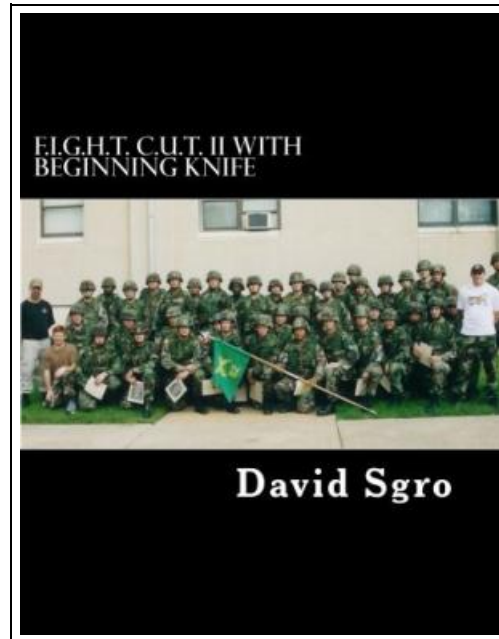


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Reviews

Complete guideline for publication fans. I am quite late in start reading this one, but better then never. It is extremely difficult to leave it before concluding, once you begin to read the book.
(Llewellyn Terry)

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 38 pages. Dimensions: 11.0in. x 8.5in. x 0.1in. What is F. I. G. H. T. C. U. T. F. I. G. H. T. C. U. T. (Fully Integrated Grappling and Hitting Techniques, Close Up Techniques) is a Military Combatives Course. The standing joint locks, take downs and throws are based on techniques that draw from Japanese Ju-Jitsu, Judo, and Brazilian Jiu-Jitsu; the striking techniques draw from Tang Soo Do (Karate); the ground fighting techniques draw from Brazilian Jiu-jitsu; and the knife fighting techniques are drawn from Filipino Arnis, Kali, and Escrima. F. I. G. H. T. C. U. T. is designed to teach the greatest amount of knowledge in the shortest period of time. There is a tremendous need for military personnel to train in Combatives, especially in the following areas: 1) Striking 2) Throws and take downs 3) Grappling 4) Wrist locks, arm bars, joint dislocations 5) M4 and SAW Gunner techniques (when the M4 or SAW malfunctions) 6) KnifeStick Fighting 7) Non-lethal Force Protection Human Rights (ASP) 8) Tomahawk F. I. G. H. T. C. U. T. was specifically developed for military personnel. The techniques were selected for their simplicity, effectiveness, and adaptability, to increase combat readiness and survivability. F. I. G. H. T. C. U. T. teaches how to fight, when the situation dictates, both unarmed or with weapons such as the knife, stick, or M4. Often this is done with Live (unrehearsed) realistic scenarios. Sections of training include LBE or the full kit. Safety measures are incorporated into the training to sustain high intensity. Students learn quickly with ample time for skill and drill. F. I. G. H. T. C. U. T. Instructor Trainer Courses available. www. COMBATIVEARTS. net This item ships from La Vergne, TN...

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