



THE SAS SELF-DEFENSE HANDBOOK



John "Lofly" Wiseman

A COMPLETE GUIDE TO
UNARMED COMBAT TECHNIQUES



John "Lofty" Wiseman

The SAS Self-Defense Handbook: A Complete Guide to Unarmed Combat Techniques



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Written by a previous Survival Instructor of the SAS (Special Air Service - England's equivalent of the United States Particular Forces), The SAS Self-Defense Handbook provides easy-to-adhere to illustrated instructions - for both men and women - on dealing with all kinds of threatening circumstances, from muggings to knife attacks. Defend yourself from unexpected grabs, strangles, weapons, and street rage. Learn which areas of the body are the most reliable weapons in fending off an attacker, and which are the most likely targets for attack. Understand how mental attitude, body language, assertiveness, and the ability to overcome dread can prevent you from learning to be a prime focus on for criminals. Learn strategies for both avoiding conflict and getting away from a dangerous situation quickly and safely. And find out how exactly to deliver the SAS five-second knockout, a defense previously available only to British SAS Particular Forces soldiers.



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A good basic instruction to safety tips and practical self-defense. Who Dares Wins! I am always seeking methods to improve myself actually, mentally and spiritually even though I am in my senior years. Not long ago I purchased this 156 web page soft cover publication (The SAS Self-Defense Handbook: A complete instruction to unarmed combat techniques by John "Lofty" Wiseman) for a bargain cost on Amazon. Despite the fact that I do not agree with everything this book says when it comes to self-defense; nevertheless, it does have some very interesting and practical strategies for anyone who is seeking information on security and self-defense. This reserve is structured into two sections (Mental attitude and Self-Defense techniques) and eight chapters. The first section has three chapters. Chapter one answers the question, "What is self-protection?" It covers mugging, sexually motivated attacks, domestic violence, confrontation, and the SAS and self-defense and self-defense and the law. The next chapter addresses "positive thinking" factors such as the will to win, body language, becoming assertive and overcoming dread. The 3rd chapter gives tips about how to spot difficulty and focusing on getting alert and aware all the time. The second section finally gets into the actual self-defense material. It addresses learning self-defense, your body's weapons, everyday products in self-defense, and target areas of the body and defense techniques. As mentioned previously, this book includes a lot of excellent advice, however, many of the material might not apply to citizens of the U.S. I recommend this for anybody who like the outside and or general survival understand how. Wiseman has produced some wonderful books through the years, and they are no exception. great! Joseph J. Truncale (Author: Tactical Concepts of the very most effective combative systems) Excellent Primer For Civilian Combatants I purchased this name for a civilian friend of mine who was interested in the unarmed combat methods I actually was taught while serving with this Regiment in Rhodesia during the 1970's. While I trust another reviewer that remarked that the laws and regulations in the USA and Great Britain (where I also served during the Falklands campaign with Another Para) are rather draconian regarding self-defense, the reserve is very informative concerning the basic tactics and pressure points of the human body, i.e. But I still believe that it had been worth the price. This book may seem remedial to anyone who has actual martial arts training, but I thought it was really good for me. My Instructor was a 5'2" 48y. We felt that book was well-written and a straightforward read. Valuable Publication for a Woman I am a petite girl and not used to defending myself physically but I really believe that basic self-defense skills are essential. To my fellow American Assistance Veterans whose critiques are listed and speak disparagingly of this book: "Get Buggered! Now that I've kids I am more concerned with the chance of carjacking or something equally horrible, and We don't carry a firearm, although sometimes I proceed through some really awful neighborhoods and I desire I did. And we are still in close contact with these units to this day in the region of COIN Functions. As a former infantry Marine I really like this publication and the amount of understanding it has offered me with. Those who Do Don't Brag! I have had a lifetime of passion for the fighting techniques, combative arts, army arts and cultural arts. And lastly, to all or any my Mates, anyone who has past and those folks who remain, "Peter sends his regards and he'll be seeing you soon." Concise Self-explanatory, concise, and practical. I'm a practitioner of self-defense of any design I can get you to definitely teach me, and this book is just yet another resource in my library. It's not a training text book, it's just a simple guide to some of the basic, however effective, techniques utilized by the SAS (and several other law enforcement/military agencies). A reward is that the first portion of this book is dedicated to avoiding and stopping confrontations. Not quite as effective as some Krav Maga manuals which, IMHO are a little bit better for the layman as the techniques were designed to train the average population Lofty did better I think you can find

better books about them. There's also a section on what goes on after your put your opponent down, that is something that most people don't address. I only have 1 gripe. One has to prepare for the before and after, as well. man who had jumped with The Regiment in the jungles of Malaya (today Malaysia) and I feared him more than any of our oppenants during the battle in Rhodesia!" The Regiment pre-dates The Green Berets, DELTA and Navy SEALs by almost 20 years and most of the techniques they were taught were offered by The Regiment to it's American Cousins throughout their formation. o. Should be required reading This book should be required reading for everyone. A small bit of inside information regarding The Regiment: Unlike the films, which portray every fighting soldier as 6'4" 280lbs, the common height and weight of an associate of the SAS and The Parachute Regiment is 5'7" 150lbs, only showing that it is not really size that determines a man or woman's strength but their Will to Survive, Endurance and Skill in unarmed combat that determine the outcome of any situation. Self-defense and combat are not confined to the physical struggle. I sensed that the font was BIG, almost like the author was trying to fill up space in some places. body, and is indeed an excellent primer for the lay-man. The illustrations are good, and also the section about "spotting trouble". The survival information it includes will save your daily life when the zombies wake from the lifeless or a solar flare destroys the energy grid. Those that Brag Don't Do. where we happily have our 2nd amendment rights "To keep and Bear Arms. Five Stars good Crotch-Eye Style Kick 'em in the crotch after scratching their eyes. This is an excellent guide on hand at hand combat that even ordinary people may use, if they have a buddy to utilize while training. The deadly Crotch-Eye Style is the only form I practice for this very reason. Ranking: 4 Stars. The SAS is proud to work with women's self defense techniques because they work!" I do just like the illustrations which show more self-defense detail then photos and most of the techniques shown are excellent. good defensive manual Well illustrated, addresses a multitude of situations. Only from then on does the author go into how to deal with a confrontation. Lofty should stick to doing books on survival. However, I would recommend this for a beginner to at least begin grasping the concepts



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