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Fighting Techniques of the Ancient World (3000 B.C. to 500 A.D.)-Simon Anglim 2003 Discusses the components of ancient armies, including the personnel and equipment, as well as the battle tactics and strategies, lines of communication between commanders and troops, and special techniques of siege and naval warfare.

Fighting Techniques of the Ancient World 3000 BC - AD 500-Simon Anglim 2002 An illustrated history of warfare in the ancient world includes detailed examinations of armies, equipment, and strategies before gunpowder, in a volume that offers insight into the successes of the Assyrian and Roman forces.

Fighting Techniques of the Ancient World 3000 BC - AD 500-Simon Anglim 2002 An illustrated history of warfare in the ancient world includes detailed examinations of armies, equipment, and strategies before gunpowder, in a volume that offers insight into the successes of the Assyrian and Roman forces.

Fighting Techniques of the Ancient World, 3000 BC - AD 500-Simon Anglim 2013 Fighting Techniques of the Ancient World describes the fighting techniques of soldiers in Europe and the Middle East in an age before gunpowder. The book explores the unique tactics required to win battles with the technology available, and points out how little has changed in some respects in the art of war. Using specially commissioned color and black-and-white artworks to illustrate the battles, equipment and tactics of the era, Fighting Techniques of the Ancient World shows in detail the methods by which armies, including Assyrians and Roman forces, prevailed over their foes, and why other armies were far less successful. The book is an essential companion for any reader in warfare in the classical age.REVIEWS "Excellent essays complemented by illuminating illustrations make this book a bargain for anyone interested in ancient warfare....Fighting Techniques of the Ancient World brilliantly manages to walk a tightrope between being both comprehensive and concise. It merits a place on the bookshelves of anyone interested in military history as well as hobbyists seeking inspirations for toy soldier displays, model figure painting, diorama building or wargaming." Toy Soldier and Model Figure Magazine
Fighting Techniques of the Early Modern World - Christer Jorgensen 2006-07-11

An illustrated survey of the fighting techniques and weaponry of the sixteenth through the eighteenth centuries, written by five military experts, offers insight into the methods that were utilized in battle and how the development of period equipment changed the face of warfare. 10,000 first printing.

Fighting Techniques of the Medieval World - Matthew Bennett 2006

A study of warfare during the Middle Ages explores the unique tactics required to win battles in medieval times with the technology available and demonstrates how, in some respects, little has changed of the art of war.

Fighting Techniques of the Ancient World, 3,000 BC to 500 AD - 2002

From the Publisher: This essential guide to ancient warfare describes the fighting methods of soldiers in Europe and the Middle East in an age before gunpowder. From a detailed examination of the individual components of an ancient army and their equipment, to a fascinating exploration of ancient battle strategies, siege warfare, and naval battles, it explores the unique tactics required to win battles with the technology available. Using specially commissioned color and black-and-white artwork and 24 full-color tactical maps, this book shows in great detail the methods by which armies, including Assyrians and Roman forces, prevailed over their foes, and why other armies were less successful. This is a must-read for any reader interested in ancient warfare.

Fighting Techniques of Naval Warfare - Iain Dickie 2009-06-09

An illustrated exploration of how sea battles have been fought throughout history explores key tactics and strategies while surveying how the development of various weapons impacted naval warfare, in a chronicle that profiles key battles that represent prominent historical eras.

Fighting Techniques of the Ancient World 3000 BC - AD 500 - 2002

Fighting Techniques of the Ancient World - Simon Anglim

Fighting Techniques of the Ancient World 3000 BC - 500 AD - Simon Anglim 2013

From the Publisher: This essential guide to ancient warfare describes the fighting methods of soldiers in Europe and the Middle East in an age before gunpowder. From a detailed examination of the individual components of an ancient army and their equipment, to a fascinating exploration of ancient battle strategies, siege warfare, and naval battles, it explores the unique tactics required to win battles with the technology available. Using specially commissioned color and black-and-white artwork and 24 full-color tactical maps, this book shows in great detail the methods by which armies, including Assyrians and Roman forces, prevailed over their foes, and why other armies were less successful. This is a must-read for any reader interested in ancient warfare.

Weapons and Fighting Techniques of the Medieval Warrior - Martin J. Dougherty 2016-07-15

Weapons and Fighting Techniques of the Medieval warrior offers an highly-illustrated fact-filled introduction to the weaponry and fighting methods of the Middles Ages. Divided into four chapters, the main types of Medieval warrior are covered separately: mounted knights, foot soldiers, missile troops and siege engineers and sappers. The popular image of the mounted knight dominating the battlefields of Medieval warfare was far more compelled. Although rarely celebrated in Medieval art or literature, the weapons, technology, and techniques of the ordinary foot soldiers, such as the longbow men and pike-armed landsknechts, had a revolutionary impact on the development of warfare in the middle ages. Disciplined groups of archers were able to defeat better-armed and numerically superior forces of noble knights at battles such as Crecy (1346) and Agincourt (1415), while the development of tightly packed formations of pikemen came to definite military encounters from the early fifteenth century. More significantly, the introduction of gunpowder weapons in the mid fifteenth century had a fundamentally democratizing effect on the way battles were fought and ended the power of heavily-armored cavalry. Written in an accessible style for the non-expert, the book shows how the development of new weapons technology and techniques came to change the face of European warfare from 1,000 to 1,500 AD.

Fighting Techniques of the Napoleonic Age - Robert Bowman Bruce 2008-04-15

Fighting Techniques of the Napoleonic World explores the tactics and strategy required to win battles with the technology available during the Napoleonic period (1789-1815), and points out how the development of such weapons technology changed the face of the battlefield. Divided into five sections it highlights: - Individual components of the armies: the foot soldier, the cavalryman and the artilleryman, the
equipment they wore and used, and how they fought together. Technology change, the emergence of military professionalism, and the impact these changes had on the battlefield. How units were used together on the battlefield, and strategic positioning of battle units. Specialist techniques and equipment developed for artillery. Naval warfare, from the ships in which the men fought to the weapons they carried.


An in-depth guide to the modern practice of Greek martial arts and their beginnings in ancient Greece and Egypt. Examines the correlation between ancient depictions of one-on-one combat and how martial arts are practiced today. Explores the close relationship between Greek martial arts and spiritual practice. Distinguishes between Pammachon (martial arts) and Pankration (combat sports). The ancient friezes and decorative motifs of ancient Greece contain abundant scenes of combat, one-on-one and hand-to-hand. In The Martial Arts of Ancient Greece, the authors offer close inspection of these depictions to reveal that they exactly correlate to the grappling and combat arts as they are practiced today. They also show that these artifacts document the historical course of the development of both the weaponry of the warrior classes and the martial responses those weapons required when fighting hand-to-hand. The depiction of each ancient technique is accompanied by sequenced step-by-step photos of modern practitioners performing the various stances of one-on-one combat. In addition, the authors explain how the development of Hellenic combat arts was tied at its heart to a spiritual practice. The centeredness, clear mind, and consequent courage that develops from a spiritual practice was considered a martial strength for a warrior, enabling him to be at his best, unobstructed inwardly by conflict or inertia. The Martial Arts of Ancient Greece provides a practical and comprehensive approach to the techniques and philosophy of the martial arts of the ancient Mediterranean that will be welcomed by modern fighters.

**Ninja Fighting Techniques** - Stephen K. Hayes 2020-03-24

Ninja Fighting Techniques explains how to defend yourself against real-world threats using techniques perfected centuries ago by the great Ninja masters. Author Stephen K. Hayes is the world's leading expert on Ninjutsu techniques. In this book, he presents the Ninja "Five Elements" system to explain fundamental aspects of self-defense. According to Japanese Buddhist belief, human nature is connected to the natural world and the five elements. By understanding that connection, essential responses to any threat become clear: Earth—Remain grounded in your thinking and footing to repel attempts to distract or deceive you Water—Shift, angle and move fluidly to confuse attackers and put them off balance Fire—See where a situation is going as it develops and intercept it at the critical moment Wind—Stay light on your feet and move nimbly to evade attempts to pin you down Void—Control a fight's direction by changing dynamics to confuse your attacker Ninja Fighting Techniques explains how the five elements can become automatic, unconscious responses for fighters who train the Ninja way. Through study and practice they become instinctive, effectively employed precisely when you need them without thinking. The advantage of Ninja teachings over other martial disciplines is that, in addition to providing physical combat methods, they teach you to develop a better understanding of human behavior and psychology as well as "real-time" awareness of your surroundings—invaluable in any combat and street fighting situation. With over 300 full-color photographs and detailed step-by-step instructions, this book shows you how the ancient self-defense techniques developed by the Ninja are still unsurpassed today!

**Stick Fighting** - Masaaki Hatsumi 2013-02-01

Step-by-step instructions and over 300 photographs allow the trainee to follow and learn the techniques with ease. The ideal weapon for self-defense is a stick. To find a comprehensive system of techniques using the stick, we must turn to the East, for systems known to the West have fallen into disuse. In this book, the techniques of Kukishin Ryu — an ancient Japanese method — have been updated and adapted for use today. A thorough grounding in the fundamentals dealt with here will enable you to disarm and control any assailant. CONTENTS Section 1: Basic Movements Section 2: Techniques against First Attack Section 3: Techniques against Foot Attacks Section 4: Techniques against Wrist Holding Section 5: Techniques against Sleeve and Lapel Holding Section 6: Techniques against Seizure from Behind Section 7: Techniques against Stick Holding Section 8: Immobilizations
The Secret Art of Pressure Point Fighting - Vince Morris 2008
Martial arts lore tells of masters who possessed a mysterious ability to defeat an opponent with a single perfectly placed blow. The Secret Art of Pressure Point Fighting transforms the ancient legend into a modern reality—an anatomically based fighting and self-defense system that allows a smaller defender to defeat a larger attacker by striking at the key points on his body.

Jogo Do Pau - Luis Preto 2013-02-01
As Jogo do Pau is progressively getting more well known internationally, this book offers an extremely comprehensive analysis of this fine art, including:
• How it has been influenced by:
  o Portugal's history
  o The distinct social dynamics of rural and urban environments
• How it has been preserved by a long lineage of extremely dedicated instructors
• The different techniques and tactics employed within:
  o Outnumbered and single combat
  o Double and single handed weapons
• The author's take on what makes up competent teaching, as well as an introduction to his innovative and scientifically based teaching methods for martial skill development.

Lays of Ancient Rome - Thomas Babington Macaulay Baron Macaulay 1881

Here is the most comprehensive guide to making your own Native American tools and weapons. This reference takes you through the steps of the basic flint-knapping of arrowheads and scrapers to the most complex decorating and finishing techniques of painting and fletching. Fully illustrated with photographs and line illustrations, this is the perfect book for the survivalist, historian, student, or Native American enthusiast.

Feral Fighting - Sammy Franco 2015-01-14
THE WIDOW MAKER RETURNS! Just when you thought Sammy Franco’s best-selling Widow Maker Program could not be surpassed, Feral Fighting outdoes its wicked predecessor! Feral Fighting is the advanced companion book that builds on the brutal fighting techniques of the original Widow Maker program. NEW LEVELS OF COMBAT PERFORMANCE! In this sequel, self-defense innovator Sammy Franco marches forward with cutting-edge concepts and techniques that will take your self-defense skills to entirely new levels of combat performance. LEARN HOW TO: Turn your fingers into torches Master the cunning art of Scorching Defeat mentally crazed attackers Develop terrorizing hand speed Counter a razing assault Master the unique Shielding Wedge technique Learn the brutal art of Sharking Become a human battering ram in a fight Short-circuit the opponent’s brain in combat And much, much more

Aikido Ground Fighting - Walther G. Von Krenner 2013-05-14
Aikido Ground Fighting presents effective ground techniques that remain true to aikido founder Moroehei Ueshiba's teachings while addressing a potential weakness in the system: while aikido is renowned for its submission and compliance techniques as well as grappling from a standing position, it is not known for its effectiveness when it comes to ground fighting. Aikido Ground Fighting is a unique look at the roots of aikido techniques (in particular, the kneeling practices of suwari-waza) and how they might be applied to defense on the ground. Written by a direct student of Morihei Ueshiba in collaboration with other aikido teachers, this book remains steadfastly true to the founder's teachings while presenting innovative and effective techniques. Containing never-before-published pictures of Ueshiba as well as step-by-step photographs clearly demonstrating techniques.
Aikido Ground Fighting is designed for aikido students looking to become more well-rounded martial artists as well as practitioners of all martial arts seeking effective self-defense techniques. From the Trade Paperback edition.

The Book of Five Rings (Classics Illustrated)-Miyamoto Musashi 2021-02-08 In "A Book of Five Rings," Miyamoto Musashi takes the reader into a world filled to the brim with devotion, self-respect, discipline, honesty and purity of thought. Written originally for warriors and samurai in a completely different time and culture, Musashi's book provides a remarkable source of inspiration for self-development today. His teachings are concise and to the point. He uses phrases like "you must understand this" and "you must practice diligently" and explains only general, but unquestionable and fundamental, concepts of the Way of the Warrior. While some of his guidelines are are not directly applicable in our time and age, those about striving to achieve improvement on the inside as well as the outside couldn't be more on target. Taken literally this book is about how to become an efficient, albeit enlightened, killer. It's value comes from reading between the lines-lines which speak volumes.

Bronze Age Combat- Raphael Hermann 2020-02-28 Using original experimental methodologies and the best replica weapons to hand, five researchers set out to unlock Bronze Age combat. Their results of the first truly detailed and systematically described combat experiments with replica Late Bronze Age swords, spears and shields are presented in this book.

Breaking The Mold: Tanks In The Cities [Illustrated Edition]- Kendall D. Gott 2014-08-15 Illustrated with 30 maps. Few lessons are as prevalent in military history as is the adage that tanks don't perform well in cities. The notion of deliberately committing tanks to urban combat is anathema to most. In Breaking the Mold: Tanks in the Cities, Mr. Ken Gott disproves that notion with a timely series of five case studies from World War II to the present war in Iraq. This is not a parochial or triumphant study. These cases demonstrate that tanks must do more than merely "arrive" on the battlefield to be successful in urban combat. From Aachen in 1944 to Fallujah in 2004, the absolute need for specialized training and the use of combined arms at the lowest tactical levels are two of the most salient lessons that emerge from this study. When properly employed, well-trained and well-supported units led by tanks are decisive in urban combat. The reverse is also true. Chechen rebels taught the Russian army and the world a brutal lesson in Grozny about what happens when armored units are poorly led, poorly trained, and cavalierly employed in a city. The case studies in this monograph are high-intensity battles in conflicts ranging from limited interventions to major combat operations. It would be wrong to use them to argue for the use of tanks in every urban situation. As the intensity of the operation decreases, the second and third order effects of using tanks in cities can begin to outweigh their utility. The damage to infrastructure caused by their sheer weight and size is just one example of what can make tanks unsuitable for every mission. Even during peace operations, however, the ability to employ tanks and other heavy armored vehicles quickly can be crucial. A study on the utility of tanks in peace operations is warranted, and planned.- Timothy R. Reese Colonel, Armor

Fighting Techniques of the Oriental World-Michael E. Haskew 2008-12-09 A detailed account of Asian military history is divided into five sections that examine such topics as Asian cavalry, the differences between foot soldiers and mounted soldiers, and the ways in which respective units worked together on the battlefield. 15,000 first printing.

He Walks with Dragons- Stanley S. Thornton 2013-04-30 "He Walks with Dragons" takes place when what was, what is, and what shall be were one in the same. Draig, a boy on the verge of his manhood, is summoned to the majestic mountain by the Great Ones. There he finds out he is about to transcend the ages and risk his life to prevent the destruction of mankind. Born into the naïve innocence of ancient man, Draig lives a simple pastoral existence in a quiet, small village. But one day he is flung on a magical journey into a forbidden new world. There, Draconos, a dragon, befriends the boy, training him in the art of warfare. From this day forward, the young boy finds himself in awe at the wonders the world holds for him. Not only has Draig become a man, but he is living like a dragon and learning their
mystical powers. “From the time Man first crawled upon this earth...we found him worthy to take his rightful place among the creatures that walk upon the earth. While hiding in the shadows, we have protected him. We have nurtured him all these many ages. But now man grows in great numbers and makes war on everything he sees.” And when the time comes, will Draig be willing to lay down his life for the sake of saving the dragons? And when the dragons are gone, where will he go? He is no longer just a man.

Uarda-Georg Ebers 1877

Hybrid-Claudia B. Modie 2011-05-01 There are those who suspect that individuals with Rh negative blood are descendants of ancient astronauts, but there some . . . who know for sure. Blood is not necessarily thicker than water when a love triangle is orchestrated by extraterrestrials. When Olivia finds out she is pregnant, Bobby is forced to relive his past, his own alien engineered birth. As he struggles to convince the young virgin to go through with the pregnancy, Olivia reconciles with the terrifying knowledge that she has been abducted and is now incubating what she views as a creature. But despite her apprehensions she cannot bring herself to terminate the pregnancy. Much to her dismay, Olivia moves from utter disbelief to reluctantly accepting Bobby's claim that he is a Hybrid.

Kung Fu Grappling Strategies-Chris Friedman 2016-10-18 Kung Fu Grappling Strategies explores the various aspects of the three systems the author has trained in while living in China for the past decade, Bagua Zhang, Shuai Jiao, and Shaolin Kung Fu. Locking, throws, anti-locking, ground fighting, grappling with weapons, street fighting vs competition, clawing techniques and striking with grappling are all covered along with the history of these ancient Chinese fighting methods. Methods for developing the attributes needed to pull off these techniques under real life conditions, are also covered within this text. Kung Fu Grappling Strategies is filled with many real life stories of the author and his instructors using these skills in real life on the streets. This comprehensive text is filled with colorful photos which help illustrate the techniques, training methods and true life stories in this book. The photos were all taken in various places in China, including such famous land marks as the Shaolin Temple. Many of the author's teachers are well known and respected masters in China, such as professional MMA and Shuai Jiao fighter Yao Honggang, Shaolin temple disciples like Master Song Shuang Ping, Shi Yan Feng and Shi Xing Yong, Bagua Zhang master Zhang Sheng Li, Tai chi and kung fu master Jin Leiming, as well as Zhou Quan Sheng Shuai Jiao master and champion. Kung Fu is the oldest martial arts in the world and all other systems stem from this ancient art, including the present day grappling and grappling oriented systems.

The Cutting Edge-Barry Molloy 2007 In this edited volume leading experts in the field of ancient combat explore the reality of inter-personal fighting from prehistory to the medieval period. Based on their experience of using reconstructed weapons and on the latest archaeological, artistic and literary evidence, they explore the real-life human experience on the battlefield as opposed to models of strategy and tactics. All aspects of combat are covered - unarmed fighting techniques, swordsmanship, archery, chariotry, pole-arms and armour, as well as aspects of human physiology and psychology in battle.

The Martial Arts of Ancient Greece-Kostas Dervenis 2007-10-22 An in-depth guide to the modern practice of Greek martial arts and their beginnings in ancient Greece and Egypt • Examines the correlation between ancient depictions of one-on-one combat and how martial arts are practiced today • Explores the close relationship between Greek martial arts and spiritual practice • Distinguishes between Pammachon (martial arts) and Pankration (combat sports) The ancient friezes and decorative motifs of ancient Greece contain abundant scenes of combat, one-on-one and hand-to-hand. In The Martial Arts of Ancient Greece, the authors offer close inspection of these depictions to reveal that they exactly correlate to the grappling and combat arts as they are practiced today. They also show that these artifacts document the historical course of the development of both the weaponry of the warrior classes and the martial responses those weapons required when fighting hand-to-hand. The depiction of each
ancient technique is accompanied by sequenced step-by-step photos of modern practitioners performing the various stances of one-on-one combat. In addition, the authors explain how the development of Hellenic combat arts was tied at its heart to a spiritual practice. The centeredness, clear mind, and consequent courage that develops from a spiritual practice was considered a martial strength for a warrior, enabling him to be at his best, unobstructed inwardly by conflict or inertia. The Martial Arts of Ancient Greece provides a practical and comprehensive approach to the techniques and philosophy of the martial arts of the ancient Mediterranean that will be welcomed by modern fighters.

Forbidden Fighting Techniques of the Ninja-Ashida Kim 2016-04-17
Pass through the dark night of the soul and, like the Ninja, become a mystic-warrior of the shadows. To be a Ninja, one must be strong, one must know, one must dare, and one must be silent. To assist you in your quest for knowledge of the Silent Way, Ninja author Ashida Kim presents sections on exercises, strategy, fighting techniques, and ceremonial oaths of initiation. BACK IN PRINT AFTER TEN YEARS! CONSIDERED TOO DEADLY FOR PUBLICATION! *Ninja Sword: Concealment Carry and Quick Draw
*Walking Staff: Hidden Weapons Within *Retrieval Stone: Flexible/Entangling Weapons *Throwing Stars and Knives *Ninja Garrote: Strangling Techniques *PLUS: Kappo: The Art of Resuscitation *Death Touch: Vital and Fatal Points AND MORE!!! You too, can master this ancient and forbidden art of self-defense. Every finger is a dagger, every hand a sword, every arm a spear. Thus, is the Way of the Ninja...

Stick Fighting-Masaaki Hatsumi 2013-02-01 Step-by-step instructions and over 300 photographs allow the trainee to follow and learn the techniques with ease. The ideal weapon for self-defense is a stick. To find a comprehensive system of techniques using the stick, we must turn to the East, for systems known to the West have fallen into disuse. In this book, the techniques of Kukishin Ryu — an ancient Japanese method — have been updated and adapted for use today. A thorough grounding in the fundamentals dealt with here will enable you to disarm and control any assailant. CONTENTS Section 1: Basic Movements Section 2: Techniques against First Attack Section 3: Techniques against Foot Attacks Section 4: Techniques against Wrist Holding Section 5: Techniques against Sleeve and Lapel Holding Section 6: Techniques against Seizure from Behind Section 7: Techniques against Stick Holding Section 8: Immobilizations

Medieval Military Combat-Tom Lewis 2021-04-16 This books shows for the first time the battle techniques of the medieval period and reexamines the sources for battle numbers.

Parting the Clouds - the Science of the Martial Arts-Grenville Harrop 2011-12 This is a book that's long overdue: One that provides information that has never before been published, compiled or analyzed in a way that's designed to help fighters. This is a guide to the science of kicking and punching that can settle the debates about which techniques are the most effective and why. It will help a fighter to fight, an instructor to teach and martial artists to advance by working things out for themselves. There is no magic involved in the martial arts. The force and power that is displayed by an expert fighter is the consequence of rigorous training in the accurate application of physical laws. Understanding how to use these laws of physics to create massive impact forces will provide a personal insight into the practice of correct technique and form. This unique piece of work will act as a technical reference that provides the facts and figures that fighters seek, including records of the maximum force and speed achieved by some of the best present day warriors, helping to answer many of the most difficult questions in the martial arts.

Bowie Knife Fights, Fighters and Fighting Techniques-Paul Kirchner 2010-11-01 In 1827, James Bowie carved his way into American history at the Sandbar Fight, and soon every fighting man of the South and West had to have a knife like his. The bowie knife could cut like a razor, chop like a cleaver, and stab like a sword, and many considered it deadlier than a pistol at close range. So great was the dread it inspired that by 1838 it was banned in several states—a ban that did little to stanch the flow of blood. Bowie's story is well known, but what of the other cutters and stabbers of his day? Gunfighters have long been celebrated, but those who fought with...
the bowie knife have been largely ignored—until now. Unearthing accounts from memoirs, court records, regional histories, and newspaper archives, Paul Kirchner, author of the Paladin bestsellers The Deadliest Men and More of the Deadliest Men Who Ever Lived, presents their stories for the first time in Bowie Knife Fights, Fighters, and Fighting Techniques. Kirchner identifies and profiles the four greatest bowie knife fighters of history, as well as numerous other wielders of the blade. He details the weapon’s use in the Texas War of Independence, the Mormon exodus, the Mexican War, the slave system, the Gold Rush, Bleeding Kansas, the Civil War, the Lincoln assassination, the Indian Wars, and the Western frontier. The book describes bowie knife fighting tricks and techniques and provides numerous accounts of knife-against-knife and knife-against-gun encounters. Its final chapter surveys the continued use of the bowie and other fighting knives in modern warfare.

Fighting the Dragon-Sandra Kischuk 2012-11-01 For decades, traditional medicine had very little to offer for individuals suffering from multiple sclerosis and other autoimmune diseases. Today, medical science has brought us wave upon wave of immunomodulatory medications to try to slow disease progression. Unfortunately, these medications come with their own health- and life-threatening side effects. And sometimes, they just stop working. “Fighting the Dragon: How I Beat Multiple Sclerosis” is the story of one woman’s thirty year battle with multiple sclerosis and what she did to reclaim her life when she realized she would need an assisted living facility within a few years. The book contains detailed descriptions of what worked and what did not, where she got the help she needed (and how the reader can locate these resources within his/her own community), and the logic behind the non-conventional therapies. “Fighting the Dragon” is a narrative of courage—courage driven by desperation, a story written by a patient who decided, when her neurologist told her, “You will never walk normally again,” that she would dance. “Fighting the Dragon” is also a book the MS patient can take to his/her physician . . . it contains well-researched, easy-to-follow guidelines for what to do and how. The information is also applicable to a wide range of other autoimmune conditions, cancers, and AIDS. Excerpt: . . . if your car broke down again a week later, would you be satisfied? Probably not. You might decide it is time to replace the car. But that might be too expensive. So, what to do? If you were smart, you would probably try to find a new mechanic. You might ask your friends who they would recommend. You might search on the Internet to see if other people had the same experience with their cars . . . and what caused the problem. You might telephone some repair shops to get some idea of what they thought the problem might be. If you found a new mechanic and that mechanic looked over the car and said, “I have a solution that is not in any industry-approved repair manuals, but it is safe and it works,”—would you walk away and go back to the first mechanic who never got it right? Why is your health worth any less than your car?

The Trench Warfare of World War I-Charles River Editors 2018-02-26 *Includes pictures *Includes accounts of fighting written by soldiers *Includes a bibliography for further reading *Includes a table of contents "God would never be cruel enough to create a cyclone as terrible as that Argonne battle. Only man would ever think of doing an awful thing like that. It looked like 'the abomination of desolation' must look like. And all through the long night those big guns flashed and growled just like the lightning and the thunder when it storms in the mountains at home. And, oh my, we had to pass the wounded. And some of them were on stretchers going back to the dressing stations, and some of them were lying around, moaning and twitching. And the dead were all along the road. And it was wet and cold. And it all made me think of the Bible and the story of the Anti-Christ and Armageddon. And I’m telling you the little log cabin in Wolf Valley in old Tennessee seemed a long long way off.” - Alvin C. York World War I, also known in its time as the “Great War” or the “War to End all Wars,” was an unprecedented holocaust in terms of its sheer scale. Fought by men who hailed from all corners of the globe, it saw millions of soldiers do battle in brutal assaults of attrition which dragged on for months with little to no respite. Tens of millions of artillery shells and untold hundreds of millions of rifle and machine gun bullets were fired in a conflict that demonstrated man's capacity to kill each other on a heretofore unprecedented scale, and as always, such a war brought about...
technological innovation at a rate that made the boom of the Industrial Revolution seem stagnant. The enduring image of World War I is of men stuck in muddy trenches, and of vast armies deadlocked in a fight neither could win. It was a war of barbed wire, poison gas, and horrific losses as officers led their troops on mass charges across No Man's Land and into a hail of bullets. While these impressions are all too true, they hide the fact that trench warfare was dynamic and constantly evolving throughout the war as all armies struggled to find a way to break through the opposing lines. Though World War I is almost synonymous with trench warfare, that method of combat was nothing new. There had been extensive use of trenches during the later stages of the American Civil War (1864-1865), and trench warfare was constant during the Second Boer War (1899-1902), the Russo-Japanese War (1904-1905), and the Balkan Wars (1912-1913). These conflicts showed that modern firepower combined with entrenched positions gave a decisive advantage to the defender, yet European observers failed to learn any lessons from these conflicts, and the scale of trench warfare in World War I far eclipsed anything seen before or since, especially on the Western Front. Since the Industrial Revolution, arms and materiel output had increased by orders of magnitude, as had the quality and uniformity of the products. Several developments had already taken place in the years building up to the conflict, stepping stones towards the vast escalation in military innovation which took place immediately prior to and during World War I. Chief among these was the invention of smokeless gunpowder, which took place concurrently among several powers between 1890 and 1905. This was a crucial development, as it eliminated the literal "fog of war" which in vast quantities obscured the battlefield entirely and on an individual level both gave away the position of marksmen and made it impossible for them to fire accurately unless they moved away from their own smoke-cloud. Further innovations included the adoption into service of the first belt-fed machine guns, predecessors of those which would wreak such slaughter in the trenches, and the development of cannon which did not roll backwards after each shot as 19th century pieces did, but remained fixed in place.

**The Last Grandmaster - the Legend of Hua**

Julia Pierrepont, 3rd 2016-11-18 The epic tale of Grandmaster Sin Kwang The’s extraordinary struggle and ultimate triumph to become the youngest Grandmaster in history. "The Last Grandmaster" artfully weaves the legendary stories of historic martial arts heroes with the Grandmaster’s own life story, set against many riveting events in the history of modern China.