

Royal Marines Fitness Manual Improve Your Personal Fitness The Marines Way Haynes Manual

This is the story of a fighting force. In the words of the marines themselves, Robin Neillands, formerly of 45 Commando RM, describes what it is really like to wear the legendary green beret, in peace and in war. This vivid account charts the story of the Royal Marine Commandos from their bloody baptism on the beaches of Dieppe to the final yomp into Stanley at the end of the Falklands War in 1982.

The Counterinsurgency Field Manual, written in 2006, is a guide for the Army and Marine Corps to all counterinsurgency tactics and operations, designed for use in Iraq and Afghanistan. The first manual on counterinsurgency in 20 years for the Army and 25 years for the Marines, this book contains information on intelligence, integration of civilian activities, campaign design, execution, security, and sustainability, among other things. A fascinating read for anyone interested in military history and tactics. The U.S. ARMY TRAINING AND DOCTRINE COMMAND, also known as TRADOC, was founded in 1973, to train the soldiers and civilian leaders of the U.S. Army, to develop operational policy, and to anticipate future operational needs of the Army. The U.S. MARINE CORPS COMBAT DEVELOPMENT COMMAND is responsible for training and indoctrinating the Marine Corps, cultivating war fighting abilities to make marines ready for combat. Training areas include leadership, education, organization, and requirements development.

In 1984 the first edition of the British Army Guide was published and in May 2011 the 12th edition will be on sale. This invaluable information resource which deals with all aspects of British Army organization, recruitment and training, has been extremely popular with service personnel, the defense industry, military libraries and other groups who are interested in the British Army worldwide. Copies can be seen on desks throughout the UK Ministry of Defense and it would be fair to say that almost every foreign defense attaché in London has a copy in his briefcase. Chapters include a Defense Overview; Army Organization; International Commitments; Armor, Infantry, Artillery, Army Aviation, Engineers, Communications and Combat Service Support; Units of the Army; Recruiting and Training; Reserve Forces plus a final Miscellaneous Chapter which deals with a number of items essential to understanding How the British Army functions on a daily basis.

Lavishly illustrated throughout there is no comparable publication available on the market.

This book offers a timely and critical reflection on how states have responded to the test of terrorism in the long shadow of 9/11. Terrorism has become the hallmark of international relations in the early twenty-first century. This book provides a policy-focused analysis of how certain states have responded to its test by employing a range of viewpoints that encompass state level responses down to a close interrogation of the nebulous non-state actors who have orchestrated spectacular political violence in contemporary times. It engages with the challenges of terrorism from a variety of perspectives that include philosophical discourses, the perils of counterterrorism encapsulated in the death of Jean Charles de Menezes, learning in counterinsurgency, the effectiveness of counterterrorism spending, Al Qaeda's modus operandi and the threat posed by Boko Haram to Nigeria. This eclectic collection of chapters is an important contribution to the wide-ranging and contested debate about terrorism that has dominated the political discourse in the West since 2001. This book was published as a special issue of Defense and Security Analysis.

Discusses the events leading up to Paul Revere's ride, and reinforces his importance in the history of the Revolutionary War

A work of historical, comparative sociology examining the evolution of infantry tactics in the American, Australian Canadian, British, French, German, and Italian armies from the First World War to the present. It addresses a key question in the social sciences of how social solidarity (cohesion) is generated and sustained.

This new volume provides a comprehensive analysis of both the theory and practice of operational warfare at sea. The book is unique in using diverse sources and examples to present a comprehensive topical description and analysis of the key components of operational warfare at sea today. It opens with a survey of the emergence of operational warfare at sea since the end of the Napoleonic Wars, going on to describe and analyze the objectives of naval warfare at the operational level and methods of employment of naval forces for accomplishing these objectives. The book explains the specifics of operational functions in a maritime theatre, discusses the personality traits and professional education required for successful naval operational commanders, and explores naval operational command and control in both peacetime and war, closing with predictions for the future of operational warfare at sea. This book serves as a primer of how to plan, prepare and execute major naval operations and campaigns for naval commanders and their staffs, but will also be of interest to advanced students of naval history, strategic studies and military history in general.

A weekly review of politics, literature, theology, and art.

This book continues to tell the story of the U.S. Marine Corps' involvement in what were called "Small Wars" beginning after World War II with their advisory efforts with the Netherlands Marine Corps (1943-1946); The book is a detailed look at the Marine Corps' Counterinsurgency efforts during the Korean War (1950-1953); the development of vertical assault in the late 1940s, 1950s, and 1960s in Vietnam; Marine Corps Counterinsurgency in Southeast Asia, 1962 thru 1975; involvement in Central America 1983-1989; and the current conflicts including the War on Terror, Operations Iraqi Freedom and 'Enduring Freedom', Libya; U.S. marine Corps force structure, 1980-2015, and a special chapter on marines and War Dogs in combat operations. Based on extensive research and analysis, the book illustrates the Marine Corps' contribution to the current, on-going efforts in the Middle East and Africa in combatting global terrorism.

Who's going to guide you when your military boot camp class is over? What's going to help you prepare for the next boot camp challenge? With the aid of superb line artworks, SAS and Elite Forces Guide: Extreme Fitness demonstrates to the reader how special forces soldiers are trained to reach and maintain peak physical fitness. The book explores the different training methods to build up physical strength, speed, agility and endurance, across running, swimming, weight training, circuit training and triathlon events. In addition, it addresses the importance of diet and nutrition, injuries and rest, and using mental fitness to help physical health. With more than 300 easy-to-follow artworks, training tips and workouts used by the U.S. Navy SEALs and British Royal Marines, Extreme Fitness is the definitive guide for the person who wants to be their best.

The physical training that all Royal Marines recruits undergo is challenging and demanding, yet also structured and achievable. Here, for the first time, is an official manual to show you in detail how they succeed and how you can mirror all relevant aspects in your own fitness training. Packed with facts and step-by-step instruction accompanied by hundreds of colour photographs, Royal Marines Fitness contains a wealth of guidance for anyone wanting to achieve a higher level of fitness, whether it's preparing for a marathon, losing weight or putting on muscle mass. This manual provides you with all the tools and information you need to put together a training programme specific to your own targets, and to adapt it as you surpass your expectations.

When the U.S. military invaded Iraq, it lacked a common understanding of the problems inherent in counterinsurgency campaigns. It had neither studied them, nor developed doctrine and tactics to deal with them. It is fair to say that in 2003, most Army officers knew more about the U.S. Civil War than they did about counterinsurgency. The U.S. Army / Marine

Corps Counterinsurgency Field Manual was written to fill that void. The result of unprecedented collaboration among top U.S. military experts, scholars, and practitioners in the field, the manual espouses an approach to combat that emphasizes constant adaptation and learning, the importance of decentralized decision-making, the need to understand local politics and customs, and the key role of intelligence in winning the support of the population. The manual also emphasizes the paradoxical and often counterintuitive nature of counterinsurgency operations: sometimes the more you protect your forces, the less secure you are; sometimes the more force you use, the less effective it is; sometimes doing nothing is the best reaction. An new introduction by Sarah Sewall, director of the Carr Center for Human Rights Policy at Harvard's Kennedy School of Government, places the manual in critical and historical perspective, explaining the significance and potential impact of this revolutionary challenge to conventional U.S. military doctrine. An attempt by our military to redefine itself in the aftermath of 9/11 and the new world of international terrorism, The U.S. Army / Marine Corps Counterinsurgency Field Manual will play a vital role in American military campaigns for years to come. The University of Chicago Press will donate a portion of the proceeds from this book to the Fisher House Foundation, a private-public partnership that supports the families of America's injured servicemen. To learn more about the Fisher House Foundation, visit www.fisherhouse.org.

Gain a strong foundation in the field of orthotics and prosthetics! Orthotics and Prosthetics in Rehabilitation, 4th Edition is a clear, comprehensive, one-stop resource for clinically relevant rehabilitation information and application. Divided into three sections, this text gives you a foundation in orthotics and prosthetics, clinical applications when working with typical and special populations, and an overview of amputation and prosthetic limbs. This edition has been updated with coverage of the latest technology and materials in the field, new evidence on effectiveness and efficacy of interventions and cognitive workload associated usage along with enhanced color photographs and case studies - it's a great resource for students and rehabilitation professionals alike. Comprehensive coverage addresses rehabilitation in a variety of environments, including acute care, long-term care and home health care, and outpatient settings. Book organized into three parts corresponding with typical patient problems and clinical decision-making. The latest evidence-based research throughout text help you learn clinical-decision making skills. Case studies present real-life scenarios that demonstrate how key concepts apply to clinical decision-making and evidence-based practice. World Health Organization disablement model (ICF) incorporated to help you learn how to match patient's limitations with the best clinical treatment. Multidisciplinary approach in a variety of settings demonstrates how physical therapists can work with the rest of the healthcare team to provide high quality care in orthotic/prosthetic rehabilitation. The latest equipment and technology throughout text addresses the latest options in prosthetics and orthotics rehabilitation Authoritative information from the Guide to Physical Therapist Practice, 2nd Edition is incorporated throughout. A wealth of tables and boxes highlight vital information for quick reference and ease of use. NEW! Color photographs improve visual appeal and facilitates learning. NEW! Increased evidence-based content includes updated citations; coverage of new technology such as microprocessors, microcontrollers, and integrated load cells; new evidence on the effectiveness and efficacy of interventions; and new evidence on cognitive workload usage. NEW! Authors Kevin K Chui, PT, DPT, PhD, GCS, OCS, CEEAA, FAAOMPT and Sheng-Che (Steven) Yen, PT, PhD add their expertise to an already impressive list of contributors.

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