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Explore the gear used in these hand-held combat videos. Watch other UF PRO video series Close quarters of combat equipment include various techniques that you should know. If you are new and wanting to learn different aspects of it. Then you should read this very post. I'm going to break every aspect of it. So just stay with me. Here are various methods of military equipment of close quarters: Combating hand or hand-thrown weapons such as swords, knives, axes or tools. Most armed forces teach some form of unarmed combat, often a type of mixed martial arts, where servicemen learn a combination of techniques including taekwondo, Muay Thai, Krav Maga, fights, and basic self-defense from weapons in hand to ordain combat. The hand-to-hand combat techniques that involve The Joint Manipulation Striking Soft Targeted Punch in the pit of the stomach elbow and knee strikes Palm heel blows Hand-guided combat (sometimes abbreviated HTH or H2H) is a physical confrontation between two or more persons at a very short distance (distance to the grappling or within the physical reach of a portable weapon) that does not involve the use of long-range weapons. Naval seals are very well trained with the hand to hand action. They receive basic training, but this is not as emphasized as teamwork, weapons training and special operations. The Army Modern Combat Program (MAC) and the Marine Corps Combat Arts Program (MCMAP) were designed out of the need for a standardized system of training and development of warriors. Taekwondo, the Korean fighting style known as taekwondo, is arguably the most popular martial art and combat sport in the world, which hides its roots as a deadly form of combat. Brazilian jiu-jitsu (BJJ) is also the best combat battle for self-defense, which the U.S. Navy seal to focus on ground combat and combat. Scientific studies show that BJJ is as safe as many other sports. It's also the safest fighting technique. Then there is Krav Maga contact-fight, which is a military self-defense and combat system developed for the Israel Defense Forces (IDF), and the Israeli security forces derived from a combination of techniques derived from boxing, wrestling, aikido, judo, karate, etc. But of course the use of Krav Maga techniques promoting a combat rifle or knife will be illegal only because of the conduct/possession of the weapon. Then there's John Wick's military equipment. Here the combat coordinators used a combination of several styles (elements of judo, BJJ, Kali, and Krav Maga), and mixed it quite creatively using firearms (which is also known by the term Gun Fu) Fighting Jason Bourne is also another type of fighting, which is a combination of Filipino Kali along with Bruce Lee Jeet Kune Do. Finally, at worst, the ideal form of warfare is this too: -o Aikido Boxo Jude Muay Tayo Sambo 1 3THIKING SURFACES AND VULNKKABJS POINTS Touon ce effective hand-to-hand fight at concentration of maximum furs in Che right place in the right lime. I'd thin section, wo is a diacuae of natural variable weapons to aoldier for uee in particular and attack. While the whole body can be uaed (head, teeth, etc.), we will cover only the those point where the mail mom front can be concentrated: primarily Lhe hand and lthe a. Fiat. Fiat in moil usually uved weapons in hand-to hand while whod. Coneiant practice i.e. needs to develop and maintain etrong fiat. Firatwo knuckles fut are atriking Pointa. All the amazing power is concentrated there. The upper part of the fut/forearm and the face of the fiat form a 90 degree angle. From the center of the forearm through the center of tha 2 knucklaa can be removed line etr 8. To get the most strength from the body, through the arm and knuckles, the hand and 'rai roust will be stored jitraight. 1jii nut bend writi. You can feel the central bona' of tj and hand forming a line pointing to the center of two knuckW ST31204 c. Lower Fiat. Used mainly in head attack. Baae the back, the top of the back, the elbow joint, and other tight surfacea. Aluo ude in blocking. d. ForeknoekleFist Vrt'n fincerat along with the thumb of K'l:eptnp between no'e snd the top tip find the temple e. On knacle Fiat. Ex Und fist index finger end huid down with your thumb. The case is to attack the temple, between the eyes of ST31J04 f. Knife hand. Form d ngid hand teriang mucle qit;prc'e l)jumb' in) 'keep q wrinl' straight. ' strike q with a meaty 'purtion' of hand.' ueed 'toassault attack The collarbone is a collarbone, a collarbone. kinder' sjh:'ui.' ums' in lita'ku y. illnck's tri'm chin, chrnt, rib.' aolliir' plexuw.' i. n= ein''= mnr»=>mtcnk tr foc. nax v. liidUp UoL'd впереди</prc'e> </"ертнр«> </"ертнр«> ногами ла нападение #roi. ST 31 n Boot Toc Ueed вперед ногами в атаку лицо, eolar сплетение, либа. пax, коленный сустав и т.д. о Boot Edgr IM в flfir nnd ntopr ногами к атакующей лицо, ребро. aoUr plexua, кнек сустава. ахина, лодыжка и т.д. ST 31 Mi p lleel. 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Вперед Позция. 'lie вперед позиция uaed основном меха нападения вперед и блокирования utac:kn спереди. Hori The flulon die ground front leg placed two shoulder widths abend legs icar. The fiesta leg is directed straight forward, the leg bent on the knee with the knee right above the big toe. The back leg is ponia outward about 45u, the leg is straight. The upper body of the ia straight and face forward to the enemy. Approximately 60% of body weight should be zlt;ztg; fiunt kg with 40% supported rcur leg. 8T31-2M 2 SHOULDERS Back rack. The rear unce la u® kicks, but ia also is good for moving back and forth. The legs ploed flat on the round about two shoulder widths apart. The front leg of the la pointed dirty forwrd nnd support about 30% of the body weight of the IA hind leg pointed outward at 90 angle, the IA knee bent and aupporta about 70% of body weight. The upper body learned and face forward to the enemy Ynq can weave into the anterior duck, simply moving the weight forward to the front leg and slightly moving the back leg. The opposite of ia is also true. 3. ALIGNMENT. The angle at which you face the enemy will strengthen your attack or defense. In hand 4'gt;4i and fighting, three common alignraantaare front, oblique, and assistant. a. The front is used mainly in attack. Shoulders are parallel to your opponent b. Lyshuut. Uiml is basically u dcfnut. Shuuldum on at a 45 angle to your opponent to reduce the tllf sum of lf your body cыk'ud. c. Side. The U.S. is in a boat attack and defense. The shoulder is at a 90-degree angle to the enemy. Provides kuat amount of body impact, but facilitates attacking technique 4. Move. In the handles, you will constantly move from one position to another and constantly moving to the side, bstckwrsd, or forward to employ effective defensive or attacking techniques. Throughout Lheae movements, it's la essential that you - maintain balance - shift your weight smoothly, and - maintain proper posture. The three main ways to move are step, glide and turn. a. Stepping. Stepping is esed to make a relatively large position change and is used mainly from the front position, back position, or strddle of stances. (l) STEPPING FORWARD from FORWARD 8TANCE: the rnr leg humb he niftl only easily nhovi ground. When moving the UVH the foot forward. Move it in a slightly curved path to your forward foot to keep your balance and protect your groin and then advance to the forward position. During the first part of the movement, the forward ug was left brnt with his foot firmly planted on the ground. Aa renr leg paaafd front leg, the back leg WNE extended and the leg turned eo loea p'litinded outward about 45. (2) STEPPING RACK from T1IK BACK STANCE: This U motion technique is like stepping forward from the front atnee. The front leg should be raiedonly a little above the ground, mo vrd part of the back leg oatmeal in a chop position position position. The rear toot rmaina is firmly planted on the ground, knf' remains bent throughout the movement and the legs ie tmed (othr tote face forward to the enemy) simultaneously with the landing of the other leg. Sl 31 JIM (3) DOUBLE STEPPING: Double step uaed when you want to make a big position change without moving your upper body. This is uaed to prevent your opponent from anticipating your moves. Used mainly for moving ihe in сторону. <11 double= stepping= pkom= tie»= forward= stance.= the»= tear»= foot»= us»= moved»= forward»= to»= a»= raioiun»= just»= ahead»= of»= the»= frunt»= foot»= h»=>t. передняя нога оно после этого двинуло вперед к переднему положению позиции. Колено shoot 1. - Я нути бразды правления в изогнутых flirs и плечи должны продолжать сталкиваться с вашим противником через jshout двигаться ST 31 304 (6) DOUBLE STEPPING or STRADDLE STANCE: The first durak воспитан даже и дозы на другую ногу. Другая нога, чмй переухал в сторону itradde позицию rueition. Ноги ара raited только слегка над землей, колени Ара хранитс согнуты, и бедра и плеча продолжают сталкиваться с вашим противником на протяжении всего движения. b. Скольжение. Раздвижные IA необходимо покрыть ahort расстояние. в то время как в ааме aUnce. Это La uaed двигаться вперед, назад, или помощик палате с позиции вперед, задняя позиция, или оседлать aUncea. ST31 204 </i.1) slide»= forward»= from»= forward»= stance»= using»= the»= forward»= flirustofthe»= trni»'h»= rnr»= lrg.»uie»= the»= frunt»= foot»= forwrd»= nhout»= one»= hnlf»= shoulder»= width»= allow»= the»= rear»= leg»= to»= follow»= naturally»= keep»= the»= samesuince»= throuhout»= the»= movement»= stm»= 2(14»= (2)= slide»= liackward»= prom»= tur»= rack»= stance»= slid»»= ihr.»1»= frunt»= foot»= hnckwrd»= about»= one»= half»= ahoullita»= width»= ihon»= alir»»= k»=iu»= four»= backward»= the»= mmi1»= di»'tr«nr»»= k»»»p»= thp»= »nrm»= noirr»= ùmirhon»»= r.»hc»= nuwranc»= ma»»-»ut»»= the»= renr»= i»»= alwny»»= h»»nt.»= (3)= slide»= sideward»= from»= straddle»= stance»= maintain»= stance»= and»= slide»= one»= foot»= abuut»= one»= half»= shoulder»= width»= towards»= the»= other»= foot»= then»= slide»= the»= stationary»= foot»= to»= assume»= a»= straddle»= stance»= a»= combination»= of»= sliding»= and»= stepping»= can»= be»= used»= to»= oovcr»= greater»= distanaces»= than»= ia»= feasible»= with»= sliding»= alone».= the»= atide»= is»= completed»= first» .= then»= the»= stepping»= movement»= from»= the»= forward»= stance».= slide»= forward»= as»= shown»= in»= 4b(l)».= then»= sir»= h»= orward»= as»= shown»= in»= 4a[»= i»= the»= sa»= me»= types»= of»= movement»= csn»= be»= done»= from»= the»= back»= -»= .»ee»= c.»= turning».= turning»= is»= used»= to»= move»= your»= position»= and»= change»= the»= »»= .»(on»= in»= which»= you»= are»= facing».= it»= is»= accomplished»= by»= stepping»= and»= pivoting».= can»= be»= use»= v.»= v»= change»= directions»= 90»»= or»= 1h0»»= and»= can»= move»= you»= closer»= or»= farther»= away»= from»= your»= o»»= rient»=></1)> </1) 90»= turn»= (ci»= josk»= to»= oppnent)= from=>X(RWARI) STANCE: Была ли эта статья полезной? Узнайте, как защитить себя в часах, используя те же методы, используемые элитным спецназом. Эта цифровая версия для загрузки DVD Video Course содержит более 4 часов учебного материала со всеми основами метода Full Contact Krav Maga. Вы узнаете, новичок промежуточных практических методов самообороны против оружия, держит, хватает и как бороться с несколькими нападавшими стилем или на земле, а также многое другое. Узнайте, что сотрудники правоохранительных органов и военных подразделений со всего мира to help save your life on the street and on the battlefield. Get my free video course. elite special forces hand to hand combat techniques pdf. military hand to hand combat techniques pdf

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