

Cane Fighting Techniques

The Art of Stick Fighting Self-Defense is for anyone who wants to learn the basics of self-defense with a cane, stick, or umbrella. These everyday implements are legal to carry and can be wielded just as effectively as a Japanese bo, a wooden staff, or a Brooklyn baseball bat. You will learn how to select a 'stick,' grip it correctly, and apply simple but effective self-defense techniques against a variety of attacks.The Art of Stick Fighting Self-Defense can be mastered by anyone who has the diligence to gain the necessary skills, and this book is your roadmap to getting started down this path of self-reliance
When Sherlock Holmes wrestled with Dr Moriarty on the Reichenbach Falls, he was employing a system of self-defence that was all the rage in Victorian Britain. In an age when footpads and fogle-snatchers meant a man of breeding took his life in his hands when walking across town, a martial arts craze took hold that did not escape Conan-Doyle's keen eye for research. Schools sprung up all over London, chief among which was E.W. Barton-Wright's "Bartitsu" method. The Sherlock Holmes School of Self-Defence commemorates Barton-Wright's exploits and the fighting techniques of the famous sleuth himself (though Conan-Doyle mischievously spelled it Baristu). Learn how to defend yourself with an overcoat, cane, or umbrella, or even to wield your bicycle against an attacker. Wonderful illustrations based on original photographs instruct the reader in skills that range from the sublime to the elementary.

"Did you know that the martial arts include such former Western pursuits as dueling, gunfighting, and gladiatorial combat? Nearly 100 articles by scholars discuss specific martial arts, countries, and concepts such as religion and spiritual development common to martial arts traditions of the world.

Definitions of unfamiliar terms and an index that notes the historical figures and classic texts discussed within articles help to make this set a scholarly corrective in an area often informed by the movies."-"*Outstanding Reference Sources," American Libraries, May 2002.*

SAVAGE STREET FIGHTING - IT'S BRUTALLY EFFECTIVE! Self-defense expert Sammy Franco reveals the science behind his most primal fighting method. *Savage Street Fighting: Tactical Savagery as a Last Resort* is a brutal self-defense system specifically designed to teach law-abiding citizens how to use "tactical savagery" when faced with the immediate threat of an unlawful deadly criminal attack. *Savage Street Fighting* is systematically engineered for the most dire circumstances - when there are no other self-defense options left! **Learn How To: Win a street fight instantly Defeat any ground fighting system Bypass the time consuming grappling game Develop a true "Savage" mindset Inflict swift and severe pain at will Psych-out the toughest & meanest street thugs Quickly escape from all types of choke holds Destroy any attacker regardless of his size and strength Force your attacker to immediately retreat from the fight Defend against multiple attackers And much, much more**
A GROUND FIGHTER'S WORST NIGHTMARE! *Savage Street Fighting* is a ground fighter's worst nightmare! Unlike every submission fighting system taught today, *Savage Street Fighting* scientifically circumvents the laborious and time consuming grappling game and ends the ground fight instantly. *But, when used in combination with any grappling and ground fighting system, Savage Street Fighting will make you unbeatable on the ground!* *Savage Street Fighting* is the combat program mixed martial artists and grapplers don't want you to see! **IT'S IDEAL FOR:** *Civilians Law enforcement Military personnel Security specialists Executive protection Martial artists Self-defense practitioners IT'S QUICK AND EASY TO LEARN!* With over 300 photographs and detailed step-by-step instructions, *Savage Street Fighting* teaches you Franco's most ferocious and barbaric street fighting techniques. They are simple to learn and easy to apply. As a matter of fact, you don't need any previous self-defense or martial arts training to apply these devastating combat techniques. *But, if you do have previous training, Savage Street Fighting* seamlessly integrates with any type of martial art style or self-defense system. **IT'S PRIMAL AND FIERCE!** *Savage Street Fighting* truly is the 800-pound gorilla of self-defense tactics. *Savage Street Fighting* is a must-have book for anyone concerned about real world self-defense and who wants the knowledge, skills and mindset required to dispense extreme punishment when faced with a deadly force self-defense situation. Now is the time to learn how to unleash your inner beast!

Cane Fighting Manual

The Ultimate Guide to Personal Protection

How to Treat Your Injuries with Powerful Healing Secrets of the Great Chinese Warrior

Cane Fighting

A Practical Approach to Using the Kali Stick, Police Baton, or Nightstick for Self-Defense

Secrets from the Temple

The Manly Art of Bartitsu as used against Professor Moriarty

The Stick and Cane in Close Combat

Here is a manual for anyone interested in the basic use of the Hanbo, cane and walking stick for self-defense. This Pro-Bushi Basic Manual covers the essential techniques and tactics needed to defend yourself against most common types of attacks. The Hanbo, cane and walking stick are one of the few legal weapons that can be carried on planes or in court rooms.

"Attack Proof" goes beyond typical self-defense and martial arts to teach people how to handle violence the way "it" "actually" "is." The expanded edition of "Attack Proof" covers essential tactics, including more than 20 new drills that focus on balance, body unity, and footwork. This book presents you with critical information for confronting violence.

Self-Defense for Gentlemen and Ladies is the treatise of Colonel Thomas Hoyer Monstery, a master swordsman who participated in more than fifty duels, fought under twelve flags, battled gangsters, and was constantly involved in the great conflicts and upheavals of his time. This book is the magnum opus of this remarkable and colorful character, originally published in the 1870s as a series of newspaper articles and collected here for the first time. Colonel Monstery presents a unique look into the Victorian-era fighting world, describing styles such as British “purring” (shin-kicking), Welsh jump-kicking, and American rough-and-tumble fighting, and provides illustrated instruction in the art of gentlemanly self-defense with a cane, staff, or one’s bare hands. Fifty rare drawings and photographs from the period illuminate Monstery’s world, while an extensive glossary of terms and an introductory biography of Colonel Monstery—including fascinating details of his many duels as well as his groundbreaking devotion to teaching fencing and self-defense skills to women—update his text to make it accessible and useful to gentlemen and ladies of any era.
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Colonel Thomas Hoyer Monstery: The Unknown American Martial Arts Master
I. Introduction.
II. The Logic of Boxing.
III. Standing and Striking.
IV. Advancing to Strike and Feinting.
V. Simple Parries in Boxing.
VI. Parries with Returns.
VII. Effective or Counter Parries in Boxing.
VIII. Offence and Defense by Evasions.
IX. Trips, Grips, and Back-Falls.
X. Rules for a Set-to with Gloves.
XI. Observations on Natural Weapons.
XII. The Use of the Cane.
XIII. The Use of the Cane (continued).
XIV. The Use of the Staff.
XV. The Use of the Staff (continued).
Appendix: Monstery’s Rules for Contests of Sparring and Fencing
Glossary From the Hardcover edition.

This book, by the man who taught them, shows how the British Commandos fought in the Second World War in unarmed hand-to hand combat. It shows how they won their fights - even against enemies who were bigger, stronger, and armed. Brute strength is not required. This book shows you how to put a thug out of action with your bare hands, so fast he won't know what's hit him. Get Tough is filled with clear, graphic line drawings which, with the easy-to-follow directions, demonstrate the Fairbairn System. The author, Major W. E. Fairbairn, was a tough Police officer who spent 30 years with the Shanghai Municipal Police, where he learned ju-jitsu (Judo), Chinese boxing and other martial arts. He was senior instructor to British Special Forces during the war, and was the co-inventor of the legendary Sykes-Fairbairn Commando knife. While in China he became the first foreigner, living outside Japan, ever admitted to Kodokan Jiu-Jutsu University in Tokyo where he was awarded the black belt, second degree. Combining all the knowledge thus acquired he developed a system that stopped the Shanghai terrorists in their tracks, demoralized the Nazis, and probably proved a decisive factor in the success of Allied Special forces in World War Two. This is a must book for the armed forces, civilian defense groups, police, security guards, and indeed anyone whose life may be threatened.The method of hand-to-hand fighting described in this book is the approved standard instruction for all members of His Majesty's forces. The Commandos, and parachute troops, harrying the invasion coasts of Europe, have been thoroughlytrained in its use. Britain's two-million Home Guard are daily being instructed in its simple but terrible effectiveness. The units of the United States Marine Corps who were stationed in China between 1927 and 1940 learned these methods at my own hands when I was Assistant Commissioner of the Shanghai Municipal Police.There will be some who will be shocked by the methods advocated here. To them I say "In war you cannot afford the luxury of squeamishness. Either you kill or capture, or you will be captured or killed. We've got to be tough to win, and we've got to be ruthless - tougher and more ruthless than our enemies."

Modern Fighting Techniques from the Age of Alexander

Essential Stick & Cane

From the Middle Ages to the End of the Eighteenth Century

Modern Arnis

The Aiki Way

The Sherlock Holmes School of Self-Defence

Black Belt

The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense

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.

MENTAL TOUGHNESS FOR BUSINESS, SPORTS AND HEALTH! The 10 Best Mental Toughness Techniques contains time-tested techniques and strategies for improving mental toughness in all aspects of life. It teaches you how to unlock the true power of your mind and achieve success in business, sports, high-risk professions, self-defense, fitness, and other peak performance activities. However, you don’t have to be an athlete or warrior to benefit from this unique mental toughness book. In fact, the mental skills featured in this indispensable program can be used by anyone who wants to reach their full potential in life. **THE 10 BEST MENTAL TOUGHNESS TECHNIQUES** is ideal for: Business people Athletes High-risk professionals Self-defense students Martial artists Fitness enthusiasts Any activities requiring peak performance **LIFE-CHANGING MENTAL TOUGHNESS TECHNIQUES** The 10 Best Mental Toughness Techniques is a life-changing book packed with practical strategies and proven techniques for mastering your mind, body and spirit! Unlike other mental toughness books, it doesn't bog you down with dry theories, mind-numbing case studies, confusing jargon or pointless anecdotal stories. Instead, it's written in simple, easily understood language, so you can immediately apply the mental toughness techniques and achieve personal success. **CONTROL YOUR MIND = CONTROL YOUR DESTINY!** In this easy to follow step-by-step program, world-renowned martial arts expert, Sammy Franco takes his 30+ years of research, training and teaching and gives you simple and practical techniques to develop mental toughness and achieve new levels of personal and professional success. In fact, these are the very same techniques that have helped thousands of Franco’s students excel and achieve their personal goals. Learn how to acquire the ideal mindset for peak performance Learn how to confront, perform and prevail from extreme adversity Maximize your performance with the complete mental toughness package Learn how to achieve more success with less energy Become a more confident and self-disciplined person Learn how to develop laser-beam focus and concentration Manage and control fear during stressful performance situations Learn how to become more assertive and aggressive Quickly overcome major obstacles and personal setbacks Eliminate anxiety and negative thinking patterns during critical performance events Pursue your goals and dreams with a renewed sense of energy and motivation Overcome procrastination and inaction And much more **CONQUER FEAR ONCE AND FOR ALL!** In this comprehensive mental toughness guide, you’ll also learn step-by-step strategies for dealing with the debilitating fear and anxiety often associated with high-performance situations. Invincible gives you the mental body armor necessary to cope, perform and prevail from all forms of extreme adversity. By studying and practicing the exercises in this book, you will feel a renewed sense of empowerment, enabling you to live life with greater self-confidence and personal freedom.

Crime is rampant; the City cries in pain. The call is made for a protector, a heroare you that hero? Do you feel the burning urge to fight evilbut maybe youre not quite sure where to start? Do I need a stickhow about a mask? Must I develop 6-pack abs before heading off into the night? What will the neighbours think? Well, youve had your entire life to be normal, and what did that get you? Probably not muchor maybe it has; good for you! Its time to get positive, its time to get crazy; its time to impose your glorious, indomitable will upon the world at large. So dont plod through another day at your boring, lame-ass job, surrounded by coworkers that you hate, with a boss you want to shove face-first into a filthy toilet bowl. Put on your ski mask and grab the old baseball batits time to go bash some scum! Justice! Brutality! Ultra-violence! Heed the call!!! {Disclaimer: Dont actually heed the call, or youll end up dead or imprisoned. Reality checksorry.}

A renowned expert in Chinese sports medicine and martial arts reveals ancient Eastern secrets for healing common injuries, including sprains, bruises, deep cuts, and much more. For centuries, Chinese martial arts masters have kept their highly prized remedies as carefully guarded secrets, calling such precious and powerful knowledge "a tooth from the tiger's mouth." Now, for the first time, these deeply effective methods are revealed to Westerners who want alternative ways to treat the acute and chronic injuries experienced by any active person. While many books outline the popular teachings of traditional Chinese medicine, only this one offers step-by-step instructions for treating injuries. Expert practitioner and martial artist Tom Bisio explains the complete range of healing strategies and provides a Chinese first-aid kit to help the reader fully recover from every mishap: cuts, sprains, breaks, dislocations, bruises, muscle tears, tendonitis, and much more. He teaches readers how to: Examine and diagnose injuries Prepare and apply herbal formulas Assemble a portable kit for emergencies Fully recuperate with strengthening exercises and healing dietary advice Comprehensive and easy to follow, with drawings to illustrate both the treatment strategies and the strengthening exercises, this unique guidebook will give readers complete access to the powerful healing secrets of the great Chinese warriors.

Cane Fighting Guide

The Compressive Guide on Mastering the Art of Cane Fighting (Skills and Techniques)

Martial Arts of the World: A-Q

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How To Win In Hand To Hand Fighting

The Art of Irish Stick-Fighting

Shaolin-Do

Toward Combined Arms Warfare

Cane FightingThe Authoritative Guide to Using the Cane or Walking Stick for Self-DefenseContemporary Fighting Arts, LLC

La Canne holds a unique position in the development of martial arts in the nineteenth century. It was at once a weapon for self-defense taught in the boxing and savate clubs across France and Belgium as well as a tool for gymnastics and physical education. The canne was taught to the officer class in military academies and to children in public schools. This volume presents two mid-century methods for learning the canne which encompass both these aspects of its use. Larribéau’s 1856 A New Theory of the Art of the Canne concentrates more on self-defence and introduces lessons against a mannequin as a teaching method. Hume’s 1862 Treatise and Theory of La Canne Royale centres more on the gymnastic and athletic aspects of the canne. Both provide a fascinating insight into the canne before it was codified by Vigny and incorporated into the composite English martial art of Bartitsu."

The oldest and most respected martial arts title in the industry, this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self-defense in the world - including techniques and strategies. In addition, Black Belt produces and markets over 75 martial arts-oriented books and videos including many about the works of Bruce Lee, the best-known marital arts figure in the world.

The companion volume to La Boxe Fran ç aise, La Canne offers Charlemont's rough and ready guide to the use of a cane as a serious weapon of self defense. Derived from the techniques of saber fencing, La Canne is a purely European stick fighting system which will surprise any curious dabbler who takes up a solidly made cane and delivers a few good looping whacks to a heavy bag or tree with it. The fighting cane will knock a man senseless, shatter a knee, forearm, or wrist, splinter a finger and bust a rib or three with relative ease. In 1899 canes were ubiquitous, an essential accessory for every gentleman that was often opted for by ladies as well. While many a sly fellow had a rapier hidden in his cane, Charlemont's system made this unnecessary, as a skilled stick fighter could piece out a knife wielding robber away with the power of Newtonian physics and a couple of polished hardwood. Whether or not canes make a comeback as an everyday fashion statement remains to be seen, but there is certainly nothing wrong with the average citizen carrying one for style, support, and something to point at stuff with. This book is for entertainment purposes only.

The Martial Arts of Ancient Greece

The 10 Best Knife Fighting Techniques

J. Charlemont's Defensive Cane Method

A Survey of 20th-century Tactics, Doctrine, and Organization

Tactical Savagery as a Last Resort

A Complete Instructional Guide

Stick Fighting

Brutal Justice

Essential Stick & Cane is a collection of more than 200 techniques with the 3-foot stick (the Japanese hanbo) or standard hook-handled cane. (These jointlocks, throws, chokes, escapes, disarms, strikes, rolls, and exercises are shown in DVDs available from the author at www.TomLangMartialArts.com.) The purpose of this Instructor's Manual is not to teach the techniques but to teach how to teach them. It has no photographs of the techniques themselves. Instead, it describes the movements, key points, and the most common mistakes made in practicing each technique. More importantly, it includes chapters on training techniques, principles of movement and leverage, forms of stick fighting around the world, medical implications, and thoughts on self-defense, as well as a bibliography of more than 250 books and DVDs on stick and cane fighting. These chapters provide the background and additional information that make teaching more effective and learning more interesting.

DEVASTATING STRICK FIGHTING SECRETS! The 10 Best Stick Fighting Techniques is the fourth installment in Sammy Franco's 10 Best Book Series. This unique book offers you the most practical and useful methods for using a combat stick for real-world self-defense. **IDEAL TRAINING FOR ALL COMBAT STICKS** The 10 Best Stick Fighting Techniques is an excellent source for learning how to use some of the following weapons: Kali and Escrima Stick Police Baton Collapsible Steel Baton Nightstick Side-Hand Baton **The 10 Best Stick Fighting Techniques** is based on world-renowned martial arts expert, Sammy Franco's 30+ years of research, training, and teaching reality based self-defense. Mr. Franco has taught these unique stick fighting techniques to thousands of his students, including law enforcement agents, military personnel, and civilians, and he's confident they will help you in a desperate time of need. **NO PREVIOUS TRAINING NECESSARY!** Regardless of your training background or level of experience. The stick fighting techniques and strategies featured in this book are straightforward and will work seamlessly with your current martial arts, self-defense, or survival program. If you're a student of the Filipino Martial Arts (FMA) or just a recreational enthusiast, you'll also find **The 10 Best Stick Fighting Techniques** a welcome addition to your library. Best of all, you don't need any previous training to master these devastating stick fighting techniques. **FOR BEGINNER AND ADVANCED, STUDENT OR INSTRUCTOR** Whether you are a beginner or advanced practitioner, student or instructor, **The 10 Best Stick Fighting Techniques** teaches powerful street-oriented techniques and proven fighting methods to get you home alive and in one piece.

Covering a variety of preparatory stretches and warm-up exercises, the 12-zone striking and defense systems, hand-to-hand combat ("trapping hands"), flow-practice drills, sinawali and redonda, this 160-page, fully illustrated text gives novices a tangible amount of self-defense skill through specific drills. For example, the sinawali is taught without sticks, in empty-hand fashion, to illustrate how its weaving motions can be easily translated into empty-hand movements for blocking, punching, and takedowns. He discusses the 12 important angles of attacks on the human body, 12 basic ways of dealing with each angle, plus stick and sword disarming techniques.

This book stands apart from other staff training manuals. While most titles focus on forms and twirling, The Art and Science of Staff Fighting emphasizes the dynamics of combat. The author draws on thirty years of martial experience, presenting the best of both Eastern and Western traditions. Joe Varady lays out a comprehensive course of study in nine levels, from beginner to expert. He guides readers through such fundamentals as stances, striking, blocking, and footwork. In advanced lessons, readers learn disarming techniques, groundwork, and facing multiple opponents.

The Walking Stick Method Of Self-defence

