



# The Elite Forces Handbook of Unarmed Combat

By Ron Shillingford

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## The Elite Forces Handbook of Unarmed Combat By Ron Shillingford

Unarmed combat is the oldest form of fighting known to man. Despite the development of weapons technology, a soldier - particularly a special forces soldier - can find himself in an empty-hand fight as a result of weapons failure, depleted ammunition, a need for silence, or a failed escape and evasion attempt. To survive, he needs to be fully trained in the use of weapons that are always at his disposal, never jam, and never run out of ammunition - his hands and feet. Properly used, they can stop an attacker dead in his tracks.

In a military context, close-quarters combat is about survival: any and all means are valid. Surprise and speed are essential and the intention is to attack, not simply defend. *The Elite Forces Handbook of Unarmed Combat* provides a detailed examination of the subject, with clear descriptions supported by black-and-white photographs and line drawings showing specific techniques. Starting with an overview of the historical development of unarmed combat, this book works through training (both physical and mental), vulnerable areas of the body, and particular techniques: punching and kicking, blocks, chokes and headlocks, breaking holds, throws, and ground fighting.

The techniques used by special forces around the world are examined here: 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. *The Elite Forces Handbook of Unarmed Combat* spells out the elements of hand-to-hand fighting from the soldier's point of view.

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### **Editorial Review**

From Publishers Weekly

"Because the nose protrudes from the face, it is an obvious target." Though The Elite Forces Handbook of Unarmed Combat may state the obvious, it is no less deadly for it. London journalist and Boxing Writer's Club member Ron Shillingford has scoured the globe's elite forces from Monaco's carabiniers and Egyptian army commandos to the Russian and U.S. armies for their hand-to-hand techniques, and here provides step-by-step instructions for mental training, punching and kicking, and disarming a machine-gun-toting sentry. Focus pads ("great for kicking and punching practice") and makiwara (oak plank used as a striking surface in the Far East) not included.

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##### **Nathan Wilson:**

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