

Get Free Sas And
Elite Forces
Extreme Unarmed
Sas And
Combat Hand To
Elite
Hand Fighting
Forces
Worlds Elite
Extreme
Military Units
Unarmed
Combat
Hand To
Hand

Get Free Sas And
Elite Forces
**Fighting
Skills
From The
Worlds
Elite
Military
Units**

*Describes the
military's elite*

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Extreme Unarmed
forces,
Combat Hand To
documenting their
Hand Fighting
origins and their
Skills From The
roles in present-
Worlds Elite
day conflicts.

The book explores
the different uses
of hand weapons,
from pistols to
semiautomatics to
sniper's rifles,
from flick knives to
machetes, from

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Elite Forces

Extreme Unarmed

***stun grenades to
CS gas, from***

***Combat Hand To
Hand Fighting***

***knuckle-dusters to
nunchaku sticks.***

***Skills From The
Wild, Elite***

***With tips and
techniques from***

combat experts,

the book explains

which weapon to

choose for given

situations and how

to use each

weapon. With

Get Free Sas And Elite Forces

**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.**

Elite Forces

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units**

***Handbook of
Hunting and
Shooting
demonstrates the
core skills
involved in being a
self-reliant hunter.
From tracking
large game to
shooting wild
pheasant, this
book is the
essential guide to***

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*finding, killing and
surviving off
animals in the
wild.*

*Special Forces in
Action* Units

*Weapons, Skills
and Techniques
for Competitive
Shooting Sports
Sniper : Sniping
Skills from the
World's Elite*

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Extreme Unarmed
Forces
Combat Hand To
SAS and Elite
Hand Fighting
Forces Guide;
Skills From The
Mental Endurance
World's Elite
The Mammoth
Military Units
Book of Secrets of
the SAS & Elite
Forces
The Elite Military
Units of the World
DIVUsing simple
steps, the book
shows the reader

**Get Free Sas And
Elite Forces
Extreme Unarmed
Combat Hand To
Hard Fighting
Skills From The
Worlds Elite
Military Unit**

**how they can
build up their
endurance over a
matter of weeks
and months, and
how their quality
of life will
benefit. Elite
Forces Handbook:
Mental
Endurance
demonstrates
how you can gain**

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Extreme Unarmed
Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military

**the psychological
edge over your
opponent and
take greater
control of
yourself.** /div

**The sniper is a
lone hunter: to
become a special
forces sniper
requires supreme
concentration
and extreme self-**

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units

**discipline. SAS
and Elite Forces
Guide: Sniper
examines what it
takes to be a
special forces
elite sniper. It is
as important to
focus on mental
discipline and
physical fitness
as it is to be able
to shoot to**

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Extreme Unarmed
Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Unit

Olympic levels of accuracy. You must become an expert in fieldcraft and stalking, and become familiar with nature and the weather. The book describes the psychological makeup of a sniper, what

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Extreme Unarmed
training is
required to
Combat Hand To
Hand Fighting
become an expert
marksman, and
what weapons are
used by special
forces snipers
today. Using 300
instructive
artworks, SAS
and Elite Forces:
Sniper shows you
how special

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units

**forces units such
as the SAS and
Delta Force train
their most elite
soldiers.**

**What are you
going to do if the
water supply
stops? Or if
there's no food
on sale any more?
If there's no
electricity? Or if**

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Elite Forces
Extreme Unarmed
law and order
Combat Hand To
breaks down?
Will you manage?
Skills From The
Would you make
the right
World's Elite
decisions? Are
you ready for
this? SAS And
Elite Forces
Guide: Preparing
To Survive
teaches you all
the skills and

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Elite Forces
Extreme Unarmed
Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units

**offers you all the
tips and
information you
may need if
things really go
wrong. Preppers
are people who
have decided to
take their safety
into their own
hands in learning
to live off the
land, digging the**

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Hand Fighting
Skills From The
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Military Units

**own wells,
providing their
own power and
defending
themselves. In
the wake of 9/11
and Hurricane
Katrina their
numbers are
growing and
there is
increasing media
coverage of this**

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Extreme Unarmed
phenomenon.
SAS And Elite
Forces Guide:
Preparing To
Survive begins
with the possible
catastrophe
scenarios such as
environmental
disasters, wars
and terrorism.
Chapter by
chapter, the book

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Elite Forces

Extreme Unarmed
looks at the areas

Combat Hand To
you need to

Hand Fighting
prepare: your

Skills From The
home, what you

World's Elite
need if you have

Military
to take flight, pre-

preparing food

for a crisis,

finding clean

water,

maintaining your

health, defending

yourself, and

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units

**creating power
supplies. With
tips and
techniques from
survival experts,
this book shows
you what to do
not only in the
moments and
hours after
disaster has
struck, but also
in the weeks,**

**months and years
that follow. With
more than 300
easy-to-follow
artworks and
handy pull-out
lists of key
information, SAS
And Elite Forces
Guide: Preparing
To Survive is the
definitive long
term survival**

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Elite Forces

Extreme Unarmed
Combat Hand To
Hand Fighting
Skills From The
Worlds Elite

**guide for when
help isn't on its
way. If disaster
strikes, you'll be
ready.**

**SAS and Special
Forces Fitness
Training
SAS and Elite
Forces Guide
POW Escape and
Evasion: SAS &
Elite Forces**

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Hand Fighting
Skills From The
Worlds Elite
Unarmed Units
Combat: SAS &
Elite Forces
Guide
Sniper: SAS and
Elite Forces
Guide
True Stories of**

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

**the Toughest
Military Unit in
the World**

From searching for high-value enemy targets such as Osama bin Laden and Saddam Hussein to finding soldiers caught behind enemy lines, from escaped prisoners and serial killers to a missing

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Extreme Unarmed
child, Manhunt
Combat Hand To
Hand Fighting
Skills From The
World's Elite
Military Units

explores just how the
military and police
forces track people
down. Including many
case studies of high-
value targets,
suspected criminals
and fugitives from
justice, and with
extensive background
on the different
techniques in tracking
used, from traditional

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Elite Forces
Extreme Unarmed
Native American
trackers' skills to the
latest high-tech
methods, Manhunt
brings together the
history and science of
tracking. Illustrated
with 350 maps,
photographs and
drawings, The SAS
and Elite Forces
Guide to Manhunts:
Tracking High Value
Enemy Targets is an

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Elite Forces
Extreme Unarmed
authoritative
Combat Hand To
examination of
Hard Fighting
tracking from
Skills From The
footprints to forensics
Worlds Elite
and a must for
Military Units
anyone interested in
the latest military
practices and survival
skills. .

Who's going to guide
you when your
military boot camp
class is over? What's
going to help you

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Extreme Unarmed
Combat Hand To
prepare for the next
boot camp challenge?

With the aid of superb
line artworks, SAS
and Elite Forces

Guide: Extreme

Fitness demonstrates

to the reader how

special forces soldiers

are trained to reach

and maintain peak

physical fitness. The

book explores the

different training

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Combat Hand To

Hand Fighting

Skills From The

World's Elite

Military Units

methods to build up physical strength, speed, agility and endurance, across running, swimming, weight training, circuit training and triathlon events. In addition, it addresses the importance of diet and nutrition, injuries and rest, and using mental fitness to help physical health. With

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Extreme Unarmed
Combat Hand To
Hand Fighting
more than 300 easy-
to-follow artworks,

training tips and
workouts used by the
U.S. Navy SEALs and
British Royal Marines,
World's Elite
Military Units
Extreme Fitness is the
definitive guide for the
person who wants to
be their best.

SAS and Elite Forces
Guide to Survival This
guide teaches the
skills and offers up

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units

the information people need for when things really go wrong. For those who have decided to take their safety into their own hands, the world's best survival experts show readers how live off the land, dig their own wells, provide their own power and defend themselves.

Chris McNab is a

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specialist in survival
techniques. He has
published over 20
books including How
to Survive Anything,
Anywhere, Special
Forces Endurance
Techniques, First Aid
Survival Manual,
Military Survival
Handbook and SAS
and Elite Forces
Guide: Wilderness
Survival.

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Combat Hand To
Behind Enemy Lines
With the World's Elite
Military Units
True Stories from the
World's Elite
SAS & Elite Forces
Military Units
SAS and Elite Forces
Guide Sniper
Sporting Guns: SAS
and Elite Forces
Guide
Preparing to Survive:
SAS and Elite Forces
Guide

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Combat Hand To
Hand Fighting
Skills From The
World's Elite
Military Units
The Handbook of the
SAS and Elite Forces
SAS & Elite
Forces Guide to
Using Ropes and
Knots draws on
the skills of
the world's best
soldiers to
teach you how to

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Extreme Unarmed
use these
Combat Hand To
essential tools
in the Fighting
wilderness. The
Tried and tested
Worlds Elite
Military Units
techniques used
by the world's
special forces
give you field-
tested advice on
issues such as:
how to take care
of ropes, the
most useful

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Hand Fighting
Skills From The
Worlds Elite
Military Units

knots to use in
a survival
situation, how
to make your own
ropes out of
animal tendons
or plants, how
to use your rope
effectively when
climbing, how to
lash together a
log raft. A
simple rope can
be a lifesaver

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Extreme Unarmed
in a survival
Combat Hand To
situation.
Knowing how to
fighting
use a rope and
SKILLS FROM THE
make effective
Worlds Elite
knots will help
Military Units
you in an
amazing variety
of ways – from
constructing
shelters and
creating
weapons, to
fishing and

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Hand Fighting
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Worlds Elite
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hunting. Most
important, ropes
and knots act as
literal
lifelines in
dangerous
environments,
such as when
crossing a fast-
flowing river or
scaling a
mountainside.
Features thirty
true graphic

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accounts of the
most heroic SAS
and special-
forces missions
ever undertaken
into the most
dangerous place
of all - behind
enemy lines.

This book
includes the
operations into
Iraq in 2003,
Afghanistan and

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Extreme Unarmed
Bosnia, and
Combat Hand To
features the
range of special
forces from SAS,
Commandos and
Rangers to Navy
SEALS and
Paratroopers.
POW Escape and
Evasion covers
everything you
need to know
about making a
successful

Get Free Sas And
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Extreme Unarmed
return to
friendly
territory.
Beginning from
the point where
a combatant
finds himself or
herself trapped
in enemy
territory, the
book offers
useful tips and
solid advice on
how to evade

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units

capture and, if
that fails, how
to escape. Key
topics include
the will to
survive;
handling stress
in captivity;
escape
techniques;
survival in a
variety of
environments,
including urban,

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rural, jungle
and desert; how
to forage for
food; tracking
and how to cover
your tracks;
navigation, with
or without a
map; and seeking
recovery by
friendly forces.
The book also
includes a
number of real

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life accounts of
POW escape from
World War II
(including The
Great Escape
story and
Colditz), the
Vietnam War
(Dieter Dengler,
with others,
escaping from
Laos), the
Balkans, Iraq
(Thomas Hamill

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Extreme Unarmed
in 2004) and
Afghanistan. To
With more than
120
black-&-white
artworks and
with easy-to-
follow text, POW
Escape and
Evasion is for
anyone who wants
to know how to
survive in the
most stressful

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of circumstances
Combat Hand To
and emerge a To
winner. This is
Hand Fighting
a book that The
could save your
Skills From The
life. Worlds Elite
Military Units,
Fighting with
Weapons in
Everyday
Situations
Sas and Elite
Forces
The Art And
Science Of

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Tracking High
Combat Hand To
Value Enemy To
Targets
Hand Fighting
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Forces Guide
Worlds Elite
Ropes and Knots
Military Units
SAS Mental
Toughness
Training
How to
Accomplish
Military
Standard Mental
Endurance

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SAS and Elite
Forces Guide To
Extreme Unarmed
Combat
Skills From The
Special Forces
Worlds Elite
Military Units
in Action is a
detailed
account of the
operations of
the world's
special forces
from 1991 to
the present

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Hand Fighting
Skills, From The
Worlds Elite
Military Units
day. From the
Gulf War to the
invasion of
Iraq, via the
war in
Afghanistan,
the search for
war criminals
in the Balkans,
drug baron
hunting in
South America,
hostage rescues

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in Africa, and
Combat Hand To
the counter-
terrorist
Hand Fighting
initiatives
Skills From The
Worlds Elite
since 9/11, the
Military Units
book brings the
reader full
details of the
often
clandestine and
varied roles of
the world's
elite soldiers.

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Presented in a
Combat Hand To
handy
Hand Fighting
pocketbook
Skills From The
format, the
Worlds Elite
book shows how
Military Units
the world's
special forces
have become a
vital part of
any
government's
military
machine and the

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roles that they
have played in
recent world
events.

Authoritatively
written and

illustrated

with more than

150 black and

white

photographs and

illustrations,

the book is an

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Extreme Unarmed
expert account
Combat Hand To
of recent
Hand Fighting
operations by
Skills From The
the world's
Worlds Elite
most elite
Military Units
forces .Units
Presented in a
handy
pocketbook
format, Extreme
Unarmed Combat
considers the
different

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fighting and
Combat Hand To
martial arts
Hand Fighting
skills a person
Skills From The
can use before
Worlds Elite
looking at the
Military Unit
areas of the
body to defend,
showing how to
attack without
letting oneself
be hurt as well
as how to
incapacitate an

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opponent .
Combat Hand To
The POW How To
Hand Fighting
Escape Handbook
Skills From The
covers
Worlds Elite
Military Units
everything you
need to know
about making a
successful
return to
friendly
territory.
Beginning from
the point where

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a combatant
Combat Hand To
finds himself
Hand Fighting
or herself
Skills From The
trapped in
Worlds Elite
enemy
Military Units
territory, the
book offers
useful tips and
solid advice on
how to evade
capture and, if
that fails, how
to escape. Key

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Hand Fighting
Skills From The
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Military Units

topics include
the will to
survive;
handling stress
in captivity;
escape Units
techniques;
survival in a
variety of
environments,
including
urban, rural,
jungle and

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Hand Fighting
Skills From The
Worlds Elite
Military Units

desert; how to
forage for
food; tracking
and how to
cover your
tracks;
navigation,
with or without
a map; and
seeking
recovery by
friendly
forces. The

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Extreme Unarmed
book also
Combat Hand To
includes a
Hand Fighting
number of real
Skills From The
life accounts
Worlds Elite
of POW escape
Military History
from World War
II (including
The Great
Escape story
and Colditz),
the Vietnam War
(Dieter
Dengler, with

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others,
Combat Hand To
escaping from
Laos), the
Hand Fighting
Balkans, Iraq
Skills From The
(Thomas Hamill
World's Elite
in 2004) and
Military Units
Afghanistan.
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Skills From The
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Units
How to Develop
Mental

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the World's
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Elite Forces
Skills From The
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Military Units
Fighting Skills
From The
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SAS and Elite
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Hunting

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Forces
Skills From The
Special Forces
World's Elite :
Elite Forces
Operations,
1991-2011
*A practical
manual for
sniping
In 1991 the***

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***United States and
coalition forces
liberated Kuwait
after its brief
occupation by
Saddam***

***Hussein's Iraq.
One of the
abiding
memories of that
conflict was the
activities of the***

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***coalition's
special forces
soldiers deep in
Iraq, hunting
down SCUD
missiles and their
launchers before
they could be
fired on Israel.
Since that date,
elite military
formations have***

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units

***played an
increasingly
important role in
the policing of
the modern
world. Special
Forces in Action
is a detailed
account of the
operations of the
world's special
forces over the***

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last 20 years.

*From the Gulf
War to the*

*invasion of Iraq,
via the war in*

Afghanistan, the

search for war

criminals in the

Balkans, the drug

baron hunting in

South America,

hostage rescues

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Hand Fighting
Skills From The
Worlds Elite
Military Units*

***in Africa, and the
counter-terrorist
initiatives since
9/11, and the
killing of Osama
Bin Laden, the
book brings the
reader full details
of the often
clandestine
activities of the
world's elite***

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soldiers.
Combat Hand To
Illustrated with
Hand Fighting
action
Skills From The
photographs,
Worlds Elite
Special Forces in
Military Units
Action shows
how the world's
special forces
have become a
vital part of any
government's
military machine,

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*and the parts
they have played
in recent world
events. With an
authoritative text
and rare*

*photographs, the
book is a highly
illustrated guide
to the recent
operations of
these most*

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***secretive – and
successful –
soldiers.***

***Teaches the
skills and offers
up the tips and
information
people need if
things really go
wrong; for people
who have
decided to take***

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*their safety into
their own hands
in learning to live
off the land,
digging the own
wells, providing
their own power
and defending
themselves.*

***Armed Combat:
SAS & Elite
Forces Guide***

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***Sniping skills
from the world's
elite forces***

***True Stories from
the SAS and Elite
Forces***

***An Elite Workout
Programme for
Body and Mind***

***The Making of the
SAS and the
World's Elite***

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Military Units

Forces
SAS AND
SPECIAL
FORCES IN
WORLD WAR II
Being Ready for
when Disaster
Strikes

SAS Mental
Toughness Training
is an essential
guide to testing and

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*improving mental
agility and
resilience.*

*Twice a year, 150
anxious recruits
gather at SAS
headquarters in the
UK, their minds
focused on one
objective: to
become SAS
soldiers in one of
the world's most*

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*Extreme Unarmed
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Hand Fighting
Skills From The
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Military Units*

*elite regiments. Yet
between arriving
and receiving the
famous winged
dagger badge,
stands nearly four
months of the
toughest military
selection process in
the world. Could
you rise to this
exceptional
challenge of mind*

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*and body? The SAS
Combat Hand To
Hand Fighting
Skills From The
World's Elite*

*preparation, the
book covers fitness
training, navigation
skills and the four-
week selection
course itself. Find
out how to keep the
instructors happy,*

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Units*

*how to deal with
exhaustion during
Test Week, and how
to survive disaster
strike on bleak
mountains. But
having been
selected, there's
still training. Learn
how the recruits
acquire the skills of
an SAS soldier, from
hostage rescue to*

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Hand Fighting
Skills From The
Worlds Elite
Military Units*
*handling foreign
weapons, from
parachute training
to surviving jungle
courses, from
escape and evasion
to resistance and
interrogation.*

*Illustrated with
black-and-white
photographs and
instructive artworks
and including first-*

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*Extreme Unarmed
Combat Hand To
Hand Fighting
Skills From The
World's Elite
Military Units*

*hand accounts, The
SAS Training
Manual is an
exhaustive, lively
guide to the
process of
becoming one of
the world's best
soldiers. Twice a
year, 150 anxious
recruits gather at
SAS headquarters
in Hereford,*

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Combat Hand To
Hand Fighting
Skills From The
Worlds Elite
Military Unit**

*England, their
minds focused on
one objective: to
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