be 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."

Deadly Knife Fighting Techniques for the Street

A Step-by-Step Guide to Devastating Widow Maker Combinations

A Navy SEAL's Secrets to Surviving Any Disaster

How To Win In Hand To Hand Fighting

The Contact Combat System of the Israeli Martial Arts

Elite Defence Techniques for Men and Women

*The fully illustrated distilled knowledge of W.E. Fairbairn, 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 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, 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 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. 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 noise, at very close ranges, in poor lighting and in unexpected environments. Originally published during the Second World 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 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 judo 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 classic hand-to-hand combat system based on practical experience mixed with judo and boxing that Fairbairn developed to train the Shanghai Municipal Police.*

*The Widow Maker Program: Extreme Self-Defense for Deadly Force Situation is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attack. In this one-of-a-kind book, self-defense innovator Sammy Franco teaches you his brutal and unorthodox combat style that is virtually undefensable and utterly devastating. However, the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces. LEARN HOW TO: Protect yourself and loved ones from vicious street criminals, safely close the distance gap between you and your attacker, evoke psychological terror in your adversary, shift from prey to predator during an assault, master quarter beat striking techniques, unleash powerful webbing techniques, quickly disorient and demolish your opponent, shutdown the opponent's cognitive brain, master offensive and defensive anchoring, perfect the wicked art of "razing", select the best targets to attack to maximize damage during a fight, condition your limbs to maximize your WidowMaker techniques, design your own*

*WidowMaker workout routine, and much more. RATED "H" FOR HARDCORE SELF-DEFENSE With over 250 photographs and detailed step-by-step instructions, The Widow Maker Program teaches you Franco's surreptitious Webbing and Razing techniques. When combined, these two fighting methods create an unstoppable force capable of destroying the toughest adversary at will. The Widow Maker program is a must-have for anyone interested in real world self-defense and who wants the ability to dispense extreme punishment when faced with a deadly force self-defense situation.*

*This thorough collection delivers powerful, reality-based self-defense methods from one of the world's best-known weapons experts. Combining the books Knife Fighting, Knife Throwing for Combat, Basic Stick Fighting for Combat, and Knife Self-Defense for Combat in one volume for the first time, this complete edition teaches aspiring martial artists dozens of knife-attack and counterattack techniques, psychological and physical visualization methods of unconventional paramilitary warfare, the use of the stick as a weapon of survival, and more than 30 separate methods for disarming and controlling a knife attacker.*

*Fight to Survive!*

*Krav Maga Professional Tactics*

*The SAS Self-defence Manual*

*The Seven Strategies of Hand to Hand Combat*

*Unleash Hell*

*Hand-To-Hand Fighting Skills*

*The unapologetic, laugh-your-ass-off military memoir both vets and civilians have been waiting for, from a five-tour Army Ranger turned YouTube phenomenon and zealous advocate for veterans--this is Deadpool meets Captain America, except one went to business school and one went to therapy, and it's anyone's guess which is which.hich.*

*The use of the stick, long or short, as a weapon of survival, including disarming techniques, is presented in this second volume on combat training by Michael D. Echanis. Ki power, proper grip, visualization and breath control are explained as important elements in surviving attacks.*

*A practical manual for sniping*

*Fighting with Weapons in Everyday Situations*

*GET TOUGH! IN COLOUR: How To Win In Hand-To-Hand Fighting - Combat Edition*

*How to Fight Like a Special Forces Soldier*

*Advanced Widow Maker Fighting Techniques*

*The 10 Best Knife Fighting Techniques*

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

*Unleash Hell On Your Enemies Surviving a vicious street attack is all about unleashing a destructiveness exceeding that of a deadly criminal attacker. Nobody knows that better than self-defense expert Sammy Franco, who created the devastating Widow Maker self-defense program. The Widow Maker Program is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attack. In this one-of-a-kind book, self-defense innovator Sammy Franco teaches you his brutal and unorthodox combat style that is virtually undefensable and utterly devastating. However, the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces. LEARN HOW TO: Protect yourself and loved ones from vicious street criminals, safely close the distance gap between you and your attacker, evoke psychological terror in your adversary, shift from prey to predator during an assault, master quarter beat striking techniques, unleash powerful webbing techniques, quickly disorient and demolish your opponent, shutdown the opponent's cognitive brain, master offensive and defensive anchoring, perfect the wicked art of "razing", select the best targets to attack to maximize damage during a fight, condition your limbs to maximize your WidowMaker techniques, design your own*

*WidowMaker workout routine, and much more. RATED "H" FOR HARDCORE SELF-DEFENSE With over 250 photographs and detailed step-by-step instructions, The Widow Maker Program teaches you Franco's surreptitious Webbing and Razing techniques. When combined, these two fighting methods create an unstoppable force capable of destroying the toughest adversary at will. The Widow Maker program is a must-have for anyone interested in real world self-defense and who wants the ability to dispense extreme punishment when faced with a deadly force self-defense situation.*

*This thorough collection delivers powerful, reality-based self-defense methods from one of the world's best-known weapons experts. Combining the books Knife Fighting, Knife Throwing for Combat, Basic Stick Fighting for Combat, and Knife Self-Defense for Combat in one volume for the first time, this complete edition teaches aspiring martial artists dozens of knife-attack and counterattack techniques, psychological and physical visualization methods of unconventional paramilitary warfare, the use of the stick as a weapon of survival, and more than 30 separate methods for disarming and controlling a knife attacker.*

*Fight to Survive!*

*Krav Maga Professional Tactics*

*The SAS Self-defence Manual*

*The Seven Strategies of Hand to Hand Combat*

*Unleash Hell*

*Hand-To-Hand Fighting Skills*

*The unapologetic, laugh-your-ass-off military memoir both vets and civilians have been waiting for, from a five-tour Army Ranger turned YouTube phenomenon and zealous advocate for veterans--this is Deadpool meets Captain America, except one went to business school and one went to therapy, and it's anyone's guess which is which.hich.*

*The use of the stick, long or short, as a weapon of survival, including disarming techniques, is presented in this second volume on combat training by Michael D. Echanis. Ki power, proper grip, visualization and breath control are explained as important elements in surviving attacks.*

*A practical manual for sniping*

*Fighting with Weapons in Everyday Situations*

*GET TOUGH! IN COLOUR: How To Win In Hand-To-Hand Fighting - Combat Edition*

*How to Fight Like a Special Forces Soldier*

*Advanced Widow Maker Fighting Techniques*

*The 10 Best Knife Fighting Techniques*

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

*Unleash Hell On Your Enemies Surviving a vicious street attack is all about unleashing a destructiveness exceeding that of a deadly criminal attacker. Nobody knows that better than self-defense expert Sammy Franco, who created the devastating Widow Maker self-defense program. The Widow Maker Program is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attacker. In this one-of-a-kind book, self-defense expert Sammy Franco reveals the science behind his most primal fighting method. Savage Street Fighting: Tactical Savagery as a Last Resort is a brutal self-defense system specifically designed to teach law-abiding citizens how to use "tactical savagery" when faced with the immediate threat of an unlawful deadly criminal attack. Savage Street Fighting is systematically engineered for the most dire circumstances - when there are no other self-defense options left! Learn How To: Win a street fight instantly Defeat any ground fighting system Bypass the time consuming grappling game Develop a true 'Savage Street' instinct swift and severe pain at will Psych-out the toughest & meanest street thugs Quickly escape from all types of choke holds Destroy any attacker regardless of his size and strength Force your attacker to immediately retreat from the fight Defend against multiple attackers And much, much more A GROUND FIGHTER'S WORST NIGHTMARE! Savage Street Fighting is a ground fighter's worst nightmare! Unlike every submission fighting system taught today, Savage Street Fighting scientifically circumvents the laborious and time consuming grappling game and ends the ground fight instantly! But, when used in combination with any grappling and ground fighting system, Savage Street Fighting will make you unbeatable on the ground! Savage Street Fighting is the combat program mixed martial artists and grapplers don't want you to see! ITS IDEAL FOR: Civilians Law enforcement Military personnel Security specialists Executive protection Martial artists Self-defense practitioners ITS QUICK AND EASY TO LEARN! With over 300 photographs and detailed step-by-step instructions, Savage Street Fighting teaches you Franco's most ferocious and barbaric street fighting techniques. They are simple to learn and easy to apply. As a matter of fact, you don't need any previous self-defense or martial arts training to apply these devastating combat techniques. But, if you do have previous training, Savage Street Fighting seamlessly integrates with any type of martial art style or self-defense system. ITS PRIMAL AND FERCE! Savage Street Fighting truly is the 800-pound gorilla of self-defense tactics. Savage Street Fighting is a must-have book for anyone concerned about real world self-defense and who wants the knowledge, skills and mindset required to dispense extreme punishment when faced with a deadly force self-defense situation. Now is the time to learn how to unleash your inner beast!*

*This book, by the man who taught them, shows how the British Commandos fought in the Second World War in unarmed hand-to-hand 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 action with your 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 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 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 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 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 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 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 coasts of Europe, have been thoroughlytrained 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 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 Police.There will be some who will be shocked by the methods advocated here, them I say "In war you cannot afford the luxury of squeamishness. Either you kill or capture, or you will be 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."*

Deadly Knife Fighting Techniques for the Street

A Step-by-Step Guide to Devastating Widow Maker Combinations

A Navy SEAL's Secrets to Surviving Any Disaster

How To Win In Hand To Hand Fighting

The Contact Combat System of the Israeli Martial Arts

Elite Defence Techniques for Men and Women

*The fully illustrated distilled knowledge of W.E. Fairbairn, 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 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, 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 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. 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 noise, at very close ranges, in poor lighting and in unexpected environments. Originally published during the Second World 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 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 judo 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 classic hand-to-hand combat system based on practical experience mixed with judo and boxing that Fairbairn developed to train the Shanghai Municipal Police.*

*The Widow Maker Program: Extreme Self-Defense for Deadly Force Situation is a shocking and revolutionary fighting style designed to unleash extreme force when faced with the immediate threat of an unlawful deadly criminal attack. In this one-of-a-kind book, self-defense innovator Sammy Franco teaches you his brutal and unorthodox combat style that is virtually undefensable and utterly devastating. However, the true power of the Widow Maker Program comes from its ability to psychologically terrorize a street predator while simultaneously ripping him to pieces. LEARN HOW TO: Protect yourself and loved ones from vicious street criminals, safely close the distance gap between you and your attacker, evoke psychological terror in your adversary, shift from prey to predator during an assault, master quarter beat striking techniques, unleash powerful webbing techniques, quickly disorient and demolish your opponent, shutdown the opponent's cognitive brain, master offensive and defensive anchoring, perfect the wicked art of "razing", select the best targets to attack to maximize damage during a fight, condition your limbs to maximize your WidowMaker techniques, design your own*

*WidowMaker workout routine, and much more. RATED "H" FOR HARDCORE SELF-DEFENSE With over 250 photographs and detailed step-by-step instructions, The Widow Maker Program teaches you Franco's surreptitious Webbing and Razing techniques. When combined, these two fighting methods create an unstoppable force capable of destroying the toughest adversary at will. The Widow Maker program is a must-have for anyone interested in real world self-defense and who wants the ability to dispense extreme punishment when faced with a deadly force self-defense situation.*

*This thorough collection delivers powerful, reality-based self-defense methods from one of the world's best-known weapons experts. Combining the books Knife Fighting, Knife Throwing for Combat, Basic Stick Fighting for Combat, and Knife Self-Defense for Combat in one volume for the first time, this complete edition teaches aspiring martial artists dozens of knife-attack and counterattack techniques, psychological and physical visualization methods of unconventional paramilitary warfare, the use of the stick as a weapon of survival, and more than 30 separate methods for disarming and controlling a knife attacker.*

*Fight to Survive!*

*Krav Maga Professional Tactics*

*The SAS Self-defence Manual*

*The Seven Strategies of Hand to Hand Combat*

*Unleash Hell*

*Hand-To-Hand Fighting Skills*

*The unapologetic, laugh-your-ass-off military memoir both vets and civilians have been waiting for, from a five-tour Army Ranger turned YouTube phenomenon and zealous advocate for veterans--this is Deadpool meets Captain America, except one went to business school and one went to therapy, and it's anyone's guess which is which.hich.*

*The use of the stick, long or short, as a weapon of survival, including disarming techniques, is presented in this second volume on combat training by Michael D. Echanis. Ki power, proper grip, visualization and breath control are explained as important elements in surviving attacks.*

*A practical manual for sniping*

*Fighting with Weapons in Everyday Situations*

Martial Arts of the Israeli Special Forces, Principles and Conditioning  
SAS and Elite Forces Guide Extreme Unarmed Combat  
Savage Street Fighting