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The Mammoth Book of Special Forces Training: Physical and Mental Secrets of Elite Military Units

By Jon E. Lewis, David West

Little, Brown Book Group. Paperback. Book Condition: new. BRAND NEW, The Mammoth Book of Special Forces Training: Physical and Mental Secrets of Elite Military Units, Jon E. Lewis, David West, In this encyclopedic book, Lewis provides insights into the origins, training, tactics, weapons and achievements of special forces and special mission units throughout the world, focusing particularly on US and UK forces. He also looks at the codes that bind the members of these elite units together. He reveals training secrets in everything from wilderness survival to hand-to-hand combat. In doing so, he draws extensively on biographies, autobiographies, training manuals, interviews and press coverage of key operations. The elite forces covered include: The British Army's Special Air Service (SAS), established in 1950, which has served as a model for the special forces of many countries. Its counter-terrorist wing famously took part in the hostage rescue during the siege of the Iranian Embassy in London in 1980. The Parachute Regiment, the airborne infantry element of 16 Air Assault Brigade, which spearheads the British Army's rapid intervention capability. It is closely linked to United Kingdom Special Forces. The US Navy's SEALs (Sea, Air, Land Teams), trained to conduct special operations in...



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