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The father of the modern hand-wringing battle, Captain W. E. Fairbairn, trained the famous British commandos in this classic, long-printed manual for unarmed combat. Known for its get tough attitude, Fairbairn developed these practical techniques after years of training troops and watching bullies, thugs, thugs and bullies. Now you can benefit from his experience. © 1996-2014, Amazon.com, Inc. or its Delivery Associate affiliates will place an order on your doorstep and move back to maintain a 2-meter distance. Customer signatures are not required at the time of delivery. To pay for delivery orders, we recommend paying with a credit card/debit card/netbanking via a paid link sent via SMS at the time of delivery. To pay in cash, place the cash on top of the delivery box and step back. Amazon directly manages the delivery of this product. Tracking the delivery of an order to your doorstep is available. Start your review of Get Tough! How to win in the handles, as taught by British commandos, and the U.S. military One of the people who had the greatest influence on how people fight and kill other people without the use of firearms in the modern era is William E. Fairbairn. Fairbairn was a police commissioner in Shanghai in the 1920s, was one of the first non-Japanese black belts in judo (certified by the founder of judo, Jigoro Kano), and during his time in Shanghai, developed systems of both close-range gunfire and arm-order - assets that were desperately needed for him and his men (as a Western man who had the greatest influence on that, how people fight and kill other people without using firearms in the modern era Fairbairn was a police commissioner in Shanghai in the 1920s, was one of the first non-Japanese black belts in judo (certified by the founder of judo, Jigoro Kano), and during his time in Shanghai, developed systems both in close-range firefights and hand-wringing arm fighting - assets that were desperately needed for him and his (as Western men) were desperate for him and his (as Western men) , and ethnic Chinese) when locked up in a deadly fight with a ruthless triad gang (many of which were crack shots, and highly skilled). He called this system Defendu and it was one of the first Western hybrid arts derived from elements of Japanese and Chinese martial art. The art of Defendu is addressed to unarmed fighting, as well as the use of sticks, knives and homemade weapons (as well as protection from the same) with wild cruelty, which seems to be distinctly different from other systems of the time. This gentleman's art of self-defense is far from it. Also, note that this is a system that is designed to learn and assimilate quickly - another point that distinguishes itself from other methods. In the World War II, Fairbairn provided its services and ideas to British and American forces struggling with the axis of the axis His method, which became known during World War II as the Gutter Fighting or Silent Killing Course (and which was constantly improved and improved during the war), taught commandos and other special forces units, guerrillas, saboteurs and agents of the Office of Strategic Services (OSS, the forerunners of the modern CIA, through his student Colonel Rex Applegate, as well as Fairbairn himself) and the British SOE (Special Operations Of the Executive) The Fairbairn system is a direct influence on many modern reality-oriented combat systems (both in non-sports-oriented) such as the Israeli Krav Maga, the Mugging/IMPACT model of the Women's Self-Defense Method, and other forms of modern warfare. It is still taught to people who have a real need to have difficult skills to manage and survive violent encounters, and is one of the most proven and effective methods of handles to date. For more information about the Fairbairn system, and his book GET TOUGH (and others), I recommend one visit the website: Bauer? James Bond? Jason Bourne? It's the real thing. ... More although it was used by the British military, Fairbairn was an exemplary student of Asian defense tactics. His vicious fighting style is immortalized on paper through this publication. The form of martial arts is blunt, but that doesn't stop it from being exquisitely effective. This video shows the very power of his teaching methods. So... Injuring the enemy with your bare hands is easier than it seems. You can knock someone unconscious with a matchbox! And blow to break someone's spine by throwing the enemy to the floor! I only read this for research, but gosh, I felt like training this with my mother (she's 40 pounds heavier, much stronger than me and once knocked some heavy 20-year-old man by the side of a knife - he had a Tramontin sign in his back for days) and transformed into some kind of girl-shaped bully-eri! Short book and useful for defense. some things like providing prisoners and stuff have nothing to do with me I dint think but the rest. I recommend it. This is a war book of trained pros One of the seminal books on unarmed combat, with practical, effective methods, tested on the battlefields of World War II and still very relevant to soldiers on today's battlefields, law enforcement officers on a thin blue line, or civilians interested in self-defense. Just remember that reading a book is no substitute for training with a competent instructor (such as DefendU) and practice. There are also methods of judo, aikido, aikijitsu, jiu-jitsu, Krav Maga, and armed self-defense that must be integrated to form a complete, modern system of self-defense. ... the more I like how blunt it is. Example: Grab both hands on the right and turn it down... End it with a punch to the face. The drawings are really good and it's actually very interesting to read. It is written in such a way that it is easy to access and it is relevant for people interested in self-defense. It has almost every situation you would be in and (a little bad sportsmanship) way to get out of each. I'm going to spend all of tomorrow practicing it on my friends. Kidding. :-) I read this years ago. In fact, I think I had a copy in my time. Then I don't really appreciate it. Now, older and wiser, I see its value. While some of the methods may be outdated or ineffective, the spirit book is there. Keep self-defense (or your crime) simple, brutal and effective. I'm glad I'm rereading it. A brilliant book, well-presented and timeless self-defense guide. Captain W.E Fairburn did mixed martial arts long before many, many others. Can't recommend highly enough..... as Jeff Thompson/Peter Consterdin (2 of the best authors of self-defense) meets Mr. Chumley Warner era. A brilliant book is a welcome addition to any library. This is a guide to self-defense for all of us. The goal is not to make one martial artist, it is to teach some of the most brutal methods conceived by a person's mind to save one's life when things are going very badly. Fairbairn served as Shanghai's police chief under British rule. He developed combat and defense techniques for his native police officers, as well as for British Kumandos and American Marines. Go to content Home/World War II/Training manuals, tutorials and instructions get hard! is a fully illustrated guide to the deadly unarmed combat techniques taught to British and American special forces in World War II by Major WE Fairbairn, co-inventor of the Sykes-Fairbairn knife and senior instructor of World War II Special Forces. The methods used in this book should only be used when life is in danger from an intruder, as properly applied they can kill or maim the enemy. Enemy. get tough book pdf. time to get tough book. books to get through tough times. get tough or die book. get tough 1942 book. get tough hardback book. get tough hardcover book. tough to get through book

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