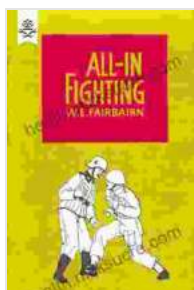


All In Fighting Fairbairn: The Origins, Techniques, and Legacy of a Martial Arts Master

W.E. Fairbairn was a legendary martial artist and innovator who revolutionized self-defense and close-quarters combat training. His system, known as All In Fighting, is still taught today by law enforcement and military personnel around the world.

Fairbairn was born in England in 1885. He began his martial arts training at a young age, studying boxing, wrestling, and jujutsu. In 1907, he joined the Shanghai Municipal Police, where he served for 25 years. During his time in Shanghai, Fairbairn developed his own unique approach to self-defense, based on his experiences in street fighting and riot control.

In 1936, Fairbairn returned to England and joined the Royal Marines. He was tasked with developing a close-quarters combat system for the Marines, and he based it on his All In Fighting system. Fairbairn's system was highly effective, and it helped the Marines to develop a reputation as one of the most formidable fighting forces in the world.



All-in Fighting by W. E. Fairbairn

★★★★☆ 4.6 out of 5

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File size : 6572 KB
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Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 206 pages
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During World War II, Fairbairn served with the Special Operations Executive (SOE), where he trained agents in unarmed combat and knife fighting. He also developed a number of new weapons and techniques, including the Fairbairn-Sykes fighting knife.

After the war, Fairbairn continued to teach his system to law enforcement and military personnel around the world. He also wrote a number of books and articles on self-defense and close-quarters combat.

Fairbairn died in 1960, but his legacy continues to live on. His system is still taught today by law enforcement and military personnel around the world, and it has had a major impact on the development of modern martial arts.

All In Fighting is a comprehensive system of self-defense and close-quarters combat that incorporates techniques from a variety of martial arts, including boxing, wrestling, jujutsu, and karate. Fairbairn believed that there was no one "best" martial art, and he borrowed the most effective techniques from each discipline to create his own unique system.

All In Fighting techniques are designed to be simple, effective, and easy to learn. The system emphasizes the use of natural movements and body mechanics to generate power and speed. Fairbairn also placed a great deal of emphasis on training for real-world situations, such as street fighting and riot control.

Some of the most common All In Fighting techniques include:

- **Punches:** Fairbairn taught a variety of punches, including straight punches, hooks, and uppercuts. He emphasized the importance of punching with power and accuracy.
- **Kicks:** Fairbairn also taught a variety of kicks, including front kicks, side kicks, and roundhouse kicks. He emphasized the importance of kicking with speed and power.
- **Elbows:** Fairbairn taught a variety of elbow strikes, including straight elbows, back elbows, and upward elbows. He emphasized the importance of using elbows to strike vulnerable targets, such as the head and neck.
- **Knees:** Fairbairn taught a variety of knee strikes, including straight knees, side knees, and roundhouse knees. He emphasized the importance of using knees to strike powerful targets, such as the groin and stomach.
- **Grappling:** Fairbairn taught a variety of grappling techniques, including throws, takedowns, and joint locks. He emphasized the importance of using grappling to control an opponent and take them to the ground.
- **Weapons:** Fairbairn taught a variety of weapons techniques, including knife fighting, stick fighting, and hand-to-hand combat. He emphasized the importance of using weapons to defend yourself against armed attackers.

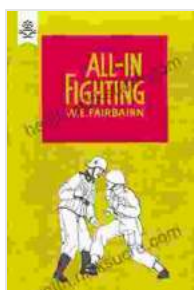
All In Fighting has had a major impact on the development of modern martial arts. The system's emphasis on simplicity, effectiveness, and real-

world applications has made it popular with law enforcement and military personnel around the world.

All In Fighting has also been influential in the development of a number of other martial arts, including Krav Maga, Jeet Kune Do, and Systema. These martial arts incorporate many of the techniques and principles that Fairbairn developed, and they continue to be taught to law enforcement and military personnel around the world.

Fairbairn was a true pioneer in the field of martial arts. His system was innovative and effective, and it has had a lasting impact on the world of self-defense and close-quarters combat. Fairbairn's legacy continues to live on today, and his system continues to be taught by law enforcement and military personnel around the world.

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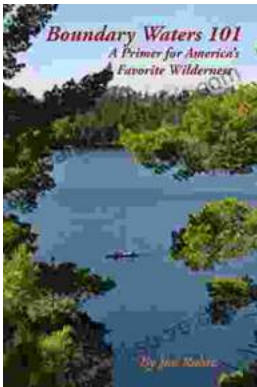
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