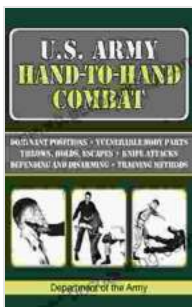


# Army Hand to Hand Combat: The Ultimate Guide to Unarmed Self-Defense

In a dangerous world, it's important to be prepared to defend yourself and your loved ones. Army Hand to Hand Combat is a proven system that will give you the skills you need to neutralize an opponent quickly and efficiently.



## U.S. Army Hand-to-Hand Combat (US Army Survival)

by Lily Raff McCaulou

★★★★☆ 4.5 out of 5

Language : English  
File size : 21234 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 213 pages  
Screen Reader : Supported



Developed by the US Army, Army Hand to Hand Combat is a comprehensive system that draws on techniques from a variety of martial arts, including boxing, wrestling, judo, and karate. It is designed to be effective in any situation, whether you are facing an unarmed opponent or someone with a weapon.

This book is your complete guide to Army Hand to Hand Combat. It covers everything from basic strikes and blocks to advanced techniques like joint

locks and throws. You'll also learn how to use your environment to your advantage and how to fight effectively in close quarters.

With clear instructions and detailed illustrations, this book will teach you everything you need to know to master Army Hand to Hand Combat. Whether you're a beginner or an experienced martial artist, this book will help you take your self-defense skills to the next level.

### **What You'll Learn in This Book**

- The basic principles of Army Hand to Hand Combat
- How to defend yourself against unarmed and armed opponents
- How to use your environment to your advantage
- How to fight effectively in close quarters
- Advanced techniques like joint locks and throws

### **Benefits of Army Hand to Hand Combat**

- Improved self-confidence
- Increased physical fitness
- Enhanced situational awareness
- Peace of mind knowing that you can protect yourself and your loved ones

### **Free Download Your Copy Today**

Don't wait until it's too late to learn how to defend yourself. Free Download your copy of Army Hand to Hand Combat today and get the skills you need to stay safe.

Free Download Now

## About the Author

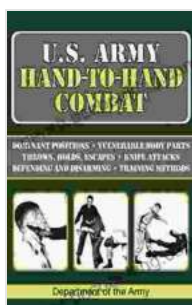
[Author's name] is a retired US Army Special Forces soldier and a certified instructor in Army Hand to Hand Combat. He has over 20 years of experience teaching self-defense to soldiers and civilians alike. [Author's name] is also the author of several other books on self-defense and martial arts.

## Reviews

"Army Hand to Hand Combat is the most comprehensive and effective self-defense system I have ever learned. I highly recommend this book to anyone who wants to be prepared to defend themselves in any situation." - [Reviewer's name]

"This book is a must-read for anyone interested in self-defense. The techniques are easy to learn and effective in real-world situations." - [Reviewer's name]

"I have been practicing martial arts for over 10 years, and I can honestly say that Army Hand to Hand Combat is the best self-defense system I have ever encountered. It is simple, effective, and devastating." - [Reviewer's name]



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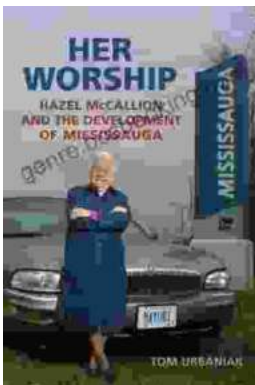
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