**Al-Qaeda manual encourages attacks on high street stores in UK**

**Not to be outdone by Isil, al-Qaeda publishes English-language 'shopping list' for making bombs that can be used to attack British and American targets**

The terrorist group al-Qaeda has published a manual in which it encourages followers to bomb British targets including Sandhurst, the MI5 headquarters and high profile department stores.

The media arm of al-Qaeda in the Arabian Peninsula (AQAP) this week published a nine-page how-to guide in its English-language magazine on making car bombs and suggests terror targets in the UK and the US.

The publication suggests jihadists target the Royal Military Academy Sandhurst, Thames House in London and department stores during Friday prayers, so as to avoid harming Muslims.

There is a suggested list of targets for lone-wolf, or individually executed, terror attacks, including New York's Times Square, casinos and nightclubs in Las Vegas, oil tankers and busy train stations.

It also encourages attacks on places around the world where Britons, Americans and Israelis take holidays.

Included in the article is a timeline of terror attacks, including 9/11 and the Boston bombings that includes a blank entry marked 201?, implying a terror attack on foreign soil is planned for the near future.

The manual goes on to praise the “Boston bomber brothers” Tamerlan and Dzhokhar Tsarnaev, praying Allah accept them.

“My Muslim brother: we are conveying to you our military training right into your kitchen to relieve you of the difficulty of travelling to us,” it reads.

“If you are sincere in your intentions to serve the religion of Allāh, then all what you have to do is enter your kitchen and make an explosive device that would damage the enemy if you put your trust in Allah and then use this explosive device properly.”

Steve Stalinsky, whose organisation Middle East Media Research Institute (MEMRI) monitors the online and media activity of Jihadi groups and reported on the release of this publication, said: “Both AQAP and IS, as well as every other al-Qaeda branch and offshoot is relying on US social media companies including Twitter and YouTube for their cyber-Jihad efforts.

“There could be some envy by AQAP that IS is now getting all the headlines,” Mr Stalinsky said.