

LESMILLS **BODYATTACK**



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Body Attack Training Manual

Victor M. Corman

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Body Attack Training Manual:

The Elite Forces Handbook of Unarmed Combat Ron Shillingford, 2001-08-27 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

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sections on the Japanese special forces the military police uniforms and insignia and conventional signs and abbreviations It covers besides the army the Japanese Air Service with emphasis on its tactics and organization Issued to officers for briefings and periodically updated the handbook s purpose was to assist in the winning of the war and thus it strove to be absolutely reliable for its users in combat It was compiled by a team of officers who integrated the research of others and it contains information provided by the U S Marines and also by British and Australian intelligence Packed with information it is a major primary source that military historians and World War II buffs will find fascinating Handbook on Japanese Military Forces United States. War Department,1944 **Technical Manual** ,1943 **First-grade Manual** Emma Miller Bolenius,1923

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