

# The Modern Combatives Handbook

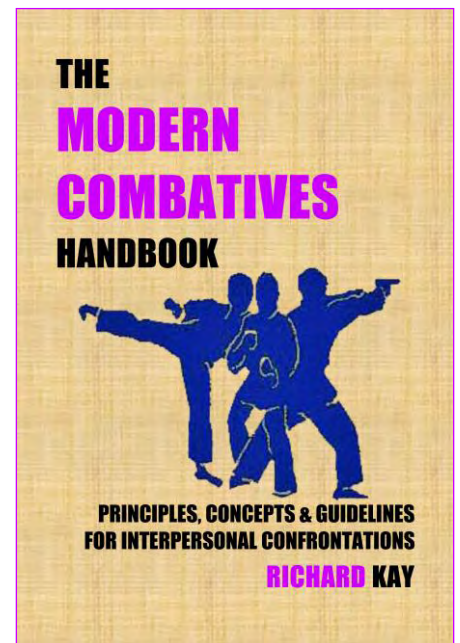
Principles, Concepts & Guidelines  
For Interpersonal Confrontations

by

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1<sup>st</sup> edition, limited release, 282 pages



Foreword by Peter Collins, ex-military/security operative, martial arts/combatives instructor

Interpersonal violence is a serious matter. The desire to survive is instinctive but the ability to survive is learned, and learning requires motivation. Martial arts are studied for combat, sport or health, but the latter 2 are mutually exclusive in terms of real combat application. People should be aware of what their training is, and is not; using combat methodology in a sporting arena is dangerous, and using sport techniques against real violence is risky. This book examines combat in a holistic context, not just the actual physical violence but also pre- and post-incident factors. It is not designed to teach technique, but rather present concepts and principles, the 'why' behind the 'how', relative to any aspect of interpersonal confrontations.

Contents include:

## Combat Parameters

Aggression, Violence, Lawful Guidelines, Combat Physiology, Survival Stress

## Combat Preparation

Combat Methodology, Combat Psychology, Threat Analysis, Conflict Management, Combat Fitness

## Combat Mechanics

Technical Aspects, Bodywork Concepts, Systems & Vulnerability, Tactical Aspects, Martial Concepts

## Combat Strategies

Low Risk Strategies, High Risk Strategies, Situational Safeguards, Legal Safeguards, Personal Safeguards

## Combat Training

Training Methodology, Training Safety, Instructor Concepts, Training Environment, Sourcing Training

