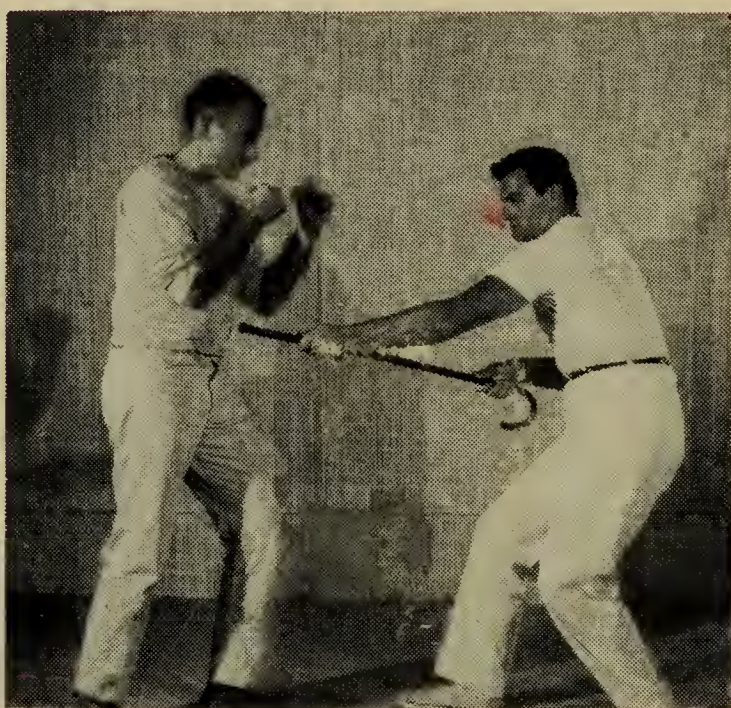


# STICK FIGHTING

## FOR SELF-DEFENSE:



**Yawara, Aikido,  
Cane, Police Club,  
Quarter-Staff**



BY

**BRUCE TEGNER**



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Stick Fighting for Self-Defense

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IOWA STATE COMMISSION  
FOR THE BLIND

# STICK FIGHTING FOR SELF-DEFENSE:

Yawara, Police Club, Aikido,  
Cane, Quarter-Staff

by Bruce Tegner

With a special section of defenses  
for blind and disabled persons.

120-1100-12



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## INTRODUCTION

When Man lived in caves, he used sticks for weapons. Long before he learned to fashion an ingenious club, using sticks, stones, and leather, he picked up a handy tree branch and went hunting. There is evidence, too, that he used it on his companions -- for what reason we can only conjecture. At any rate, stick fighting is as old as the human species.

In our million years we have devised weapons with a genius for making them more and more deadly to greater and greater numbers of people (and animals). Yet the use of a stick for fighting has persisted in many parts of the world for many reasons.

In spite of the appalling evidence of violence everywhere, it is true that most people abhor the use of violence. Most people find it difficult even to contemplate the use of fire-arms for killing -- even in self-defense. The same can be said for the use of cutting weapons. A stick, however, does not have the same connotation of fatal violence. Though it is a weapon and can be used in a deadly manner, it has also the possibility of affording protection without the brutal consequences of more sophisticated weapons.

Other reasons for the use of sticks for weapons are obvious: it is cheap, easily made or found, and it does not have the appearance which creates hostility. A policeman carrying a club and a policeman carrying a gun are two quite different policemen.

The manner of using sticks has varied greatly in different countries at different times. This book is not a history of stick fighting, nor does it attempt to teach any specific form of stick fighting with any degree of thoroughness.

As are all of Bruce Tegnér's self-defense books, this book is a practical manual of self-defense. It uses parts of many stick fighting techniques. Only easily-learned, useful techniques are shown here. Those techniques which are not immediately practical

are identified as being exercises for dexterity. Hundreds of stick fighting techniques which might be interesting historically have been omitted. Since stick fighting has such an ancient history, many of the techniques have no modern application.

Bruce Tegnér has made a tremendous contribution to the teaching of the self-defense skills. A lifetime spent in this field has enabled him to know which techniques are the most useful, which can be quickly learned, which are most needed in most actual situations. Utilizing the best of the ancient arts, he has created a modern art. Samurai warriors are not to be found on the streets of Canton, Ohio, and our street warriors fight in a different fashion from the Samurai.

Mr. Tegnér extends the uses of stick fighting by putting into use articles which are remarkable because they are ordinary. Crutches, instead of hindering the handicapped man, become an effective aid. The miscellany found in any woman's purse are adapted to an ingenious and easy-to-find assortment of little sticks for self-defense.

Mr. Tegnér's brilliant teaching methods were developed and perfected in years of teaching all the self-defense skills to thousands of students. Through his books, this extraordinary teaching talent is reaching many additional thousands of people and making Bruce Tegnér the outstanding name in the field of self-defense in this country.

Alice McGrath

## PREPARATION FOR INSTRUCTING THE BLIND

If you have bought this book with the intention of helping a blind person learn self-defense, please read this section very carefully. Only the proper kind of help from you will enable the blind person to learn to defend himself. The procedure is the same whether the blind person is young or old, or whether he (or she) has been blind for many years or not.

THE BLIND ARE GOOD STUDENTS of self-defense. Your attitude is very important; it is quickly sensed by your student. You must have confidence in his ability to learn. Of the many blind people to whom I have given instruction, all were able to learn the defenses shown here for the blind. Begin the instruction by commenting that the author has taught this form of self-defense very successfully.

WORK SLOWLY. The blind student memorizes well. The general rules for memory work are these: Do not rush through the work. Make sure the work is understood very clearly before going on. Do not attempt to cover too much at each session. Begin each session with a review of previous work.

DO NOT "HANDLE" YOUR STUDENT. Whenever possible, give verbal instructions to your student. Avoid pushing or grabbing. If help is needed which requires touching, offer your hand or arm and allow your student to hold on to you.

PHRASE YOUR CORRECTIONS IN AN ENCOURAGING MANNER. If, for instance, you instruct your student to hit at approximate head level and he misses, avoid saying "That's too low." Instead, say "Strike higher."

SOUND IS IMPORTANT to the blind in learning this work. Scientific experiments have shown that the blind depend on their hearing to orient to distance and height. Work in a room which is not heavily carpeted. Hearing your footsteps is an aid to

judging direction.

IF YOUR BLIND STUDENT needs actually to strike you to gain confidence in his work, you may pad your arms and legs and allow him to strike you lightly with his padded cane. Pieces of foam rubber make excellent padding.

TOUCHING WILL HELP your student learn. Let your student touch the areas of your body which are target areas. Give your instructions verbally and allow him to touch you where you direct. He will learn more quickly in this fashion.

TEACH GOOD BALANCE to your student by stressing the "T" position. It will help the blind student to practice assuming the "T" position (with knees slightly bent) for all the standing work. This balance is preferred because it is a stronger position and adds to the feeling of confidence.

SELF-CONFIDENCE is the greatest gift you can give your student. You must constantly assure him that he has everything to gain and nothing to lose by using the training with which you are helping him. It is not necessary to be an "expert" at self-defense to use it to very good advantage. Remind him that any opponent he meets will be a coward, for only a coward will attempt an attack against someone from whom he expects no defense. Even a show of preparedness is often enough to stop a coward. Any defense, though it may not be in perfect form, is effective against an assailant who does not expect a defense. A flailing stick accompanied by good, strong shouting will un-nerve the would-be assailant.

HAVE PATIENCE and a sincere desire to help your blind student and you will accomplish wonders!

THE GREATEST SINGLE OBJECTIVE of the person learning the crutch defenses is improvement of balance. This is basic. While studying and practicing the techniques shown in this book, constant balance practice must be carried on. Because the degree and kind of weakness varies greatly from person to person, it is not practical to do more than suggest the form that balance practice should follow.

If one leg is much stronger than the other, the student should learn to shift weight quickly and firmly to the stronger leg and that crutch. It may then be that the free hand and arm might be the one which is not normally used by the student (a right-handed person might be using his left hand); in that case, the student would have to practice striking with the crutch using the free hand and building strength and good movement.

If both legs are of equal strength, then the student should practice shifting weight to the leg and crutch which leave his stronger hand free. It is best to practice on both sides, where this is possible, for greatest versatility.

You must remember that you do not have to become an "expert" to find this work useful. Only a coward will attempt an attack against someone from whom he expects no defense. Any show of preparation for attack is a deterrent to a coward. One whack with the crutch accompanied by a good, strong yell can accomplish wonders! You have nothing to lose by using this work--and everything to gain!

## DISTRACTION

### STAY ALIVE: USE YOUR HEAD AND YOUR CLUB

All the techniques demonstrated in this book are techniques which work. They have been proven in many ways and for many, many years. But before you begin your training in the ways to use the various stick techniques, you must train yourself to a sensible and cautious attitude toward your assailant, if you want to stay alive and unhurt.

FIRST, assume, always, that your opponent is dangerous. (If this were not true, you would not be using a stick defense.) Never underestimate the ability of your assailant just because you are trained in defense and retaliation. Some attacks are clearly more dangerous and vicious than others, as, for instance, knife and gun attacks. Your assailant may be a highly trained boxer, quick and strong; or he may be heavier and larger than you. In any case, give yourself the added advantage of physical and psychological auxiliary aids in confronting ANY assailant.

DISTRACTION METHODS: Distraction is both a physical and psychological aid in defense. Your assailant has one thing on his mind: to do you harm. Any second, or fraction of a second, serves as an advantage to you. There are a number of ways to distract. Listed here are only a few examples; you can think of others.

A LOUD YELL: Startling, and tends to freeze your assailant. With some people the effect lasts for minutes. Think how you have been affected by any sudden noise. Trembling and loss of coordination are common results of loud, unexpected noises. The fear reaction to a loud, unexpected noise is one of the few instinctive reactions with which we are born. The loud yell is a built-in weapon. Use it!

OUT-OF-DOORS you may have dirt, sand, rocks, or any other such material which you can throw in your assailant's face. The confusion and pain which result can give you a great advantage and may even stop the attack.

IN-DOORS you may have within reach any number of objects which may be thrown at your assailant to distract, confuse, and even cause pain, and which will make the stick defense more effective and easier to carry-through. In your pockets (and for women, in purses) you have at this moment a number of objects which can be used to throw at an assailant for distraction.

There are situations where you have only the stick to use for defense. Then, in addition to the very important yell, you can use a sudden arm motion for distraction. If, for instance, you have the stick in your right hand, a quick motion with your left hand will serve to draw your assailant's eyes toward the motion, away from your stick, and give you an added instant of advantage.

## BLOCKING METHODS: MEDIUM CLUB

### DEMONSTRATING THE FOUR QUARTERS

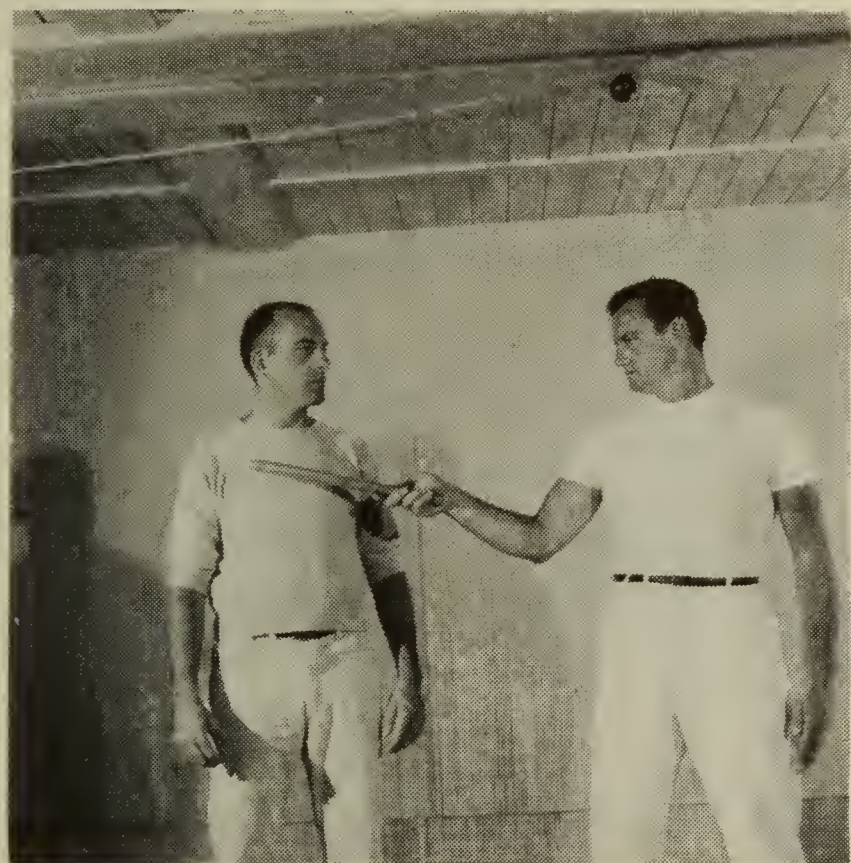
In order to prepare yourself for the greatest efficiency in practical self-defense, you should train yourself to think of attacks in types or groups of attacks. If you needed to learn a specific defense for every single, specific attack, you would have to learn an enormous variety of techniques.

Most common attacks have this element in common: you assailant must reach out for you, whether it be to punch, grab, choke, push, pull, slap, etc.

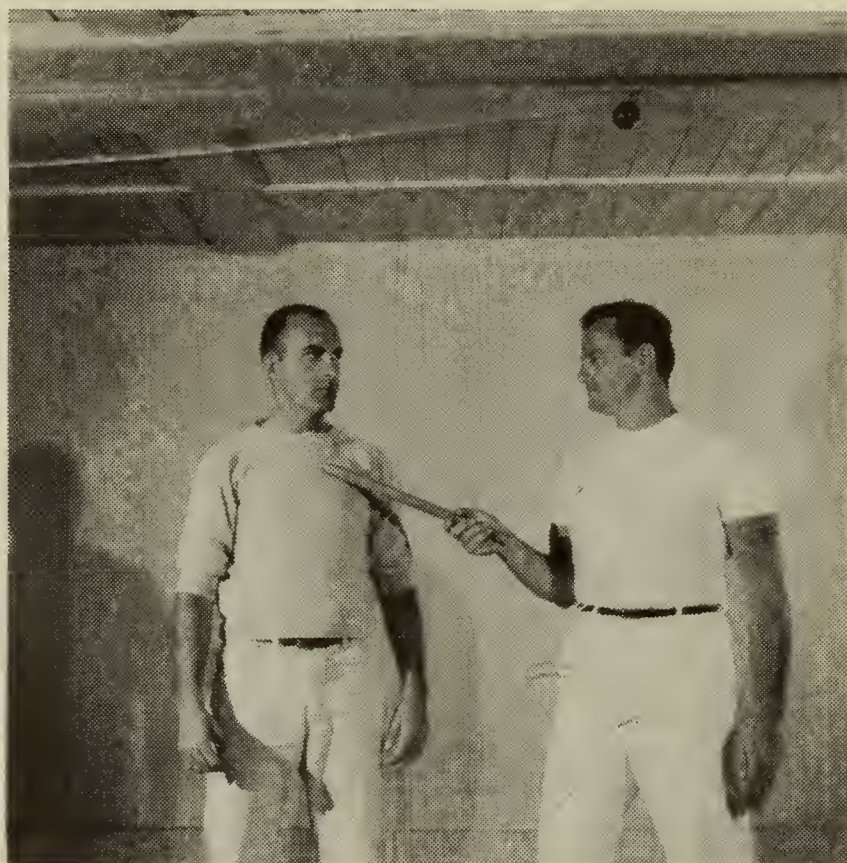
THINK OF YOUR OWN BODY AS BEING DIVIDED INTO FOUR QUARTERS. Draw an imaginary line down the middle of your body vertically and one across your chest horizontally. This gives you two upper quarters, left and right, and two lower quarters, left and right. Your assailant will direct his attack to one of the four quarters in most of the forward attacks. Practise stopping blows first with one hand and then the other. Right-handed persons will feel more natural striking right-handed blows and left-handed persons will prefer left-handed blows, but for highest proficiency, you should practise using both hands.

Learn to strike up and away when blows are directed to your upper quarters, and down and away when blows are directed to your lower quarters. Using a padded, very light stick, you can build up quick reaction and proper responses by working with a partner who will begin slowly, simulating various attacks. At first, concentrate on making the right response. As you continue to practise, have your partner speed up his attacks until you gain ability to respond properly and quickly.

BLOCKING METHODS:  
DEMONSTRATING THE FOUR QUARTERS



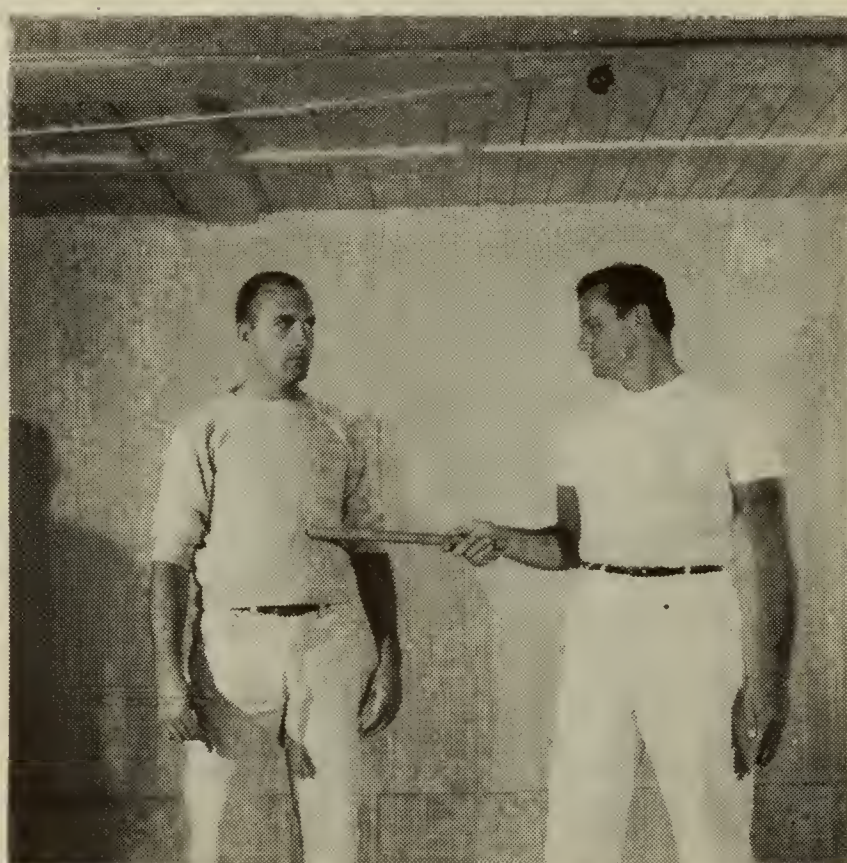
Upper Right



Upper Left



Lower Right



Lower Left

# WHERE TO STRIKE: FRONT

## STRIKING AREA

(numbers below indicate striking areas on drawing opposite.)

(numbers below indicate degree of punishment represented by asteriks in Key to Chart.)

LIGHT BLOW    MEDIUM BLOW    HEAVY BLOW

1.	TEMPLE	3	4	5
2.	NOSE	2	3	4
3.	JAW, HINGE	1	2	3
4.	UP UNDER JAW	1	2	3
5.	POINT OF JAW (CHIN)	2	3	4
6.	SIDE OF NECK	2	3	4
7.	WINDPIPE (ADAM'S APPLE)	3	4	5
8.	SHOULDER MUSCLE	1	2	3
9.	COLLAR BONE	1	2	3
10.	SOLAR PLEXUS (Striking Upward)	2	3	4, 5
	SOLAR PLEXUS (Striking Straight In)	1	2	3
11.	SIDE, JUST BELOW LAST RIB	1	2	3
12.	LOWER ABDOMEN	2	3	4, 5
13.	GROIN & TESTICLES	3	4	5
14.	TIP OF SHOULDERS	1	2	3
15.	ARM PIT	1	2	3
16.	ELBOW JOINT, INSIDE	1	2	3
17.	FOREARM	1	2	3
18.	WRIST	1	2	3
19.	BACK OF HAND	1	2	3
20.	FINGERS	1	2	3
21.	UPPER AND LOWER THIGH	1	2	3
22.	KNEE (Straight In)	2	3	4
23.	SHIN	2	3	4
24.	ANKLE	1	2	3
25.	INSTEP	1	2	3

## WHERE TO STRIKE: FRONT

### KEY TO CHART

The numbers indicate the degree of pain resulting from blows to the area.

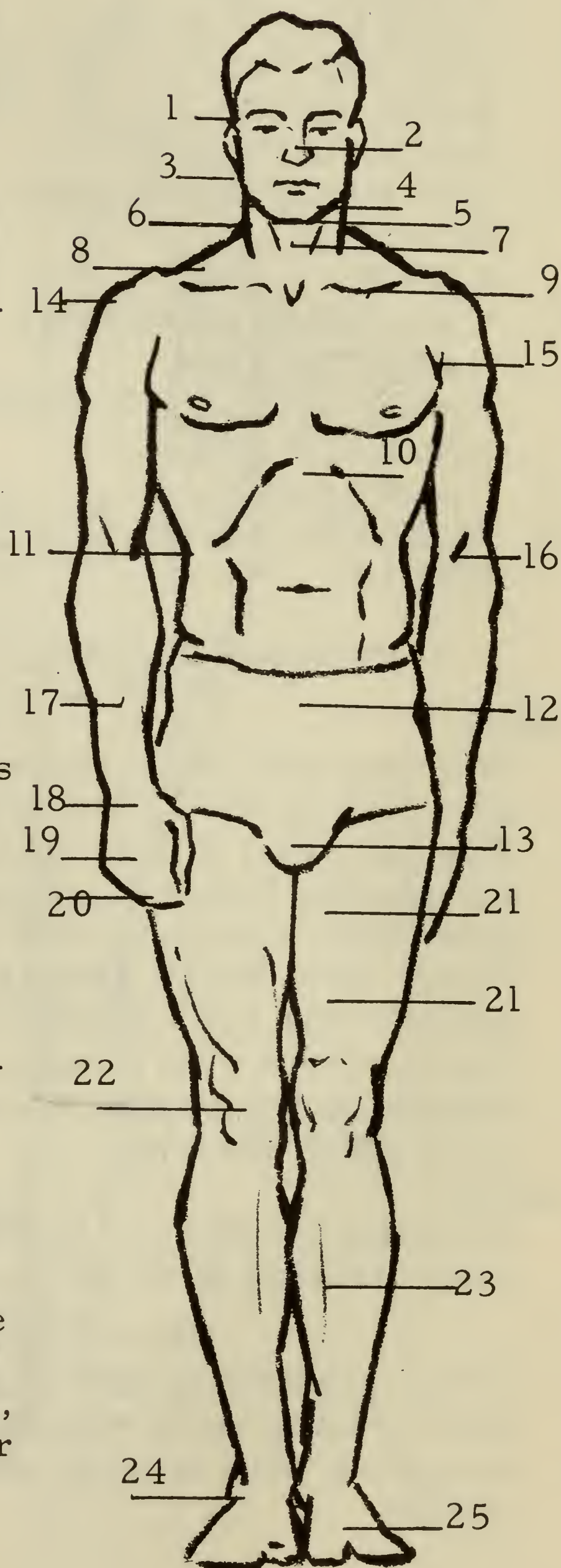
\*1-First degree of pain. The pain is moderate, but even moderate pain will confuse and distract an adversary and often end the attack.

\*2-Sharp pain. Distraction and confusion for longer period of time.

\*3-Stun and/or numbing. Stunning, though your adversary remain conscious, interferes seriously with his ability to react. Numbing prevents use of limbs for periods from several seconds up to several hours.

\*4-Temporary paralysis or unconsciousness. Temporary paralysis can last for minutes or hours.

\*5-Severe injury, possible permanent injury or possible fatality. This degree of punishment is justified only in the face of vicious, deadly attacks where your life is in danger.



## WHERE TO STRIKE: BACK

STRIKING AREA	LIGHT MEDIUM HEAVY		
	BLOW	BLOW	BLOW
1. BASE OF SKULL	3	4	5
2. CENTER OF NECK	2	3	4
3. 7TH VERTEBRA (AT BASE OF NECK)	3	4	5
4. BACK (CENTER, BETWEEN SHOULDER BLADES)	2	3	4
5. KIDNEY	3	4	5
6. TAILBONE (COCCYX)	2	3	4
7. BACK OF ARM	1	2	3
8. BACK OF ELBOW JOINT	1	2	3
9. BACK OF KNEE	1	2	3
10. CALF	1	2	3
11. TENDON (ACHILLES' HEEL)	1	2	3

## NOTES ON WHERE TO STRIKE

### NOSE:

Striking down or up under the nose has been taught as a killing blow, but this is not supported by fact. The idea that a blow to the nose may drive the bone up into the brain is simply not true. The nose is primarily cartilage and not capable of piercing the heavy bone which encases the brain. Furthermore, boxers who have been struck on the nose with great force, from every angle, survive the experience and often are not aware of even having a broken nose until after the bout.

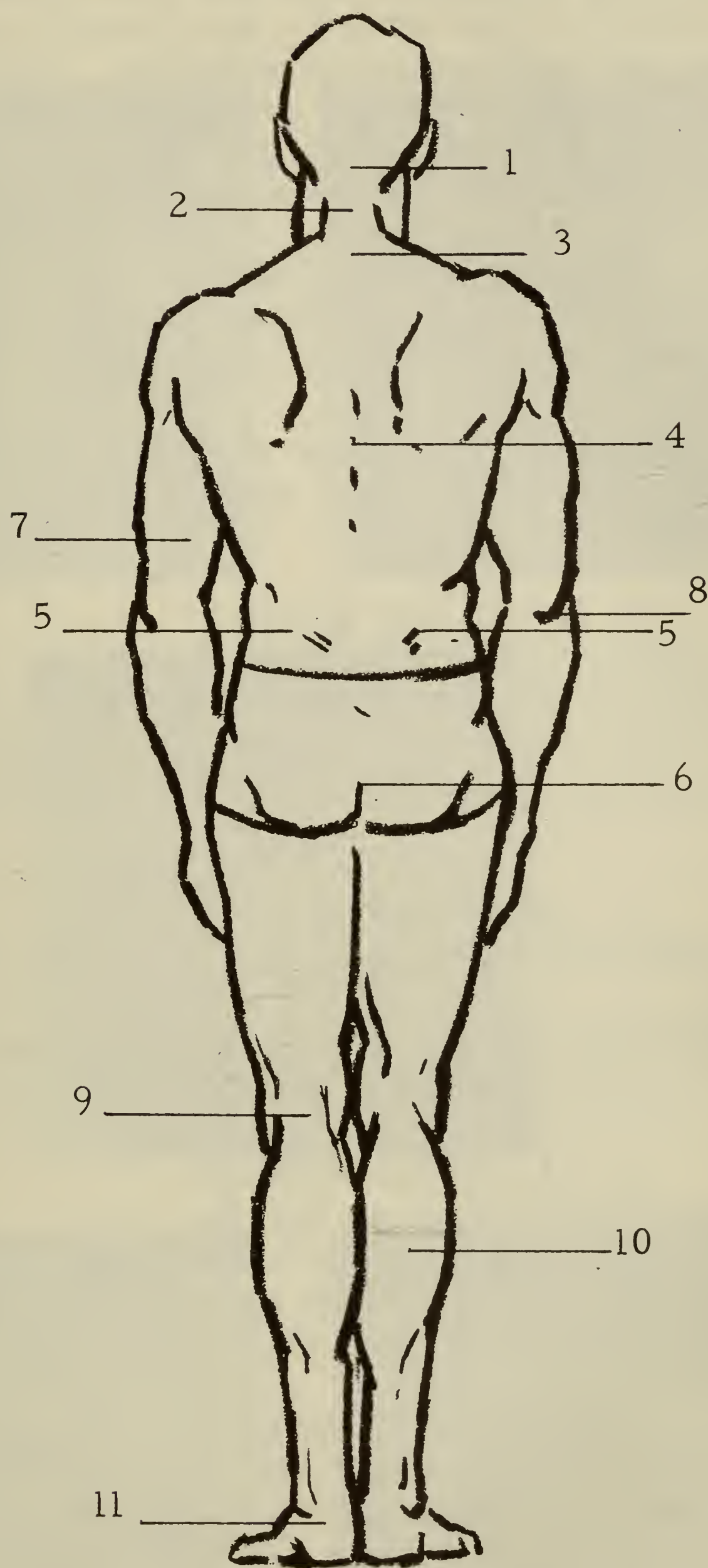
### KNEE:

Striking the knee at a 45° angle is more effective than striking straight in.

## PRACTICE

When practicing with a partner, a light touch to the striking area will suffice. It is not necessary to inflict pain on each other to learn where to strike.

# WHERE TO STRIKE: BACK



## DEFENSIVE POSITIONS: SMALL STICK

Note: In these positions you are in a ready stance to ward off an attack, but there is no indication of aggression or hostility. There is, with the yawara stick (or any small improvised stick), the advantage of being able to conceal the stick completely with ease.

### 1. HANDS AT SIDES

BODY POSITION: Feet shoulder width apart, weight equally distributed on both feet, body relaxed, Photo #1.

HAND POSITION: Both arms at sides, stick gripped in right hand, palm back so that stick is concealed from view.

### 2. HANDS IN FRONT

BODY POSITION: Same as above.

HAND POSITION: Stick held in right hand, left hand placed over right hand to conceal weapon. Photo #2 shows the stick, but this is for demonstration only.

### 3. ARMS CROSSED

BODY POSITION: Same as above, feet in natural stance.

HAND POSITION: Stick held in right hand, arms folded in front, stick concealed by arm, Photo #3.

### 4. CLASPED HANDS

BODY POSITION: Same as for #1.

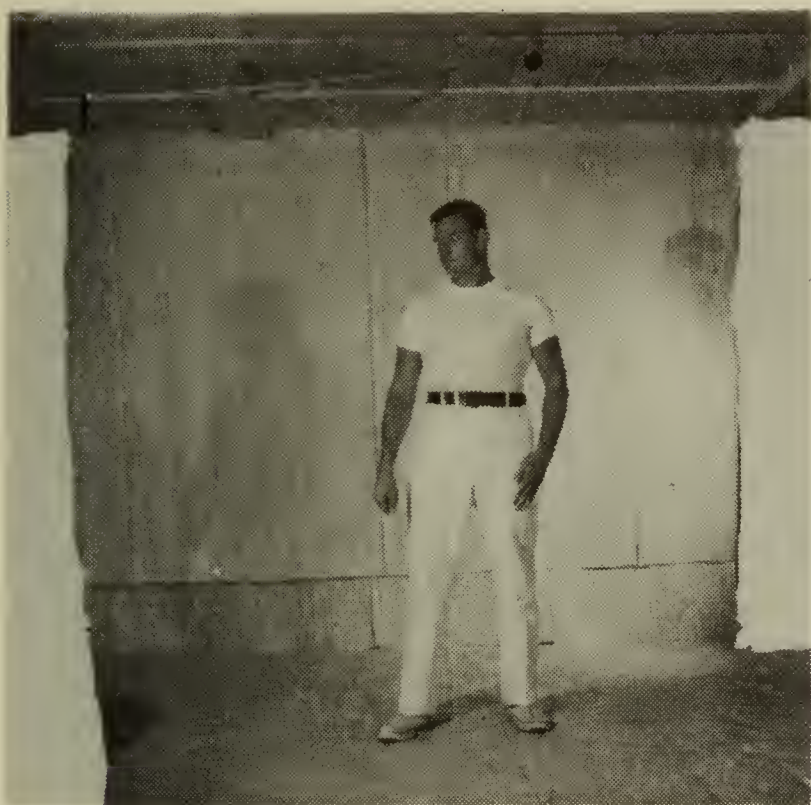
HAND POSITION: Stick held in right hand, directly in front of your body; left hand covers top of right fist and stick, Photo #4.

### 5. HAND IN BACK

BODY POSITION: Same as #3.

HAND POSITION: Stick held in right hand, right hand held in back at belt level, Photo #5.

# DEFENSIVE POSITIONS: SMALL STICK



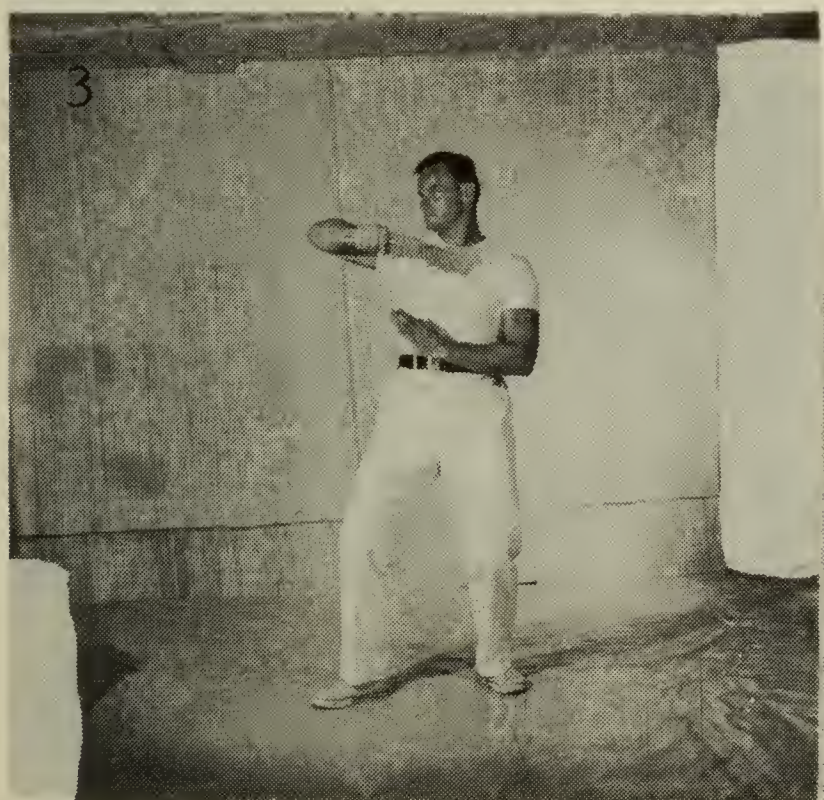
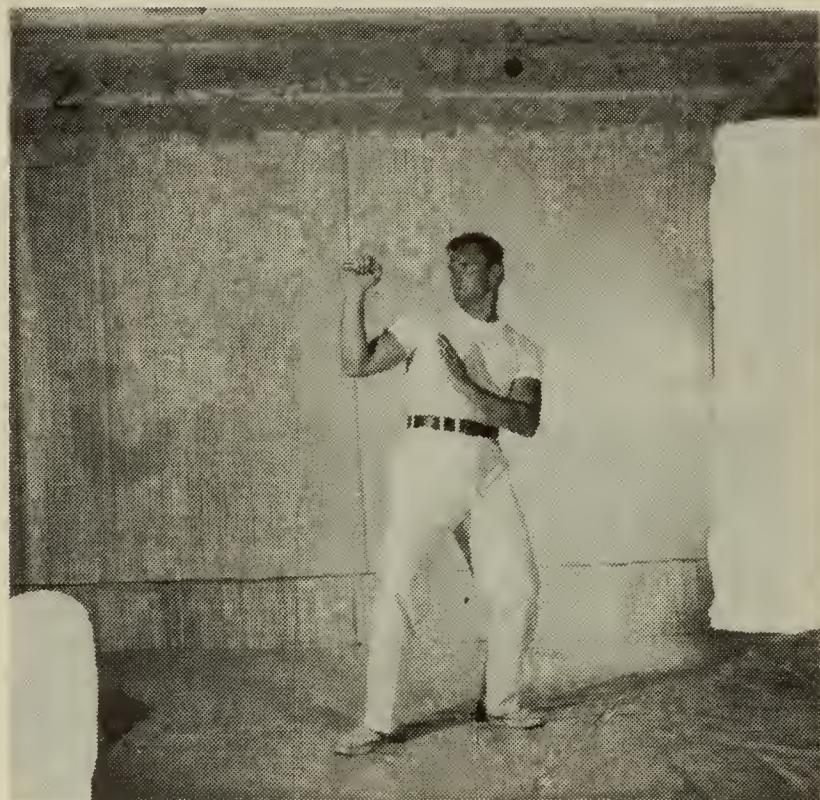
## OFFENSIVE POSITIONS, SMALL STICK

When attack is obvious and cannot be avoided by any means, assume offensive position, indicating intention and preparedness to stop assailant.

Note: Body position for stances described below are all the same. Assume "T" position, body erect, head up, keep eyes on opponent.

1. Stick held in right hand, point of stick toward opponent, left hand in ready position, Photo #1.
2. Stick held in right hand, forearm held vertical to ground, left hand in ready position, Photo #2.
3. Stick held in right hand, butt toward opponent, forearm held horizontal to ground, left hand in ready position, Photo #3.
4. Stick held in right hand, hands and arms in boxing position, striking surface will be fist, Photo #4.
5. Stick held in right hand, point toward opponent, hold in backhand blow position, Photo #5.
6. Stick held in right hand, point toward opponent, right arm extended to right side, preparing for wide circular motion blow, Photo #6.

# OFFENSIVE POSITIONS: SMALL STICK



## METHODS OF STRIKING, SMALL STICK

### HOW TO HOLD:

1. Hold stick directly in center, forefinger and thumb act as vise, other fingers clamp stick in place in palm of hand, Photo #1.
2. Hold stick in center, all fingers and thumb act as vise, Photo #2.

In the following descriptions the part of stick which is at thumb will be called the "point", the other end the "butt". In using an improvised stick, if there is an actual point, place that end in position called "point".

### HITTING WITH POINT:

1. Thrusting straight forward with point end, Photo #3.
2. Back-hand slash with side of point end, Photo #4.
3. Hook-type motion with point end, Photo #5.
4. Straight-up motion with point end, Photo #6.

### HITTING WITH BUTT:

1. Thrusting straight forward with butt end, Photo #7.
2. Back-hand slash with side of butt end, Photo #8.
3. Thrust to rear with butt end, Photo #9.
4. Hook-type motion with butt end, Photo #10.

### HITTING WITH FIST, HOLDING STICK:

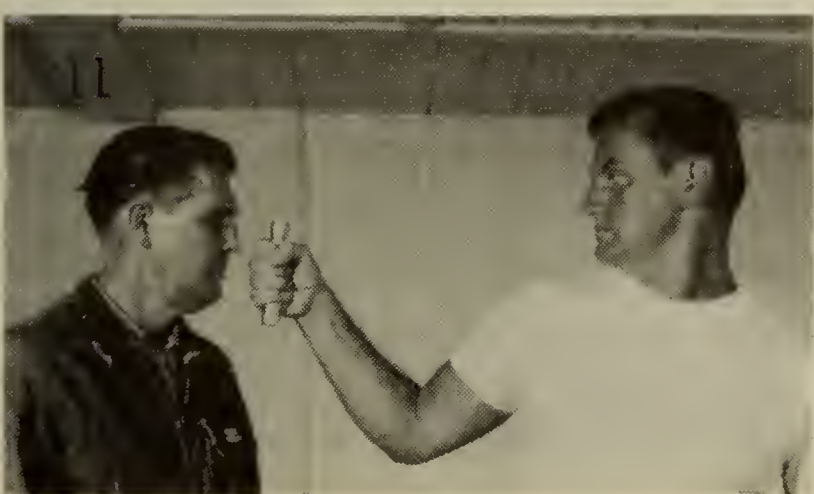
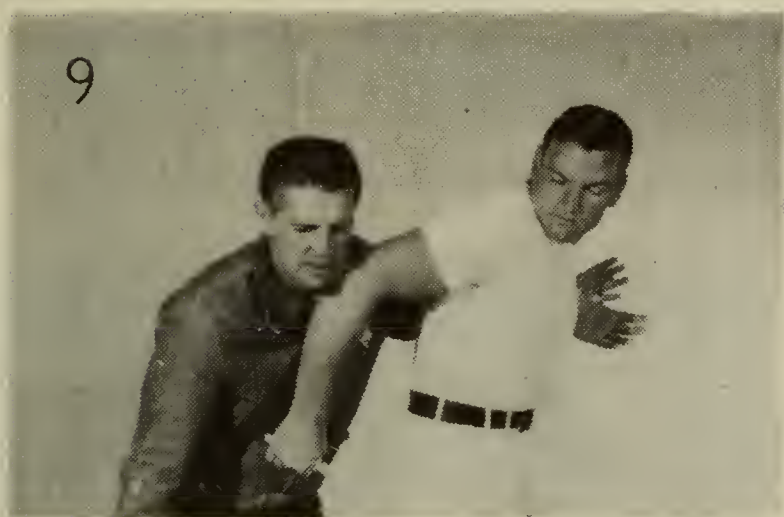
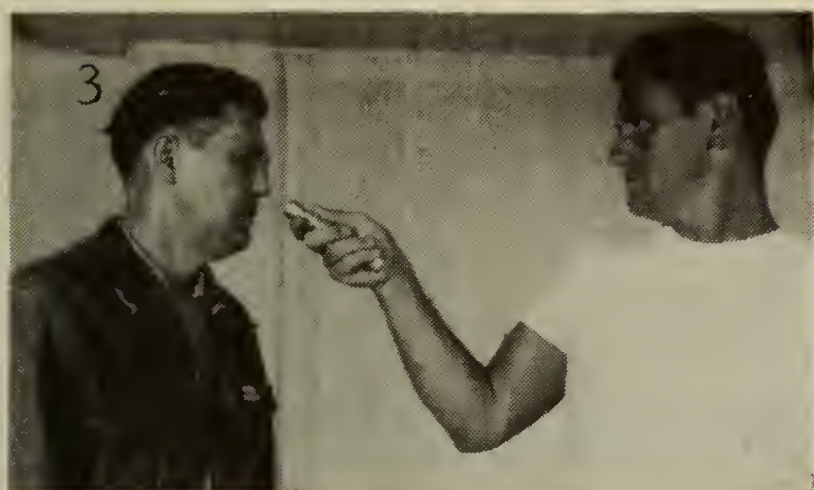
Straight blow hitting with fist, stick supports hand for stronger blow, Photo #11.

### HITTING WITH FULL LENGTH OF STICK:

Slapping-type blow, using full length of stick to hit, Photo #12.



# METHODS OF STRIKING: SMALL STICK



## USE OF IMPROVISED MATERIALS AS STICKS

### 1. PEN OR PENCIL

HOW TO HOLD: Using point to strike, hold at center of pen with thumb and forefinger, rest of pen held firmly in palm, Photo #1.

HOW TO USE: Stabbing motion, as in Photo #1, or slashing.

### 2. MAGAZINE

HOW TO HOLD: Roll magazine (or newspaper) into tight roll, grasp at center, Photo #2.

HOW TO USE: Smashing forward motion with end, Photo #2.

### 3. COMB

HOW TO HOLD: Hold at center with thumb and forefinger, rest of comb held firmly in palm, Photo #3.

HOW TO USE: Stabbing motion, as in Photo #3, or slashing motion with teeth.

### 4. BOOK

HOW TO HOLD: Grasp one corner of book and use opposite corner for striking, Photo #4.

HOW TO USE: Forward smashing motion, Photo #4.

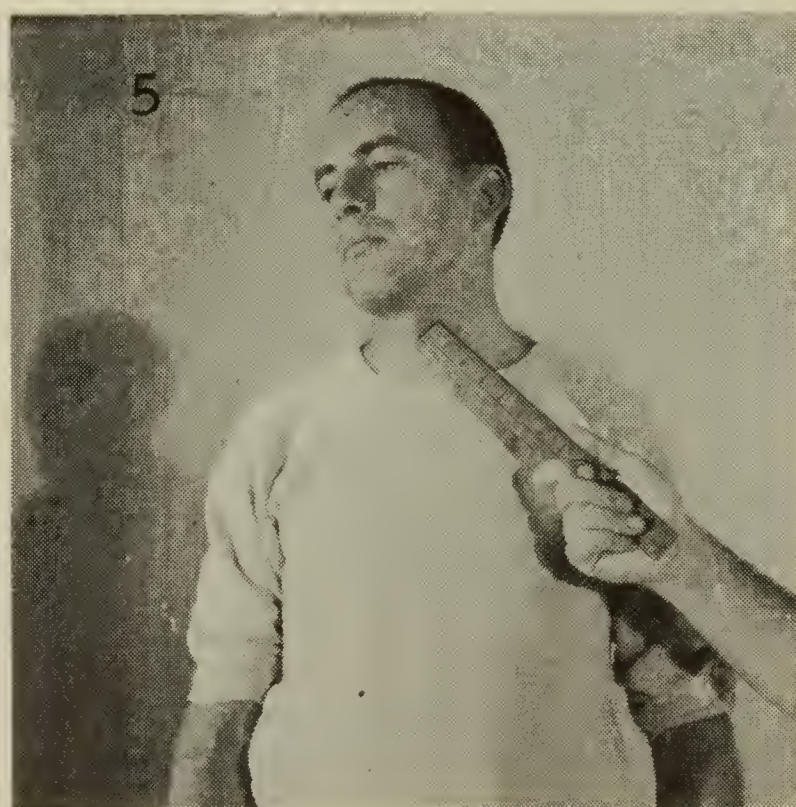
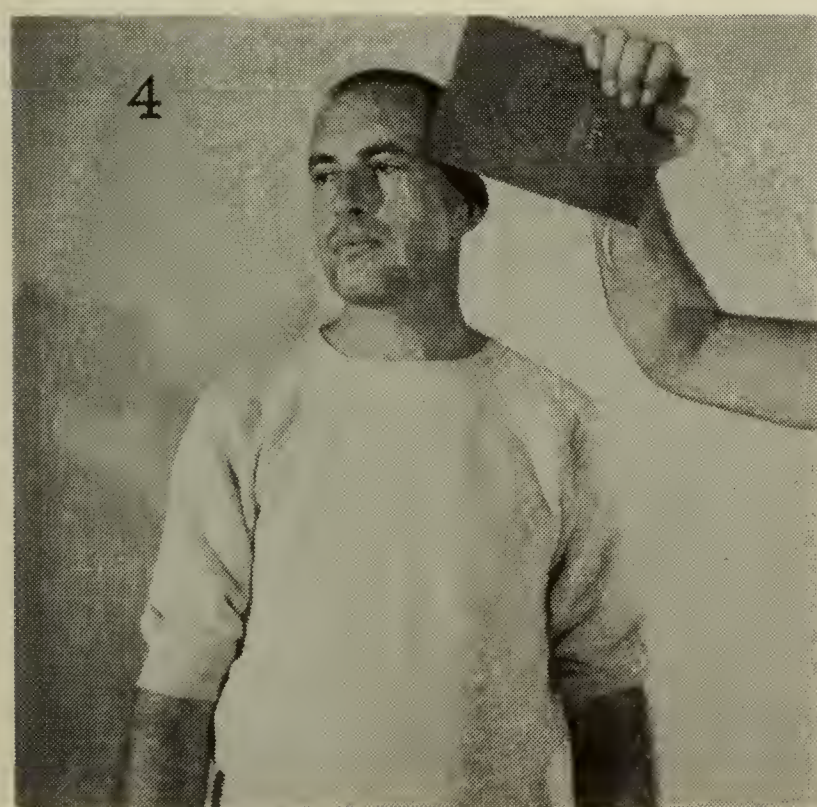
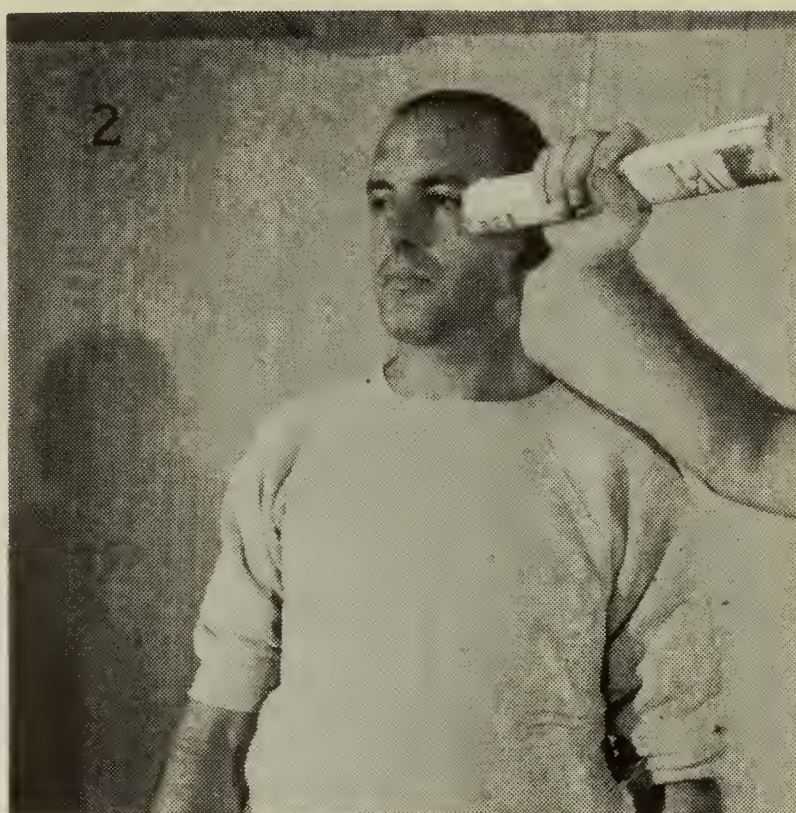
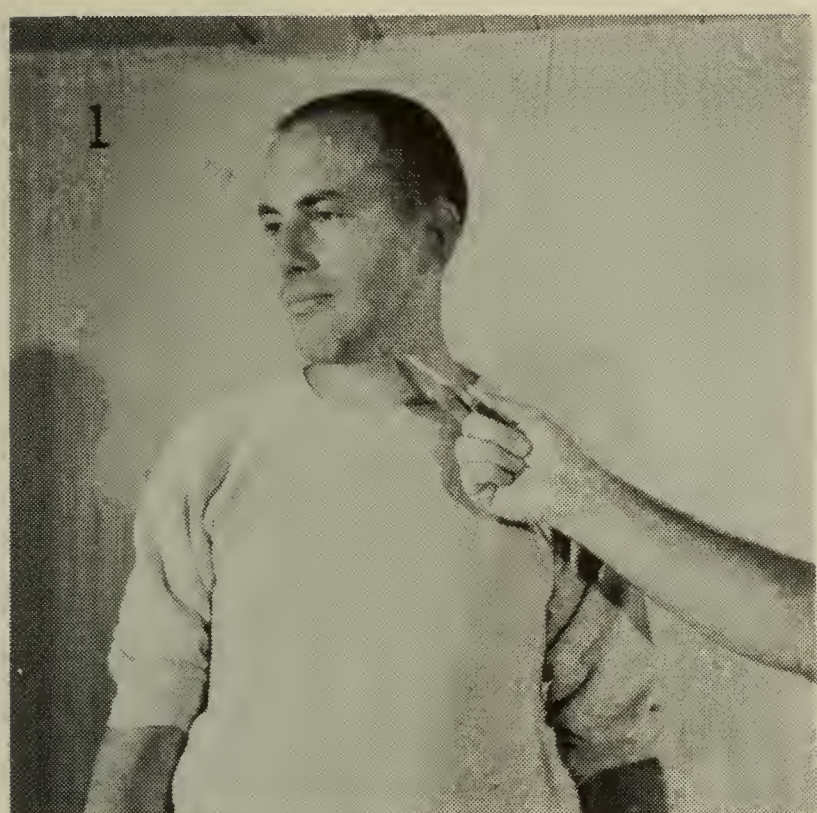
### 5. RULER

HOW TO HOLD: Hold at one end, other end points at opponent, Photo #5.

HOW TO USE: Stabbing motion, Photo #5, or slashing.

These are some examples of how to adapt anything at hand to stick techniques. Other examples might be keys, ashtray, cigarette lighter, wallet, cigarette-holder or case, pipe, and dozens of other familiar objects.

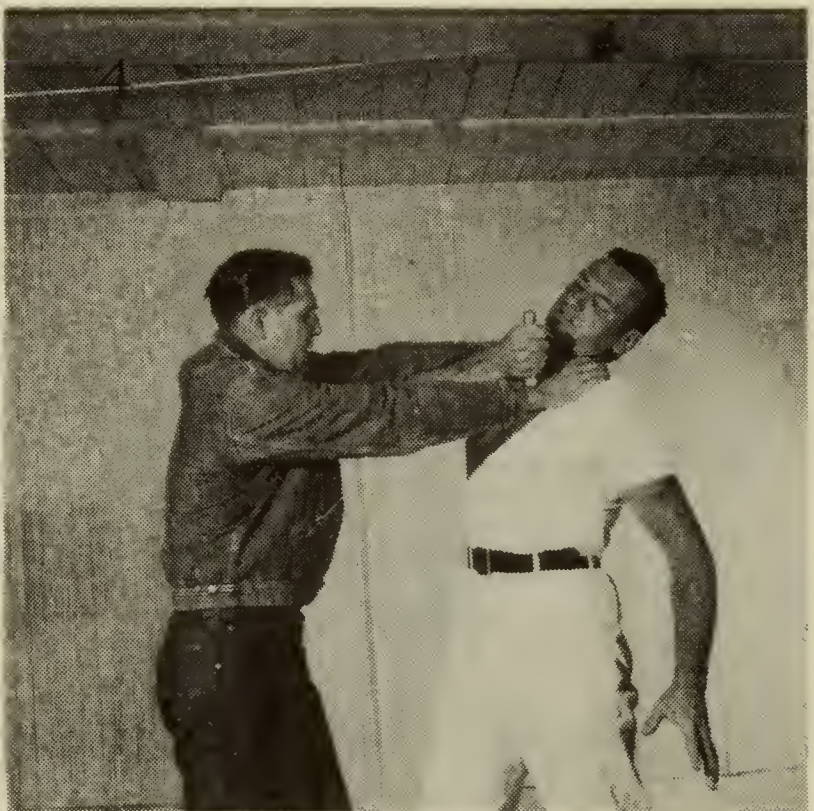
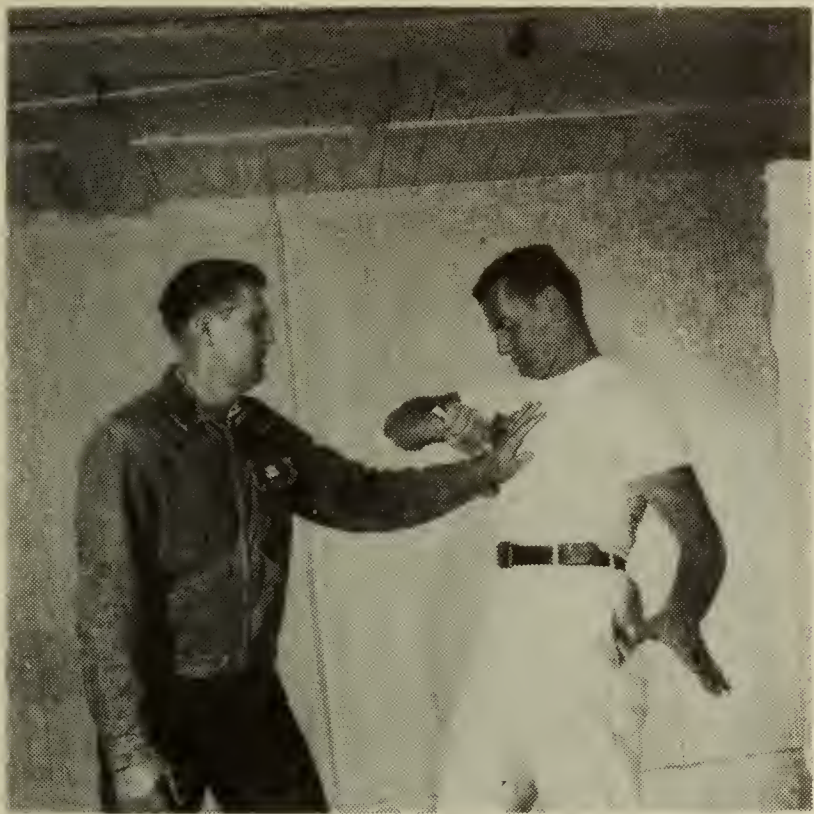
# USE OF IMPROVISED MATERIALS AS STICKS



## DEFENSES AGAINST GENERAL ATTACKS: SMALL STICK

1. PUSHING: Assailant pushes you in chest, you strike back of his hand with point end of stick, numbing his hand, Photo #1.
2. GRABBING: Assailant grabs lapel with his left hand, preparing to strike with his right hand, you strike his wrist or forearm, using butt end of stick and numbing, Photo #2.
3. REACHING: Assailant reaches forward with both hands (it is better to defend at this stage instead of waiting for him to grab, choke, or push), you strike with butt end of stick at either hand or forearm, Photo #3.
4. CHOKE: Assailant attempts choke, you strike with butt end of stick at either hand (or wrist), numbing or causing injury, Photo #4.
5. SLAPPING: Assailant attempts slap, you strike with butt end of stick against wrist or forearm, numbing, Photo #5.
6. RETALIATION: In all above defenses, if opponent continues attacking, you will be required to strike at upper or middle areas until he is subdued, Photo #6.

DEFENSES AGAINST GENERAL ATTACKS:  
SMALL STICK

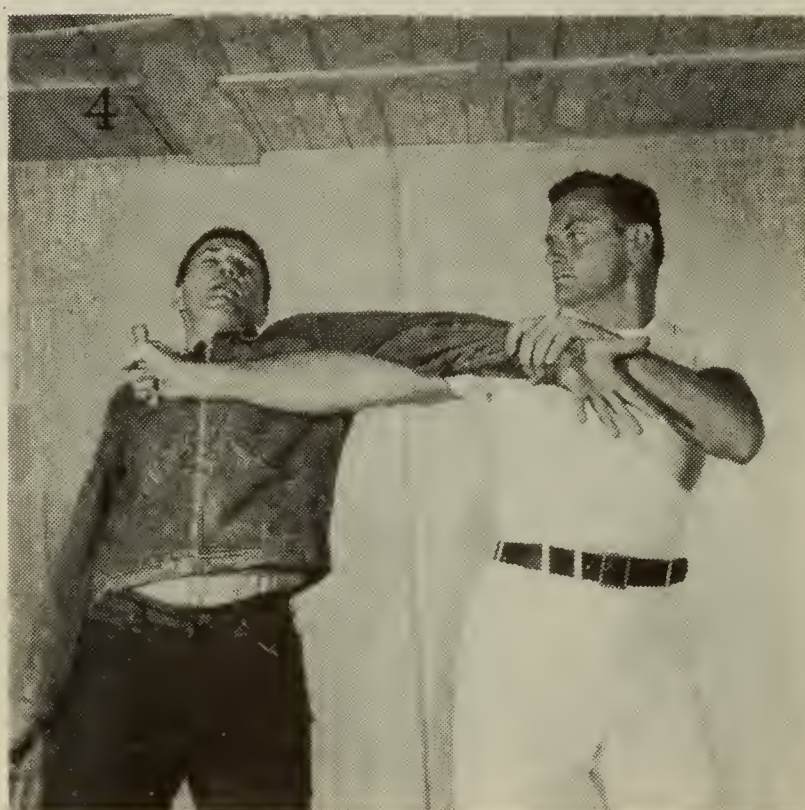
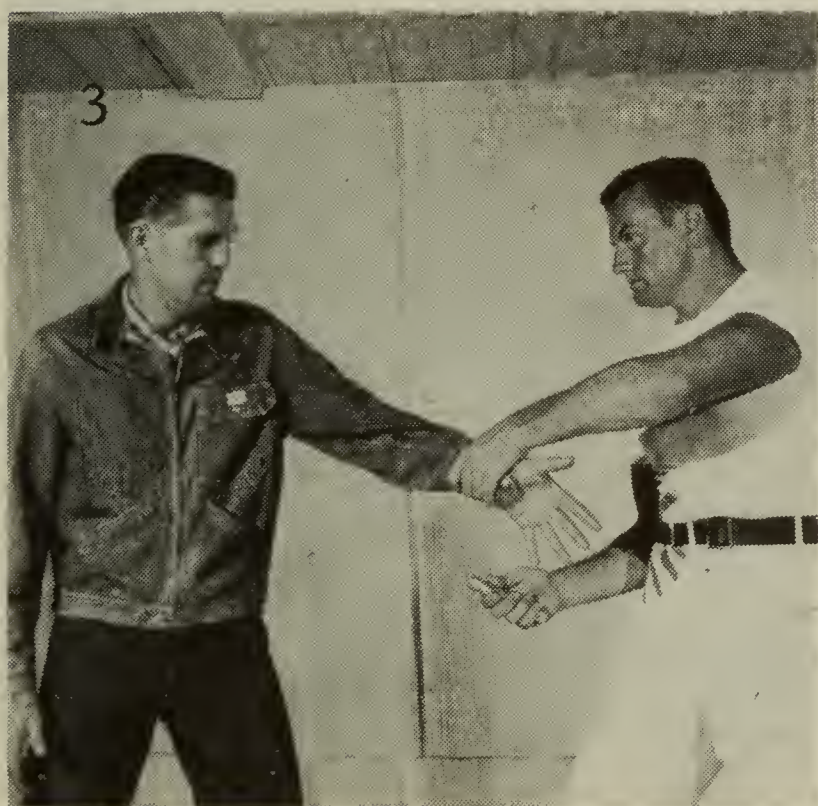
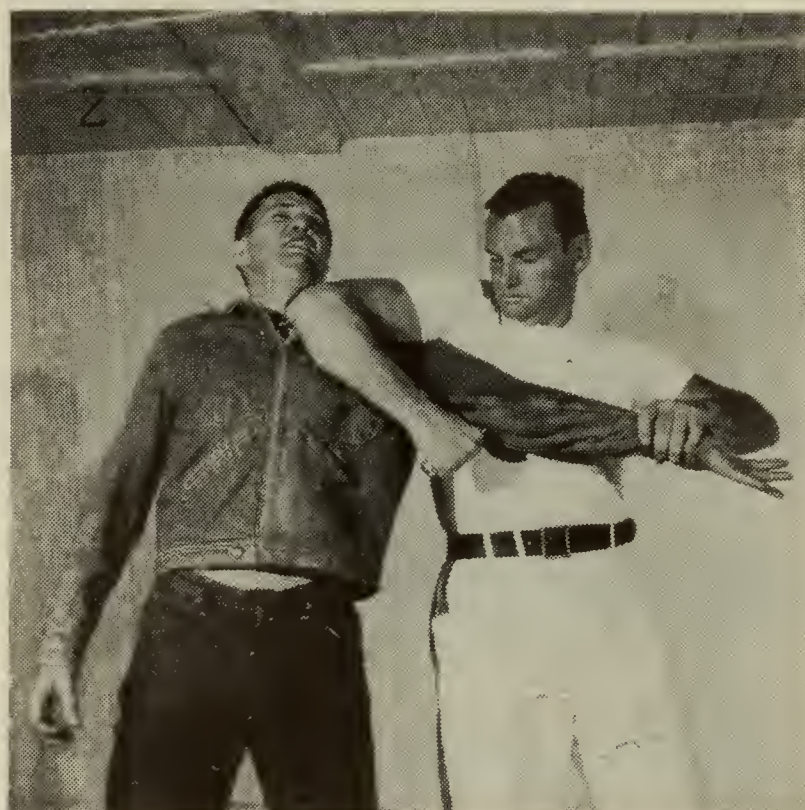
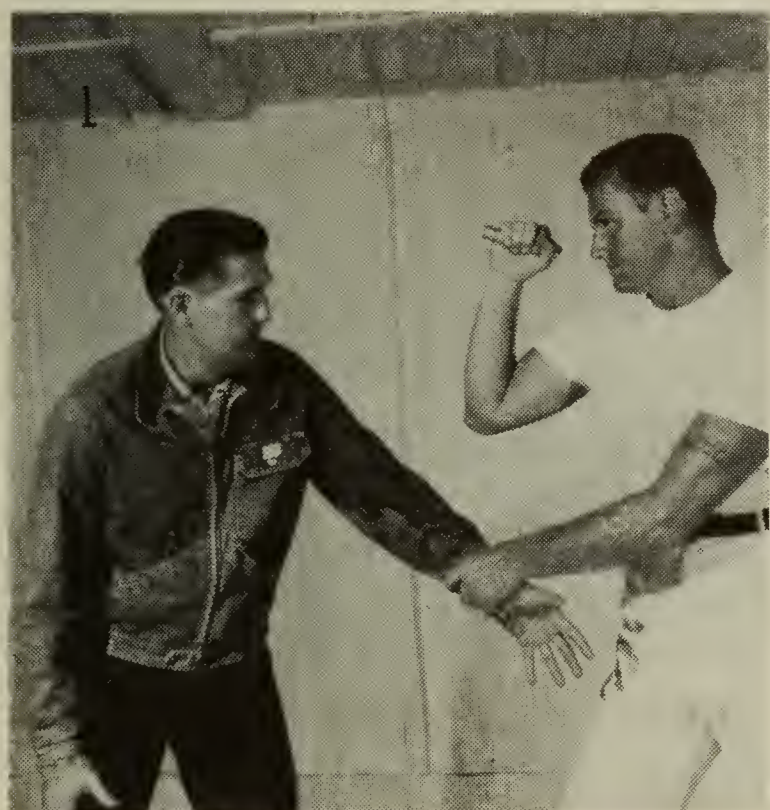


## ARM LOCKS: STRAIGHT ARM LOCKS

Your opponent must reach for you if he attempts to push, pull, grab, choke, claw, slap, or punch. If you can anticipate such an attack, regardless of which specific attack it is, you may react in any of the following ways:

1. OVER-ARM: Opponent reaches with left arm, you grasp his left wrist with your left hand, Photo #1. With your right hand, reach over opponent's arm, placing the point end of the stick against the nerve center at elbow, and apply pressure up; at the same time, pull his arm out and down with your left hand. Turn his arm so that his palm is up, Photo #2.
2. UNDER-ARM Opponent reaches with left hand. You grasp his wrist with your left hand and pull forward, Photo #3. Continue pulling forward, reach under his arm with your right hand and place butt end of stick on upper chest and apply pressure. Push down with left hand, holding his elbow over your elbow for sufficient pain to cause opponent to submit, Photo #4.
3. REAR-ELBOW PRESSURE: Opponent reaches with his right hand. You grasp his right wrist with your left hand, Photo #5. Pull his arm straight and turn his arm so that elbow is up. Reach across with right hand and apply pressure on elbow joint with stick and push his wrist away from you. The combination of pressure on the elbow joint and against wrist will result in sufficient pain to cause opponent to submit, Photo #6.

## ARM LOCKS: STRAIGHT ARM LOCKS



## - WRIST HOLD #1

ATTACK: Any forward reaching attack. In the illustration the attack is made with right hand, Photo #1.

DEFENSE: Using point end of stick, strike at wrist or hand, Photo #2. Grasp his hand with un-natural grip (thumb on back of his hand, your fingers in his palm), Photo #3. Twist his hand back and away from you and at the same time apply pressure with stick to back of elbow, Photo #4.

## WRIST HOLD #2

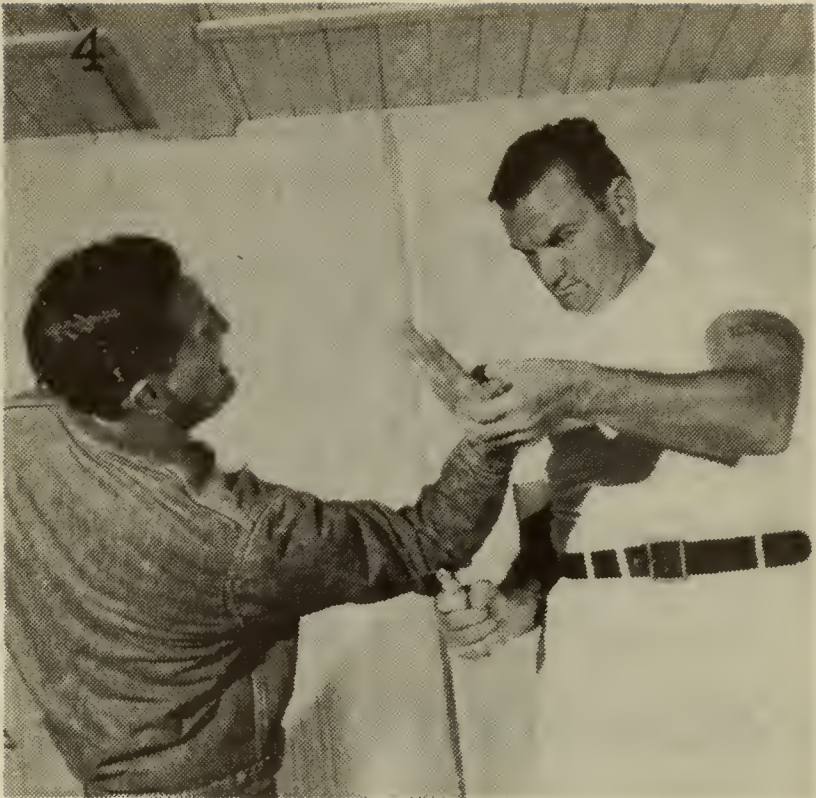
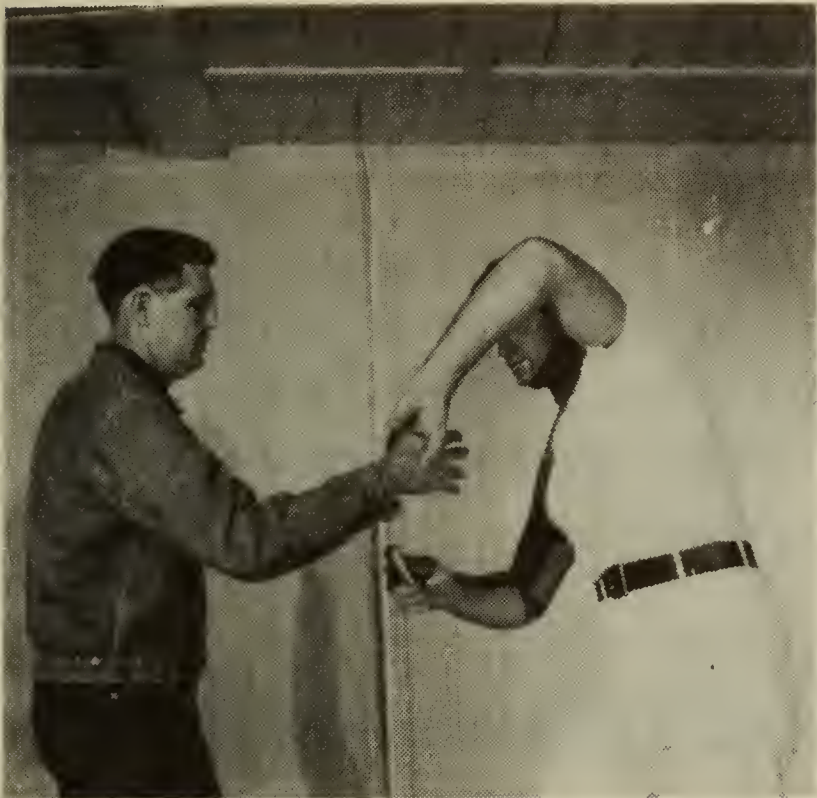
ATTACK: Any forward reaching attack. In the illustration the attack is made with left hand, Photo #5.

DEFENSE: Using side of stick, strike against wrist, Photo #6. Reach over with left hand, grasp his hand with un-natural grip (thumb on the back of his hand, your fingers in his palm), Photo #7. Twist his hand over and across body and up while applying pressure with stick to back of his elbow and down, Photo #8.

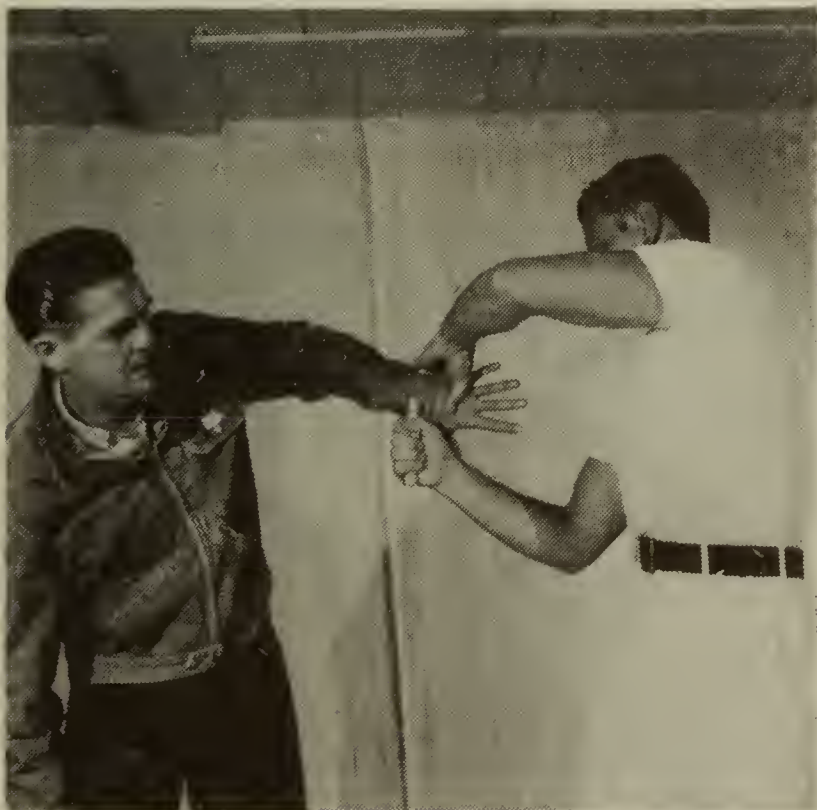
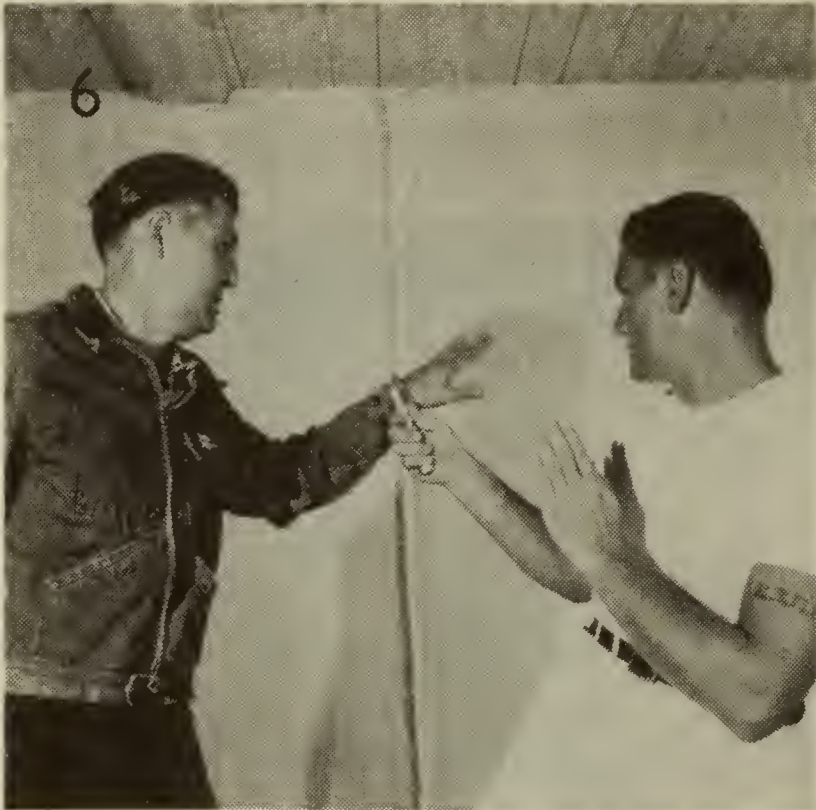
## WRIST HOLD #1



WRIST HOLD #1 (con'd.)



WRIST HOLD #2



## DEFENSE AGAINST STREET FIGHTER: SMALL STICK

### FRONT GRAB (BEAR HUG):

ATTACK: Assailant grabs from front over arms with much force, Photo #1.

DEFENSE: With butt end of stick, strike under last rib, approximately 2" below belt, Photo #2. This should cause sufficient pain to make opponent release, allowing you to step back and prepare to strike further blows, if necessary.

### HEADLOCK:

ATTACK: Assailant grabs around head in front headlock, Photo #3.

DEFENSE: Strike with point end of stick into face, Photo #4, or you may strike into middle area. If rear headlock is the attack, strike into kidney area. A very slight blow will suffice. A forceful blow may cause serious, permanent injury.



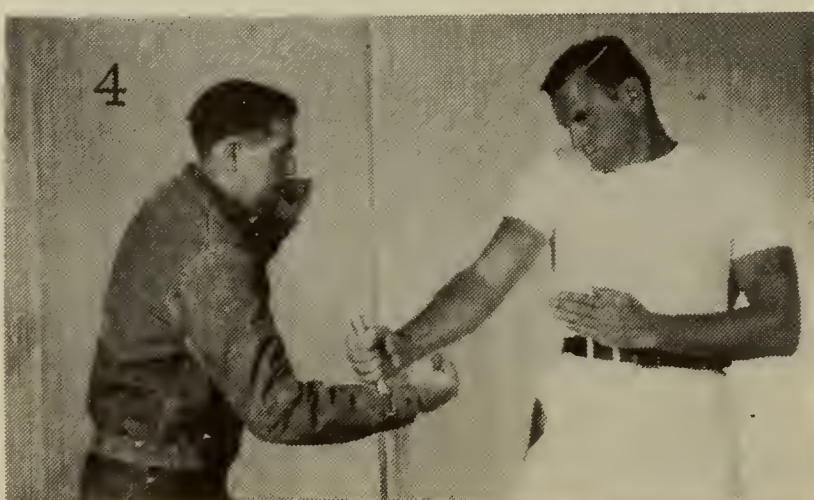
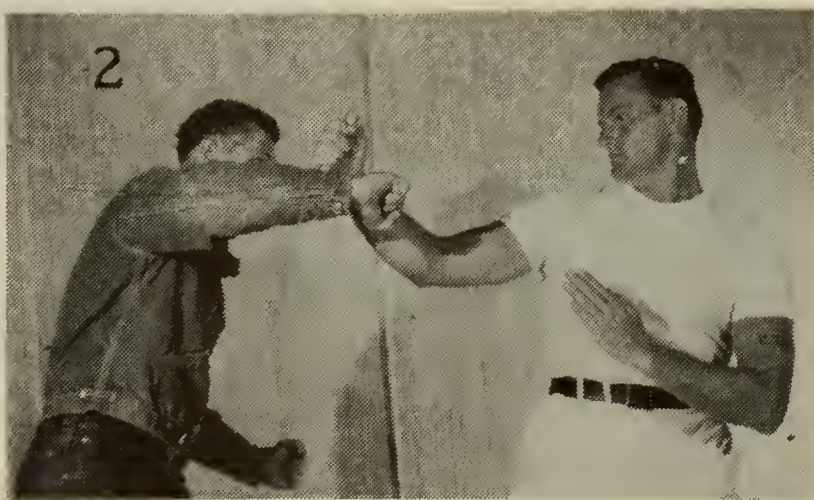
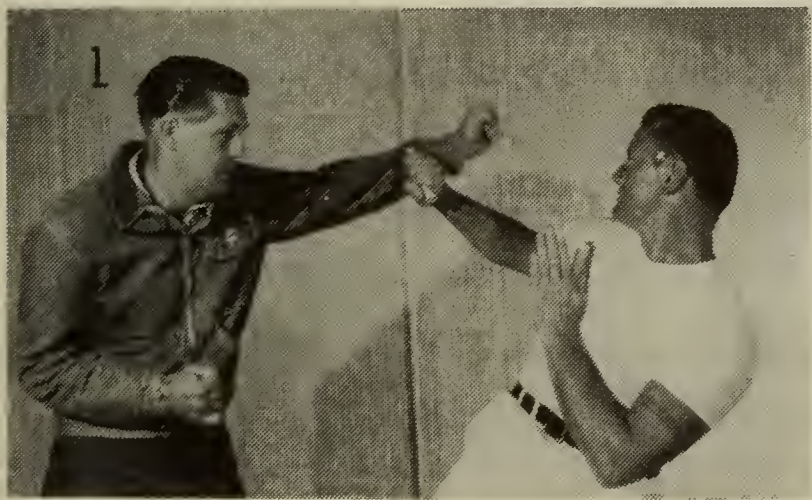
## DEFENSE AGAINST BOXER: SMALL STICK

For all techniques described below, assume offensive position.

1. STRAIGHT JAB: Assailant attempts straight jab with left, you strike his forearm with butt end of stick using back-hand blow, Photo #1.
2. CROSS: Assailant attempts cross with right, you strike with butt end of stick at his forearm, striking across your body, Photo #2.
3. HOOK: Assailant attempts hook with left, you strike his forearm with butt end of stick in back-hand upward blow, Photo #3.
4. UPPER-CUT: Assailant attempts upper-cut with right, you strike his forearm with butt end of stick in downward direction, Photo #4.

Hitting at assailant with stick stops intended blow and also deflects arm out of range. It has the additional effect of causing extreme pain.

After stopping the attack you must immediately go into offensive techniques until your assailant is subdued.



## DEFENSE AGAINST BOXER: SMALL STICK (con'd.

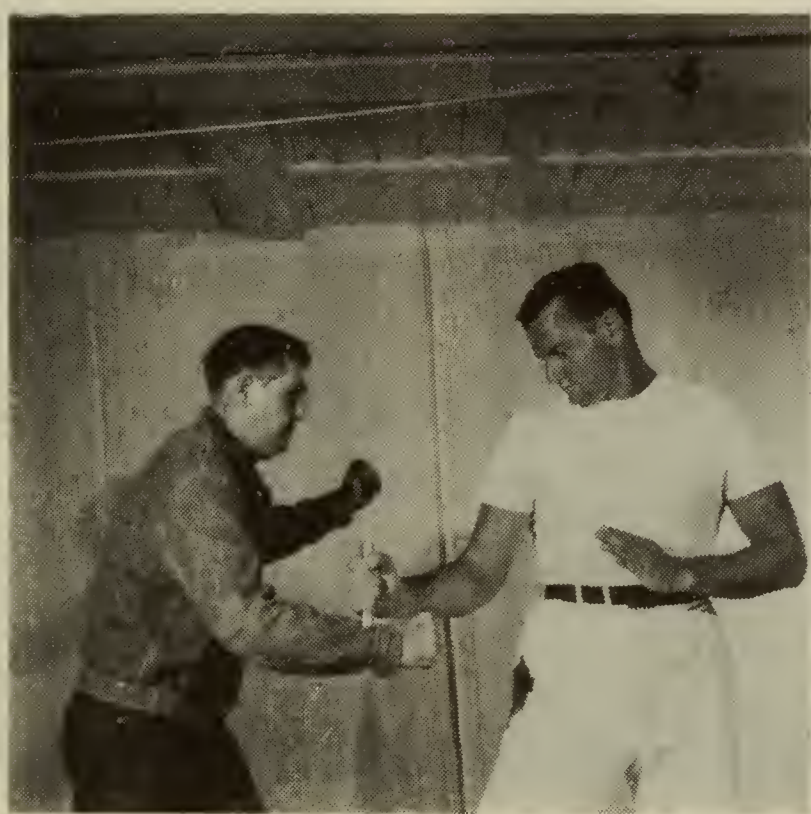
### HIGH AND LOW ATTACK & RETALIATION

1. STOPPING HIGH BLOW: Assailant hits with left, blow aimed high; you strike his forearm with point end of stick with upward back-hand blow, Photo #1.
2. STOPPING FOLLOW-UP LOW BLOW: Assailant follows with right-hand blow aimed low, you strike with butt end of stick at his forearm using downward blow across your body, Photo #2.
3. RETALIATION: Immediately go into offensive, striking with point end of stick into face or any of the upper striking areas using upward backhand blow, Photo #3.

The above sequence is an example of how to cope with an attack. In order to achieve expertness, you must practise as though your assailant were striking at you in a variety of ways. You must not rely on learning to defend with only a few sequences of blows, but become versatile in your defense and retaliation.

In this defense, always center your attention on your opponent's chest. This will give you maximum visibility and awareness of his arm movements. Do not focus attention on your opponent's head or eyes, as this will cause you to become distracted and will not offer you the maximum awareness needed.

DEFENSE AGAINST BOXER: SMALL STICK (con'd.)



## DEFENSE AGAINST CLUB: SMALL STICK

### 1. OVERHEAD

ATTACK: Assailant attempts downward blow, you are in offensive position, Photo #1.

DEFENSE: Strike against forearm with butt end of stick using backhand blow, Photo #2. This stops attack, numbs arm, or causes injury.

RETALIATION: Grasp cloth of his upper right arm with your left hand and push his arm off to side. Be prepared to follow through with added blows to upper area of body, Photo #3.

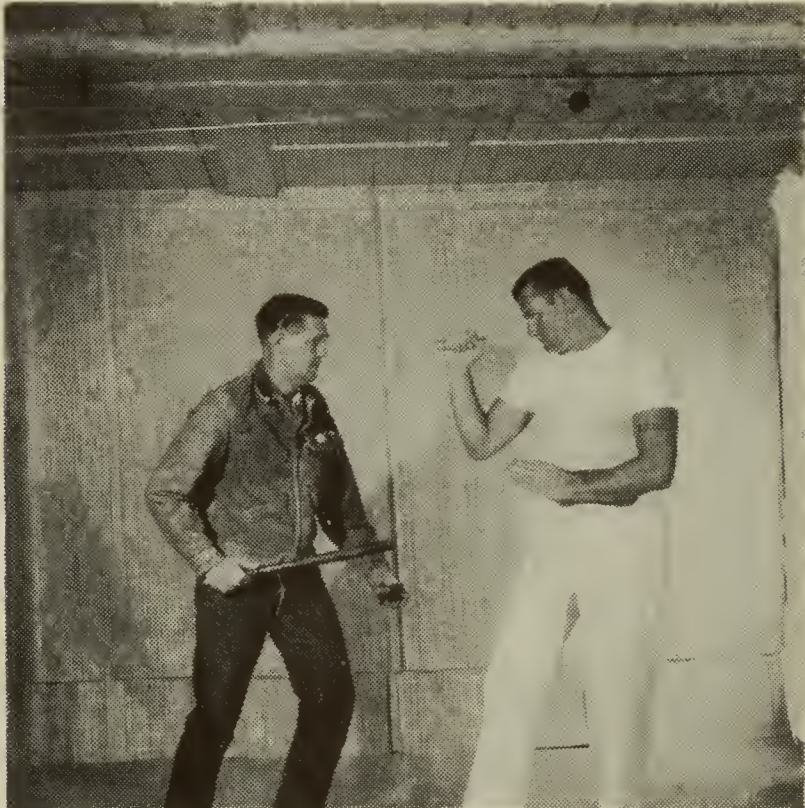
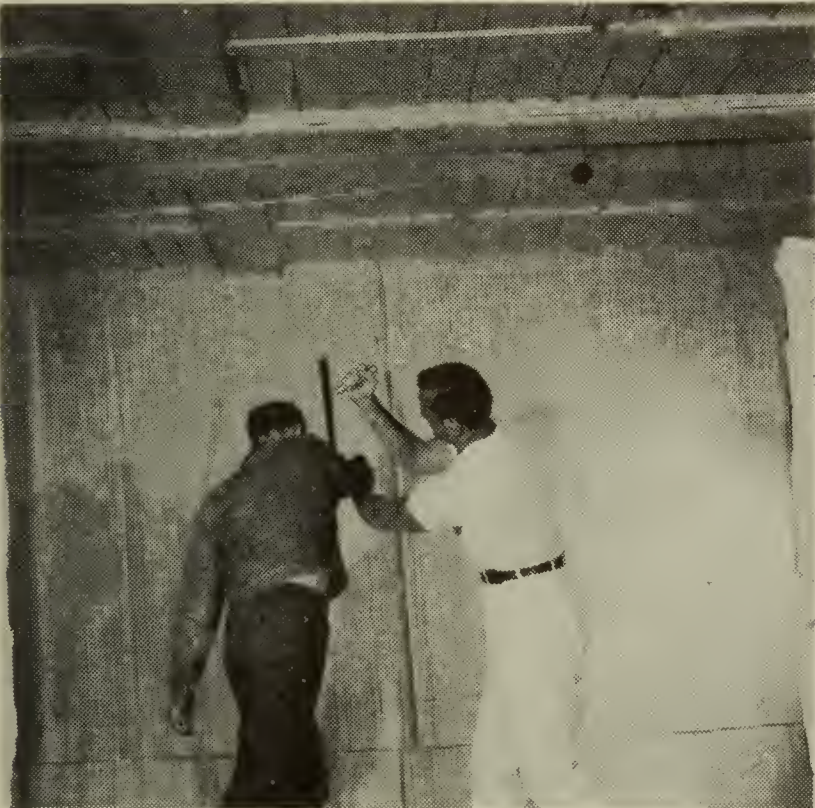
### 2. STRAIGHT BLOW

ATTACK: Assailant attempts straight blow with point of his club, you are in offensive position, Photo #4.

DEFENSE: With backhand blow, striking with butt end of stick, strike his forearm, simultaneously moving your body back without moving your feet, Photo #5.

RETALIATION: Grasp opponent's upper right arm with your left hand, holding his arm immobile, and deliver blows to upper area of body until he is subdued, Photo #6.

DEFENSE AGAINST CLUB: SMALL STICK



## DEFENSE AGAINST CLUB: SMALL STICK

### 1. CROSS BODY BLOW

ATTACK: Assailant attempts cross body blow with right hand, you are in offensive position, Photo #1.

DEFENSE: With butt end of stick strike at forearm, Photo #2, numbing arm or injuring bone.

RETALIATION: With your left arm reach over assailant's club arm, grasping cloth with your left hand and clamping his arm firmly against your body. Be prepared to deliver additional blows with stick to upper portion of his body until he is subdued, Photo #3.

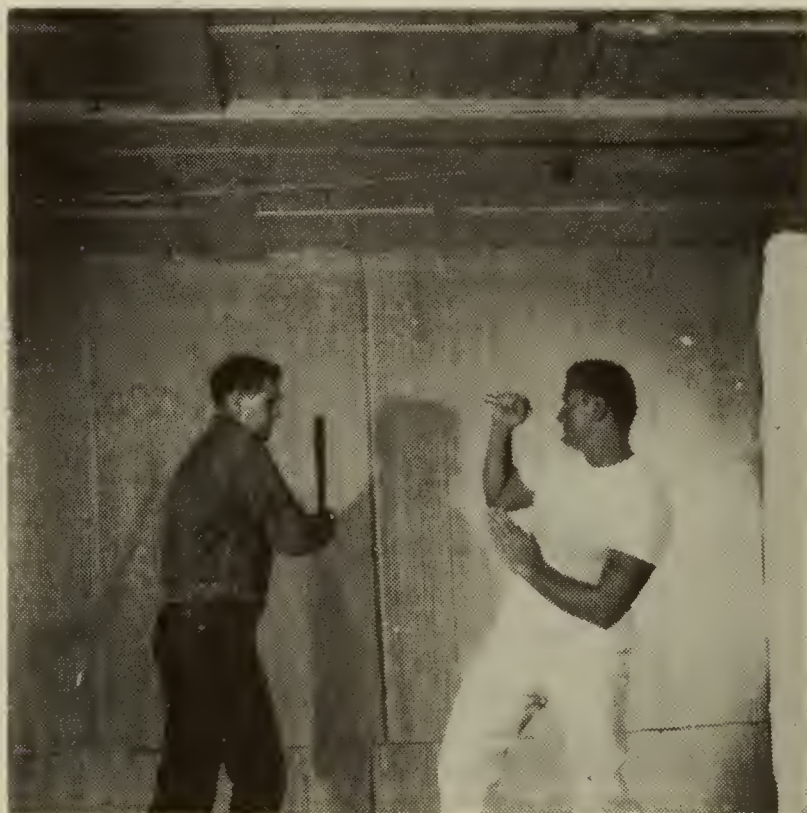
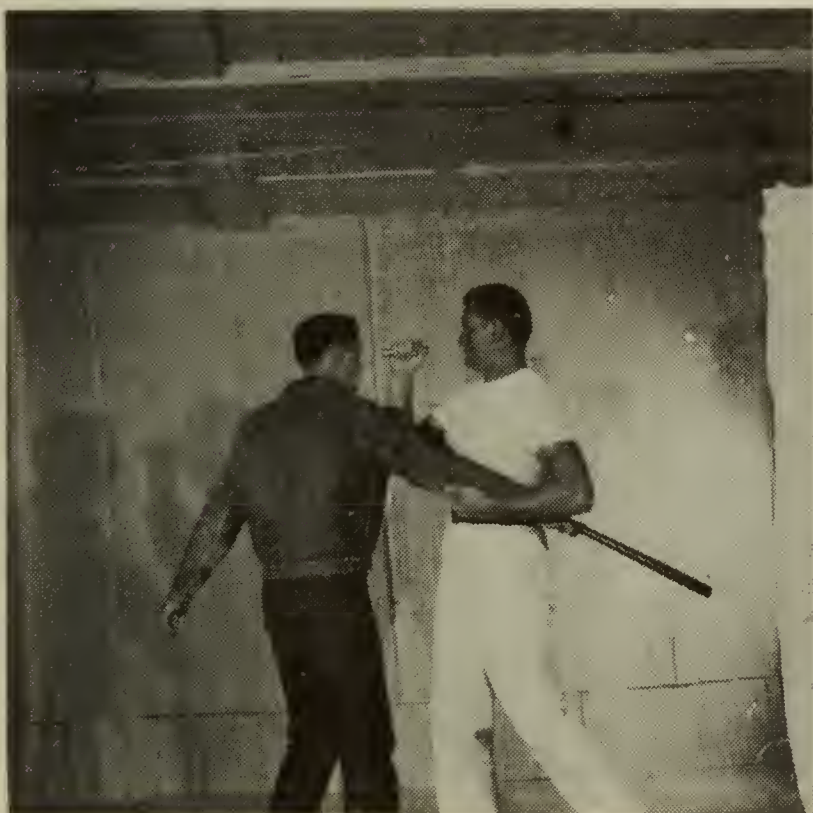
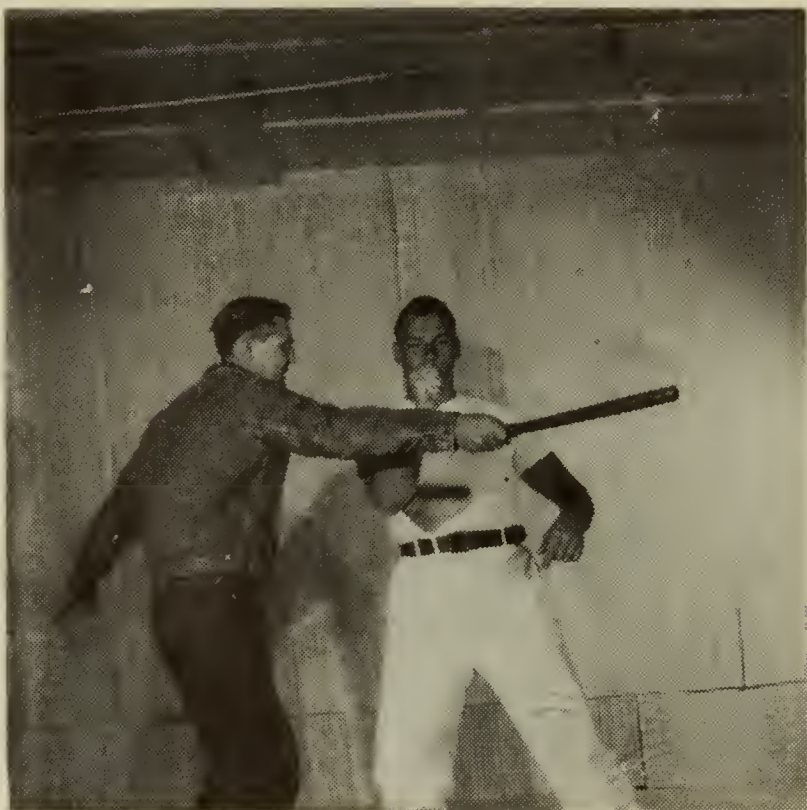
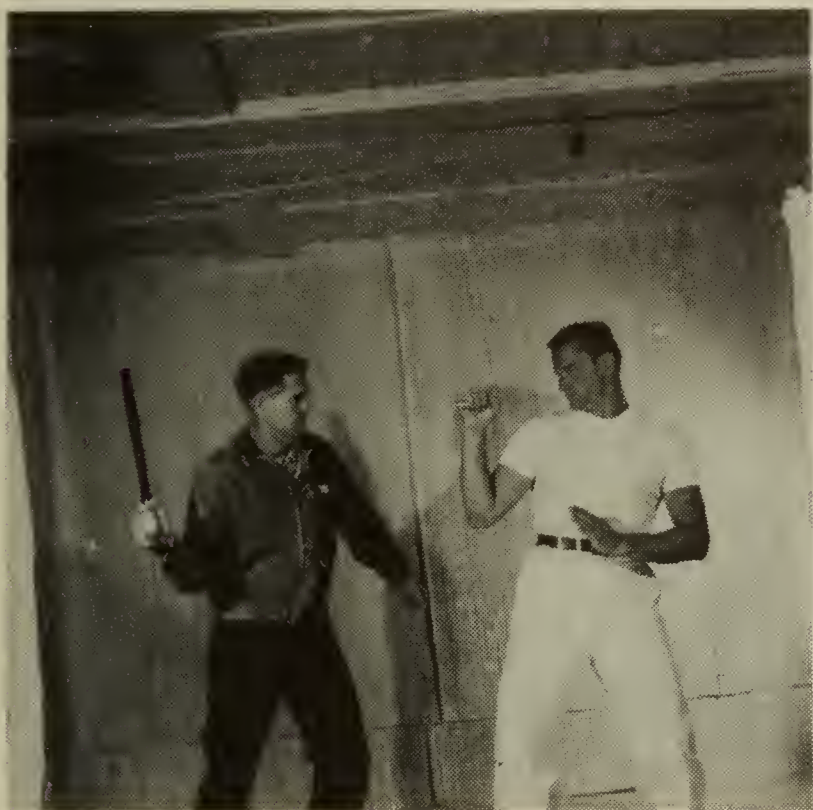
### 2. BACK-HAND BLOW

ATTACK: Assailant attempts back-hand blow with right hand, you are in offensive position, Photo #4.

DEFENSE: With butt end of stick, strike at forearm, numbing arm or injuring bone. This will stop the attack, Photo #5.

RETALIATION: With your left hand, reach across and grasp cloth on his upper right arm, hold firmly to hinder movement, prepare to deliver blows to upper portion of body, Photo #6.

DEFENSE AGAINST CLUB: SMALL STICK



## KNIFE DEFENSE: SMALL STICK

### 1. STRAIGHT THRUST

ATTACK: Assailant attempts straight thrust, you are in offensive position, Photo #1.

DEFENSE Distract, strike his attacking forearm with back-hand downward blow hitting with butt end of stick, deflecting knife, numbing, or causing injury, Photo #2.

RETALIATION: With your left hand, grasp cloth of his upper right arm, keep your arm stiff and deliver blows to upper area of his body, Photo #3.

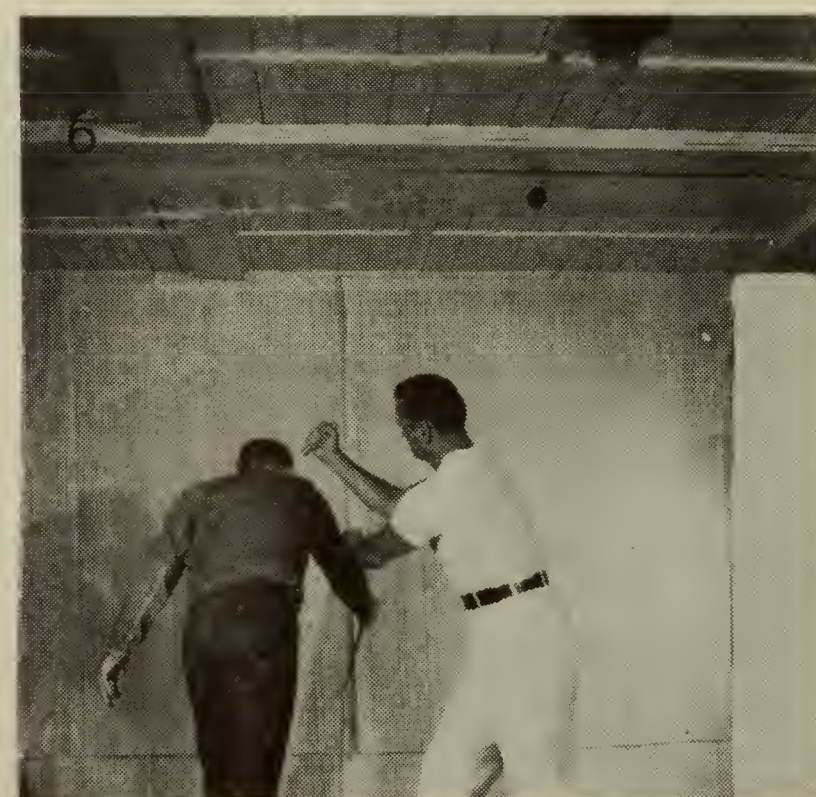
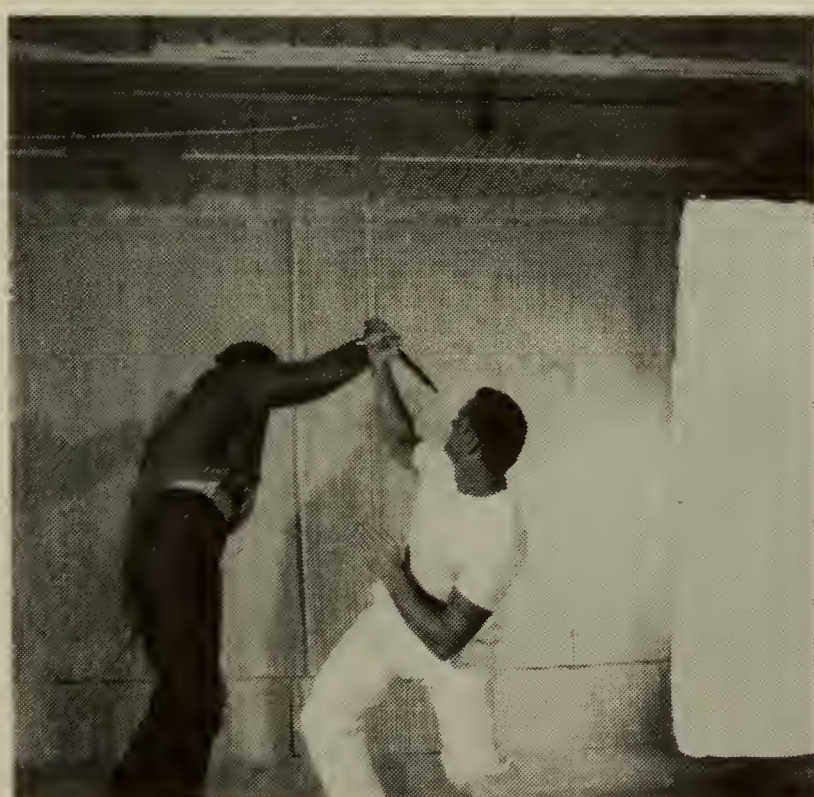
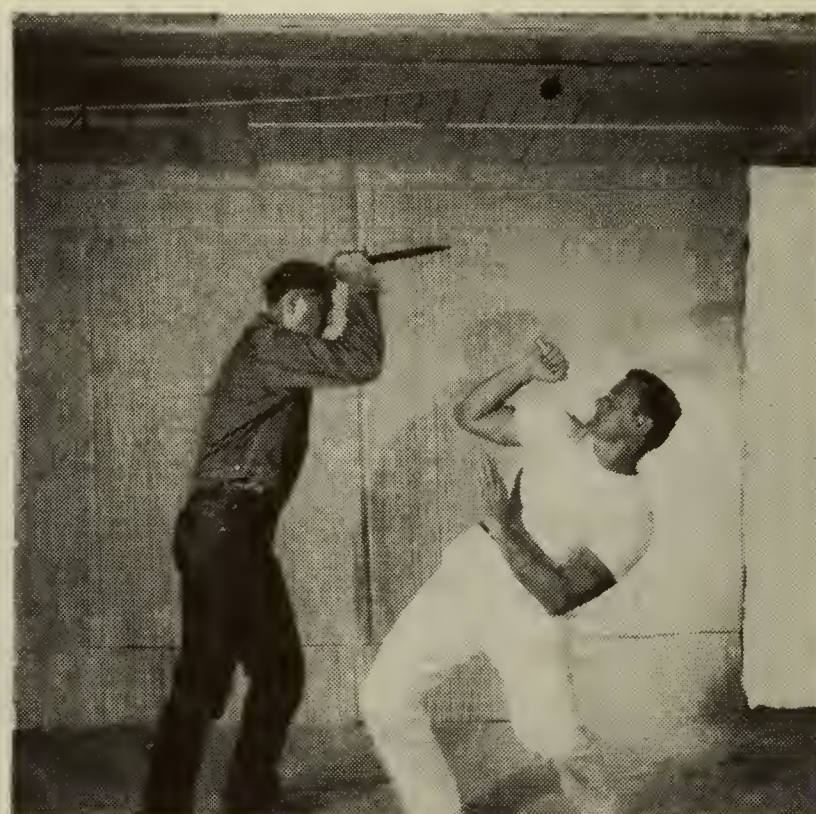
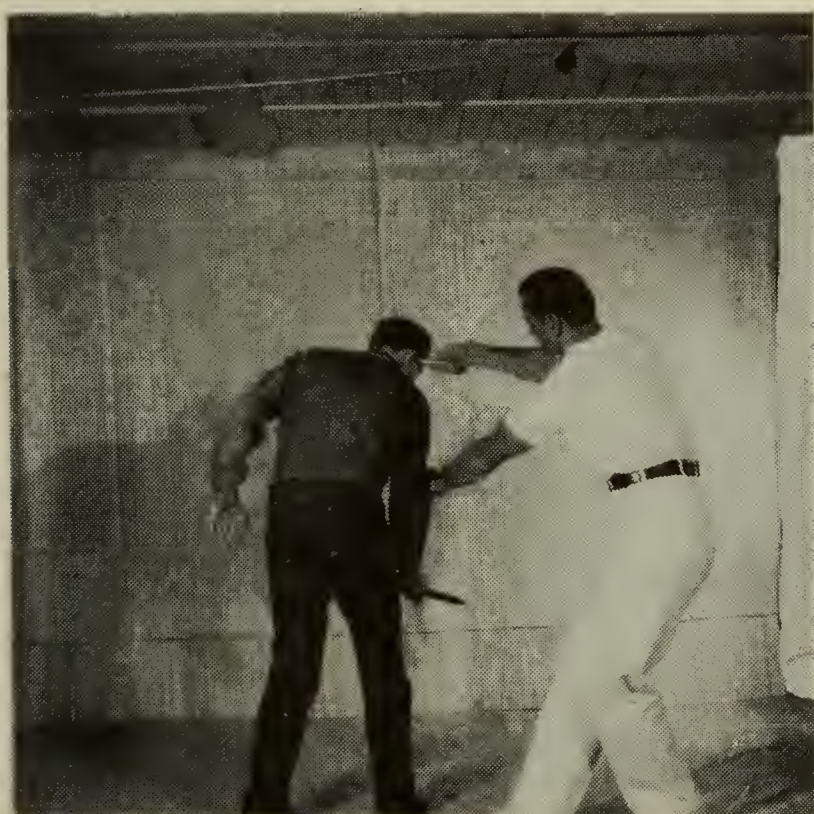
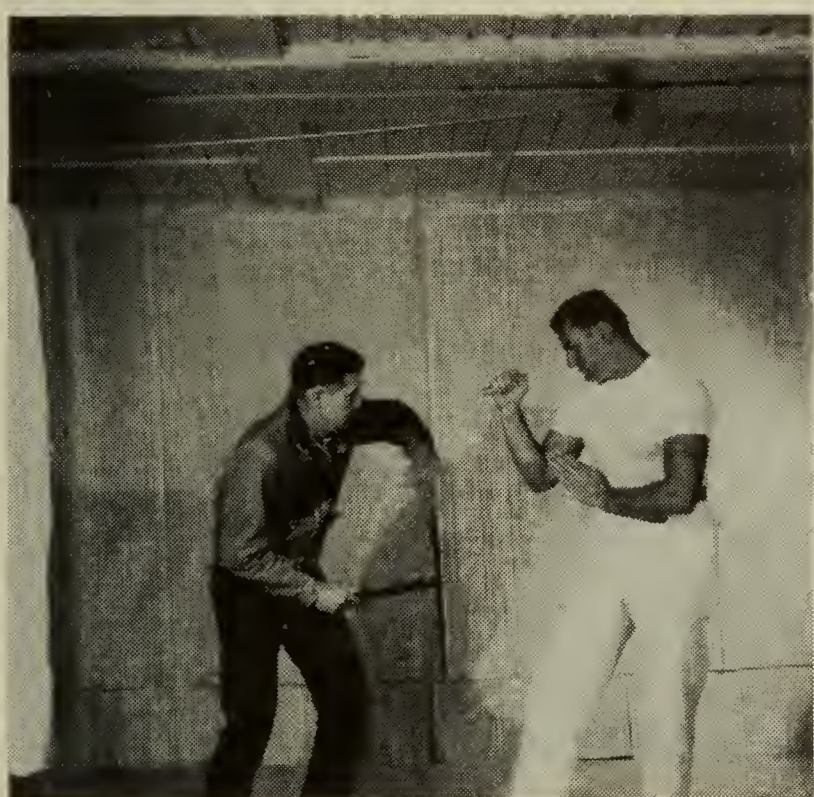
### 2. OVERHEAD

ATTACK: Assailant attempts overhead attack, you are in offensive position, Photo #4.

DEFENSE: Distract, strike his attacking forearm with back-hand upper blow, using butt end of stick, deflecting knife, numbing or causing injury, Photo #5.

RETALIATION: With your left hand, grasp cloth of his upper right arm, keep your arm stiff, and deliver blows to upper area of his body, Photo #6.

# KNIFE DEFENSE: SMALL STICK



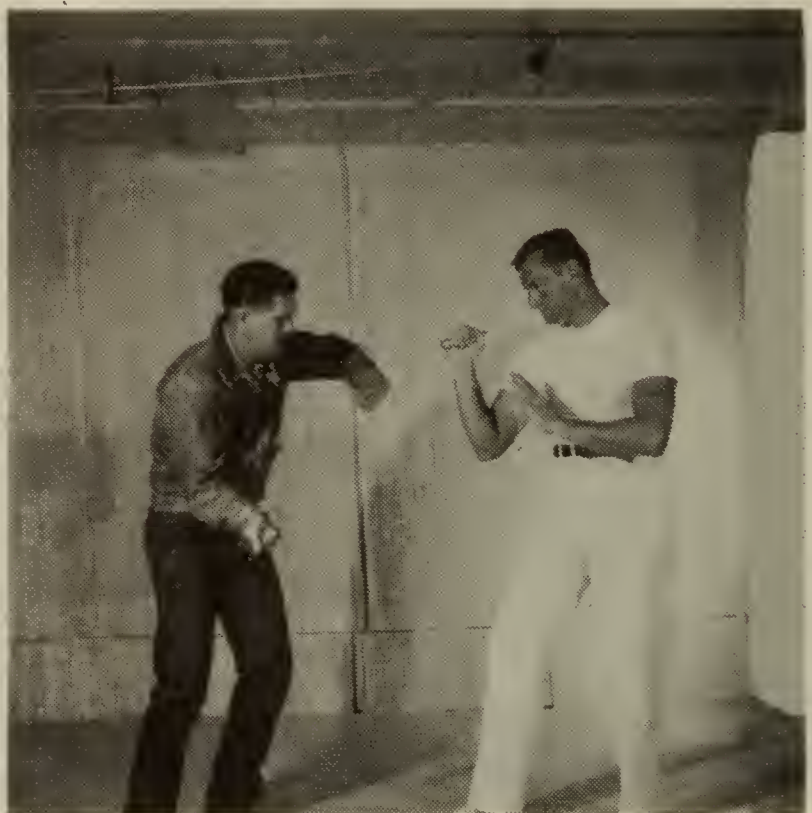
## KNIFE DEFENSE: SMALL STICK

### SLASHING ATTACK

ATTACK: Assailant attempts slash with knife, you are in offensive position, Photo #1.

DEFENSE: Distract, strike his attacking forearm with a cross-body blow, hitting with butt end of stick, deflecting knife, numbing or causing injury, Photo #2.

RETALIATION: With your left hand, grasp cloth of his right arm, hold his arm firmly off to side and deliver blows to upper area of his body, Photo #3.



## KNIFE DEFENSES: MEDIUM CLUB

### DEFENSE AGAINST STRAIGHT THRUST, USING COAT OR JACKET FOR BLOCK

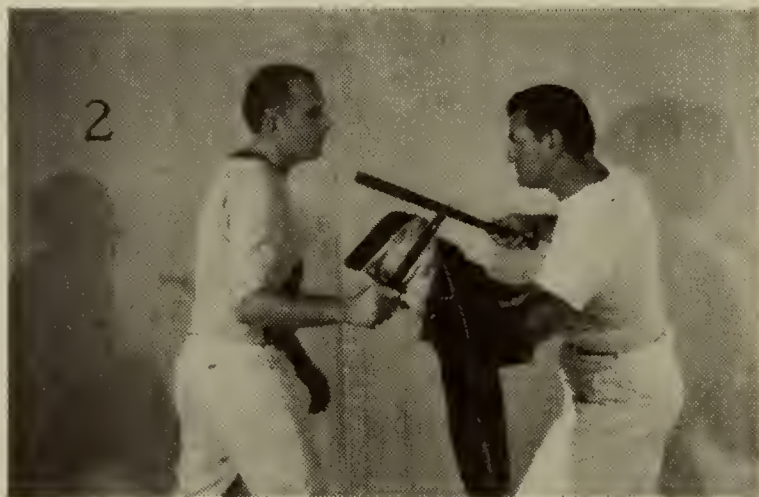
Note: A knife attacker is a vicious and dangerous opponent. Though you should practice and be able to use defenses with the club alone, you should also train yourself to think quickly if faced with a knife attack and to take advantage of any auxiliary defense aids which might be available to you. Out of doors, for instance, you can throw dirt, sand, etc., at your assailant's face. The defense demonstrated below is one which depends on the coat or jacket being at hand.

HOW TO PREPARE: When knife attack is imminent, grasp coat or jacket at collar, swing jacket in counter-clockwise direction so that it encircles your arm, giving several thicknesses of cloth protection, Photo #1.

HOW TO BLOCK WITH PROTECTED ARM: Assailant thrusts knife forward, you block with protected arm to side with back-hand blow, Photo #2.

WHERE TO BLOCK: It is best to block at wrist or forearm, but you may block knife blade with comparative safety, Photo #2. It is virtually impossible for blade to penetrate several thicknesses of jacket cloth in one thrust.

HOW TO FINISH: After stopping attack, you may strike with point into upper body area, or middle area.



## DEFENSES AGAINST GUN: SMALL STICK

Note: Be sure to read carefully the section on Distracting Opponent.

### 1. FRONT

ATTACK: Assailant holding gun in front, you are in defensive position, Photo #1.

DEFENSE: Distract opponent, reach across quickly with your left hand grasping gun and gun hand, moving it to your right and deflecting barrel. Simultaneously, move your body to left without moving your feet. Try to hold gun hammer to prevent firing, Photo #2.

RETALIATION: Thrust opponent's arm further away to your right, holding your arm stiff, Photo #3. Be prepared to deliver blows with stick to upper areas of body until opponent is subdued.

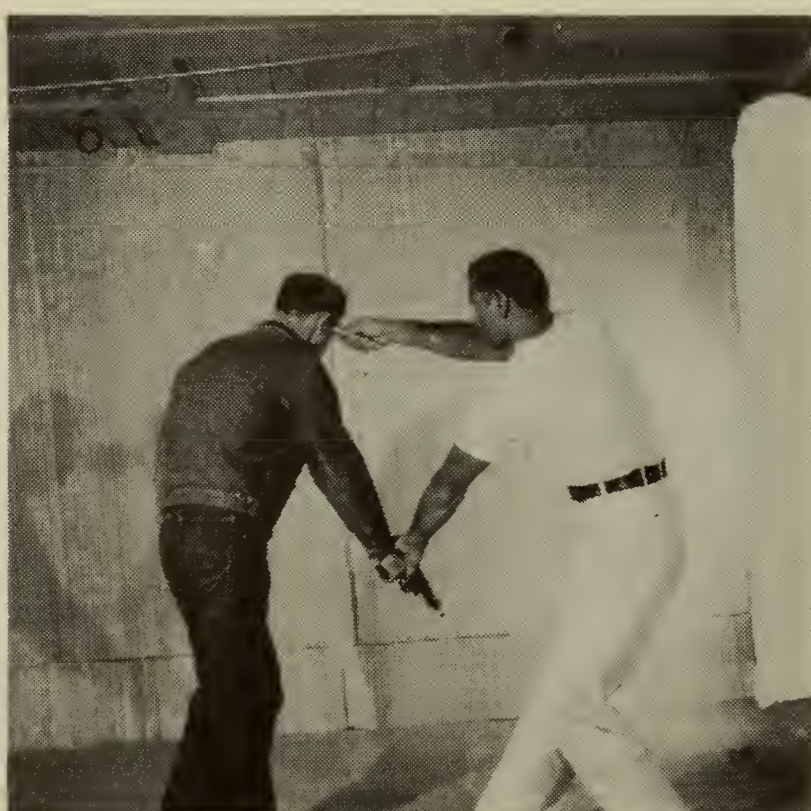
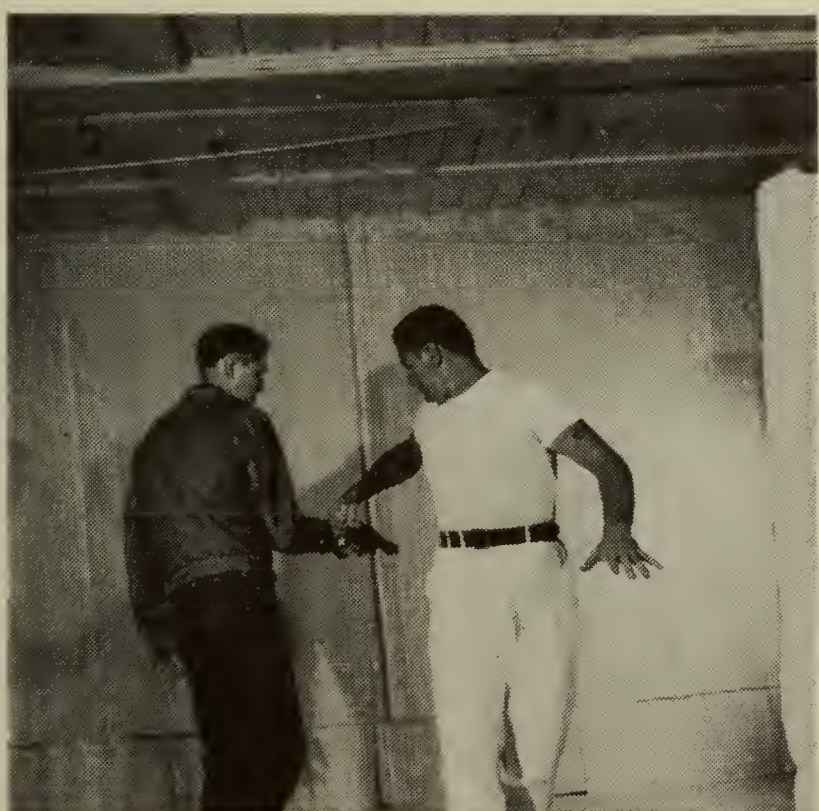
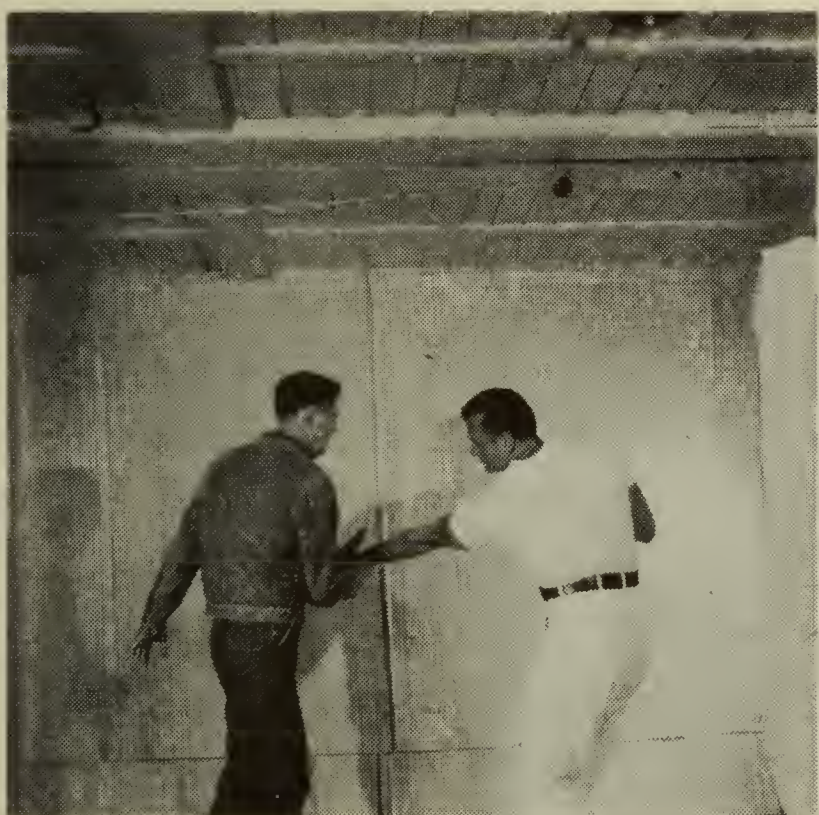
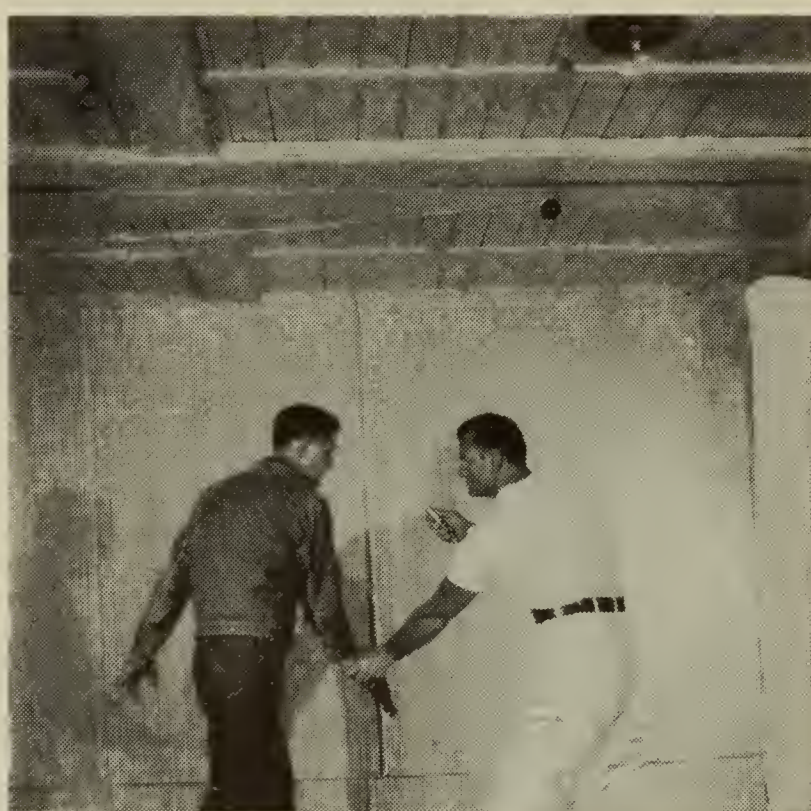
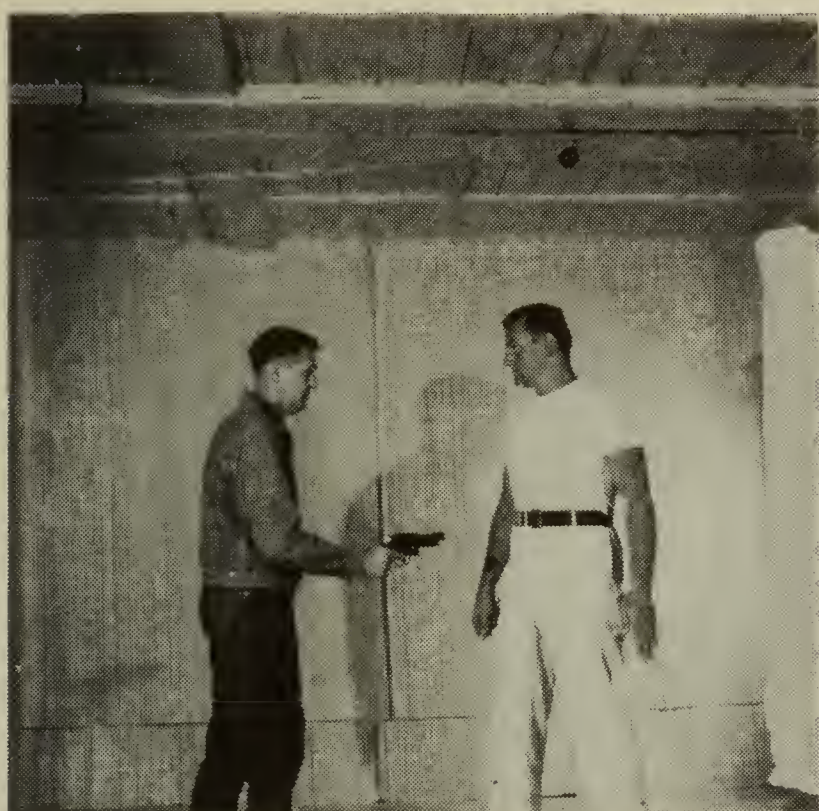
### 2. REAR

ATTACK: Assailant is holding gun from behind, you are in natural position, Photo #4.

DEFENSE: Glance back to see which hand holds gun, distract him, quickly rotate your body in direction of gun hand, strike at hand with stick, Photo #5.

RETALIATION: Continue moving around, grab gun hand at hammer with your left hand, lock your arm stiff, strike with stick until opponent is subdued, Photo #6.

# DEFENSE AGAINST GUN: SMALL STICK



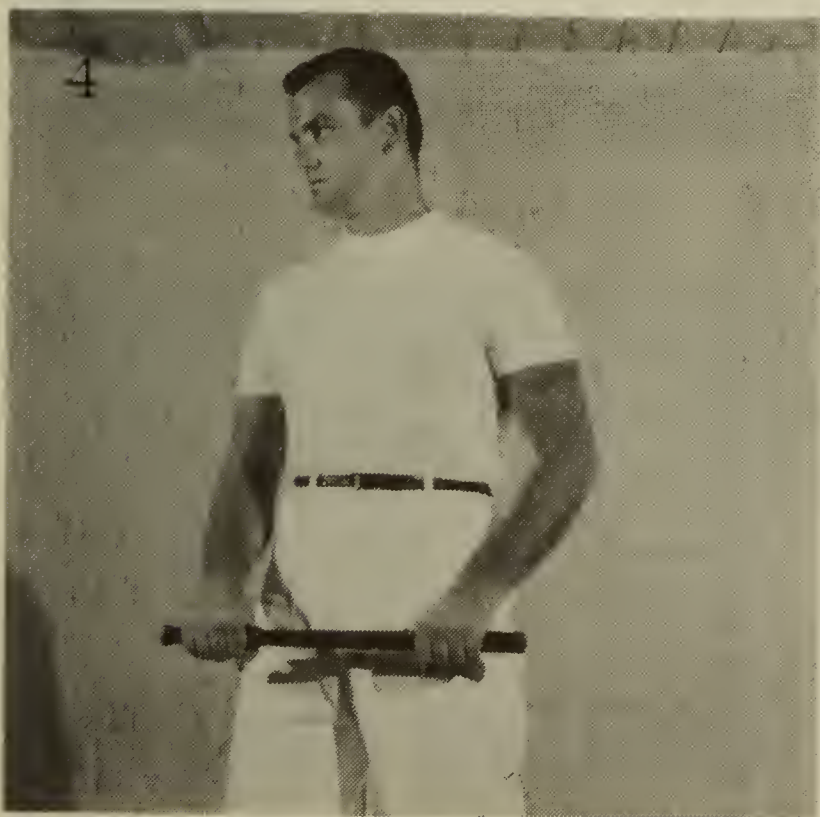
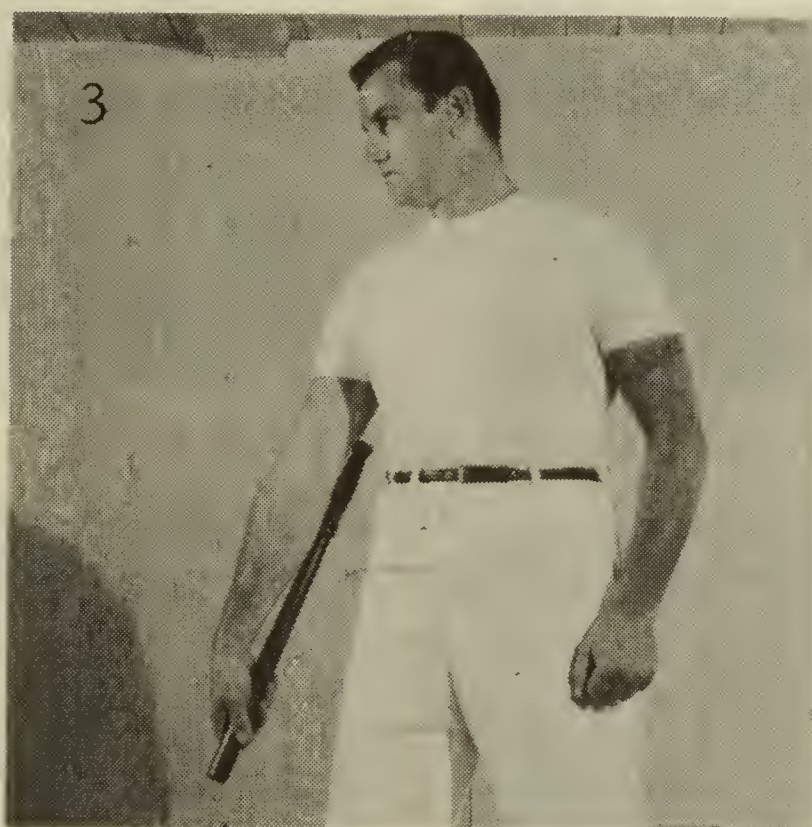
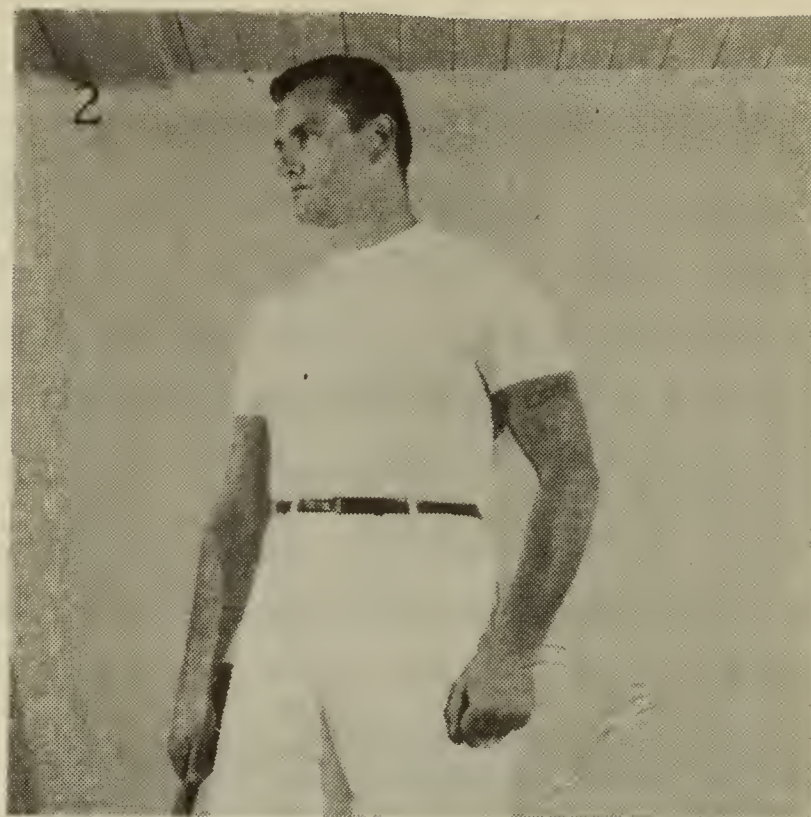
## DEFENSIVE POSITIONS: MEDIUM CLUB

These positions indicate preparedness while avoiding the appearance of aggression or hostility.

1.  
Club at side, natural stance, weight equally distributed on both feet. Club may be held at center, Photo #1, or at butt end, Photo #2, or at point, Photo #3. (When club is held at point, most of club is concealed by arm.)
2.  
Club in front, held horizontal to ground, right hand at butt end, both palms down, Photo #4; or with right palm down, left palm up, Photo #5. (When both palms are down, you are in position to strike up and down with center of club, for use of tension blow. With one palm up and other down, you are ready to deliver jab and smash blows with either end of club.)

Often an attack is prevented with the show of preparedness, but precipitated by a show of hostility. We therefore recommend the defensive positions unless attack is obvious. At the first sign of actual attack, move into offensive position if possible; otherwise go into action from defensive position.

# DEFENSIVE POSITIONS: MEDIUM CLUB



## OFFENSIVE POSITION: MEDIUM CLUB

When an attack is obvious and cannot be avoided, take the offensive position.

1.

BODY POSITION: Feet shoulder-width apart, weight equally divided on both feet, feet form "T" position for maximum balance, knees bent slightly, body erect, side of body toward opponent to offer least target area, head up, look at opponent, Photo #1.

HAND POSITION: Right hand on butt of club, elbow to side, hand and club pointing up at 45° angle, point of club at eye level, left arm held in ready position, Photo #1.

2.

BODY POSITION: Same as above.

HAND POSITION: Right hand grasping center of club, club held vertical to ground, point up, left hand in ready position, Photo #2.

3.

BODY POSITION: Same as above.

HAND POSITION: Right hand grasping point of club, club held horizontal to ground, parallel to your forearm, forearm in front of chest, left hand in ready position, Photo #3.

4.

BODY POSITION: Feet shoulder-width apart, weight equally distributed on both feet, feet in "T" position for maximum balance, knees slightly bent, body facing front, head erect, look at opponent, Photo #4.

HAND POSITION: Right hand at butt end of club, left hand at point, club held horizontal to ground in front of chest, Photo #4.

## OFFENSIVE POSITION: MEDIUM CLUB (con'd.)

5.

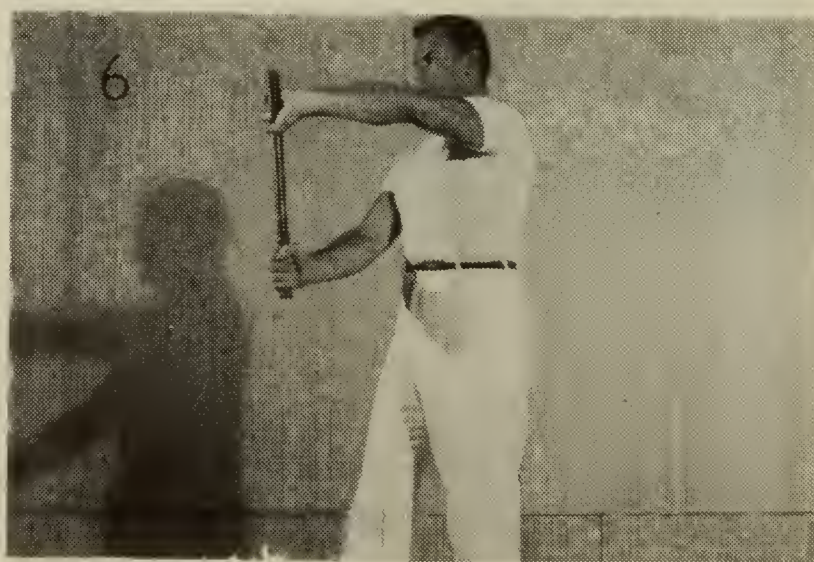
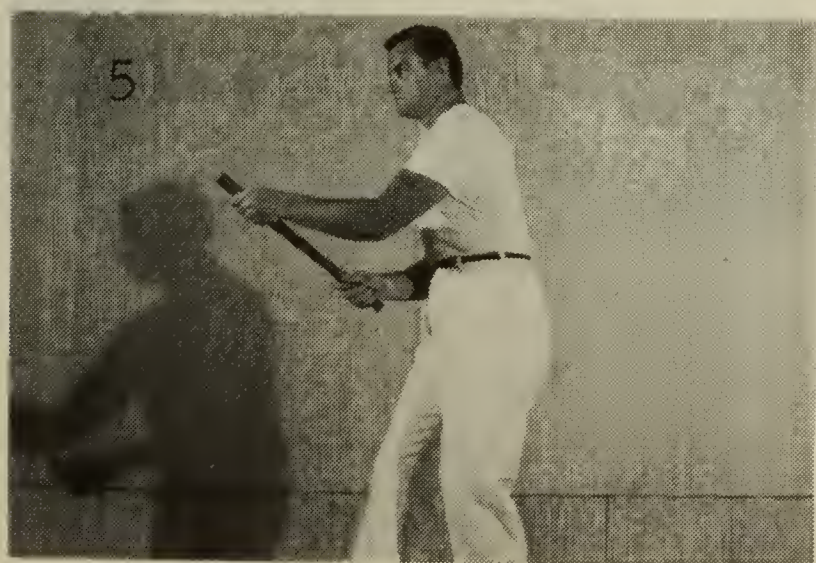
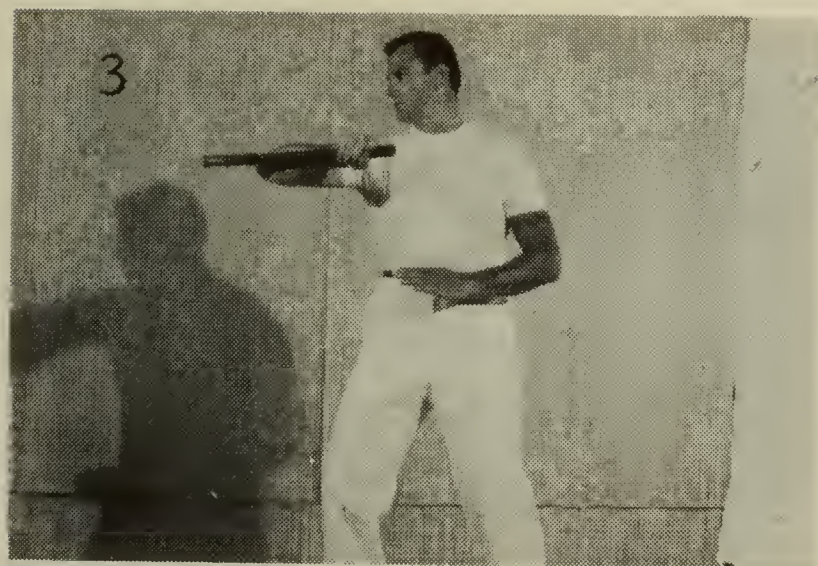
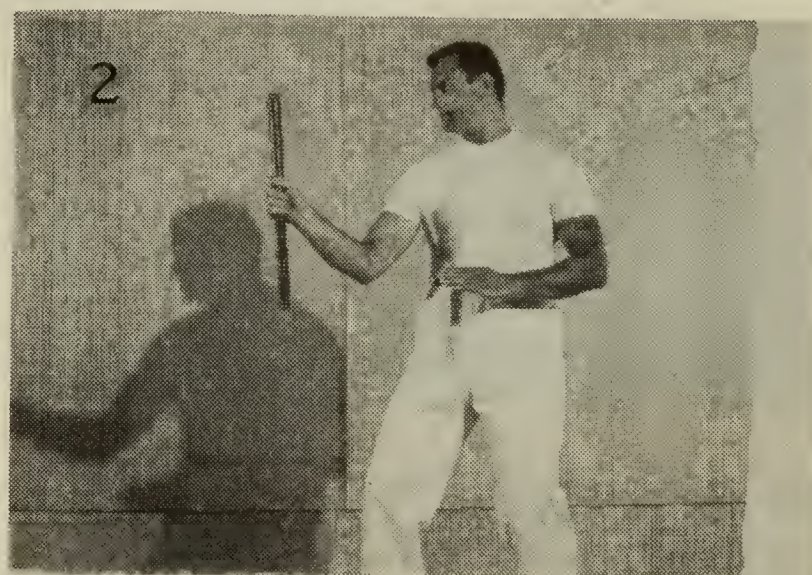
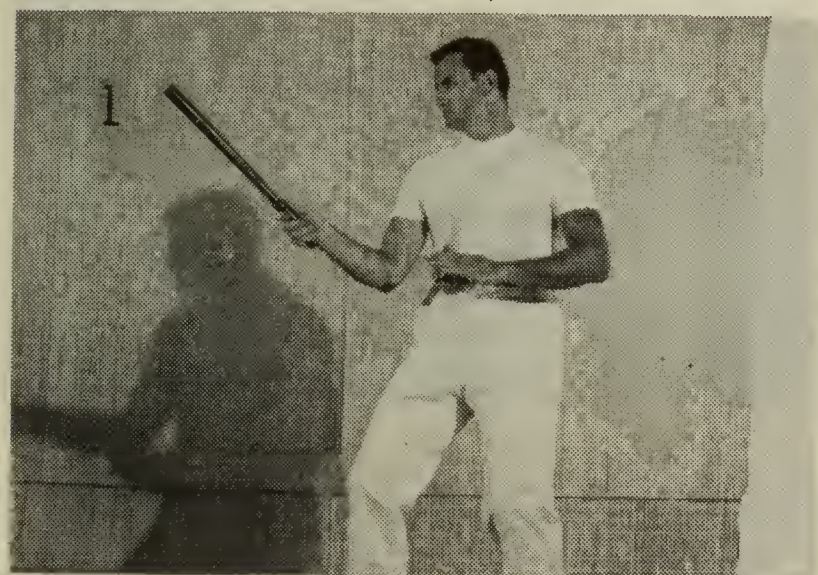
BODY POSITION: Same as above.

HAND POSITION: Right hand holding butt end, left hand holding point end, point directed at opponent, club held at  $45^{\circ}$  angle, Photo #5.

6.

BODY POSITION: Same as above.

HAND POSITION: Right hand holding butt end of club, left hand holding point end, club held vertical to ground, point up, club held in front of chest, Photo #6.



## STRIKING METHODS: MEDIUM CLUB

### TENSION BLOW: POINT

HOW TO HOLD: Right hand on butt end, fingers of left hand hooked over point end, club held horizontal to ground, Photo #1.

HOW TO STRIKE: Build up tension by forcing point end forward (not letting go) and pulling back on butt end of club; strike by sudden snap release of left hand, Photo #2.

WHERE TO STRIKE: Strike into middle area or at assailant's attacking arm, Photo #2.

HOW TO FINISH: Finish into offensive stance.

### TENSION BLOW: BUTT

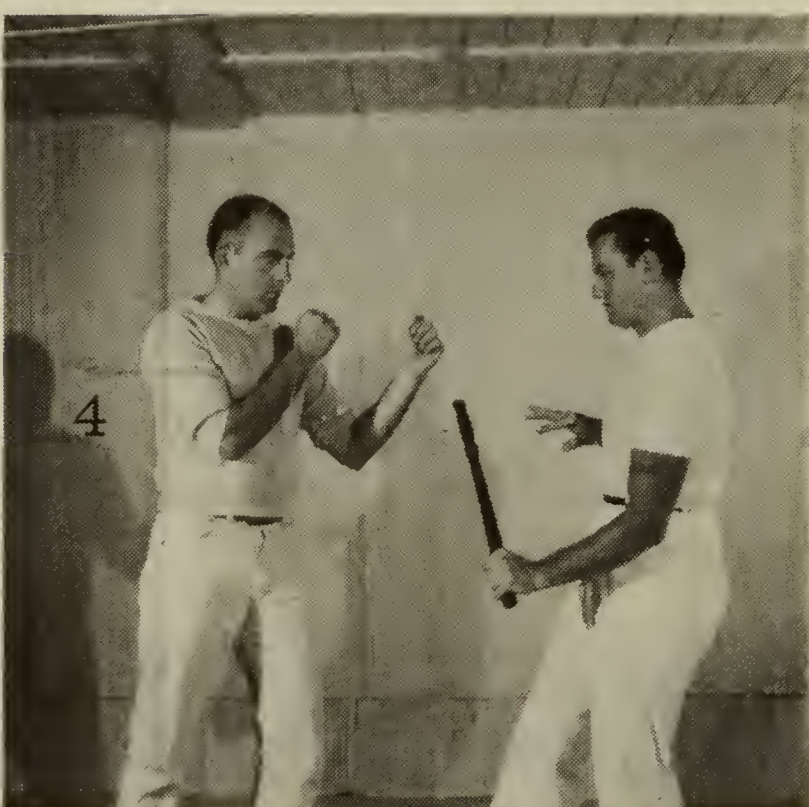
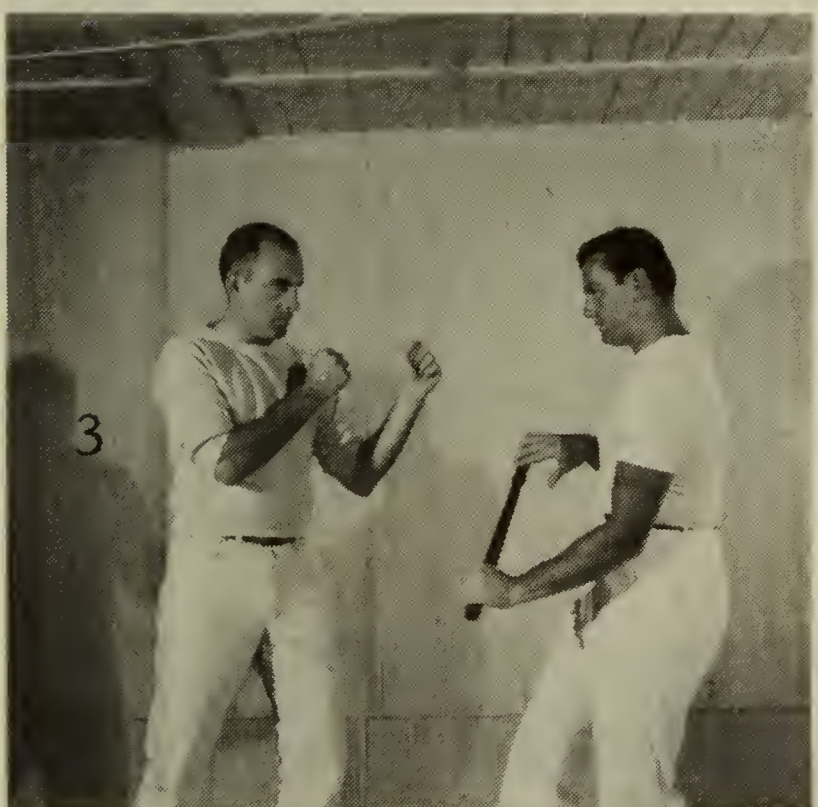
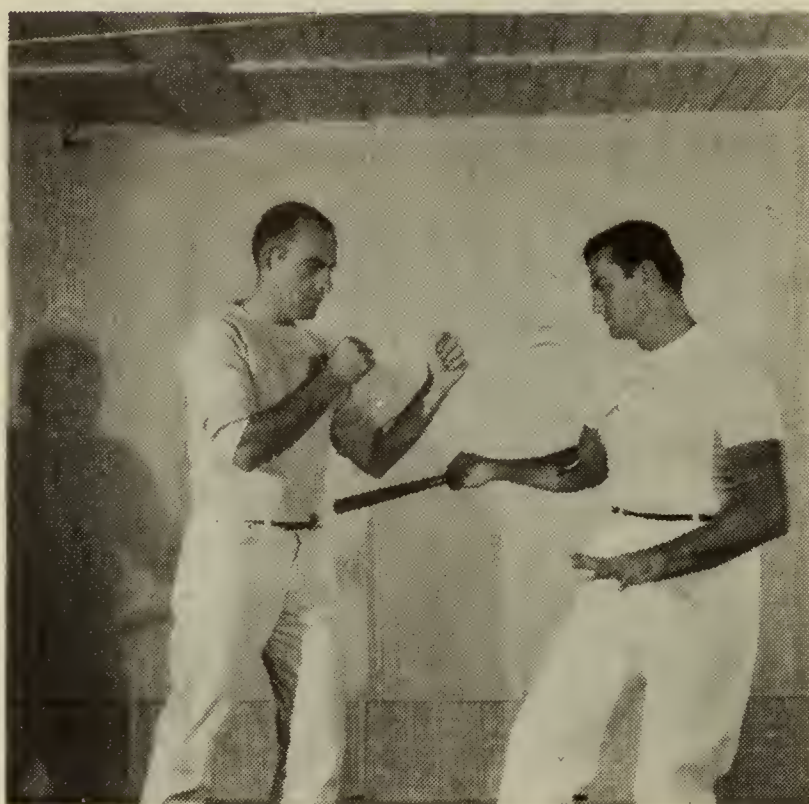
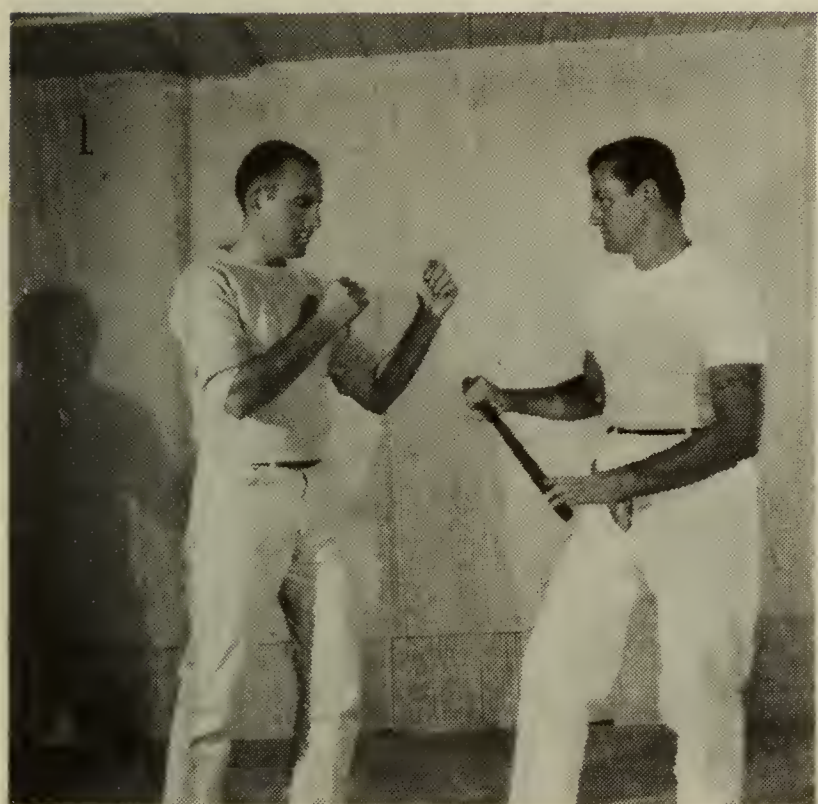
HOW TO HOLD: Left hand on point end, fingers of right hand hooked over butt end, club held horizontal to ground, Photo #3.

HOW TO STRIKE: Build up tension by forcing butt end forward (not letting go) and pulling back on point end of club; strike by sudden snap release of right hand, Photo #4.

WHERE TO STRIKE: Strike into middle area or at assailant's attacking arm.

HOW TO FINISH: Finish into offensive stance.

# STRIKING METHODS: MEDIUM CLUB



## STRIKING METHODS: MEDIUM CLUB

### ONE HAND IN CENTER:

HOW TO HOLD: Grasp club in center with right hand, body position in offensive stance.

HOW TO STRIKE: Striking with point, thrust forward, Photo #1; striking across with point end, Photo #2; backhand blow, point end, Photo #3; jabbing with butt, Photo #4; across with butt end, Photo #5; backhand blow, butt end, Photo #6.

WHERE TO STRIKE: Solar plexus, Photo #1; side of head, Photo #3; chin or throat, Photo #4; or any striking areas presented as target by assailant.

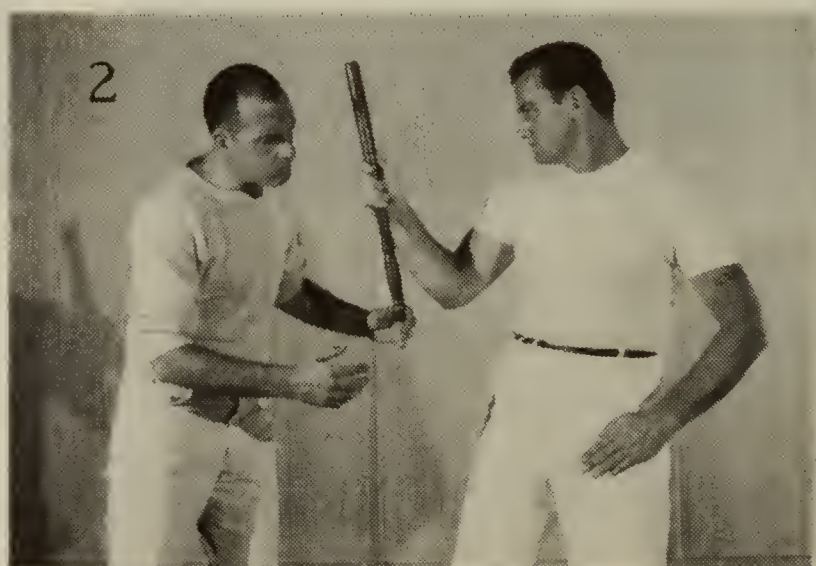
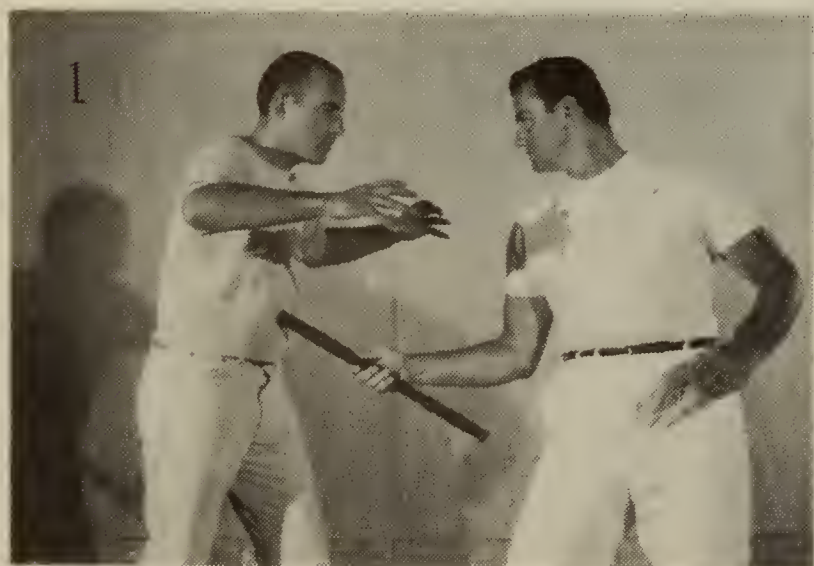
HOW TO FINISH: Follow through with other one-hand blows, or resume offensive stance.

HOW TO HOLD: Grasp center of club with right hand, body position in offensive stance, club held at right angle to body of assailant.

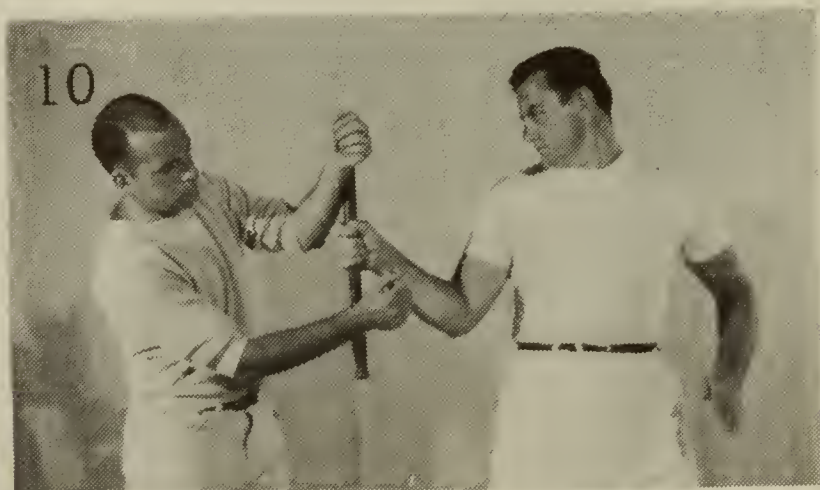
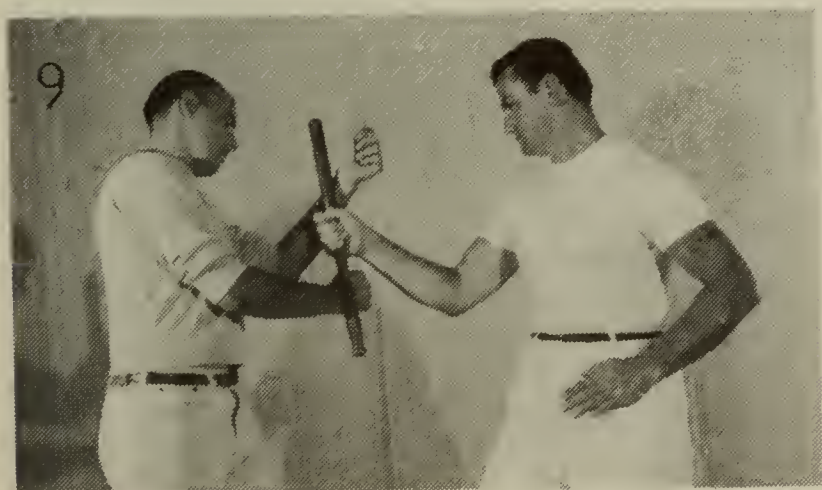
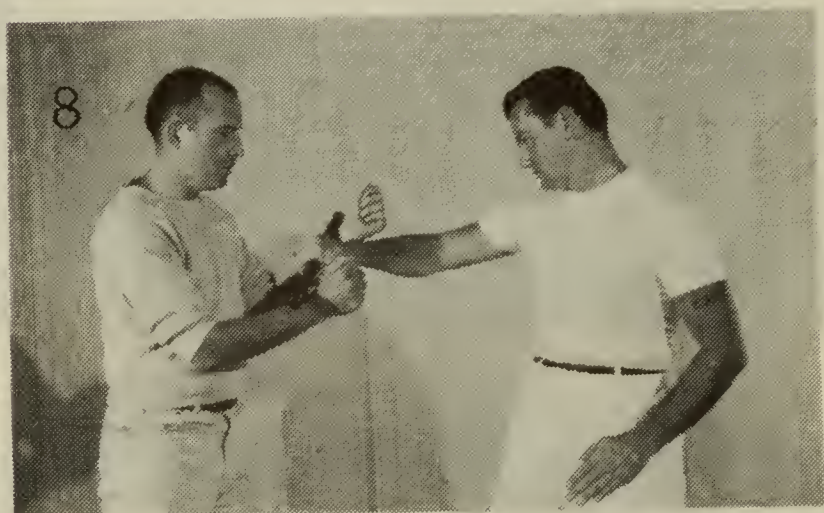
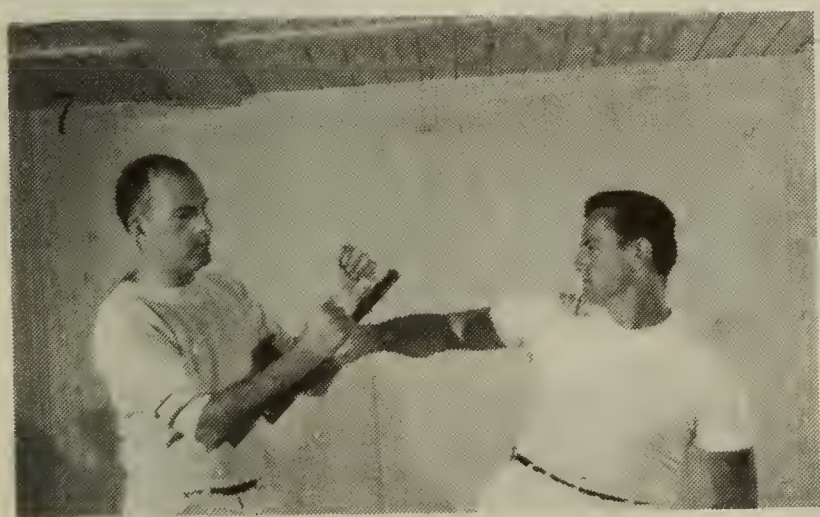
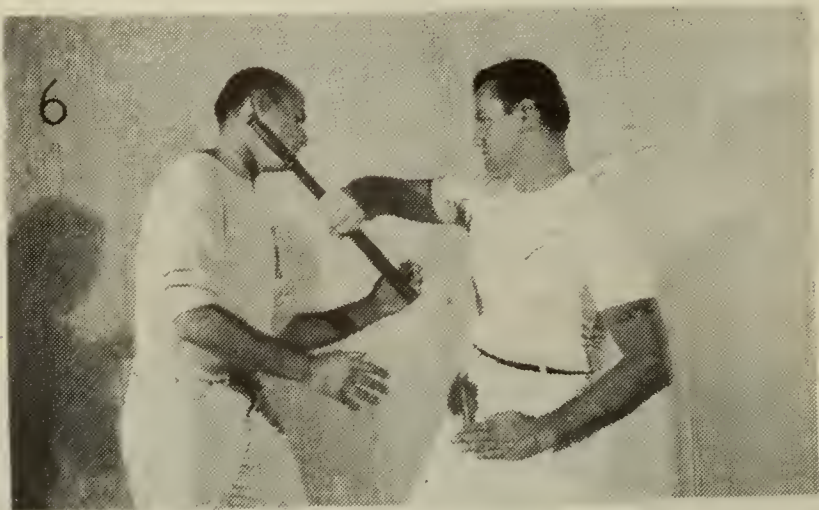
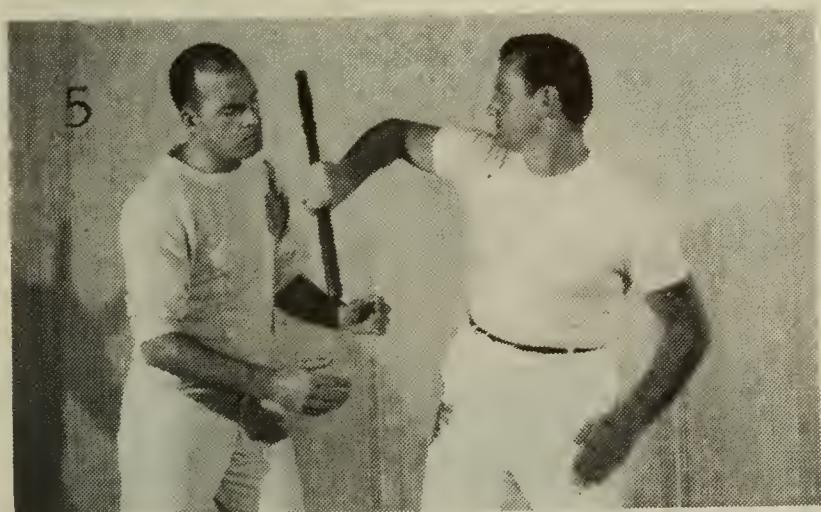
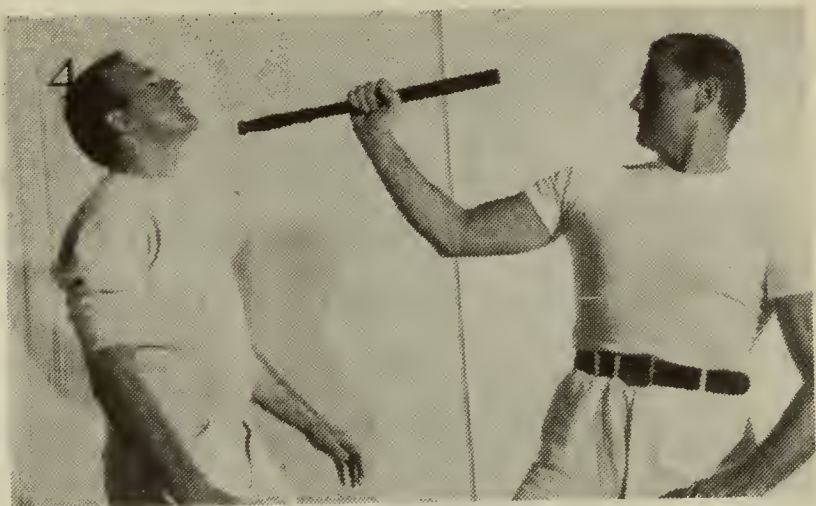
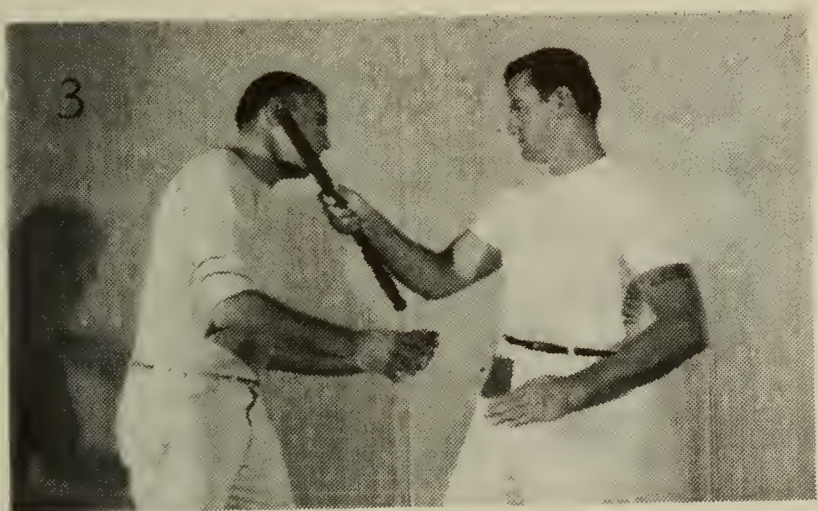
HOW TO STRIKE: As assailant reaches out to attack, strike in upward direction, Photo #7, or downward direction, Photo #8, or side to side, Photos #9 and #10.

WHERE TO STRIKE: Against assailant's wrists or forearms, Photos #7 and #9, or any striking area presented as target by assailant.

HOW TO FINISH: After thrusting assailant's arms out of range, continue striking as you circle your opponent.



STRIKING METHODS: MEDIUM CLUB



## STRIKING METHODS: MEDIUM CLUB

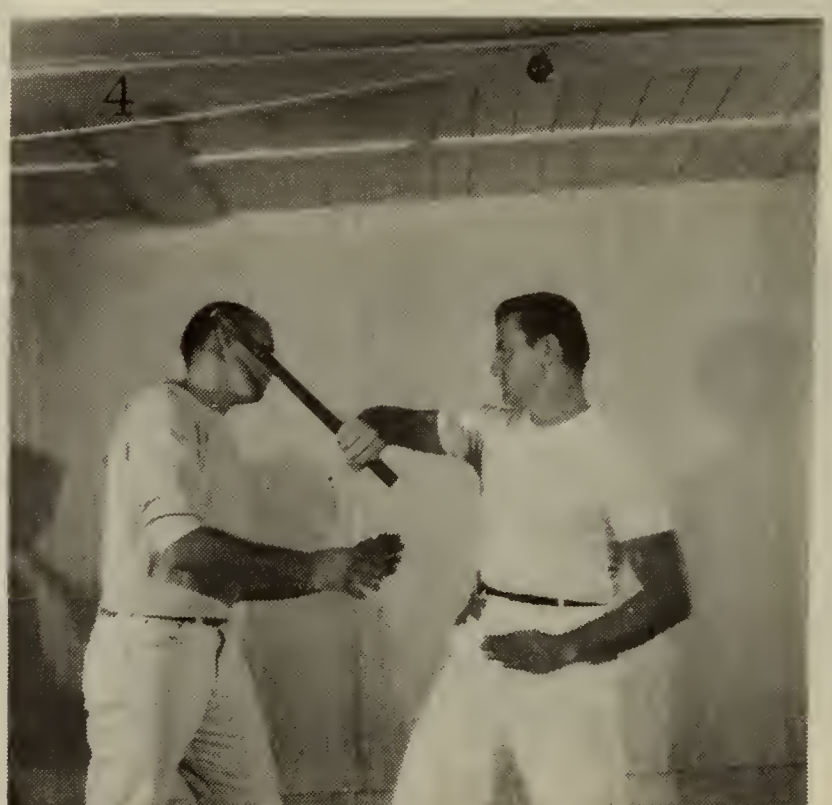
### ONE HAND ON POINT

HOW TO HOLD: Right hand grasps point 2" from end, body in offensive stance, Photo #1. (Note: methods should be practised using both hands, for versatility. Left-handed people should emphasize practise with left hand for greater practicality.)

HOW TO STRIKE: Thrust forward with point, Photo #1. Jab with butt, Photo #2, or swinging blow from side to side, Photos #3 and #4.

WHERE TO STRIKE: Neck or jaw, Photo #1, side of head, Photos #3 and #4, or any other striking area presented as target by assailant.

HOW TO FINISH: Recover into starting position or follow through with other one-hand blows.



## STRIKING METHODS: MEDIUM CLUB

### ONE HAND ON BUTT:

HOW TO HOLD: Right hand grasps butt, 2" from end, body in offensive stance, Photo #1.

HOW TO STRIKE: Thrust forward with point, Photo #1, jabbing with butt, Photo #2, or swinging blow, Photos #3 and #4.

WHERE TO STRIKE: Solar plexus, Photo #1; chin, Photo #2; side of head, Photo #3; or any striking area presented as target by assailant.

HOW TO FINISH: Recover into starting position or follow through with other one-hand blows.



## STRIKING METHODS: MEDIUM CLUB TWO-HAND HOLD

### POINT:

HOW TO HOLD: Right hand at butt, left hand at point, club held horizontal to ground, point toward assailant, Photo #1.

HOW TO STRIKE: Thrust forward while taking short step with right foot, Photo #1.

WHERE TO STRIKE: Into middle area of body, Photo #1.

HOW TO FINISH: Follow through with other two-hand blows, or recover to starting position.

(Use same finish on all techniques shown on this page.)

### BUTT:

HOW TO HOLD: Right hand at butt, left hand at point, Photo #2.

HOW TO STRIKE: Thrust butt forward while taking short step forward with right foot, Photo #2.

WHERE TO STRIKE: Upper area, Photo #2.

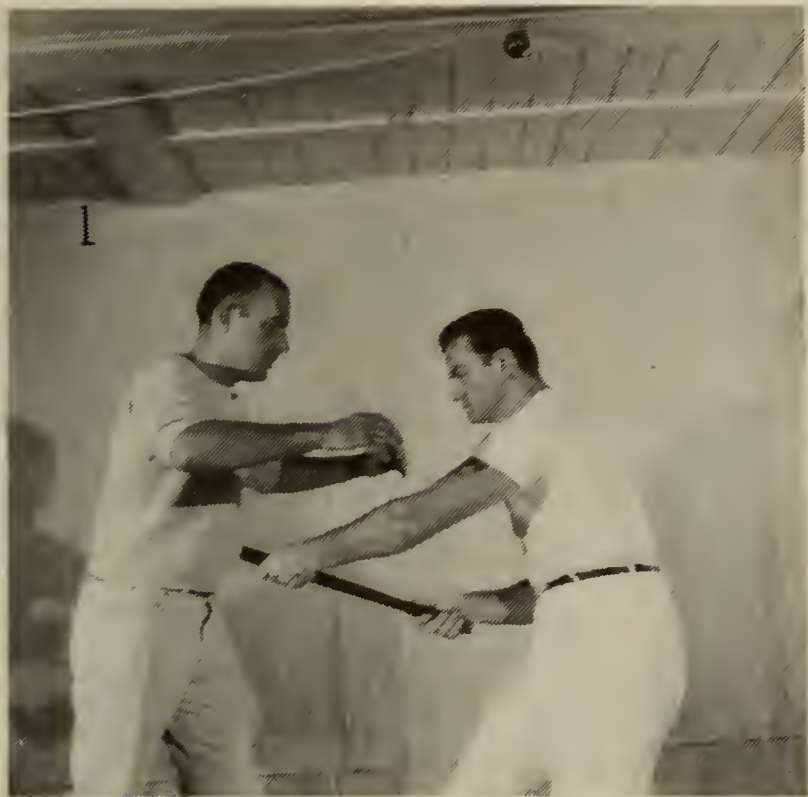
### CENTER:

HOW TO HOLD: Hands at ends of club, club held vertical, point up, Photo #3.

HOW TO STRIKE: Striking with center of club, strike toward left, Photo #3, or right, Photo #4.

WHERE TO STRIKE: Assailant strikes with fists, you hit his wrist or forearm, Photo #3, or at upper body area.

# STRIKING METHODS: MEDIUM CLUB TWO-HAND HOLD



## STRIKING METHODS: MEDIUM CLUB

### STRIKING WITH CENTER: TWO HANDS

#### HORIZONTAL:

HOW TO HOLD: Grasp club with both hands, 2" from ends, club held horizontal to ground, Photo #1.

HOW TO STRIKE: Assailant attacks with fists. Strike up against wrists with center of club, or down on arms, head, nose, shoulder, Photo #2.

WHERE TO STRIKE: Strike wrists, thrusting them up, or strike in upper direction at chin or nose, Photo #1, or down, as described in paragraph above.

HOW TO FINISH: After stopping attack, follow through with any two-hand blows.

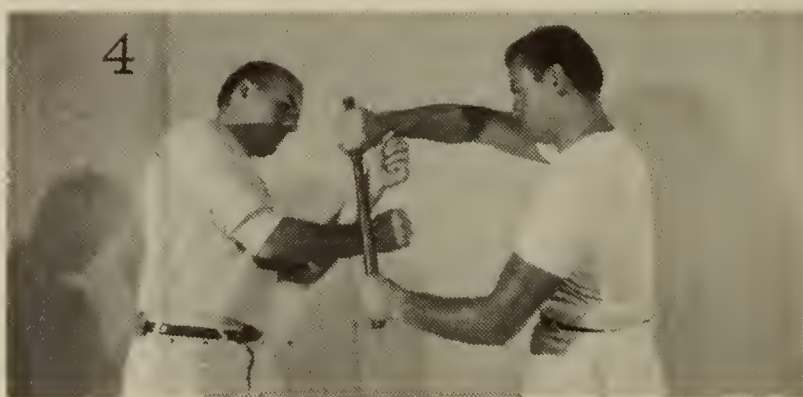
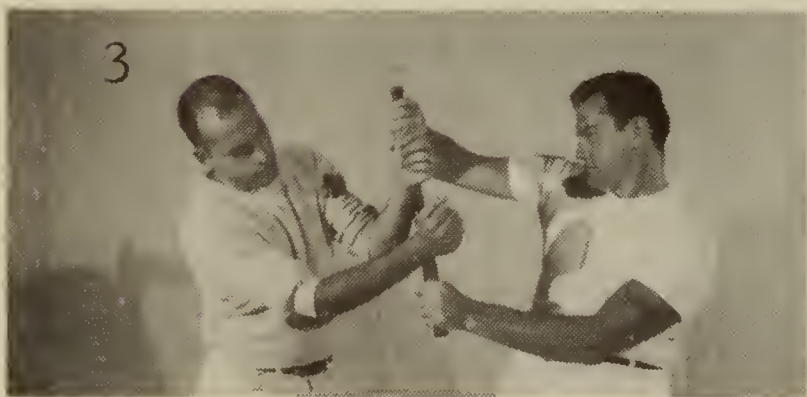
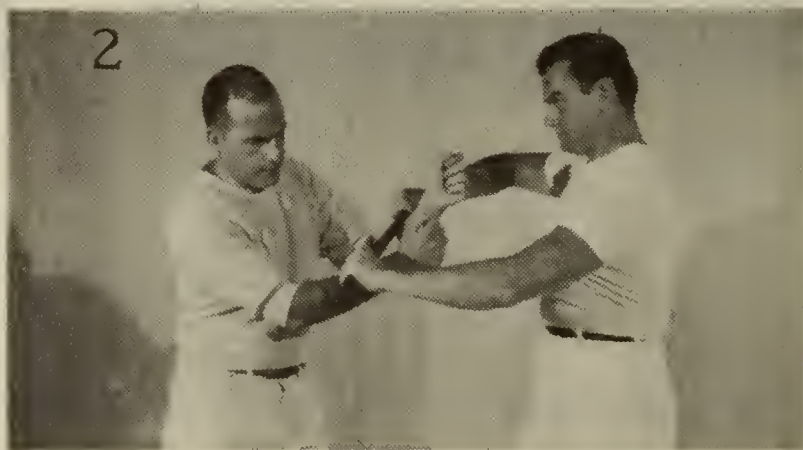
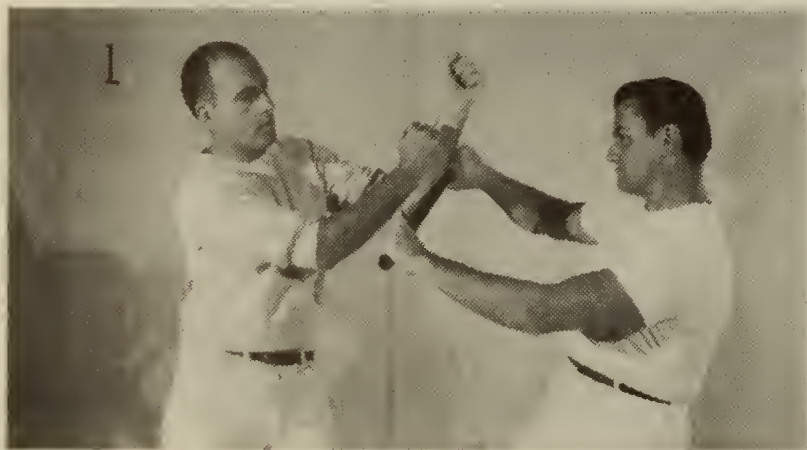
#### VERTICAL:

HOW TO HOLD: Grasp club with both hands, 2" from ends, club held vertical to ground, Photo #3.

HOW TO STRIKE: Assailant advances. Thrust club laterally from right to left, Photo #3, or left to right, Photo #4.

WHERE TO STRIKE: At forearms, upper arm, shoulder, or side of head.

HOW TO FINISH: After stopping attack, finish with any other two-hand blows.



## BLOCKING METHODS: MEDIUM CLUB

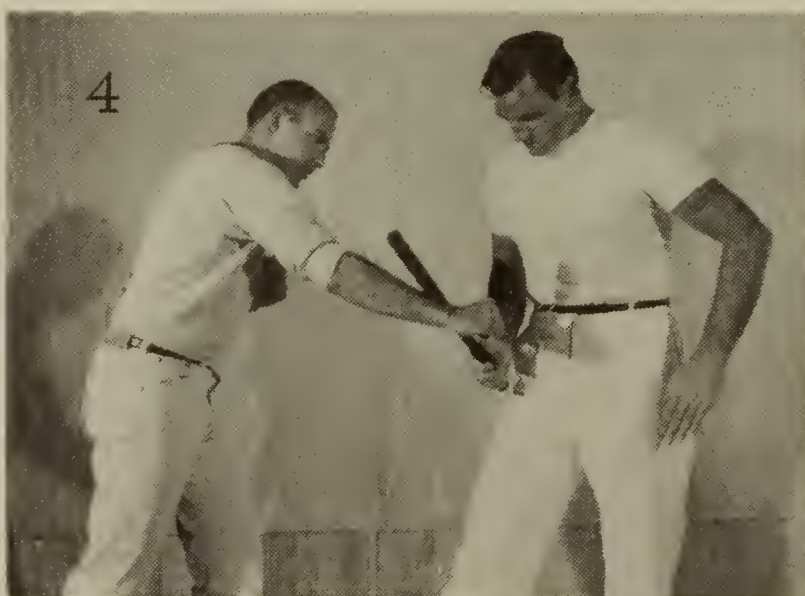
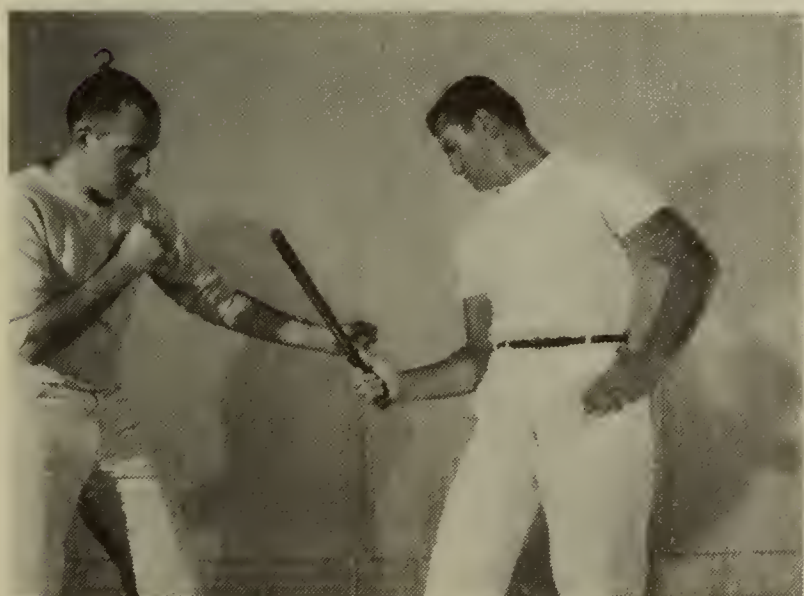
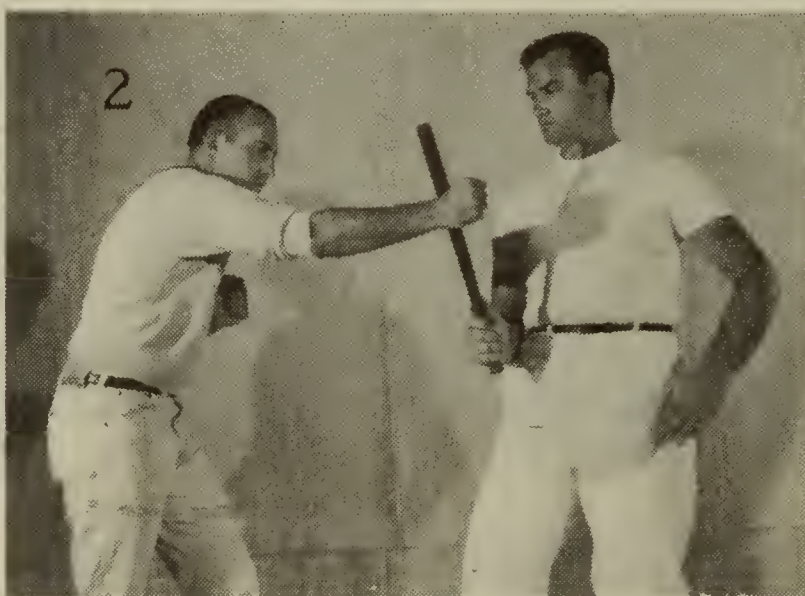
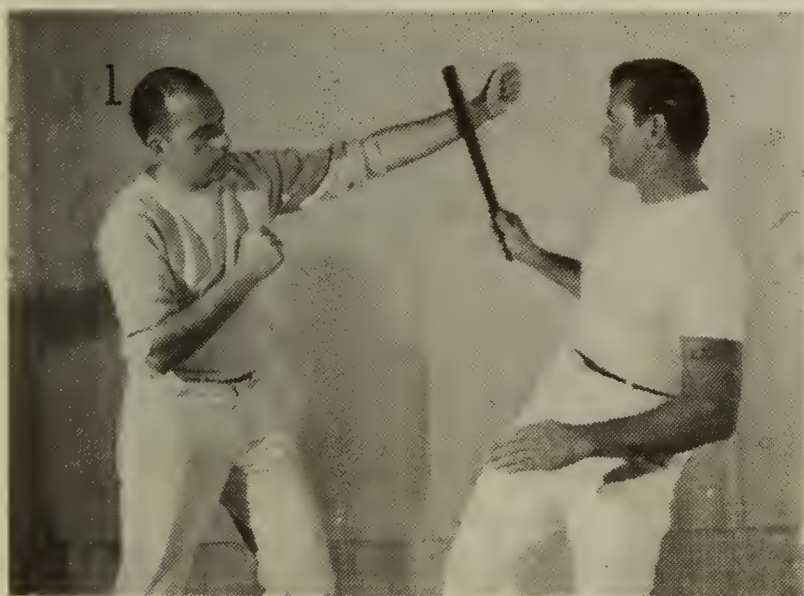
### ONE-HAND BLOCK: FOUR QUARTERS

**HOW TO HOLD:** Hold club with hand at butt end, body in offensive stance.

**HOW TO BLOCK:** As assailant strikes out with left hand to upper-right quarter, slash with back-hand blow up and to right, Photo #1. Assailant strikes with right hand to your upper-left quarter, you slash across your body up and out, Photo #2. As assailant strikes with left hand to your lower-right quarter, you slash with backhand, down and out, Photo #3. Assailant strikes with right hand into lower-left quarter, you strike across, down and out, Photo #4.

**WHERE TO STRIKE:** At wrists or forearms.

**HOW TO FINISH:** After blocking initial attack, you must be prepared to ward off further attack and to retaliate with a variety of blows.



## BLOCKING METHODS: MEDIUM CLUB

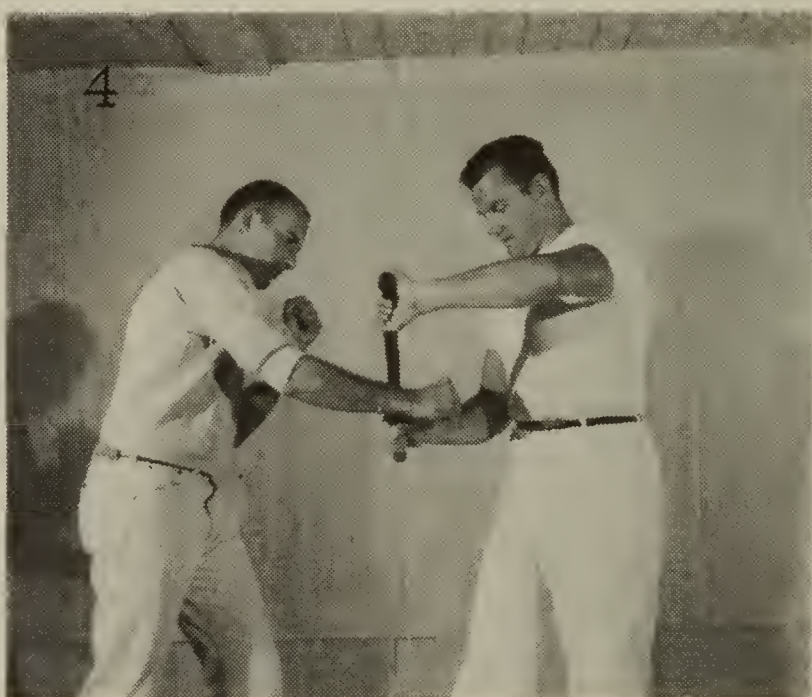
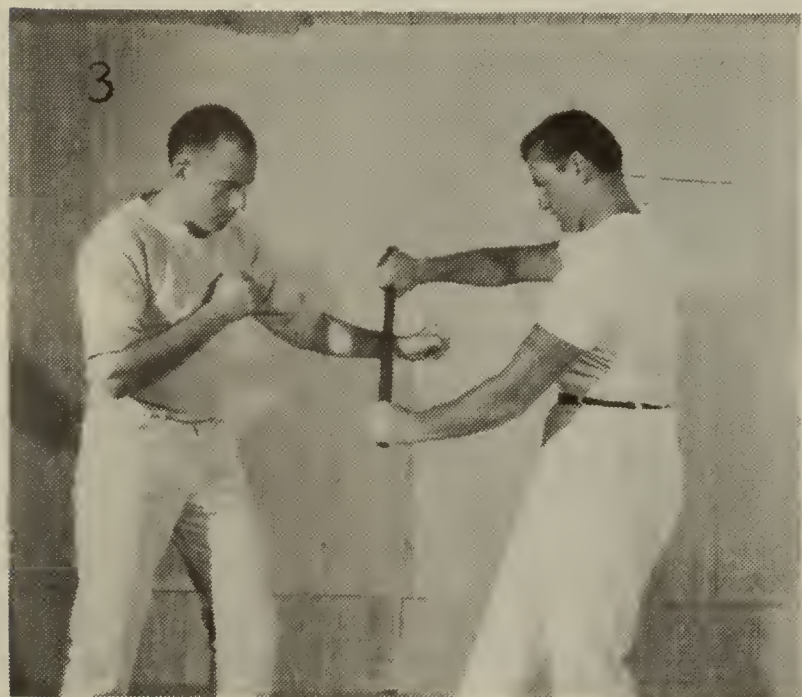
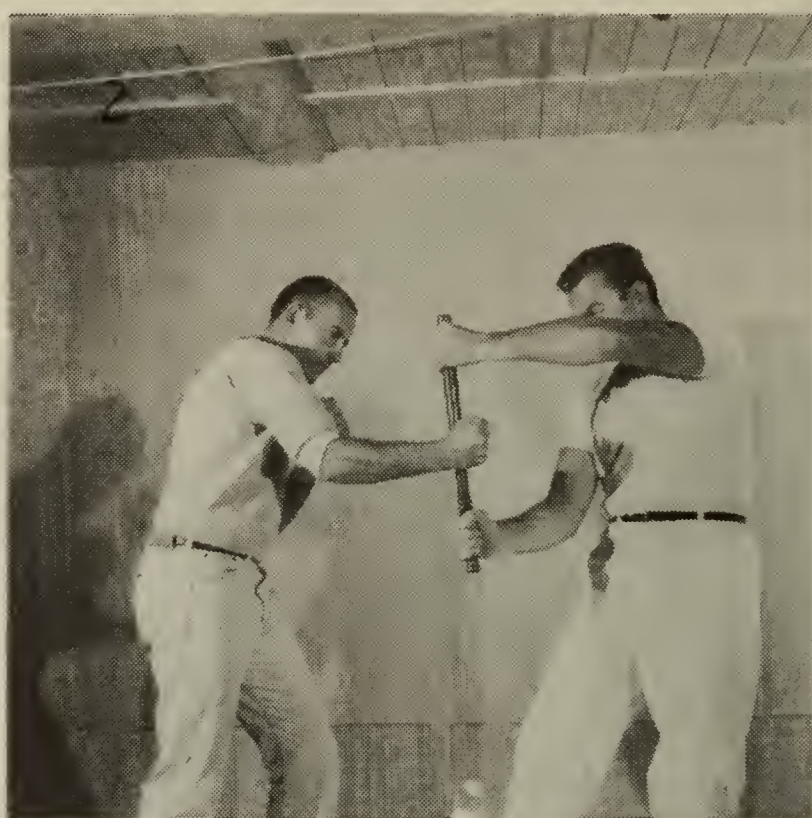
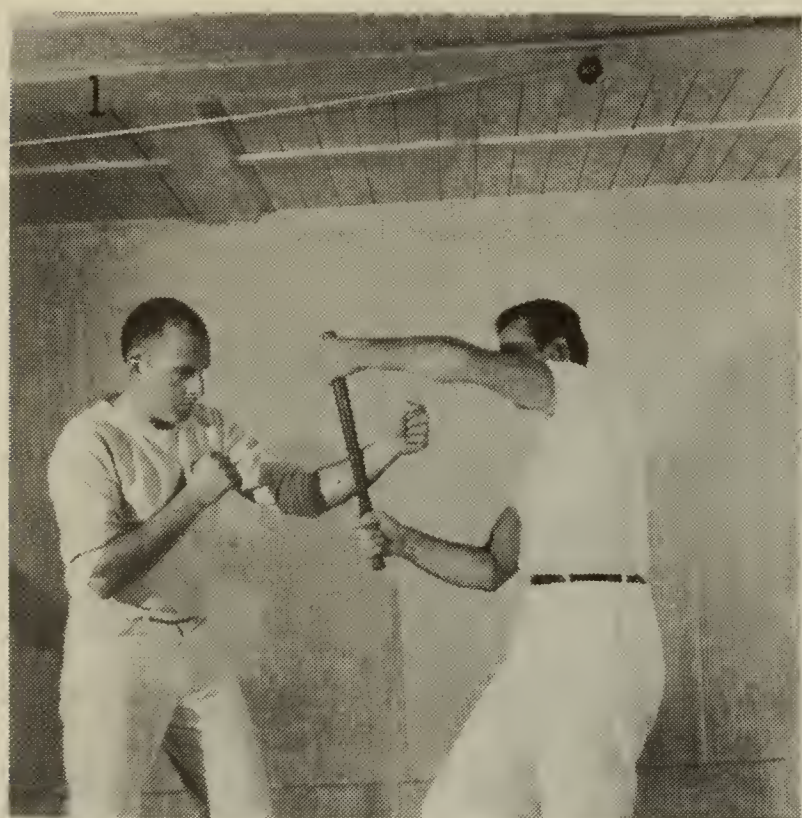
### TWO-HAND BLOCK: FOUR QUARTERS

HOW TO HOLD: Right hand at butt end, left hand at point end, club parallel to opponent's body.

HOW TO BLOCK: Assailant strikes with left hand to upper-right quarter, you slash with back-hand blow to side, striking with center of club, Photo #1. Assailant strikes with right hand to upper-left quarter, you strike to side with center of club, Photo #2. Assailant strikes with left hand to lower-right quarter, you strike down and out, using center of club, Photo #3. Assailant strikes with right hand into lower-left quarter, you strike across, down and out with center of club, Photo #4.

WHERE TO STRIKE: At wrists or forearms.

HOW TO FINISH: Continue striking, using variety of blows, until assailant is subdued.



## BLOCKING METHODS: MEDIUM CLUB

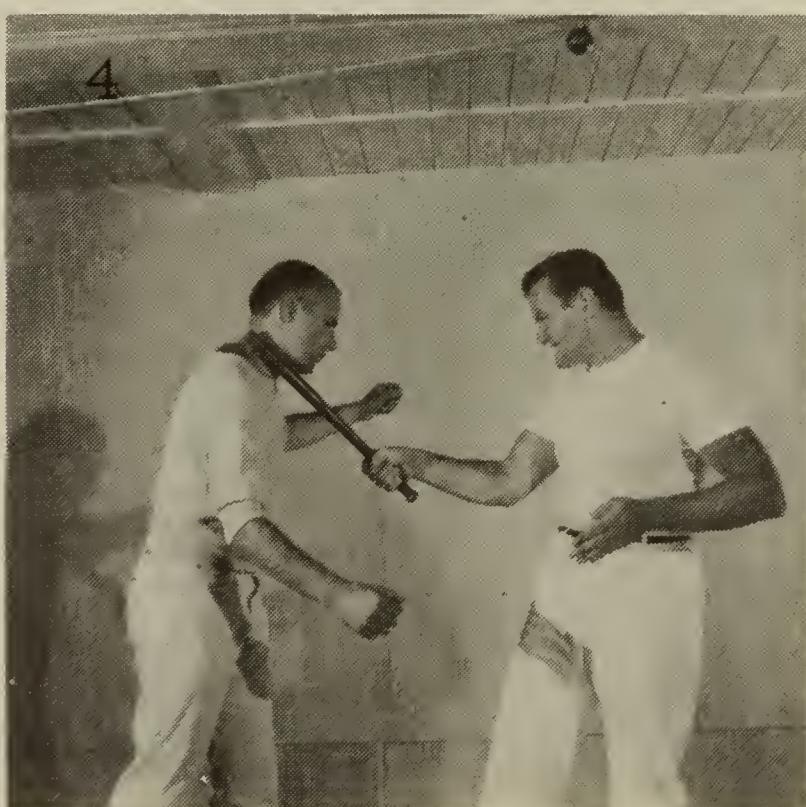
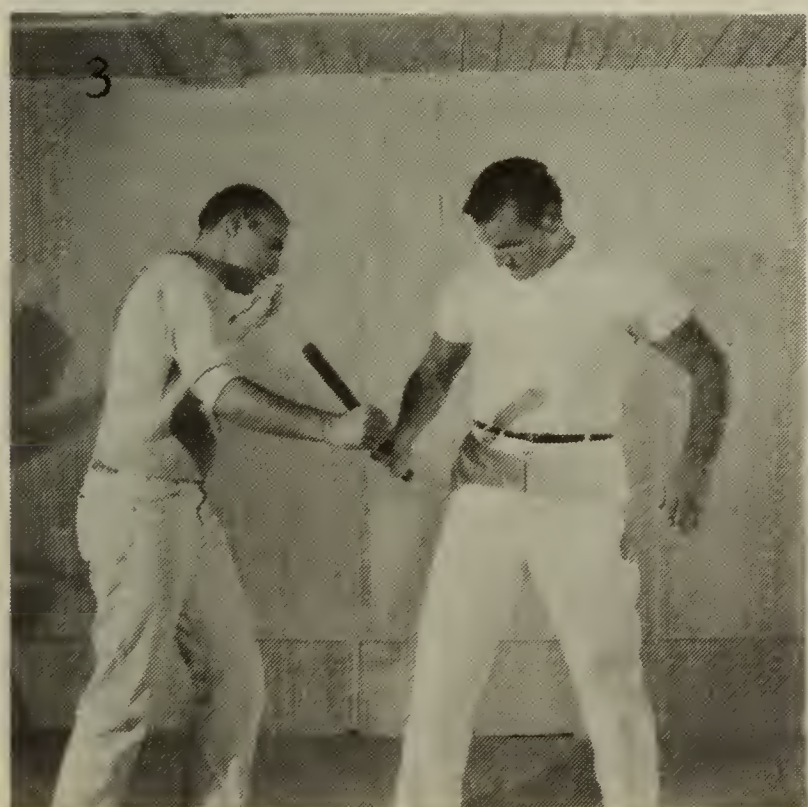
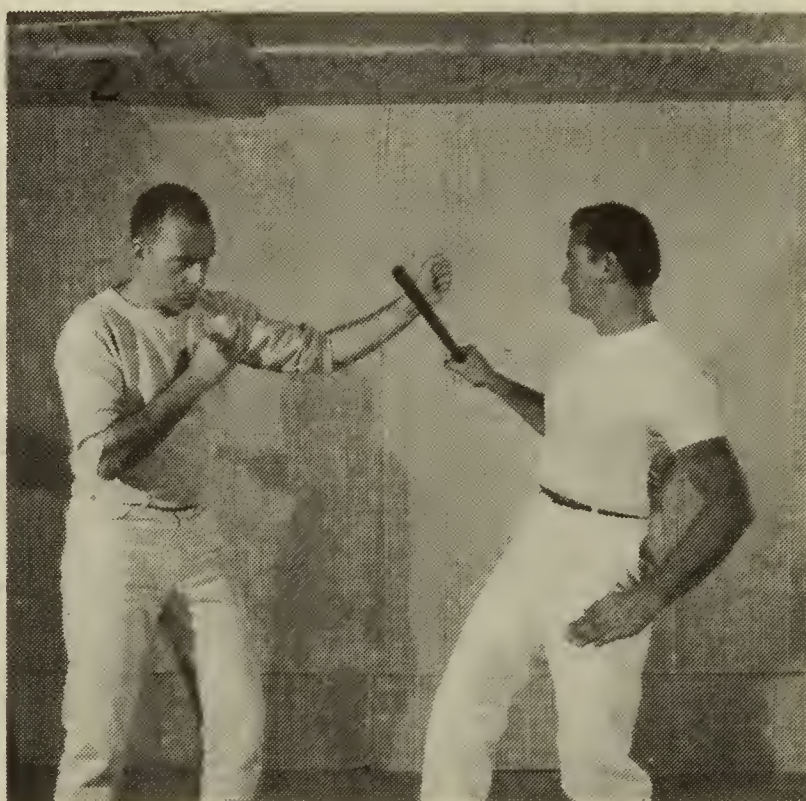
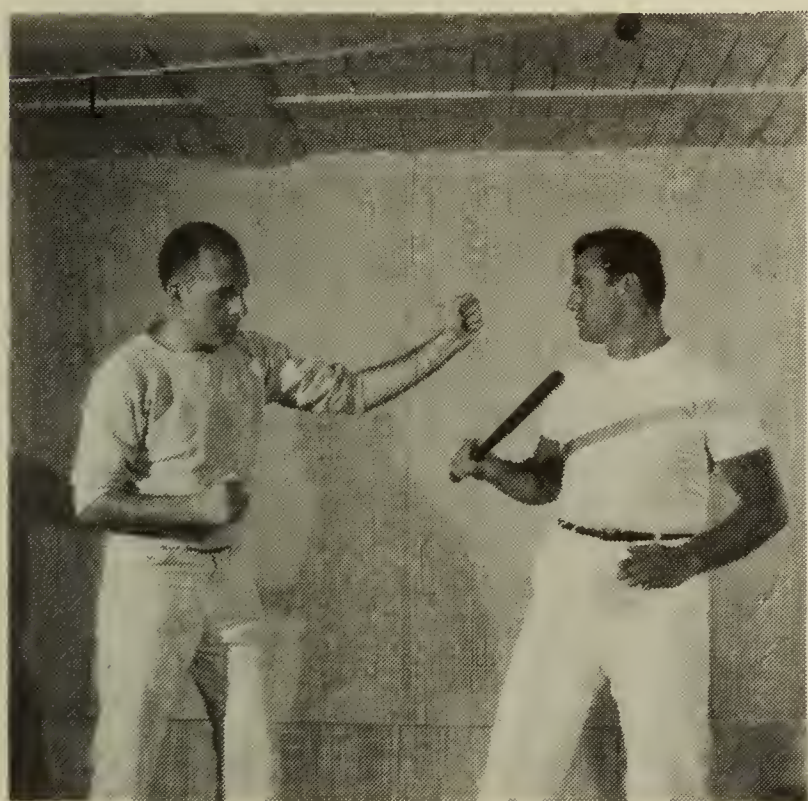
### BLOCK 1-2 PUNCH AND RETALIATION:

HOW TO HOLD: Right hand on butt, body in defensive stance, club at 45° angle, Photo #1.

HOW TO BLOCK: Assailant strikes out with left hand into upper, right quarter. Slash with back-hand blow up and out, Photo #2. When assailant follows up with second blow with right hand to lower, left quarter, you strike across, down and out, Photo #3.

WHERE TO STRIKE: When blocking, strike at wrist or forearm.

HOW TO FINISH: After assailant has been stopped, strike into side of neck, Photo #4, or any striking area presented as target by assailant. Continue striking until opponent is subdued.



## BLOCKING METHODS: MEDIUM CLUB

### ONE-HAND DEFENSE AGAINST TOE KICK:

HOW TO HOLD: Right hand at butt end, offensive stance.

HOW TO BLOCK: Assailant starts forward kick into lower quarters, step back short step, slash down and across your body, driving his leg out of range, Photo #1.

WHERE TO STRIKE: Side of leg, or ankle, Photo #1.

HOW TO FINISH: Follow blocking blow with blow to upper part of assailant's body.

### TWO-HAND DEFENSE AGAINST TOE KICK:

HOW TO HOLD: Right hand on butt end, left hand at point end, club held horizontal to ground, Photo #2.

HOW TO BLOCK: Assailant starts forward kick to lower quarters, step back short step, raise club slightly; then, as kick continues, snap down with center of club, Photo #2.

WHERE TO STRIKE: Instep, ankle, or shin, Photo #2.

HOW TO FINISH: Follow blocking blow with blow to upper part of assailant's body.



## BLOCKING METHODS: MEDIUM CLUB

### ONE-HAND AGAINST KNEE KICK:

HOW TO HOLD: Right hand at butt end, offensive stance.

HOW TO BLOCK: Assailant strikes out with right knee into lower quarters, step back short step, strike with back-hand blow, forcing his knee off to side, Photo #3.

WHERE TO STRIKE: Side of knee.

HOW TO FINISH: Follow blocking blow with blow to upper part of assailant's body.

### TWO-HAND BLOCK AGAINST KNEE KICK:

HOW TO HOLD: Right hand at butt end, left hand at point end, club vertical to ground, Photo #4.

HOW TO BLOCK: Assailant strikes with right knee, you strike to right side, Photo #4.

HOW TO FINISH: Follow blocking blow with blow to upper part of assailant's body.



## BLOCKING METHODS: MEDIUM CLUB

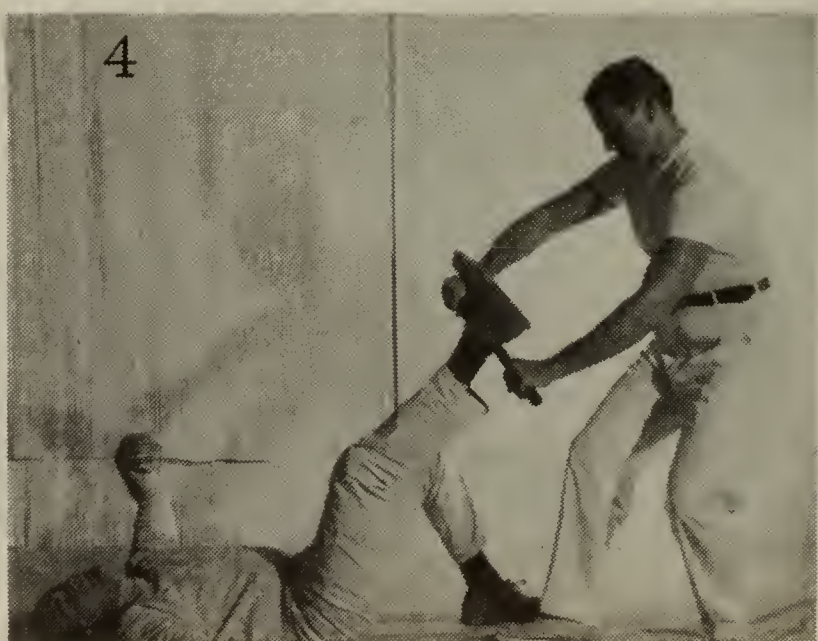
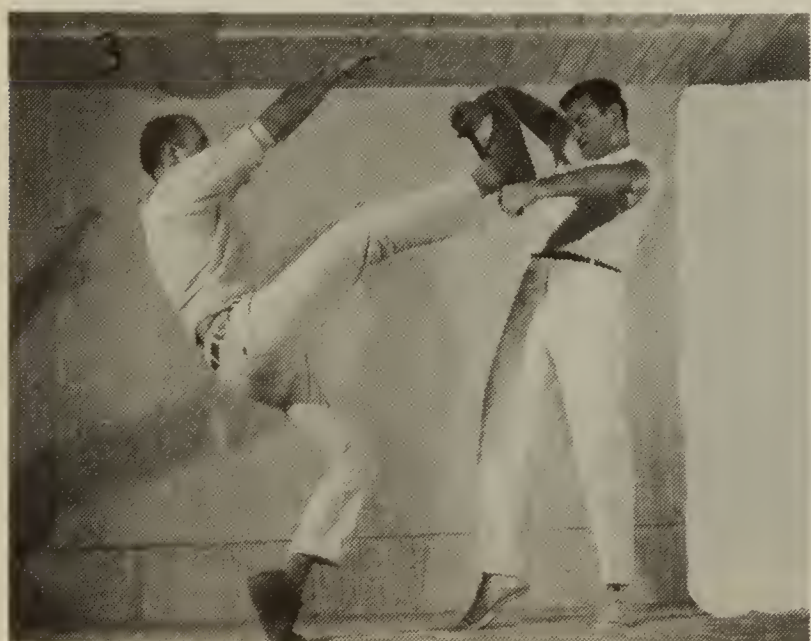
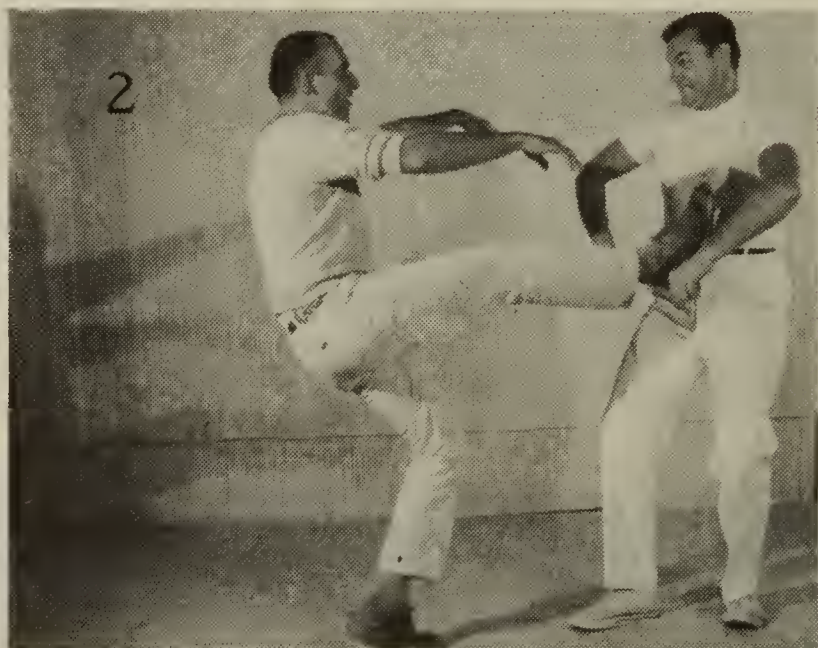
### DEFENSE AGAINST HIGH KICK:

HOW TO HOLD: Grasp with right hand on butt end, left hand on point end, club horizontal to ground, Photo #1.

HOW TO BLOCK: Assailant starts forward kick, you step back short step, extend club out and down, preparing to catch his leg behind heel, Photo #1. As assailant's leg becomes more extended, catch leg and start upward lift, Photo #2. Continue upward lift, raising your arms, straightening knees and going up on your toes, causing assailant to lose his balance backward, Photo #3, #4.

WHERE TO STRIKE: Strike with center of club above opponent's heel at tendon.

HOW TO FINISH: Assailant is on the ground. Circle to one side or other to avoid being kicked, and be prepared to follow with additional blows, if necessary.



## BLOCKING METHODS: MEDIUM CLUB

### DEFENSE AGAINST CLUB ATTACK: TWO-HAND HOLD

#### STRAIGHT THRUST:

HOW TO HOLD: Right hand on butt end, left hand on point end, club held horizontal to ground, Photo #1.

HOW TO BLOCK: Assailant thrusts his club forward, you strike down, using center of club, Photo #1.

WHERE TO STRIKE: If assailant uses long club, strike his club. If assailant uses short club, strike his hand or wrist, Photo #1.

HOW TO FINISH: After stopping assailant's club, strike at his middle or upper area using point of club, Photo #2, or any other blows.

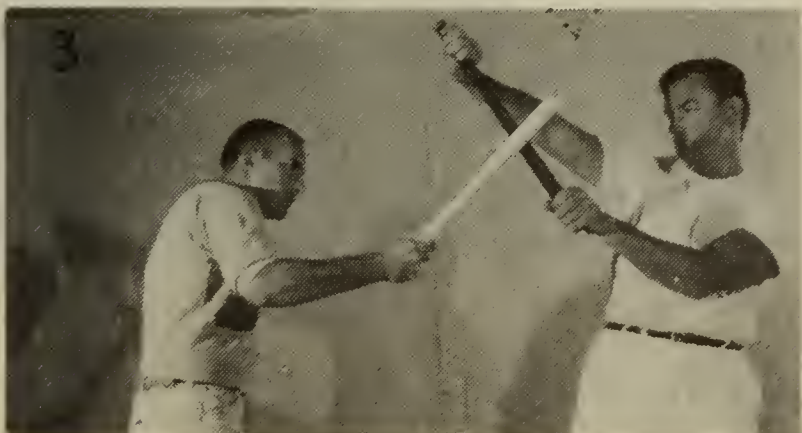
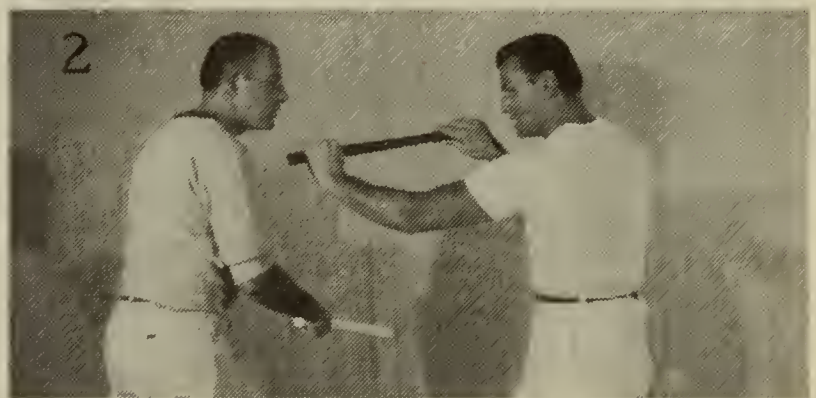
#### SIDE BLOW:

HOW TO HOLD: Right hand on butt end, left hand on point end, club held at slight angle, Photo #3.

HOW TO BLOCK: Assailant starts a swinging side-blow, you block with center of club, Photo #3.

WHERE TO STRIKE: If assailant uses long club, strike against his club. If short club is used, strike against his hand or wrist, Photo #3.

HOW TO FINISH: After stopping the attack, strike at middle or upper area, using butt of club, Photo #4, or any other blows.



## KNIFE DEFENSES: MEDIUM CLUB

### DEFENSE AGAINST STRAIGHT THRUST: CROSS BLOW AND BACK-HAND BLOW

#### CROSS BLOW:

HOW TO HOLD: Right hand holding butt end of club, offensive position.

HOW TO BLOCK: Assailant begins thrust toward left side of body, you strike down and out, with cross-body blow, Photo #1.

WHERE TO STRIKE: At wrist, hand, or base of knife with center of club, Photo #1.

HOW TO FINISH: After stopping attack, strike at upper body area with back-hand blow, Photo #2.

#### BACK-HAND BLOW:

HOW TO HOLD: Right hand holding butt end of club, offensive position.

HOW TO BLOCK: Assailant begins thrust forward at right side of your body, you strike down and out with back-hand blow, Photo #3.

WHERE TO STRIKE: At wrist, hand, or base of knife with center of club, Photo #3.

HOW TO FINISH: After stopping attack, strike at upper body area with cross blow, Photo #4.

## KNIFE DEFENSES: MEDIUM CLUB



## KNIFE DEFENSES: MEDIUM CLUB

### DEFENSE AGAINST DOWNWARD ATTACK: ONE HAND HOLD

HOW TO HOLD: Right hand at butt end, offensive stance.

HOW TO BLOCK: Assailant begins downward blow, you strike in up-and-out direction, backhand blow, Photo #1.

WHERE TO STRIKE: Wrist, hand, or base of knife, Photo #1.

HOW TO FINISH: After stopping attack, strike at upper body area, Photo #2.

### DEFENSE AGAINST UPWARD ATTACK: ONE HAND HOLD

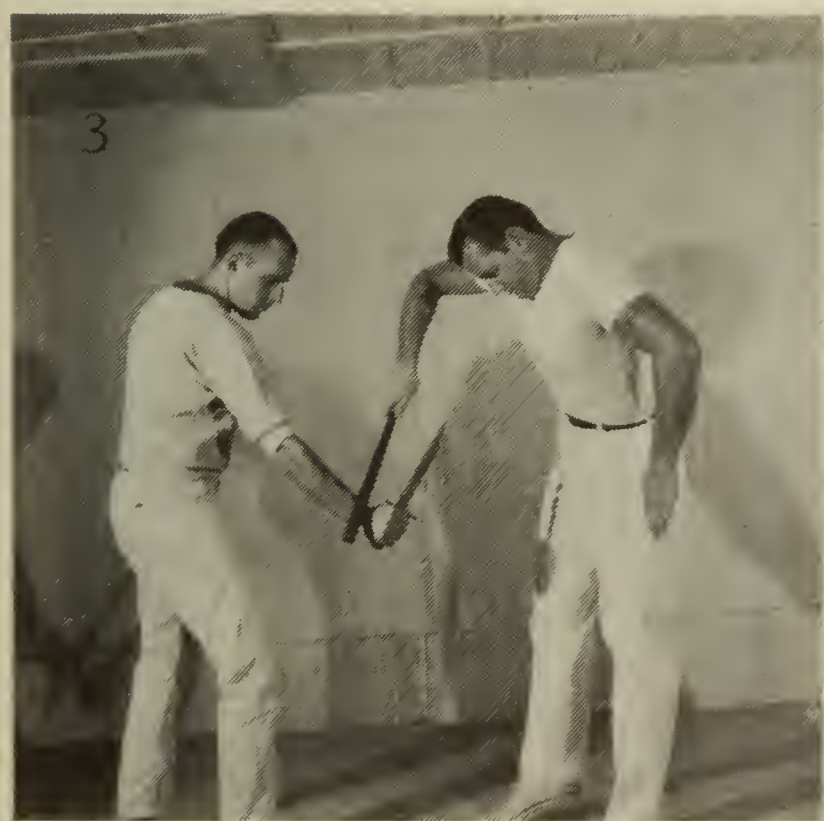
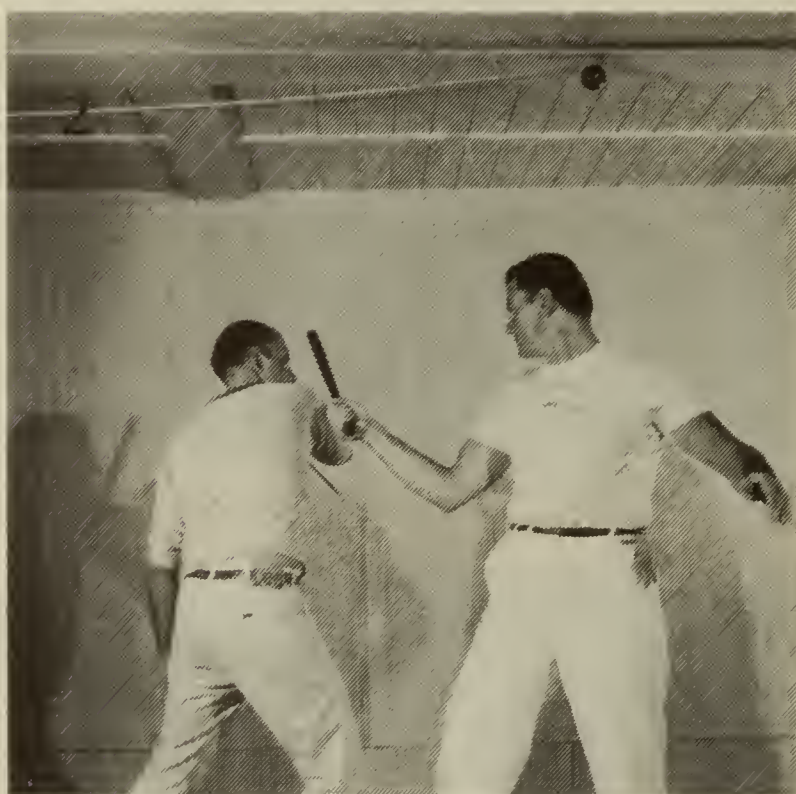
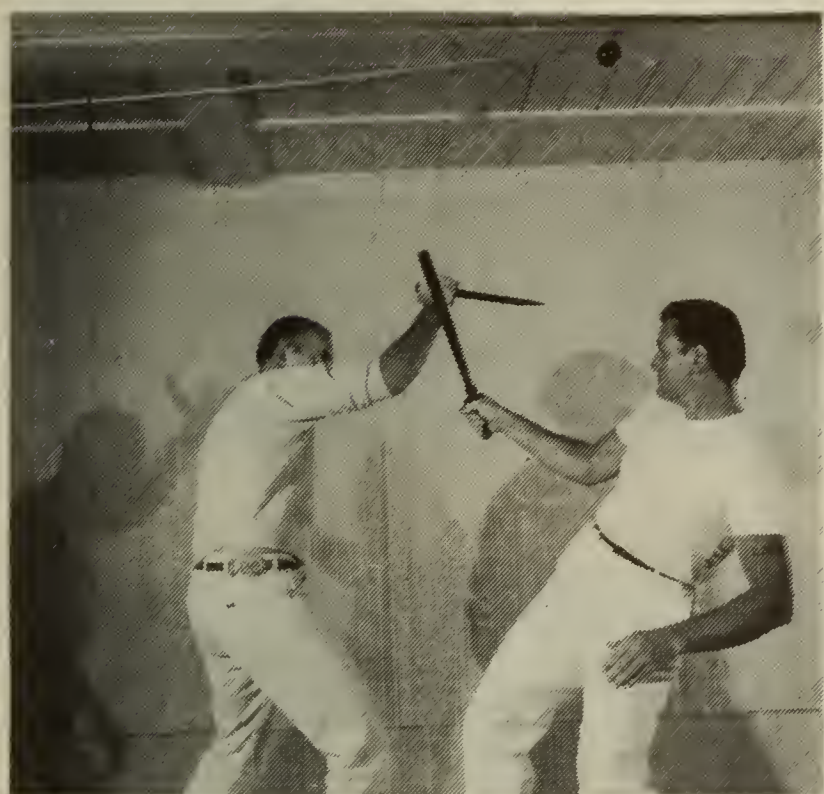
HOW TO HOLD: Right hand at butt end, offensive stance.

HOW TO BLOCK: Assailant begins upward thrust, you step back short step, strike down-and-out with back-hand blow, Photo #3.

WHERE TO STRIKE: Wrist, hand, or base of knife, Photo #3.

HOW TO FINISH: After stopping attack, strike at upper body area, Photo #4, or middle area.

# KNIFE DEFENSES: MEDIUM CLUB



## GUN DEFENSES: MEDIUM CLUB

TENSION BLOW: POINT (read section on distraction before practicing this):

HOW TO HOLD: Right hand on butt end, fingers of left hand hooked over point end, club held horizontal to ground, Photo #1.

HOW TO STRIKE: Build up tension by forcing point end forward (not letting go) and pulling back on butt end of club. Strike by sudden, snap release of left hand, Photo #2.

WHERE TO STRIKE: Strike at wrist or gun hand, Photo #2.

HOW TO FINISH: After deflecting gun hand, reach over with your left hand and grasp opponent's gun hand and gun, making certain that your fingers clasp over hammer of gun to prevent firing; follow up with additional club blows to upper area until opponent is subdued, Photo #3.

TENSION BLOW: BUTT (read section on distraction before practicing this):

HOW TO HOLD: Same as above, Photo #4.

HOW TO STRIKE: Same as above, except, release right hand for snap action blow, Photo #5.

WHERE TO STRIKE: Same as above, Photo #5.

HOW TO FINISH: Same as above, except, reach across with right hand to grasp gun and gun hand, follow with added blows until opponent is subdued, Photo #6.

# GUN DEFENSES: MEDIUM CLUB



## MEDIUM CLUB: USE OF UMBRELLA

### 1. POINT: TWO-HAND HOLD

HOW TO HOLD: Right hand on handle, left hand at point, umbrella held at 45° angle, point up, Photo #1.

HOW TO USE: Stabbing motion with point, Photo #2.

### 2. CENTER: TWO-HAND HOLD

HOW TO HOLD: Right hand on handle, left hand at point, umbrella held horizontal to ground, Photo #3.

HOW TO USE: Thrusting forward motion, using center portion of umbrella for striking.

### 3. HANDLE: TWO-HAND HOLD

HOW TO HOLD: Right hand at handle, left hand at point, handle toward opponent, umbrella horizontal to ground, Photo #4.

HOW TO USE: Smashing, forward thrust.

### 4. POINT: ONE-HAND HOLD

HOW TO HOLD: Holding umbrella with right hand at center, point toward opponent, umbrella held up at 45° angle, Photo #5.

HOW TO USE: Stabbing motion with point.

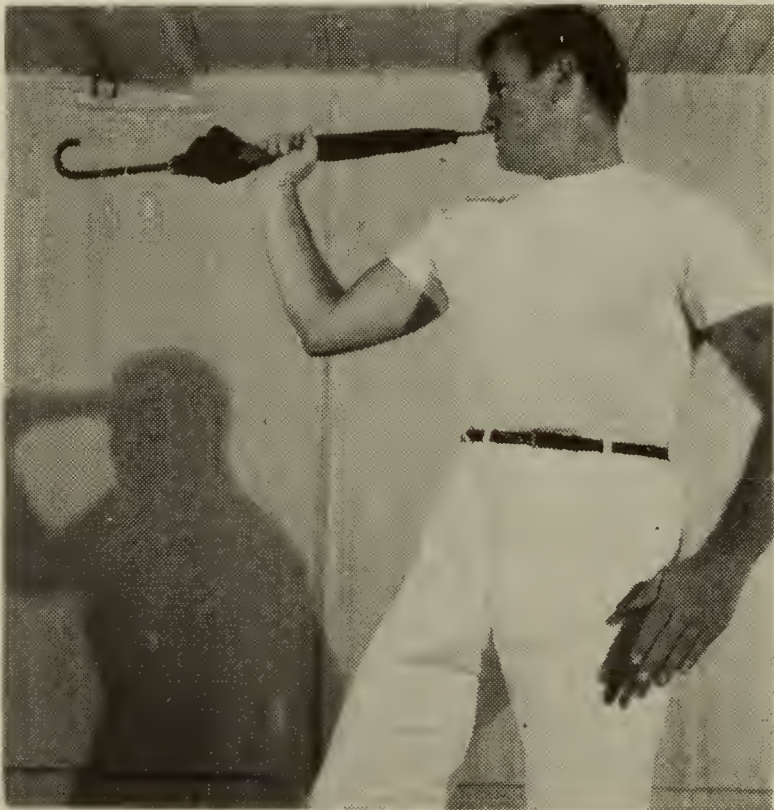
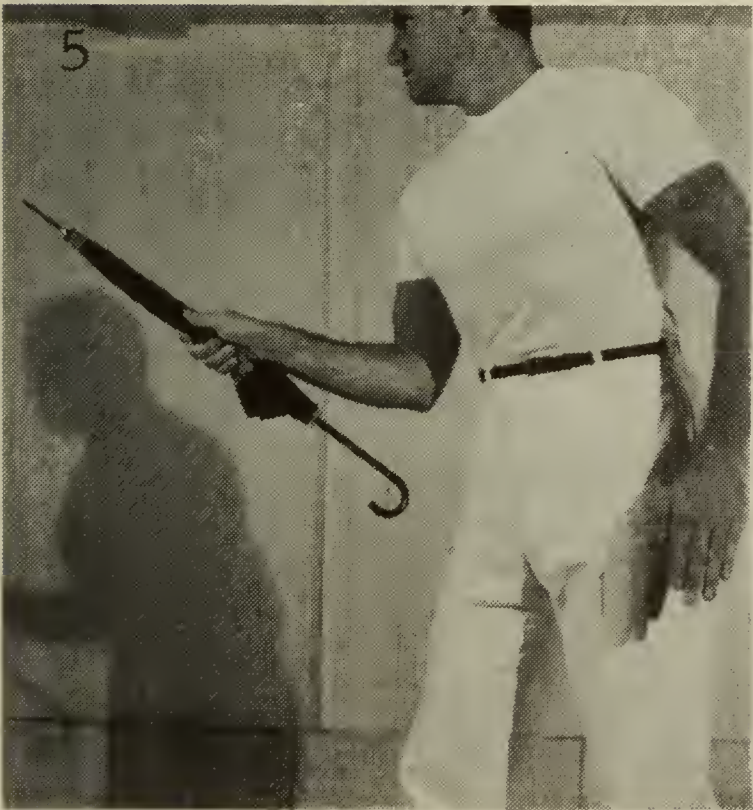
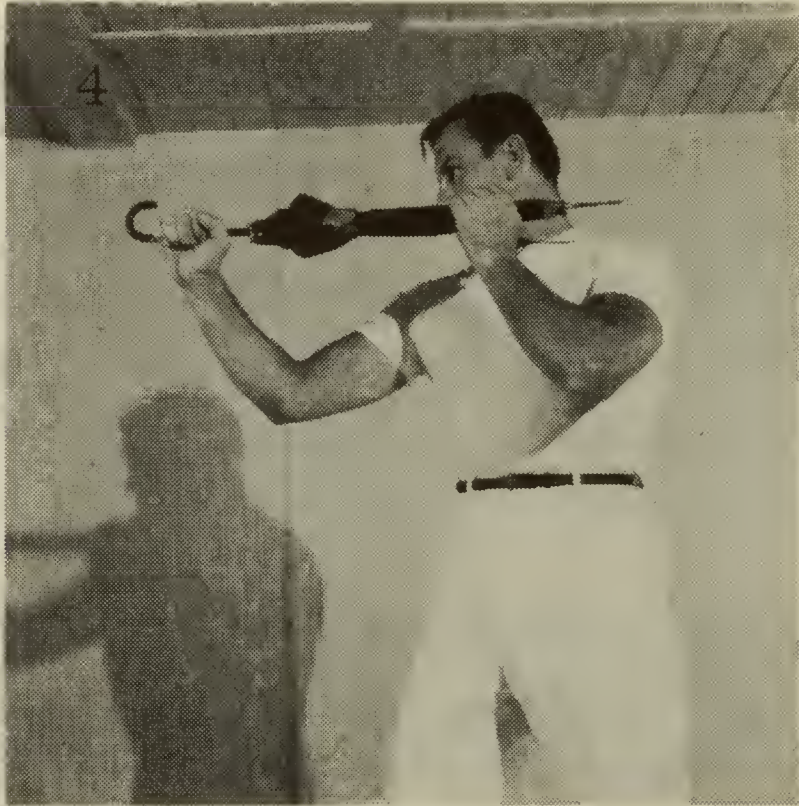
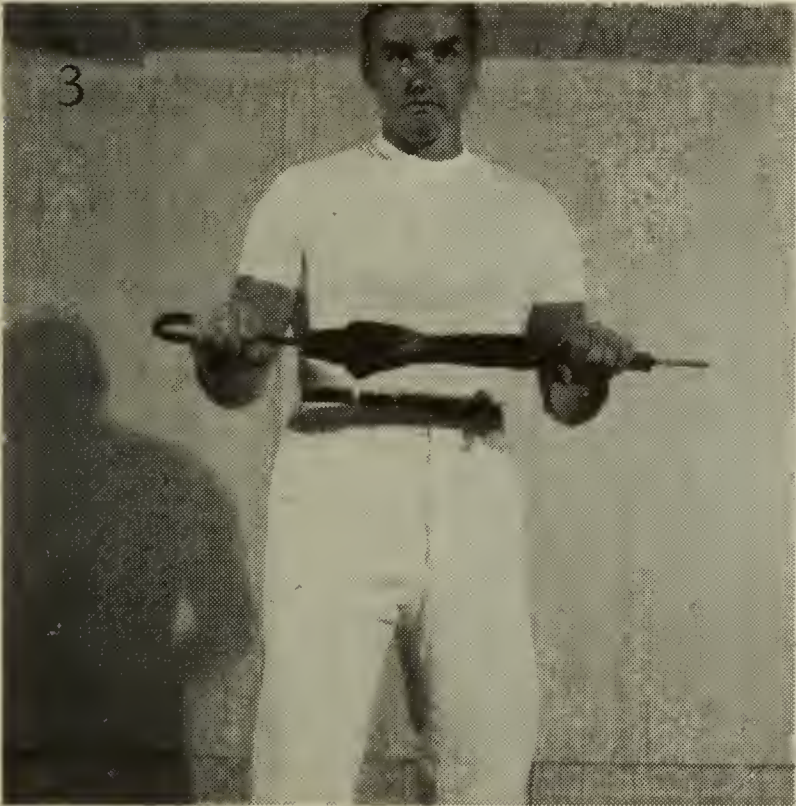
### 5. HANDLE: ONE-HAND HOLD

HOW TO HOLD: Right hand holding umbrella at center, umbrella horizontal to ground, handle toward opponent, Photo #6.

HOW TO USE: Smashing, forward thrust.

These are some examples of how to adapt medium club techniques to umbrella. You may use any of the techniques described for medium club and should practise with improvised sticks for greatest versatility.

MEDIUM CLUB: USE OF UMBRELLA



## USE OF CANE: MEDIUM STICK

### HOW TO HOLD CANE FOR STRIKING: BLOCKING AND PARRY, THRUST AND JAB, SMASH

#### BLOCKING AND PARRY POSITION:

Right hand at handle end of cane, left hand near point, cane held at  $45^{\circ}$  angle in front of body, point up, point eye-level, cane approximately 5" from body, prepare to block, parry, or strike with handle, center, or point, Photo #1.

A variation of this position is to hold cane as described above, except that the handle is up and the point down, Photo #2.

#### THRUST AND JAB POSITION:

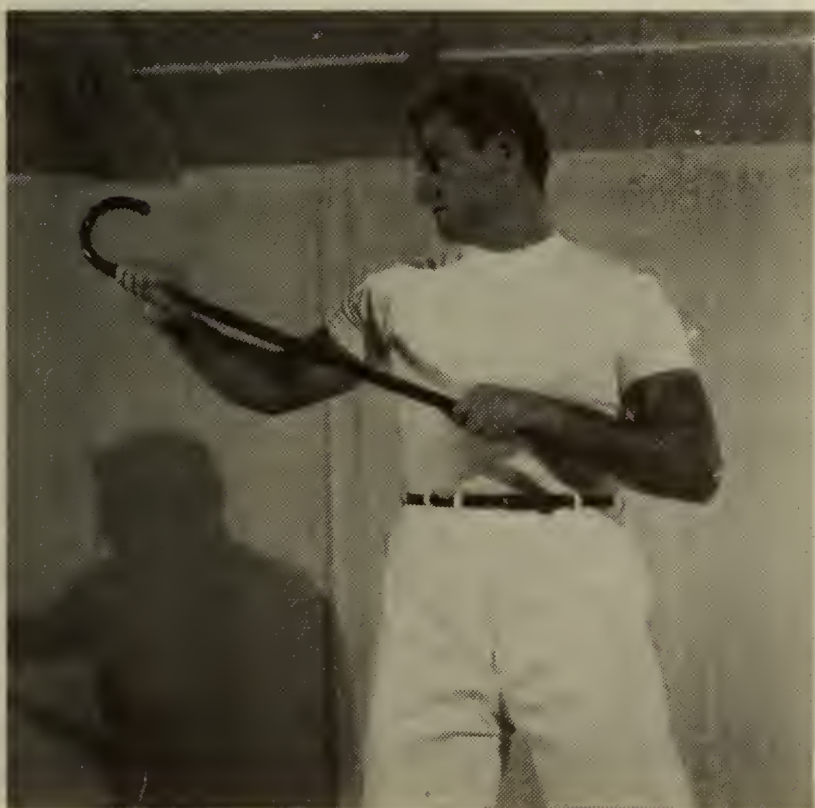
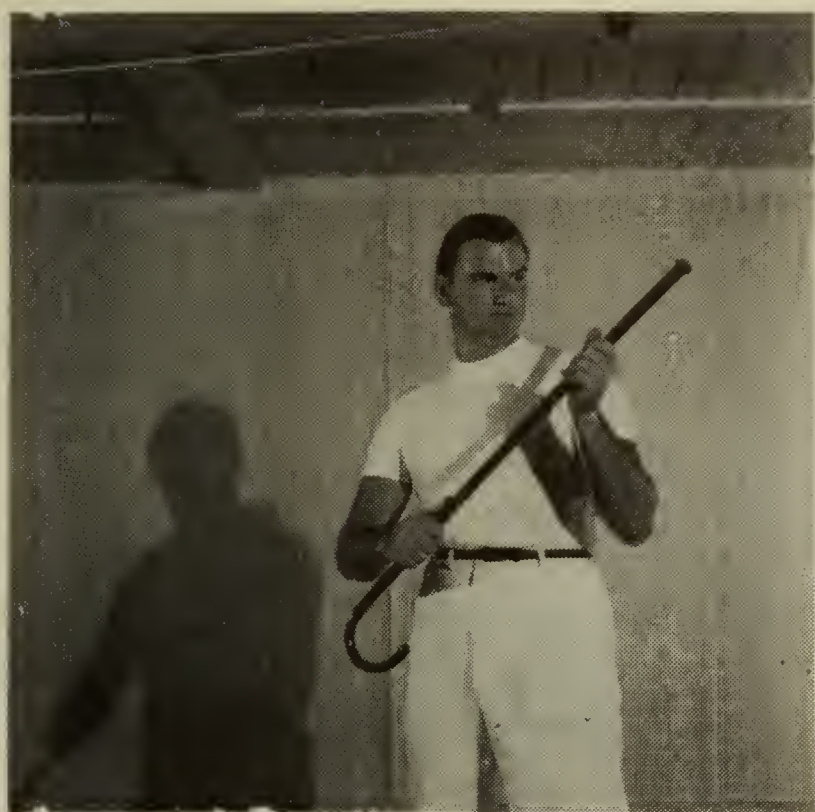
Right hand on handle end of cane, left hand at point end, point of cane toward opponent, point of cane is held at slight angle up. Striking from this position is ordinarily with the point, but the handle and center may also be used, Photo #3.

A variation of this position is to lead with your right side, holding handle end of cane toward opponent, Photo #4.

#### SMASH POSITION:

Right hand at handle, left hand at point, cane horizontal, handle toward opponent, cane at shoulder height, Photo #5. Blow is delivered in straight, smashing action.

# USE OF CANE: MEDIUM STICK



## STRIKING METHODS: CANE

SLASH            JAB            BLOCK AND STRIKE BACK

### SLASH: POINT

HOW TO HOLD: Right hand at handle end, body in offensive stance, Photo #1.

HOW TO STRIKE: Assailant strikes out with left hand, you slash downward in lateral direction.

WHERE TO STRIKE: Wrist or forearm.

HOW TO FINISH: After stopping attack, follow with variety of blows until opponent is subdued.

### SLASH: BUTT

HOW TO HOLD: Left hand at point end of cane, Photo #2.

HOW TO STRIKE: Backhand blow, Photo #2.

WHERE TO STRIKE: At upper area, Photo #2.

HOW TO FINISH: After stopping attack, continue with variety of blows until opponent is subdued.

### JAB: POINT

HOW TO HOLD: Left hand at point end, right hand on handle, point at opponent, cane horizontal to ground, body in offensive stance, Photo #3.

HOW TO STRIKE: forward thrust, Photo #3.

WHERE TO STRIKE: Into middle area, Photo #3.

HOW TO FINISH: Recover to starting stance, or continue striking until opponent is subdued.

### JAB: BUTT

HOW TO HOLD: Handle end in right hand, body in offensive stance, cane held horizontal to ground, handle toward opponent, Photo #4.

HOW TO STRIKE: Forward thrust, Photo #4.

WHERE TO STRIKE: Into upper area, Photo #4.

HOW TO FINISH: Generally, best to follow-through with slashing type of blow.

## STRIKING METHODS: CANE

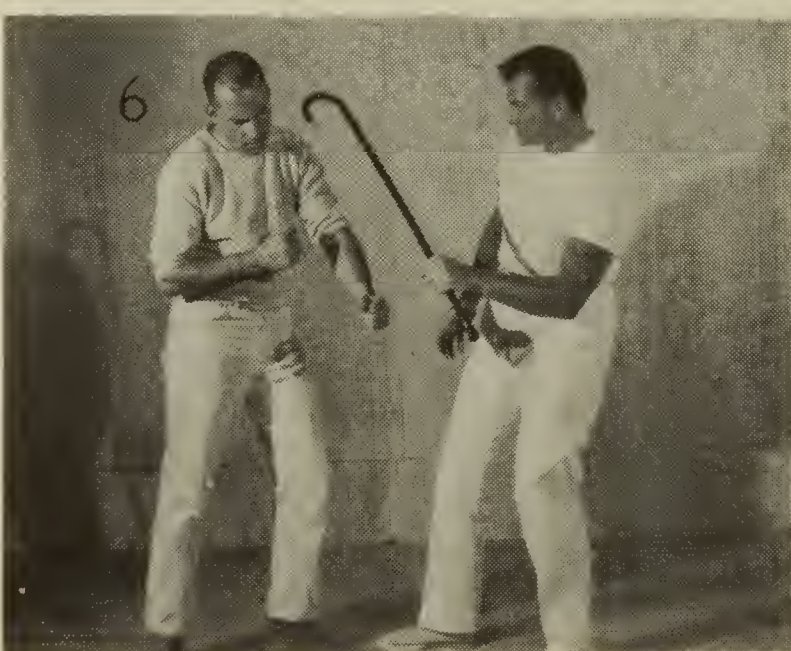
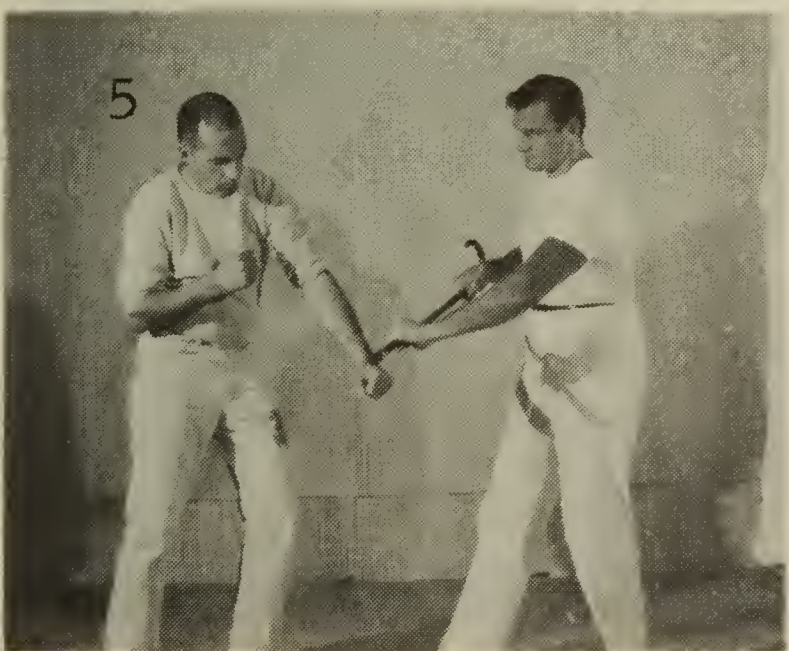
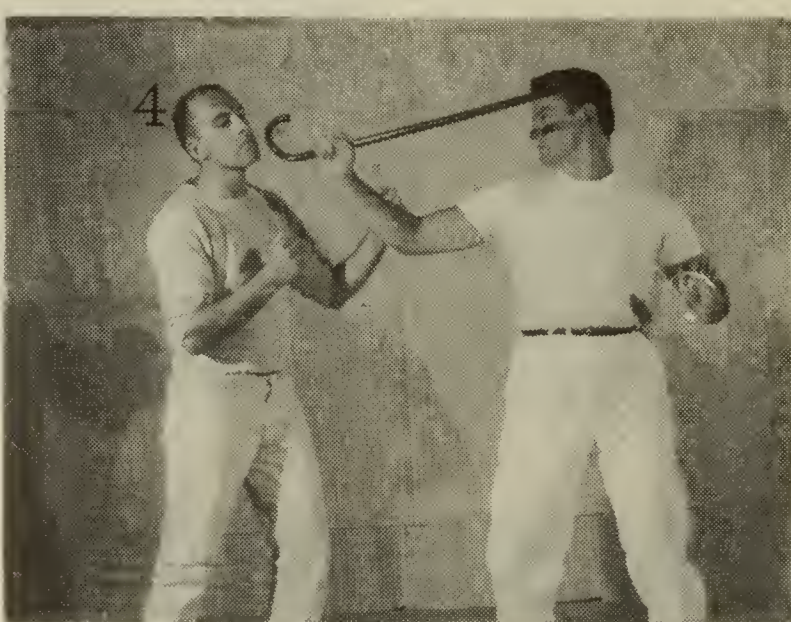
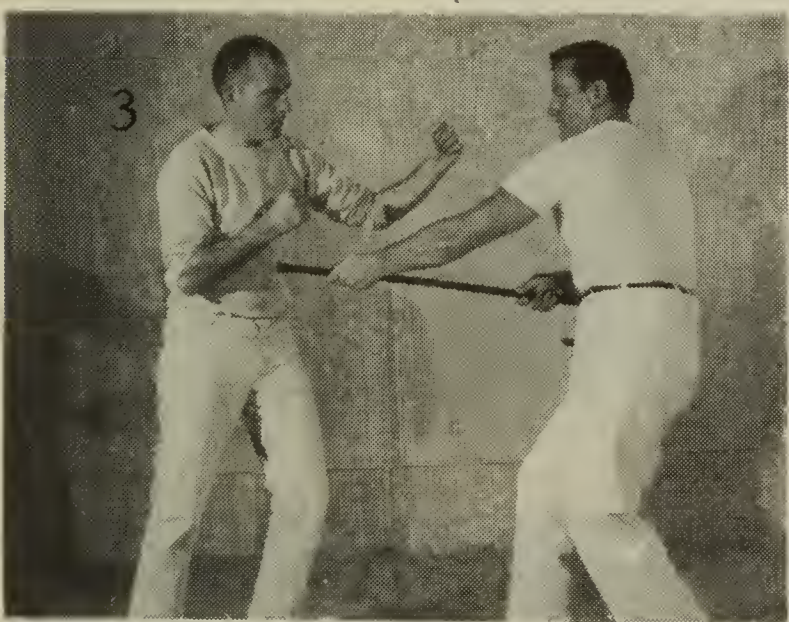
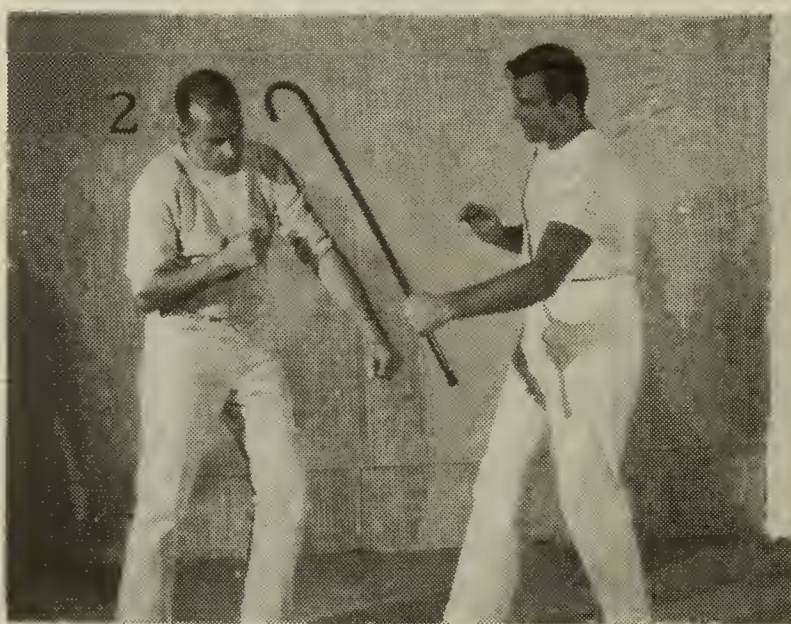
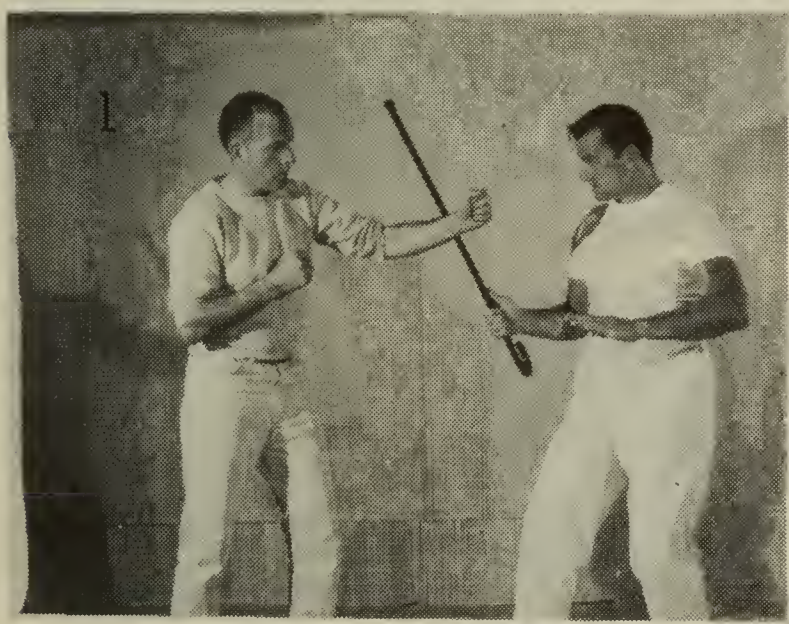
### BLOCK AND STRIKE BACK

HOW TO HOLD: Right hand at handle end, left hand at point end, body in offensive stance.

HOW TO BLOCK: Assailant strikes out with left fist, you slash across and down, striking with point, Photo #5.

WHERE TO STRIKE: Wrist or forearm, Photo #5.

HOW TO FINISH: After stopping attack, let go with right hand, strike opponent with handle, using backhand blow, whipping action, Photo #6.



## STRIKING METHODS: CANE

### ONE-HAND: HORIZONTAL AND VERTICAL

#### ONE-HAND: VERTICAL

HOW TO HOLD: Right hand at handle, body in offensive position, point toward opponent, Photo #1.

HOW TO STRIKE: Sequence of blows: thrust point forward, Photo #1. Follow with upward blow with handle, Photo #2. Follow with smash, Photo #3.

WHERE TO STRIKE: Begin sequence with blow to middle area, Photo #1. Follow with blow to middle area, Photo #2, or to upper area. Third blow to upper area, Photo #3.

HOW TO FINISH: Recover to starting stance.

#### ONE-HAND: HORIZONTAL

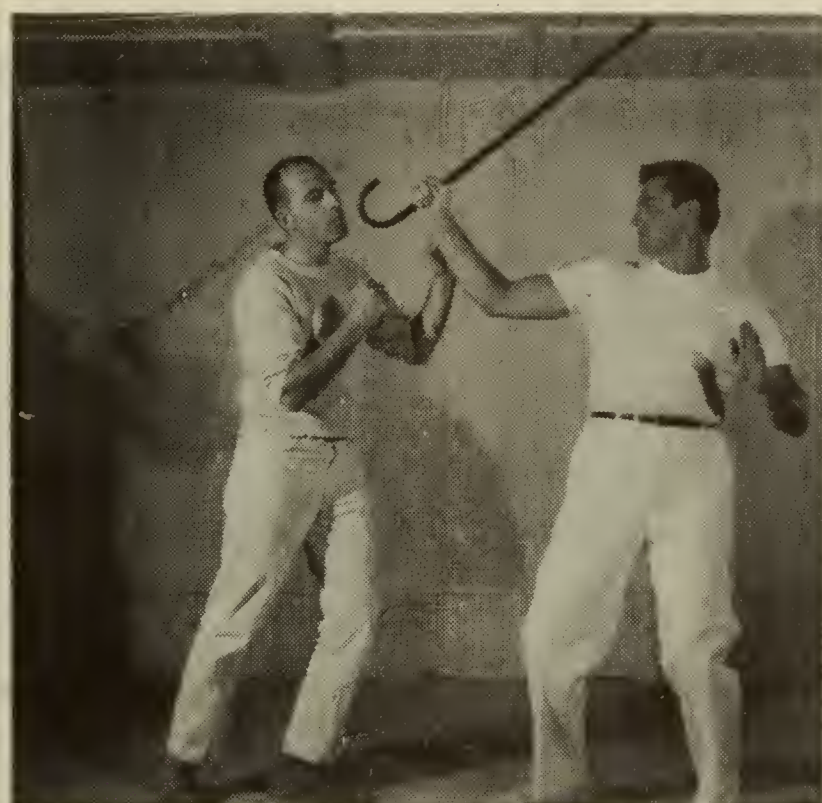
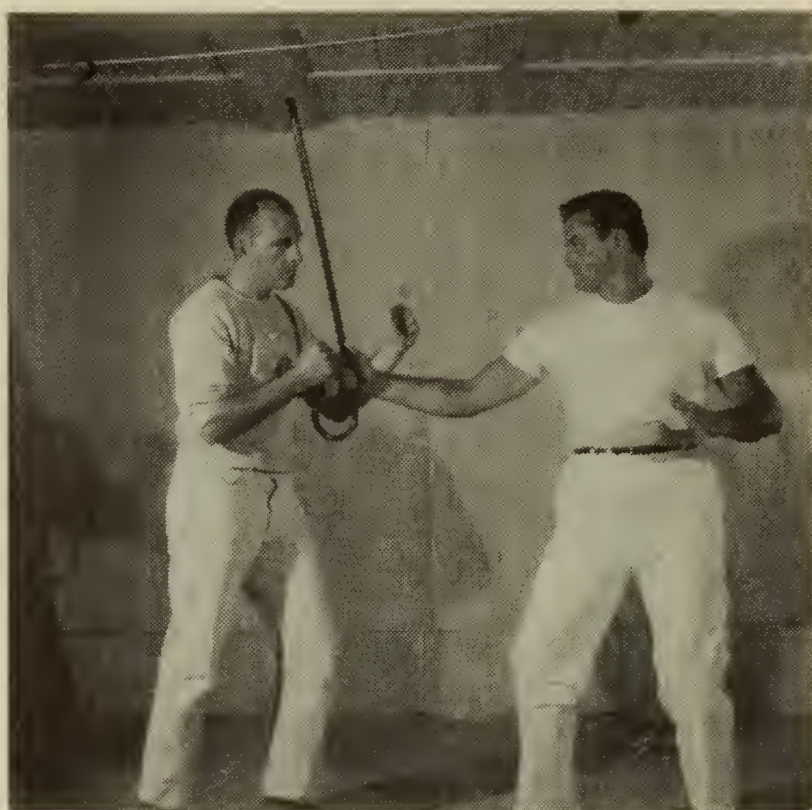
HOW TO HOLD: Right hand at handle, body in offensive position, point toward opponent, Photo #1.

HOW TO STRIKE: Sequence of blows: first blow is thrust forward, Photo #1. Follow with circular, slashing blow, Photo #4. Follow with smash using handle, Photo #5.

WHERE TO STRIKE: All three blows into middle area, Photos #1, #4, #5, or into upper area.

HOW TO FINISH: Recover to starting stance.

## STRIKING METHODS: CANE



## USE OF CANE: MEDIUM STICK

### STRIKING SEQUENCES: HORIZONTAL & VERTICAL

#### 1. HORIZONTAL

HOW TO HOLD: Right hand at base (or handle), left hand at point, offensive stance, Photo #1.

HOW TO STRIKE: First blow is a straight thrust with point, Photo #1; followed by blow with center of cane, Photo #2; followed by smash with handle of cane, Photo #3.

WHERE TO STRIKE: Into solar plexus, Photo #1, or into any middle or upper area.

HOW TO FINISH: Continue striking until opponent is subdued, or return to on-guard position.

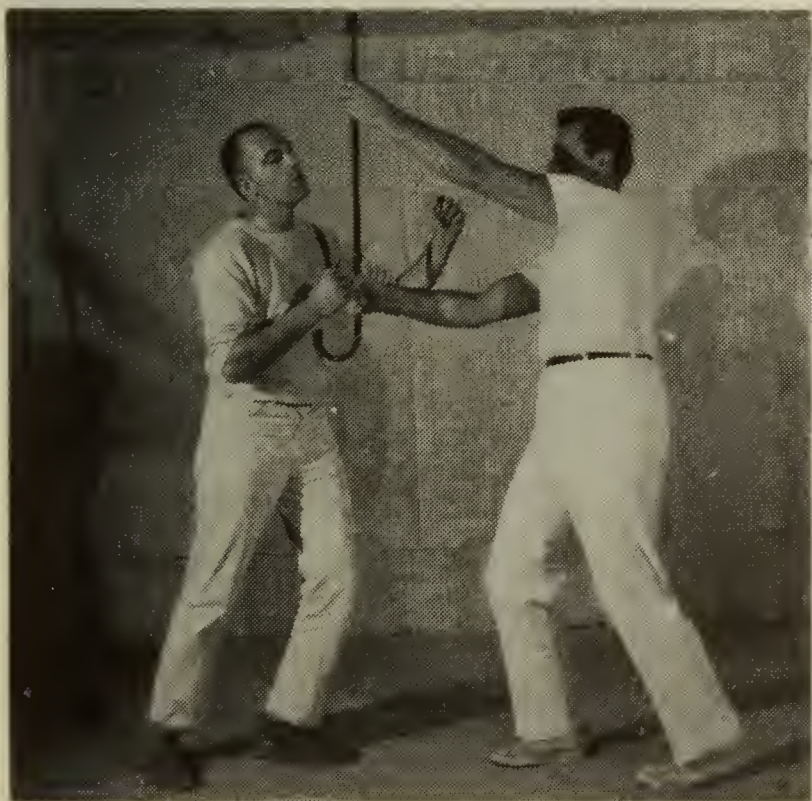
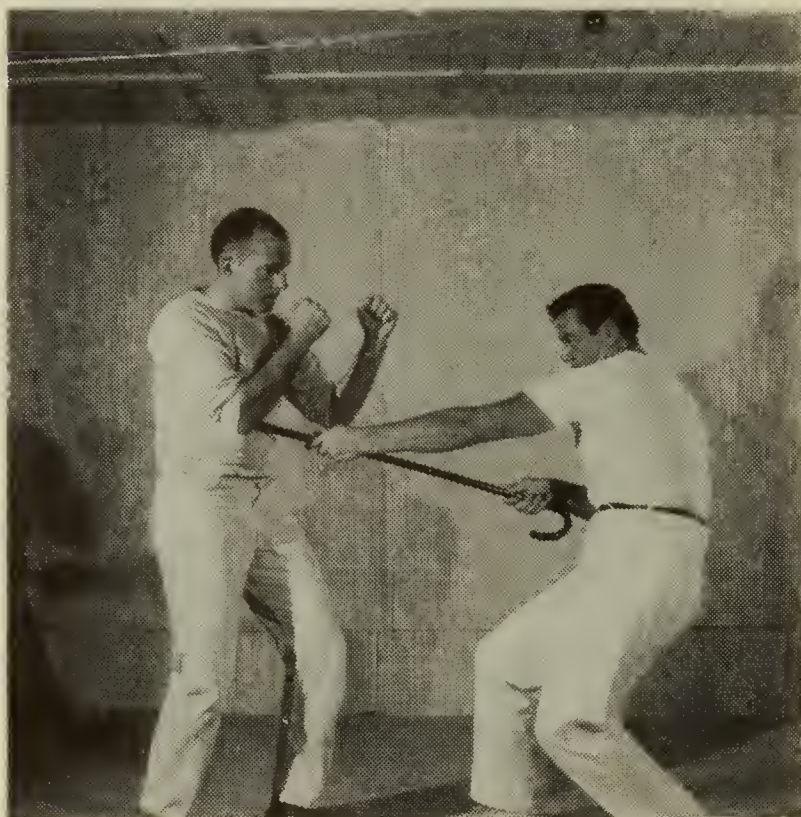
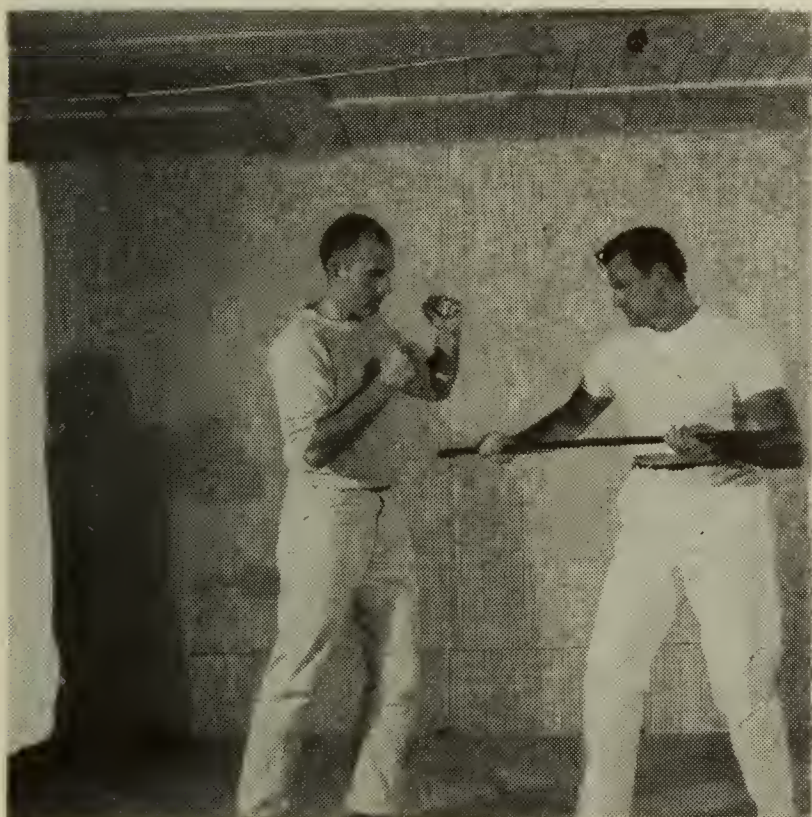
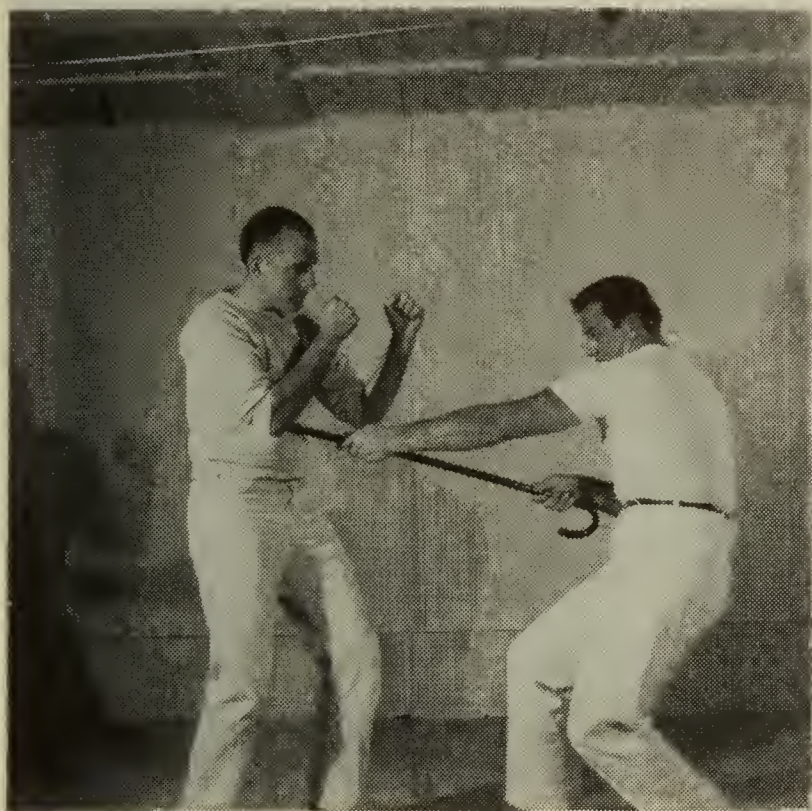
#### 2. VERTICAL

HOW TO HOLD: Right hand at base, left hand at point, offensive stance, Photo #4.

HOW TO STRIKE: First blow is a straight thrust with point, Photo #4; followed by blow with center of cane, Photo #5; followed by smashing blow with handle of cane, Photo #6,

WHERE TO STRIKE: Into middle area, Photo #4, or upper area, Photo #6.

# USE OF CANE: MEDIUM STICK



## YAWARA AND AIKIDO LONG STICK

Note: The following Aikido and Yawara long stick defenses are included in this book for two reasons, though they do not have the practical application of the other work shown. Many of my students have expressed an interest in the use of different kinds of sticks. Furthermore, practise of these defenses will be found to be good exercise and excellent for developing dexterity and coordination. They are definitely not recommended by me for actual use. They are effective only after long training.

For practise use a stick 5 to 7 feet in length. For safety, pad one or both ends. If one end is padded, that is the point end.

ON-GUARD POSITION: Grasp point end with left hand, approximately one-third distance from end of stick. With right hand grasp butt end about one-third distance from end. Hold stick at 45° angle across body about 6" out from body. Feet in fighting stance, Photo #1.

SITUATION: Opponent starts attack with left fist.

DEFENSE: Block his arm with butt end of stick, or strike into body or arm pit, Photo #2. As opponent starts blow with right hand, strike down on his forearm, Photo #3.

ARM LOCK: After stopping fist blows, slide point end of stick between his arm and body and twist up, Photo #4. Making movements continuous, re-grip stick with right hand near point and left hand at butt as you step in with your right foot, Photo #5. Pivot about by placing your left foot behind opponent and step back with right foot. Twist stick in clockwise direction, bending his arm behind him, rendering him helpless, Photo #6.

# YAWARA AND AIKIDO LONG STICK



## YAWARA AND AIKIDO LONG STICK

NOTE: Use chokes only in situations of grave danger.

### FRONT CHOKE

WHEN TO USE: After stopping any attack and weakening your adversary and you are ready to go into a finish.

First step to right side of opponent with your left foot, placing the center of stick across his throat. Place right foot across and behind his feet, Photo #1. You may throw him to the ground by applying pressure back and down with stick.

### SIDE CHOKE

Use as above.

Step to right side of opponent with left foot, placing the center of stick against left side of his neck. Keeping motion continuous, step through with right foot and apply pressure by pulling toward you, Photo #2.

### REAR CHOKE

Use as above, when you are behind your opponent after stopping his attack.

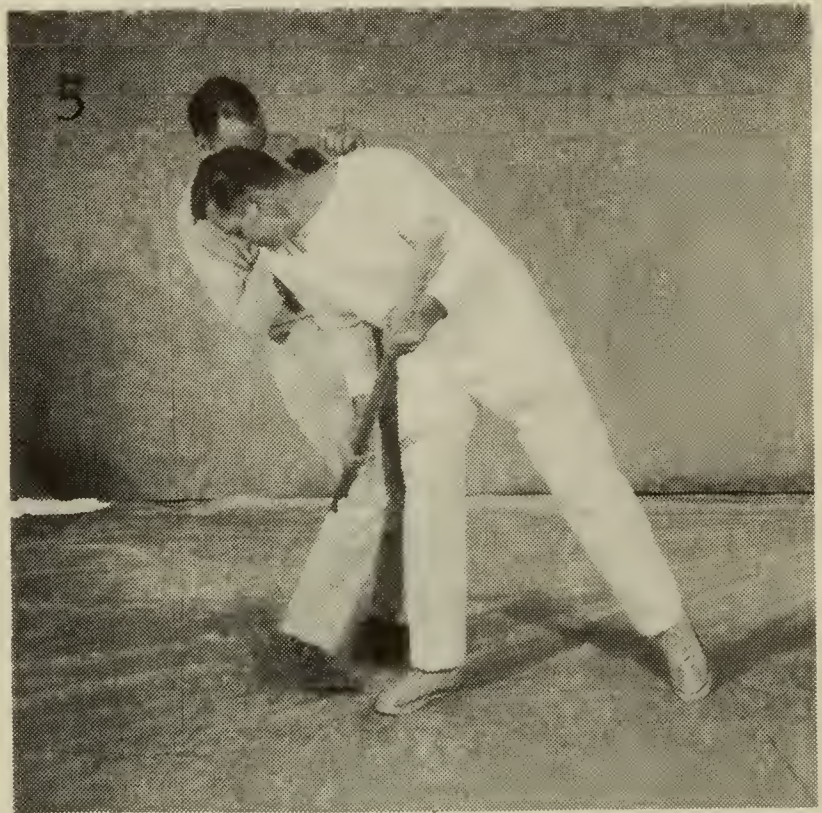
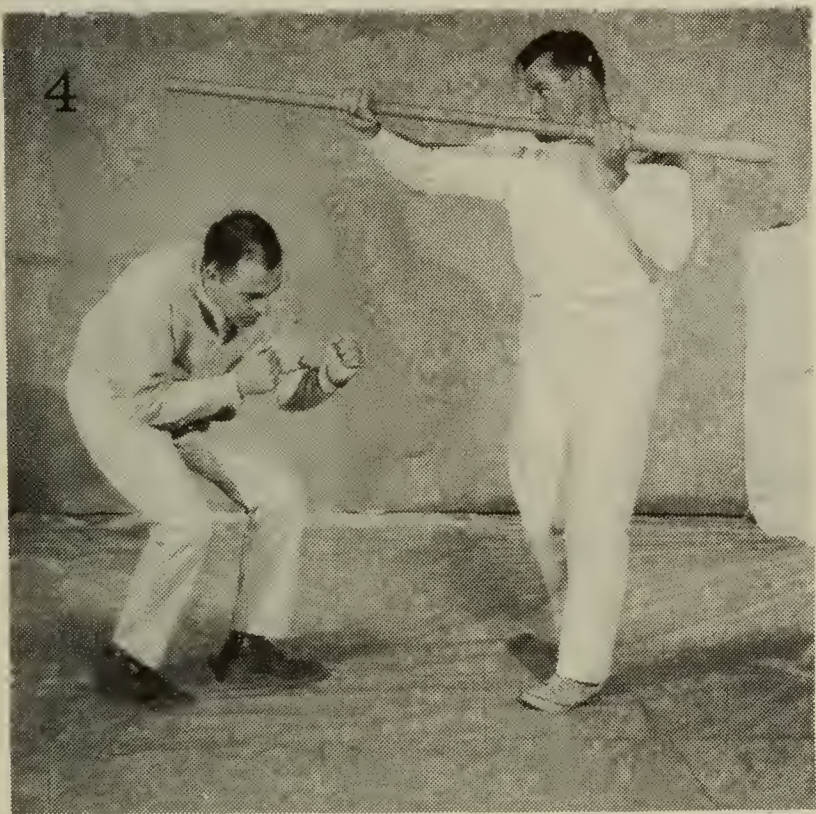
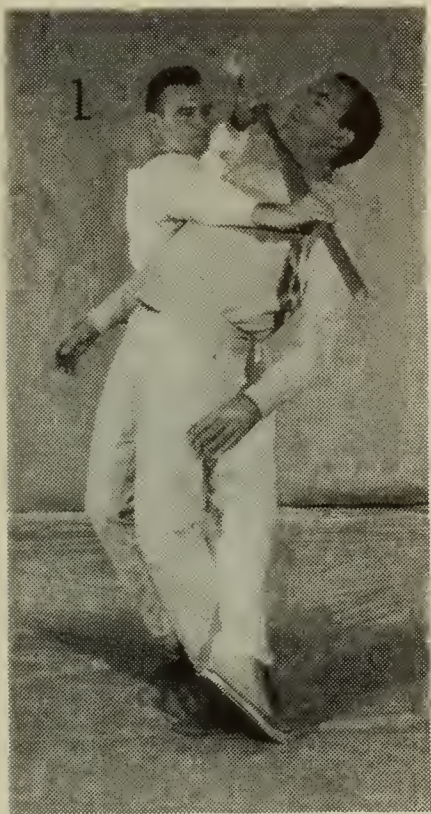
Bring stick over his head and place center of stick against his throat, stepping in with right foot between his feet. Place side of your hip against his hips and apply pressure by pulling back, Photo #3.

### BACK THROW WITH STICK

SITUATION: Opponent crouches to avoid your stick, Photo #4.

COUNTER: Quickly, before he can regain upright position, place stick behind his knee and butt with your right shoulder into his chest, tripping him back over the stick, Photo #5.

# YAWARA AND AIKIDO LONG STICK



## YAWARA AND AIKIDO LONG STICK

### WALK-AROUND TRIP

SITUATION: Opponent is attempting fist attack.

DEFENSE: Slide point end of stick between his legs, Photo #1, at approximately knee height. Move quickly to your right, keeping stick in place, until he loses balance and falls, Photo #2.

### BACK TRIP

SITUATION: Use after stopping fist attack.

DEFENSE: Grasp opponent's right arm with your left hand, place stick behind his knee, planting point of stick firmly on ground. Pull around and down with left arm and pull top of stick up with right hand at the same time, tripping opponent, Photo #3.

### FORWARD TRIP

SITUATION: Use after stopping fist attack.

DEFENSE: Grasp opponent's right arm with your left hand, place stick in front of his knee, planting point of stick firmly on ground. Pull down and around with left hand and pull top of stick up with right hand until opponent trips, Photo #4. Final action of this trip is same as for back trip, with difference only in placement of stick.

YAWARA AND AIKIDO LONG STICK



## YAWARA AND AIKIDO LONG STICK

Note: Practice these defenses for dexterity and coordination. In practical use they should not be attempted by beginners. Much training is needed to reach perfection.

### ARM AND NECK LOCK

As opponent reaches for you, grasp his right wrist with your left hand. Your right hand holds stick at butt, one-third from end, Photo #1. Pull his arm straight, place stick at back of his neck and pull his arm over stick, Photo #2. Pressure is applied by forcing down on his right hand and lifting up on butt end of stick.

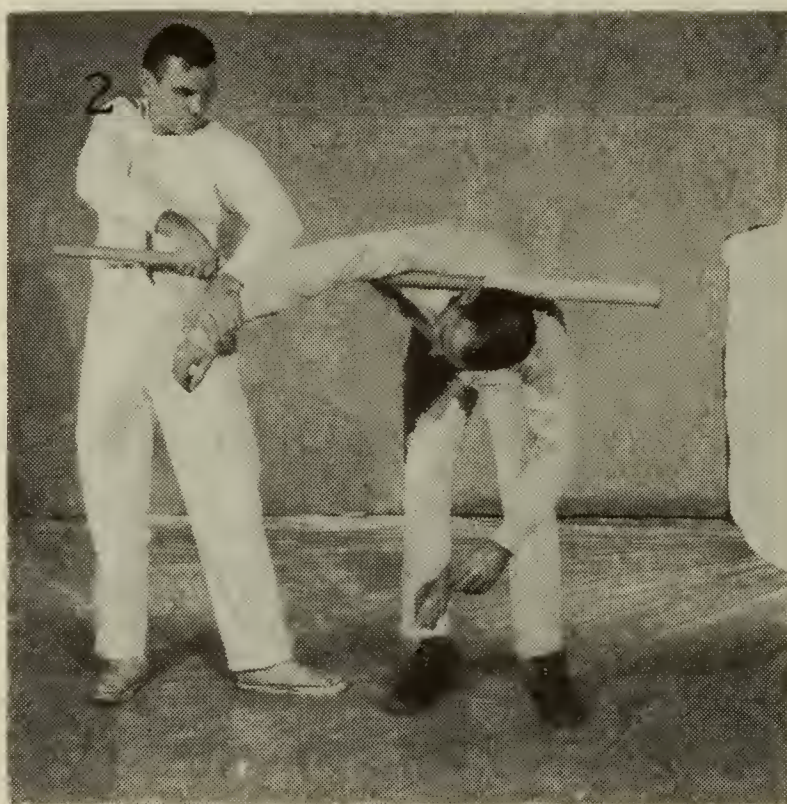
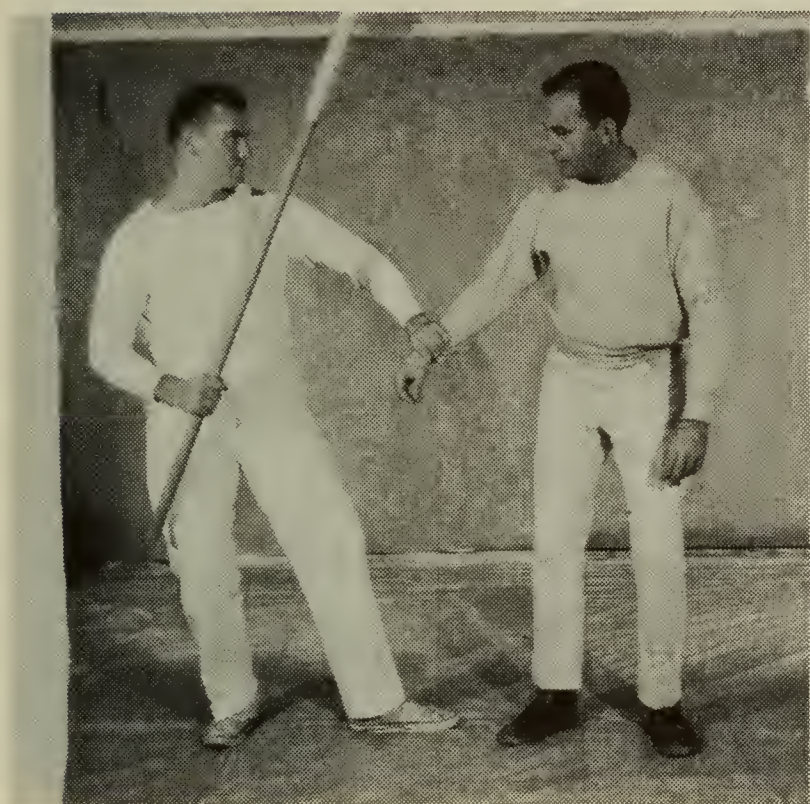
### BASIC WRIST HOLD AND REAR TRIP

As opponent reaches, grasp his hand in basic wrist hold (described in section on small Yawara stick) and apply pressure. To trip, place stick between his legs, Photo #3. Take him to ground by pulling stick to you and by twisting his wrist. Use sharp, quick motions.

### REVERSE WRIST HOLD AND FORWARD TRIP

As opponent reaches, grasp his hand in reverse wrist hold (described in section on small Yawara stick) and apply pressure. To trip him forward, place stick in front of his legs, Photo #4. By twisting wrist sharply you can bring him to the ground.

YAWARA AND AIKIDO LONG STICK:  
LOCKS, HOLDS, TRIPS



## YAWARA AND AIKIDO LONG STICK

Note: These defenses to be practiced for dexterity and coordination. In actual use, they are practical only after much training. Beginners should not use them.

### POLE-VAULT KICK

SITUATION: Opponent rushes you.

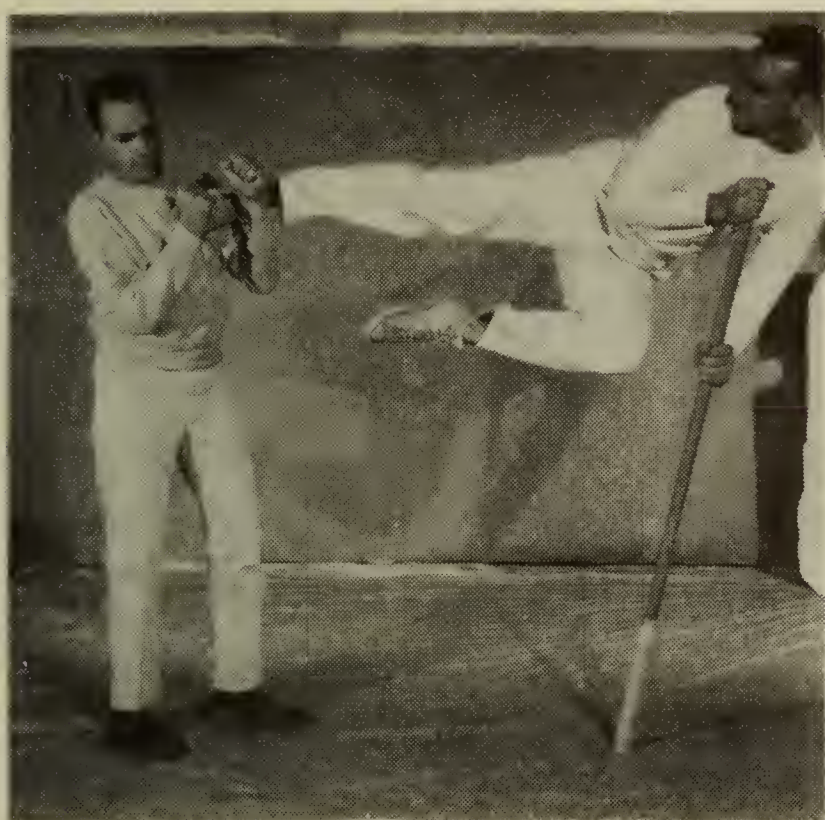
DEFENSE: Holding butt end in right hand and center of stick in left hand, place point end to ground approximately 4 in front of you. Leap up and at opponent, using stick for support to drive kick. Using stick in this manner you have full body weight behind kick, striking opponent with little loss of balance. You may strike with one foot, Photo #1, or with both feet, Photo #2.

### BLOCK WITH STICK AND LEG THROW

SITUATION: Fist attack

DEFENSE: With center of stick strike against opponent's forearms and step forward with left foot, Photo #3. Place right foot behind opponent's leg, Photo #4. Push back against his chest with stick, tripping him backward over your leg.

# YAWARA AND AIKIDO LONG STICK



THE ART OF QUARTER-STAFF is now obsolete. Though Quarter-Staff does not have the same practical function as the other methods of stick-fighting in this book, I have included it for several reasons, among which are its great value as exercise for general health and for coordination.

The movements which are part of quarter-staff practice are excellent and very easily learned. When properly dressed, anyone can play with a six-foot staff without fear of injury. It is a particularly effective way of overcoming fear of physical contact in boys who (quite sensibly) resist boxing as a sport. It just doesn't make sense to have to take physical punishment in order to practice a physical contact sport, as boxing requires.

This is not a full course on Quarter-Staff. In the following pages you will find enough of the fundamentals to be able to practice with pleasure and to good effect.

**AT-EASE POSITION:** Fighters stand in natural stance with feet shoulder-width apart. Staff is held with right hand palm-in and left hand palm-out. Hands are approximately one-third of the way in from each end of staff, Photo #1.

**READY STANCE:** Fighters remain standing in same position as above, staffs are held at 45° angle, approximately six inches out from body, Photo #2.

**ON-GUARD:** Fighters step slightly forward with left foot, assuming stance similar to boxer's stance. Extend upper part of staff toward partner, Photo #3.

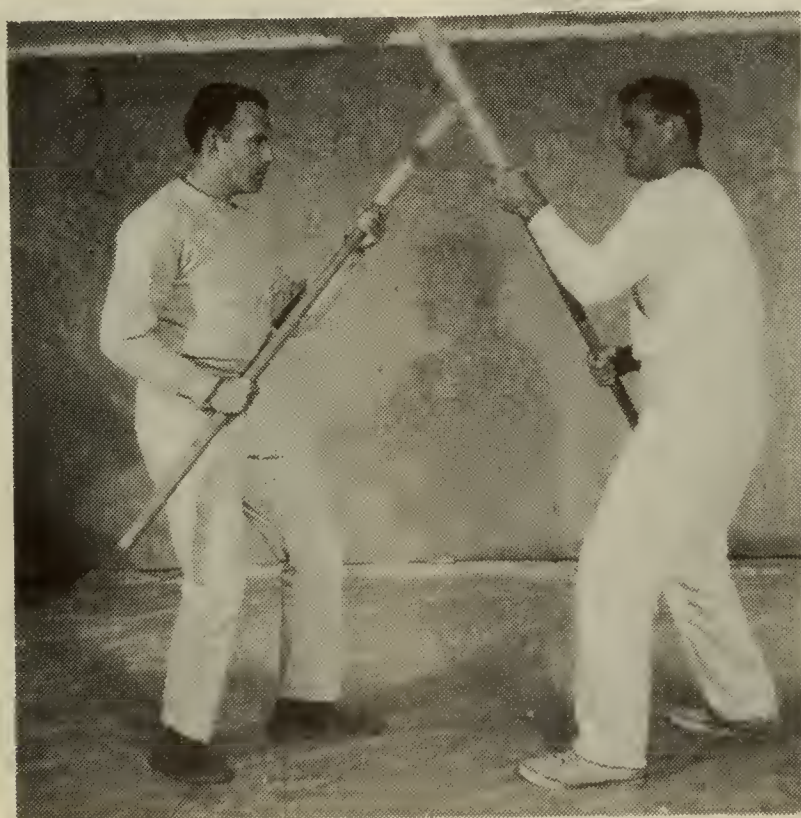
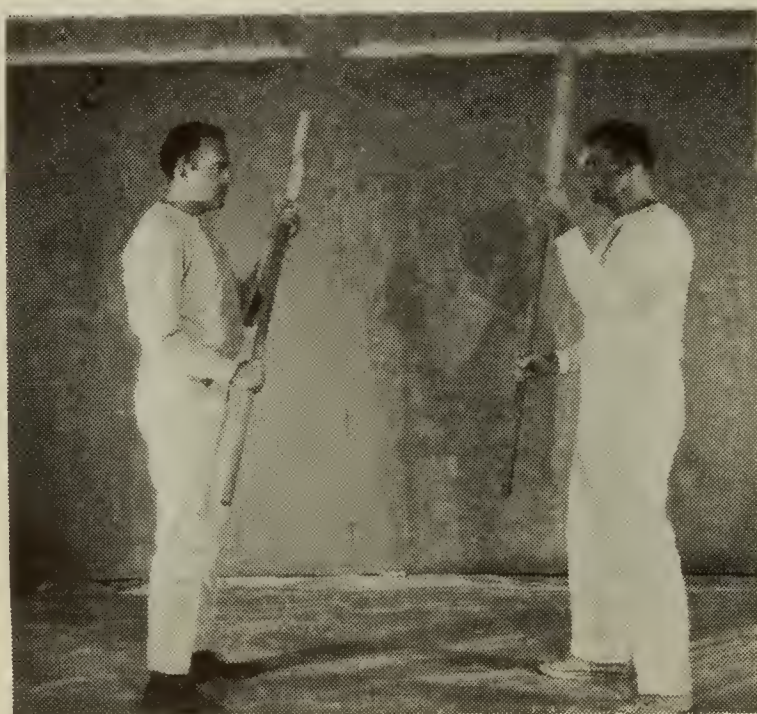
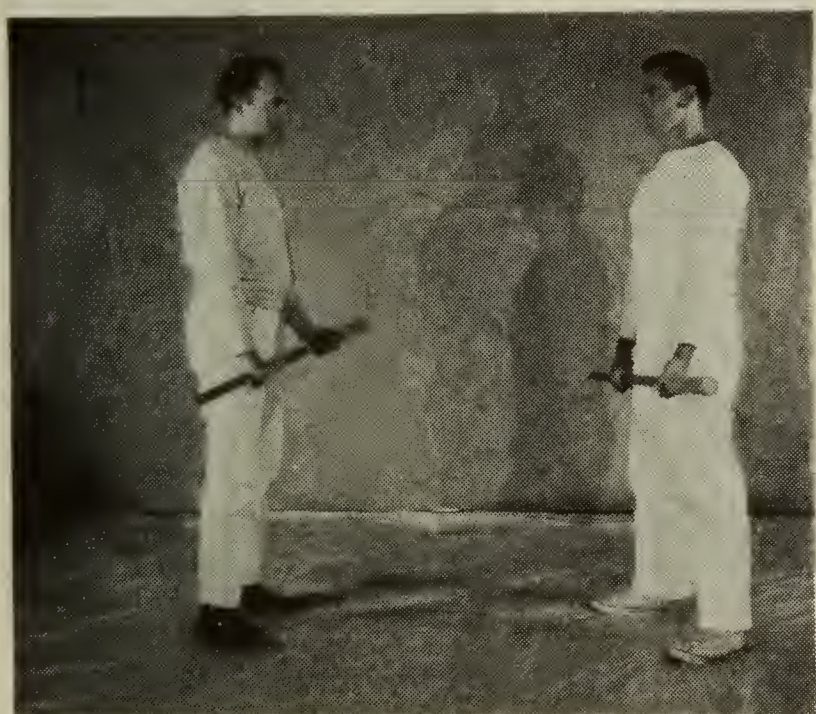
**SALUTE:** As in most sports, there is a formal salute to signal the start and finish of a match. In Quarter-Staff, the salute is a light touch of staff points.

## DRESS:

Full, safe dress consists of HELMET (fencer's helmet is best), PADDED JACKET (this may be improvised; safety is determined by ability to strike at padded areas without inflicting pain), LEG GUARDS (similar to hockey leg guards; again, these may be improvised and safety is determined by ability to strike without inflicting pain), PADDED GLOVES (fencer's or boxing gloves; if boxing gloves are used, improvise padded protection for wrists). If all the above dress protection is not available, for safe play use rules which forbid aiming of blows to any unpadded area of the body.

## STAFFS:

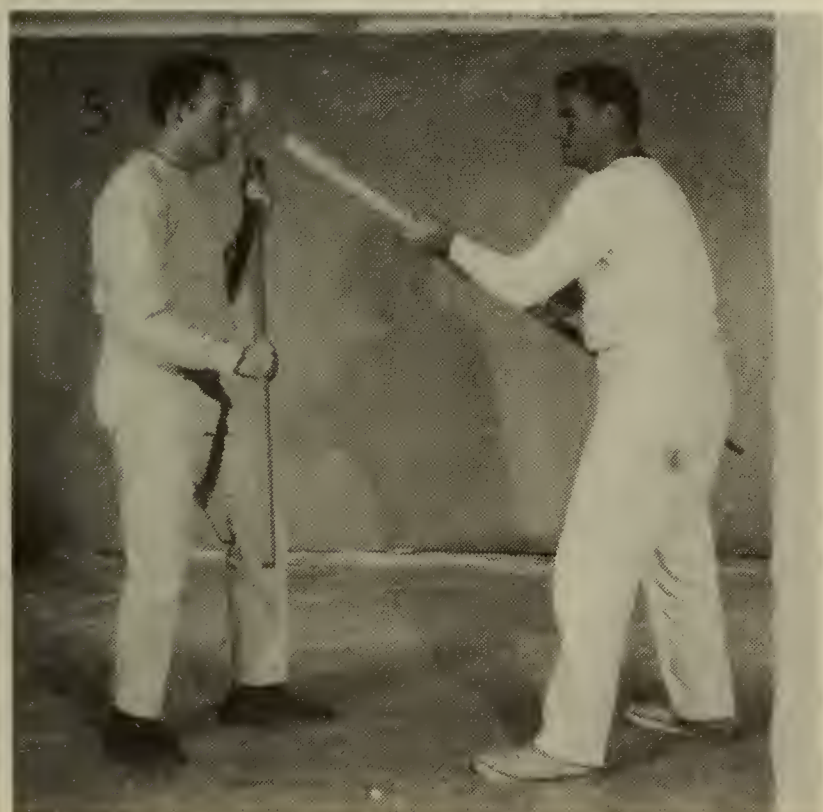
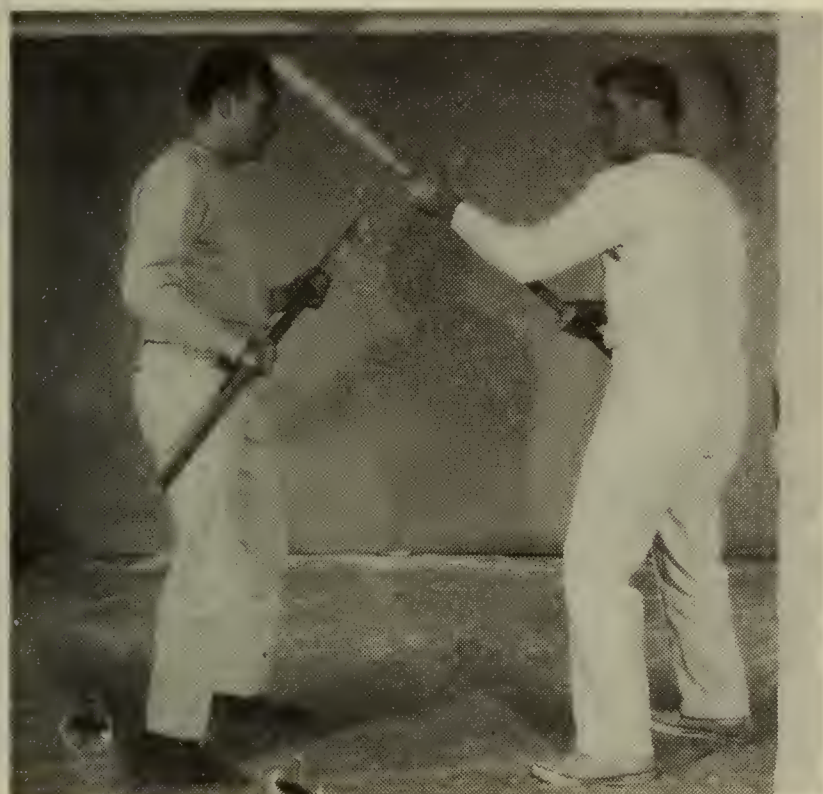
Staffs may be improvised from 1" to 2" diameter dowel, and can be from 5 to 7 feet in length. Youngsters can use staffs improvised from broom handles.



## QUARTER-STAFF: BASIC BLOWS

1. DOWNSTROKE: Strike with upper end, at  $45^{\circ}$  angle down. For power in striking, right hand goes back as left hand moves forward, Photo #1.
2. UPSTROKE: Strike with lower end, at  $45^{\circ}$  angle, up. For power in striking, left hand goes back as right hand moves forward, Photo #2.
3. JAM : Raise staff to horizontal position, at your face height, right hand forward, Photo #3.
4. BUTT: Staff is held in on-guard position. Blow is delivered by thrusting forward with both hands, using center of staff, Photo #4.
5. RAM: Release right hand grip and grasp with right hand just below left hand. Lower point of staff so that aim is approximately at his head. Blow is delivered with forward, ramming motion, Photo #5.
6. CUTLASS BLOW: Slide left hand down to just above right hand. Draw point of staff back, deliver swinging, downward blow, Photo #6.

# QUARTER-STAFF: BASIC BLOWS



## QUARTER-STAFF: BLOWS & BLOCKS & COUNTERS

Photo #1: Left man strikes with downstroke. Right man blocks with upper end of staff. Counter with upstroke.

Photo #2: Left man strikes with upstroke, right man blocks with lower end of staff. Counter with downstroke.

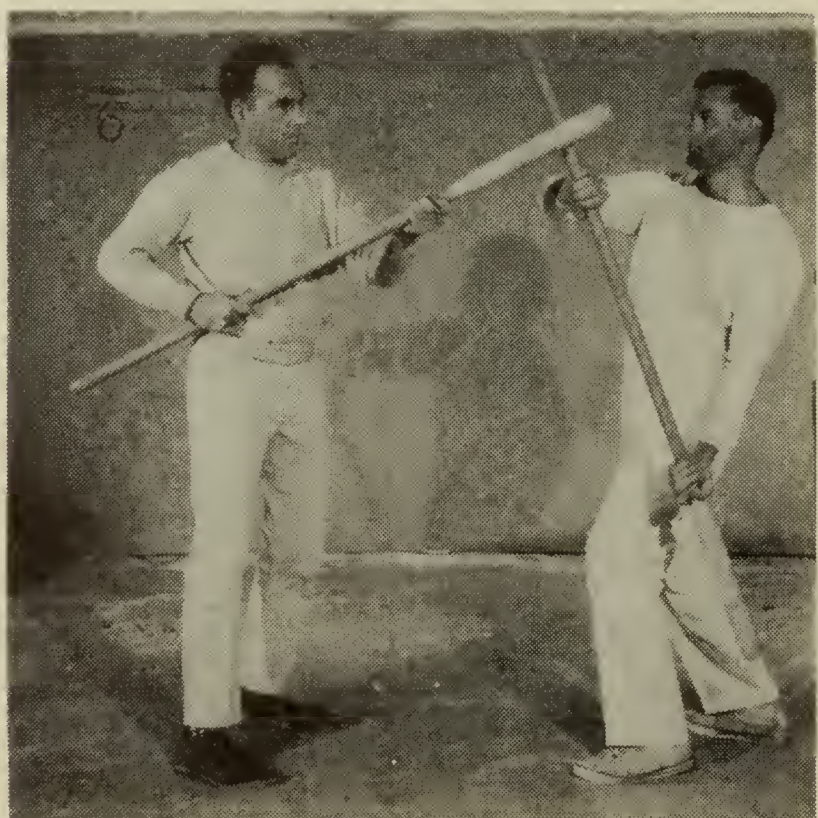
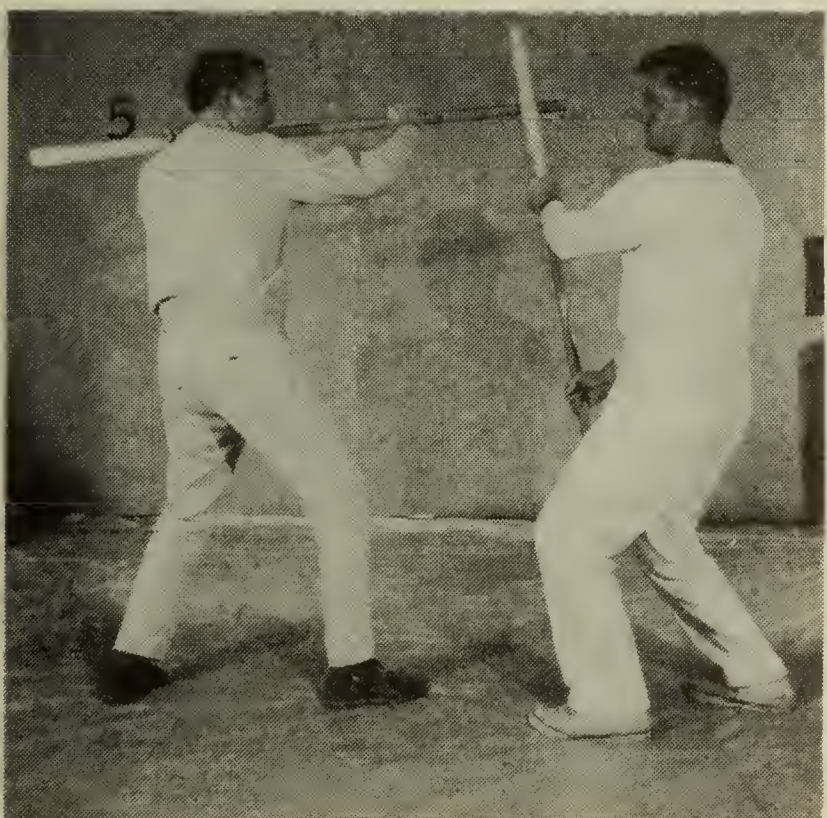
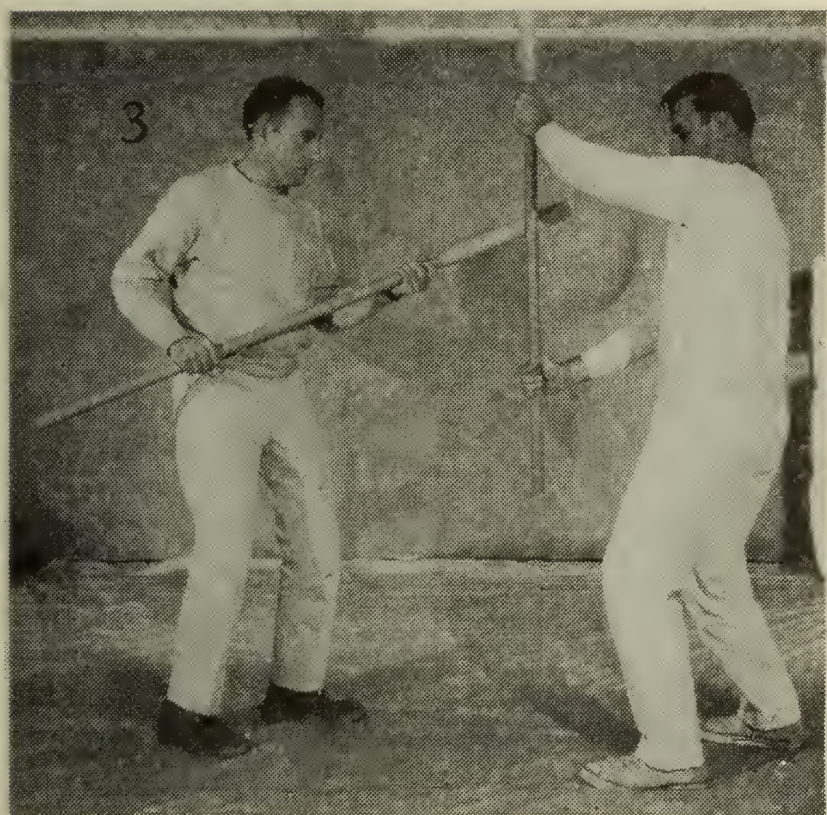
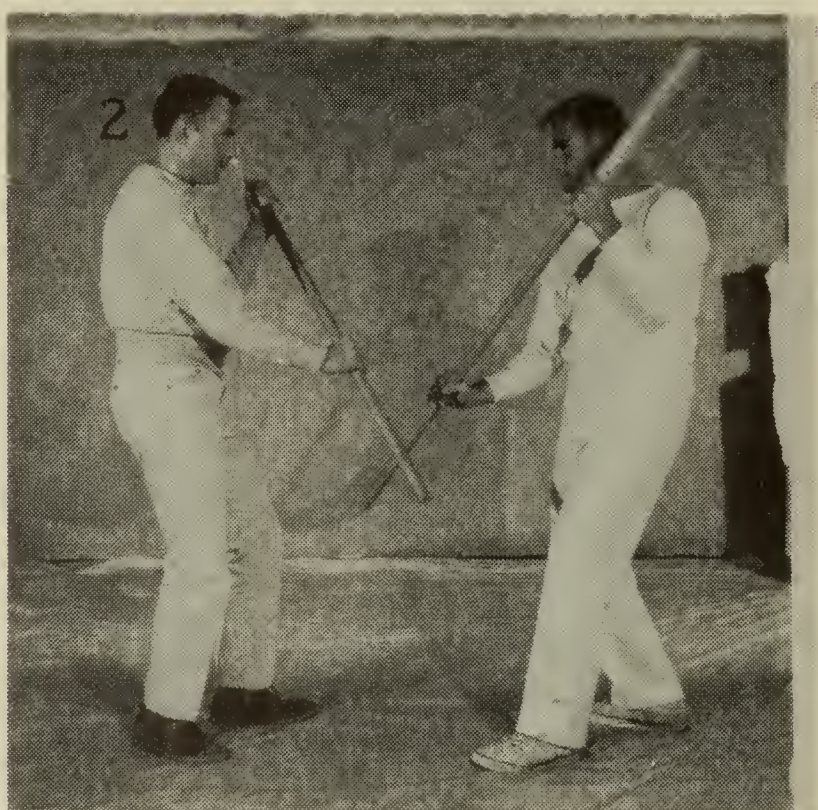
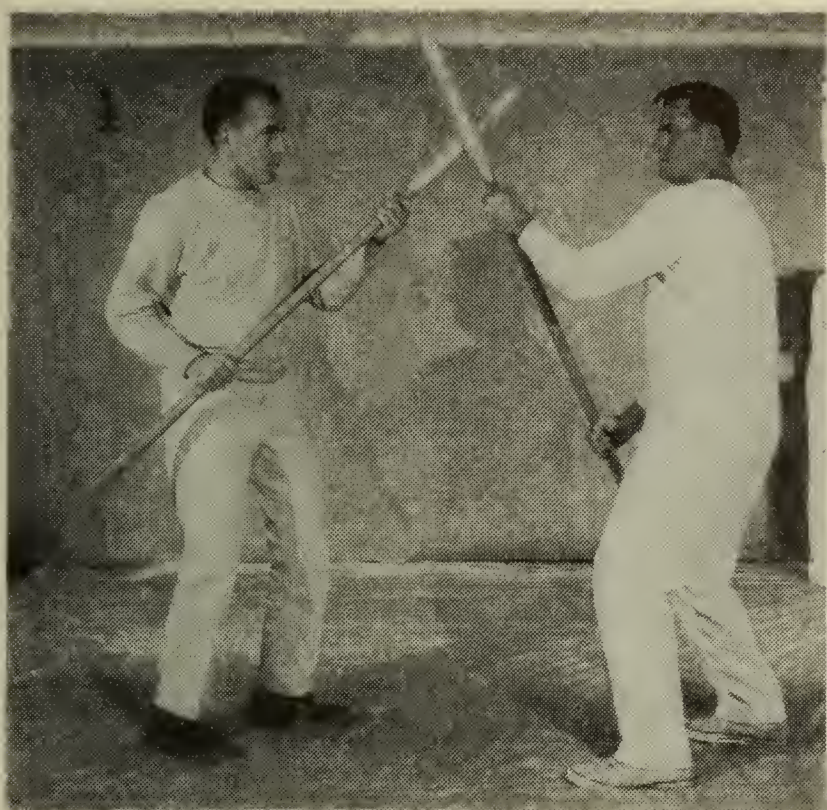
Photo #3: Left man strikes with side stroke aimed at center of body, right man blocks with BUTT blow. Counter with downstroke, or upstroke.

Photo #4: Left man strikes with side stroke, using lower end of staff (note different direction of blows in #3 & #4). Right man blocks with BUTT blow, countering with downstroke or upstroke.

Photo #5: Left man strikes with JAM. Right man blocks with upper end of staff and counters with UPSTROKE or BUTT or RAM.

Photo #6: Left man strikes with variation of RAM. Right man blocks with variation of Upstroke and counters with JAM or CUTLASS blow.

QUARTER-STAFF: BLOWS & BLOCKS & COUNTERS



## QUARTER-STAFF: BLOWS & BLOCKS & COUNTERS

Photo #7: Left man strikes with point of staff aimed at lower area of body. Right man blocks with UPSTROKE and counters with DOWNSTROKE.

Photo #8: Left man strikes with side stroke using lower end of staff. Right man blocks with variation of UPSTROKE, blocking with center of staff and countering with JAM.

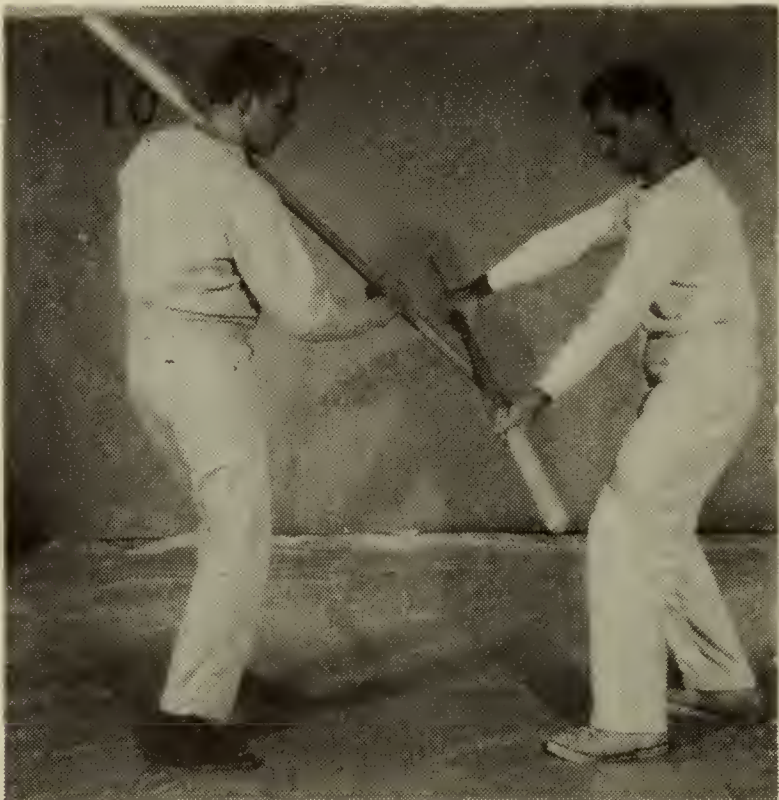
Photo #9: Left man strikes with DOWNSTROKE (straight down). Right man blocks with center of staff held high. Counter is awkward from this block, best to return to on-guard position.

Photo #10: Left man strikes with UPSTROKE (straight up). Right man blocks with center of staff held low. Counter is awkward from this block, return to on-guard position.

Photos #11 & #12: Left man strikes with BUTT (staff in horizontal position). Right man feints with UPSTROKE and goes into counter of a leaping DOWNSTROKE (Photo #12).

METHOD OF PRACTICE: First practice basic blows in give-and-take style with your partner. Then practice blows and blocks in give-and-take style. Then go on to blows, blocks, and counters in give-and-take. Give-and-take style is where all movements are pre-arranged and there is no element of surprise. When you can do all blows, blocks, and counters with ease (the time varies greatly for different people; some can reach this degree of proficiency within weeks, others in months) proceed to free practice. Free practice means that you attempt blows, blocks, and counters on each other without pre-arrangement. You can judge relative skill by scoring number of un-blocked hits.

QUARTER-STAFF: BLOWS & BLOCKS & COUNTERS



## POLICE METHODS:

RELEASE FROM CHAIR: ARM LOCK,  
REMOVE FROM CHAIR: ARM LOCK

RELEASE FROM CHAIR: ARM LOCK

SITUATION: Suspect is holding on to chair, Photo #1.

ACTION: Strike into back of hand with butt end of stick, numbing and causing release, Photo #1. Grasp his left wrist with your left hand, pulling his arm straight out and turning elbow joint up, with your right forearm apply pressure against elbow joint, down, Photo #2. For come-along, continue to apply pressure down on elbow joint and pull up at wrist with your left hand.

REMOVE FROM CHAIR: ARM LOCK

SITUATION: Suspect is sitting in chair, holding on to seat, resisting arrest, Photo #3.

ACTION: Strike into shoulder muscle with butt end of stick, numbing arm, Photo #3. Or you may strike into elbow to effect release, Photo #4. With your left hand, grasp his left wrist and pull his arm out straight and slightly back. At the same time, reach under his arm and place butt end of stick at his chest and apply pressure, Photo #5. Lower his left arm across your right forearm by pushing down with your left hand and up with your left arm, keeping stick firmly into his chest, Photo #6.

POLICE METHODS:  
RELEASE FROM CHAIR: ARM LOCK,  
REMOVE FROM CHAIR: ARM LOCK



## POLICE METHODS: SEARCH AND TAKEDOWN, RELEASE FROM DOOR

### SEARCH AND TAKEDOWN:

SITUATION: Suspect with hands on wall, feet spread. Your object is search, but you are prepared to go into takedown in event of trouble. Your right foot is placed in front of his right ankle, stick in your left hand, searching with right hand, Photo #1.

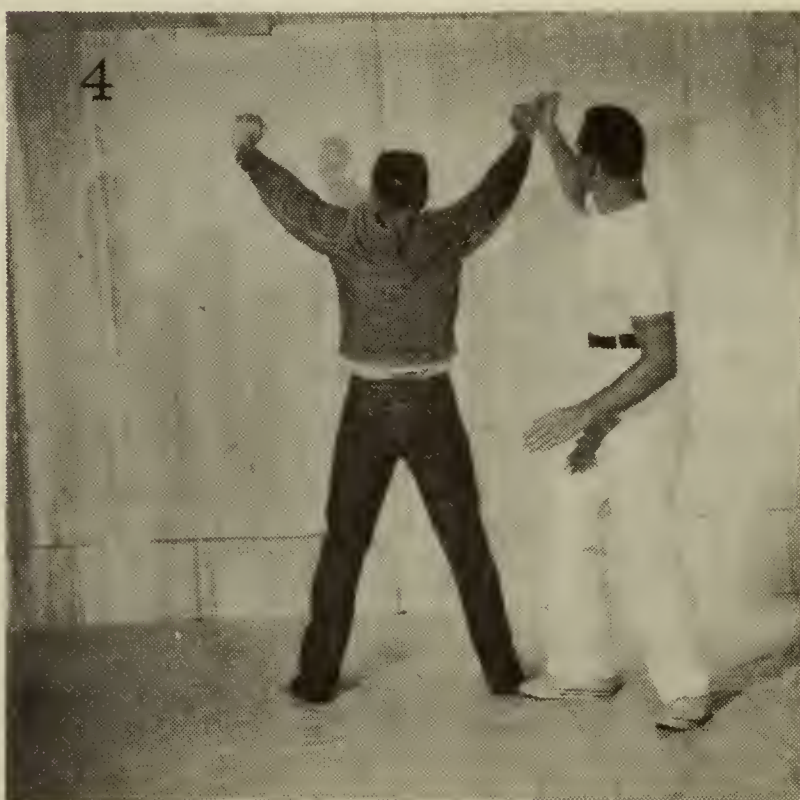
ACTION: Suspect attempts to break away, but you sweep his right leg up and back with your foot, and strike with butt end of stick at his elbow, Photo #2. Continue to pull up, causing opponent to fall forward. Apply handcuffs, Photo #3.

### RELEASE FROM DOOR:

SITUATION: Suspect refuses to be taken and is holding on to door, furniture, or anything stationary, Photo #4.

ACTION: You hit with butt end of stick into back of his hand or wrist, numbing and causing release, Photo #4. Or strike into nerves at back of knee, numbing leg temporarily, Photo #5. If suspect is insensitive to pain (drug addict, person violently enraged, drunk), you may need to use take-down. Hit with butt end of stick at back of hand, kick into back of knee with right foot, and pull back and down at his collar, Photo #6. If these three actions are done simultaneously, opponent will be taken down on his back.

POLICE METHODS: SEARCH AND TAKEDOWN,  
RELEASE FROM DOOR



## POLICE METHODS: COME-ALONGS

### SMALL STICK UNDER ARM, SMALL STICK IN THROAT

#### 1. SMALL STICK UNDER ARM:

SITUATION: Arrest without striking blows.

ACTION: Your left hand grasps his left wrist, pulling out and up, Photo #1. Keeping his arm firmly extended, place stick into nerves of arm-pit and apply pressure up, Photo #2. Keep your adversary moving for best control when using this method.

#### 2. SMALL STICK IN THROAT:

SITUATION: Arrest without striking blows.

ACTION: With your left hand grasp sleeve of upper right arm, with right hand holding stick and cloth (or lapel) at the same time, Photo #3. Move around to rear of opponent, allowing point of stick to push into hollow of throat (maintain your grip of cloth with right hand), Photo #4. Step behind him and walk him, Photo #5. The amount of pressure at throat depends on the resistance of adversary. A very slight pressure will suffice if he does not offer much resistance. If he struggles, increase the pressure at throat for full control.

# POLICE METHODS: COME-ALONGS



## POLICE METHODS: MEDIUM STICK

### UNDER ARM COME-ALONG, BENT ARM LOCK (HAMMER LOCK) AND TAKE-DOWN

#### 1. UNDER ARM COME-ALONG:

Grasp opponent's left wrist with your left hand and raise arm slightly, Photo #1. Jam point of club into arm pit and at the same time walk opponent forward, Photo #2. Maintain some pressure into arm pit. Because of nerve centers in arm pit, there will be enough pain to allow you to move him without resistance for a short period. This is only for temporary control; your opponent can move out of this when he recovers from impact of first pain.

#### 2. BENT ARM LOCK (HAMMER LOCK) AND TAKE-DOWN:

You are facing opponent. With your left hand reach across and grasp sleeve at left arm, placing point of stick between forearm and body, Photo #3. Continue moving stick through and up, levering his arm into bent position behind him, Photo #4. Step around behind him and move your left hand quickly up to his collar, Photo #5. Continue to apply upward pressure with stick and forward pressure against his neck for take-down, Photo #6.

# POLICE METHODS: MEDIUM STICK



## POLICE METHODS: ARM LOCK #1

**SITUATION:** Opponent faces you, you are in natural on-guard position.

**ACTION:** Reach out with right hand and hook the stick behind his upper arm, place the back of your left hand on the back of his forearm, Photo #1. Apply pressure down with right hand, up with left hand, bending his arm back and stepping around to his rear, Photo #2. Bend his arm up his back and step back with right foot into "T" position, slipping your left hand through to a point over his elbow; then place stick into opponent's throat, Photo #3. Pull back with stick, forcing him upright, and pull up with your left arm, Photo #4. You now have assailant under complete control.

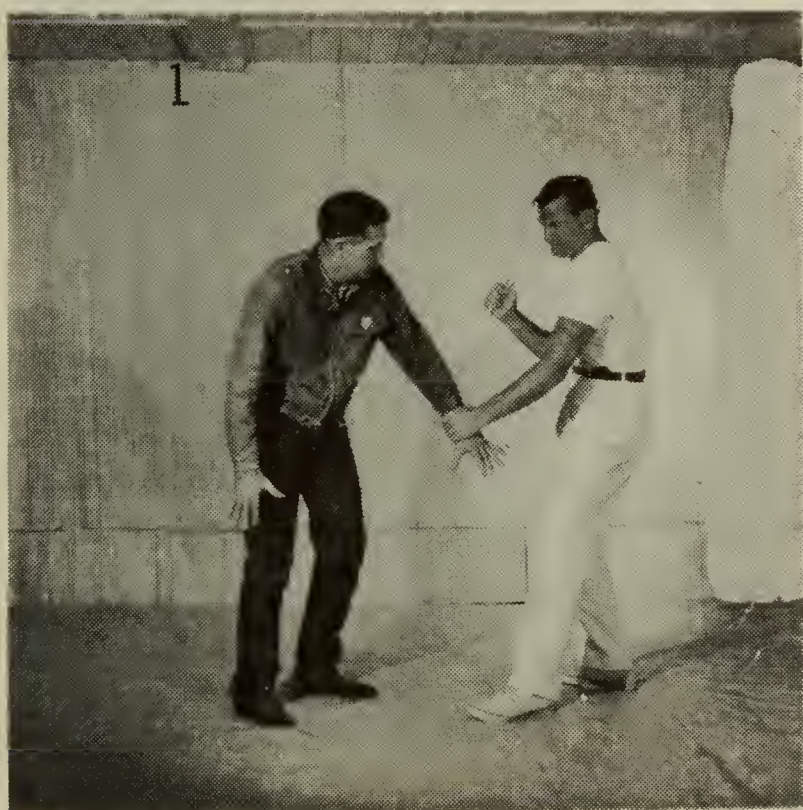


POLICE METHODS:  
ARM LOCK #4 AND TAKE-DOWN

SITUATION: Opponent faces you, you are in natural on-guard position, opponent reaches with left hand, Photo #1.

ACTION: Grasp opponent's left wrist with your left hand, Photo #1. Pull his arm forward and twist arm so that his elbow is up; then with butt end of stick apply pressure against elbow down and pull up with left hand, Photo #2.

FINISH: Continue pressure on elbow until adversary is forced to ground, Photo #3. You have him under control and in pain and may, with no difficulty, bend his arm around in back of him, Photo #4, making it simple to apply handcuffs.



## POLICE METHODS: ARM LOCKS #2 AND #3

### ARM LOCK #2:

SITUATION: Opponent faces you, you are in natural on-guard position.

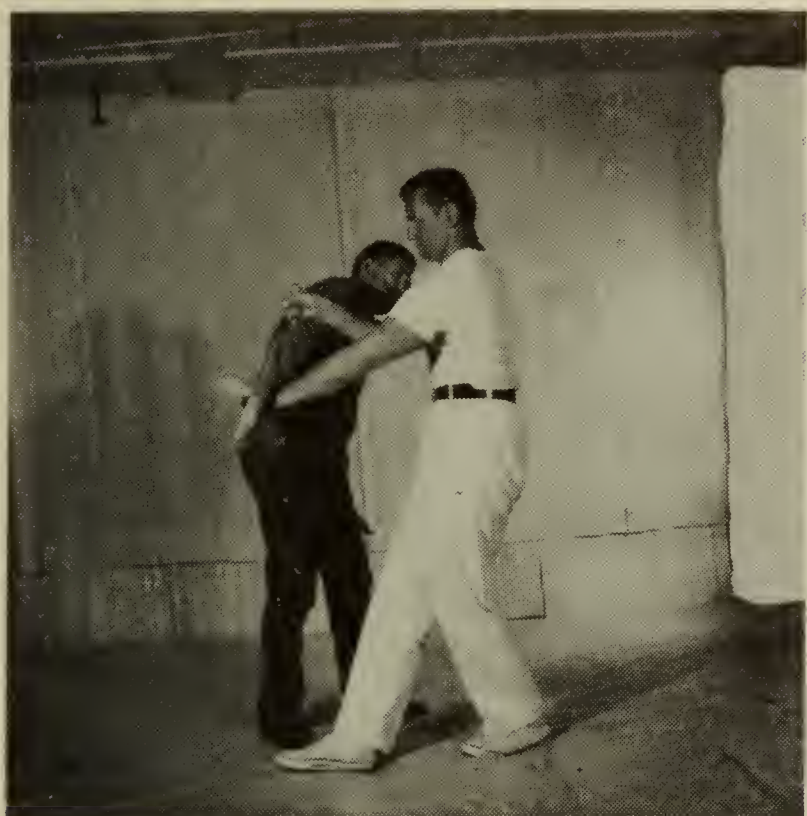
ACTION: Reach out with right hand and hook stick behind his upper arm. Place the back of your left hand at the back of his forearm, Photo #1. Apply pressure down with right hand and up with left hand, sliding his stiffened arm toward your neck and slipping your left arm across his elbow, Photo #2. Lock his wrist against your neck, your left forearm applying pressure with the stick, both hands moving down, Photo #3. By continuing the pressure down, you can take your opponent to the ground.

### ARM LOCK #3:

SITUATION: Opponent faces you and reaches with both hands.

ACTION: You strike his left hand out of range using butt end of stick, while you grasp back of right hand with your left hand, Photo #4. Twist his wrist back while you strike at nerve center at elbow or forearm, using butt end of stick with enough force to numb, Photo #5. Pivot around so that you are facing the same direction as your opponent, lock his elbow firmly against your body and strike with point end of stick into face or neck, Photo #6.

# POLICE METHODS: ARM LOCKS #2 AND #3



## POLICE DEFENSES AGAINST GUN FROM DISTANCE: SMALL AND MEDIUM STICK

### 1. DISTANCE DEFENSE WITH SMALL STICK:

ATTACK: Assailant holding gun out of arm reach, you are holding small stick in right hand, Photo #1.

DEFENSE: Distract opponent's attention, then throw stick at gun hand. This causes reaction of opponent moving hand away, Photo #2.

FINISH: Draw your weapon and simultaneously step to the right side and drop to right knee, Photo #3.

Note: All these motions (throwing, stepping, and dropping to knee) tend to confuse and distract your opponent. )

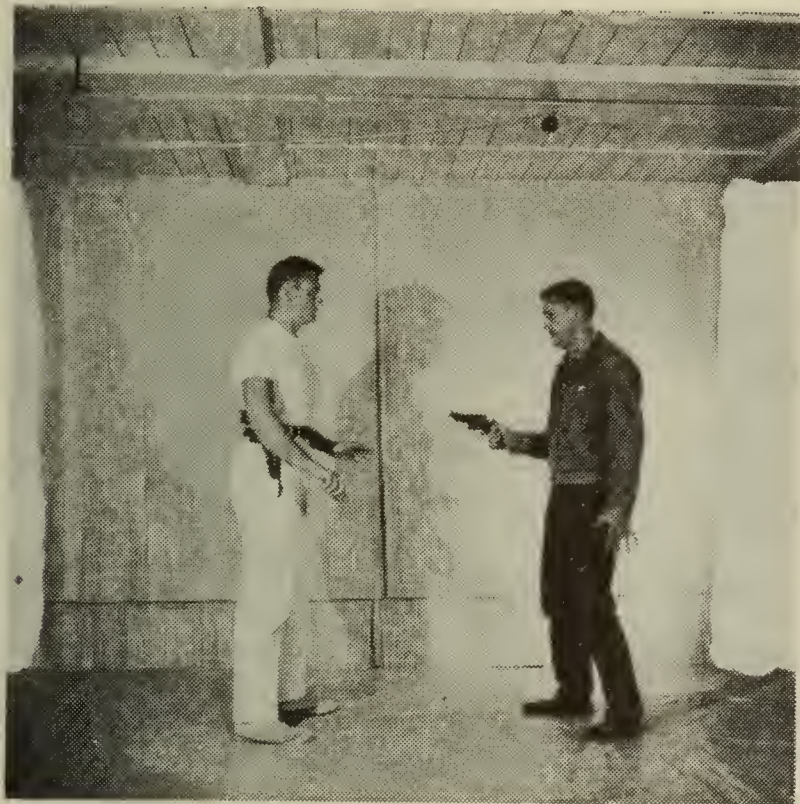
### 2. DISTANCE DEFENSE WITH MEDIUM STICK:

ATTACK: Assailant holding gun out of arm reach, you are holding stick in left hand, Photo #4.

DEFENSE: Distract opponent, throw stick at gun hand, simultaneously draw your weapon, Photo #5.

FINISH: Side step, drop to one knee, Photo #6.

POLICE DEFENSES AGAINST GUN FROM DISTANCE:  
SMALL AND MEDIUM STICK



DEFENSES FOR THE BLIND:  
HOW TO STRIKE WITH CANE

AT INDICATION OF DANGER:

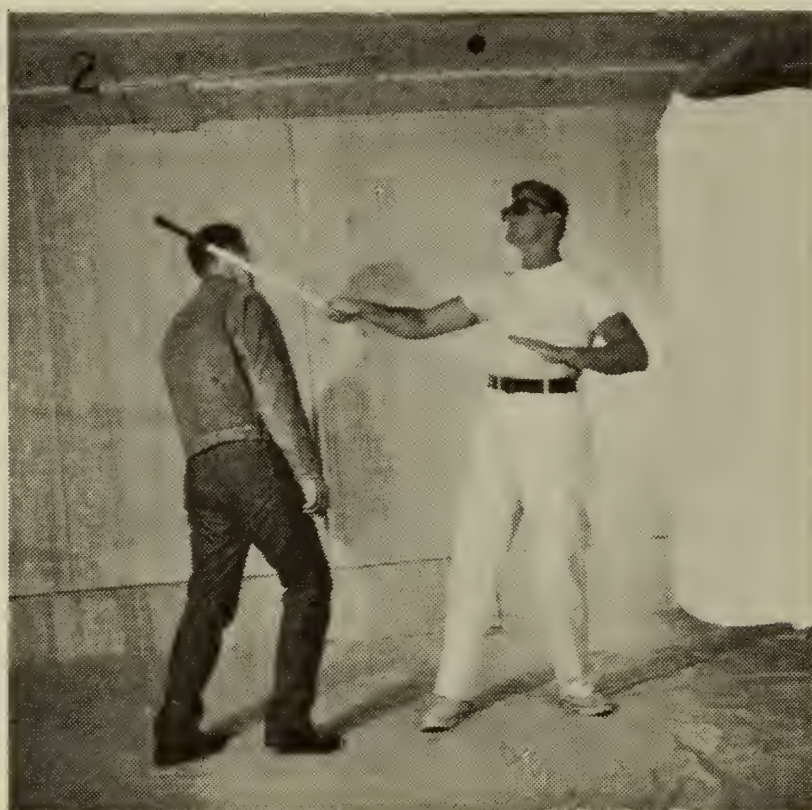
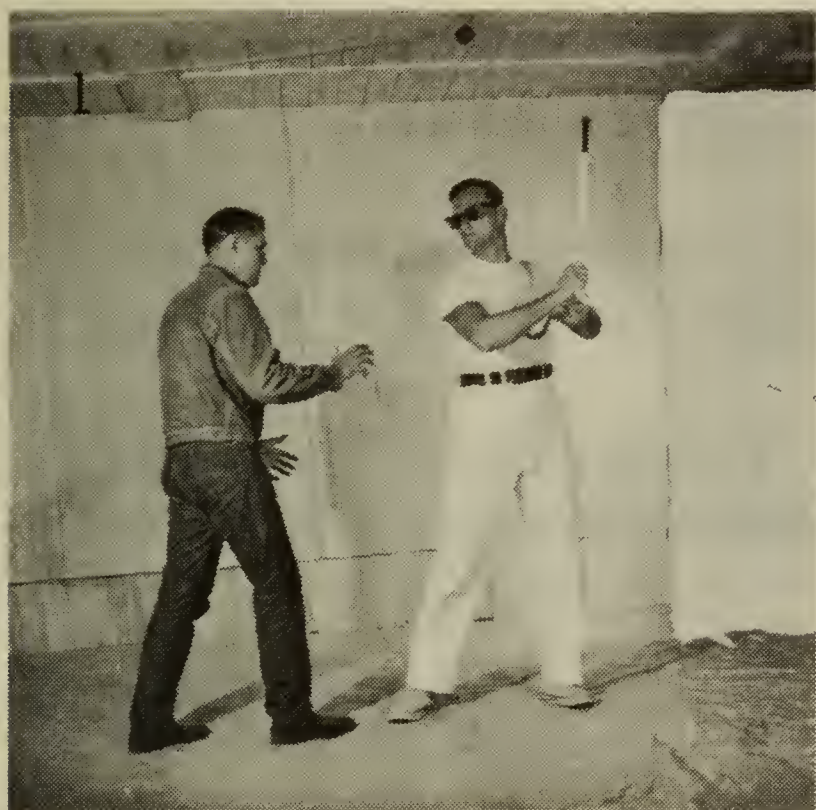
HOLDING HANDLE OF CANE IN RIGHT HAND,  
ACROSS BODY (PHOTO #1):

- a. Swing backhand blow at area approximating own head level, Photo #2.
- b. Swing backhand blow at area approximating own waist level, Photo #3.
- c. Swing backhand blow at area approximating own knee level, Photo #4.

HOLDING CANE WITH BOTH HANDS,  
STRIKING WITH CENTER:

- a. Swing cane up and down in front of body in continuous motion, Photo #5.
- b. Thrust straight forward at own neck level, Photo #6.

# DEFENSES FOR THE BLIND: HOW TO STRIKE WITH CANE



## DEFENSES FOR THE BLIND: FROM THE GROUND

### FROM THE GROUND, ADVERSARY STANDING:

- a. Hold cane over head as in Photo #1, strike backhand blow with arm fully extended, Photo #2.
- b. If assailant is kicking, strike with backhand blow with arm bent into approximate shin area, Photo #3.
- c. Using two hands on cane, thrust forward with center into approximate shin or knee area, Photo #4.

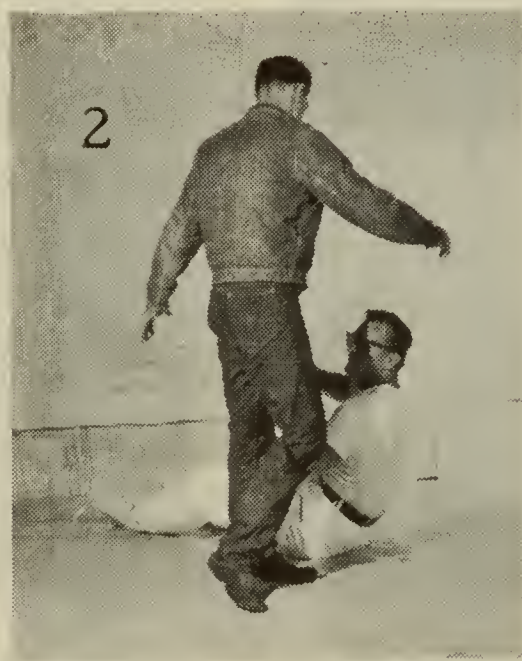
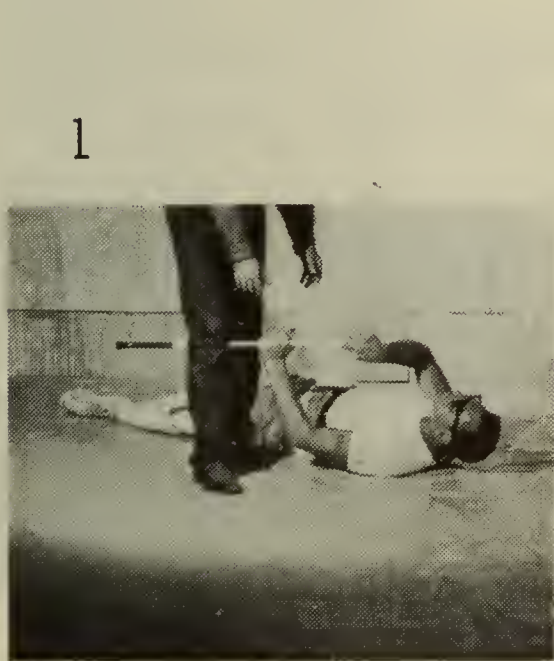


## DEFENSES FOR THE BLIND: FROM THE GROUND

### FROM THE GROUND, ADVERSARY STANDING CLOSE:

- Photo #1: Holding cane in both hands at handle end, slide cane between legs of adversary at approximate knee level.
- Photo #2: Twist cane between legs of adversary and rise to sitting position.
- Photo #3: Continue to rise and twist.
- Photo #4: As you rise and twist, adversary begins to fall.
- Photo #5: Adversary on ground, you take offensive position.

NOTE: Twisting and rising motion should be continuous and strong.

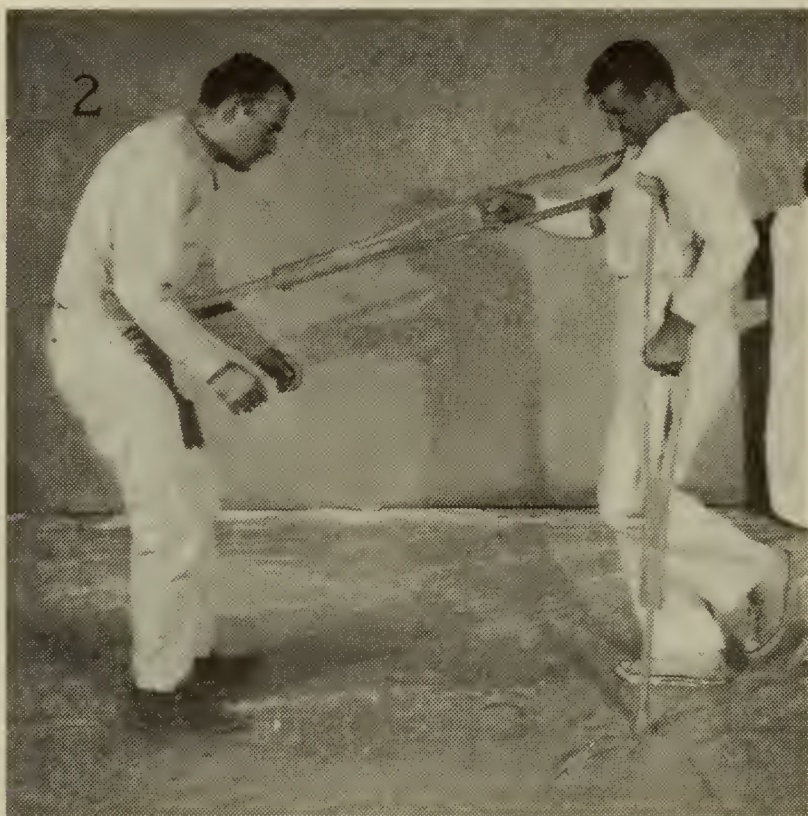


## STICK DEFENSES USING CRUTCHES

SITUATION: The situation for all the following defenses is one in which the opponent is moving in for an attack from the front. The specific attack is not important. These defenses may be used against a great variety of intended attacks.

1. UPWARD SWING BLOW: Balance on strong leg and crutch. Lock other crutch under arm and swing up sharply using leverage of your arm and shoulder for power. Strike with center of crutch into attacking arm or into any of nerve centers (see nerve center chart), Photo #1.
2. JAB WITH POINT: As opponent moves in, draw crutch up in horizontal position. Draw shoulder back as far as possible without losing balance and thrust forward, striking with point, Photo #2.
3. SLASH WITH UPPER END: As opponent moves in, balance yourself as firmly as possible on stronger leg and one crutch. Remove other crutch from under your arm and grasp with hand at center. Deliver swinging blow at opponent, striking into head or neck with upper end of crutch, Photo #3.
4. SLASH WITH LOWER END: Same as above, except using lower end of crutch for striking, Photo #4.
5. TRIP AFTER STRIKING: After opponent is weakened from blows, slip end of crutch between his legs, Photo #5. To trip, twist forward, applying pressure behind his knee, forcing him off balance, Photo #6. When he falls, place yourself in good balance, and be prepared to deliver additional blows, if necessary.

STICK DEFENSES USING CRUTCHES



## STICK DEFENSES FROM WHEEL CHAIR: YAWARA STICK, CANE

### YAWARA STICK:

SITUATION: Opponent grabs your hand, Photo #1.

DEFENSE: With butt end of stick strike into back of his hand, Photo #1. Even a moderate blow will cause enough pain to effect release. Be ready to carry on with additional blows to opponent's body.

SITUATION: Opponent is reaching or striking with his right hand, Photo #2.

DEFENSE: With butt end of Yawara stick strike at his wrist or forearm, Photo #2.

SITUATION: Opponent is very close in and striking, Photo #3.

DEFENSE: With left hand block his blow and with right hand strike into his face or body, using butt end of stick, Photo #3.

### CANE:

SITUATION: Opponent is striking, Photo #4.

DEFENSE: Grasp handle end of cane in both hands and strike with center of cane into his arm, Photo #4. Use body twist to give more power to blow. Be ready to follow with any of cane striking methods.

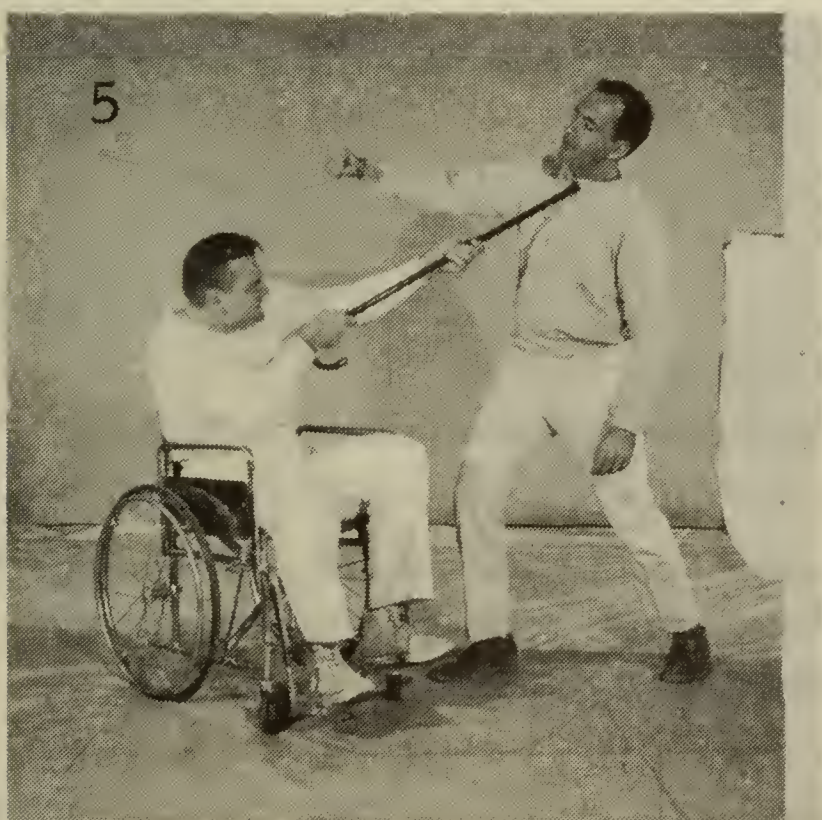
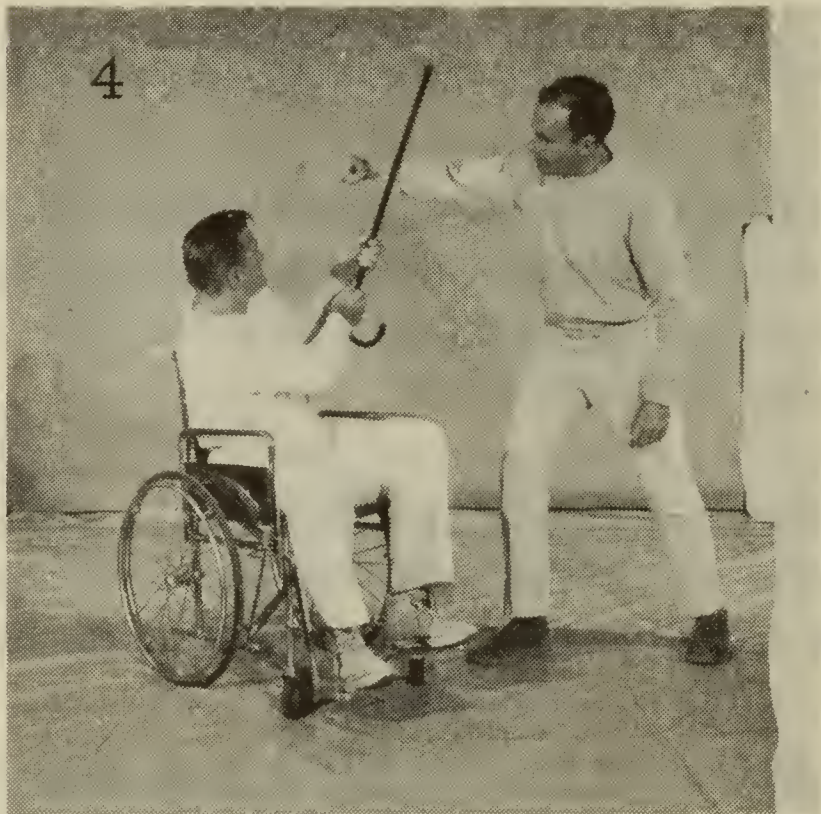
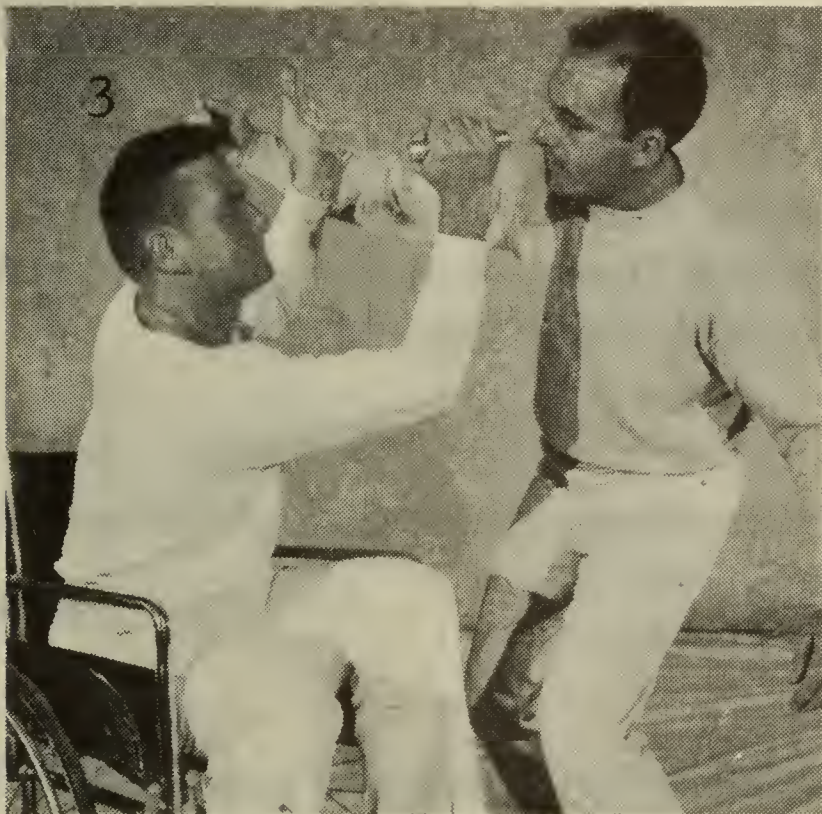
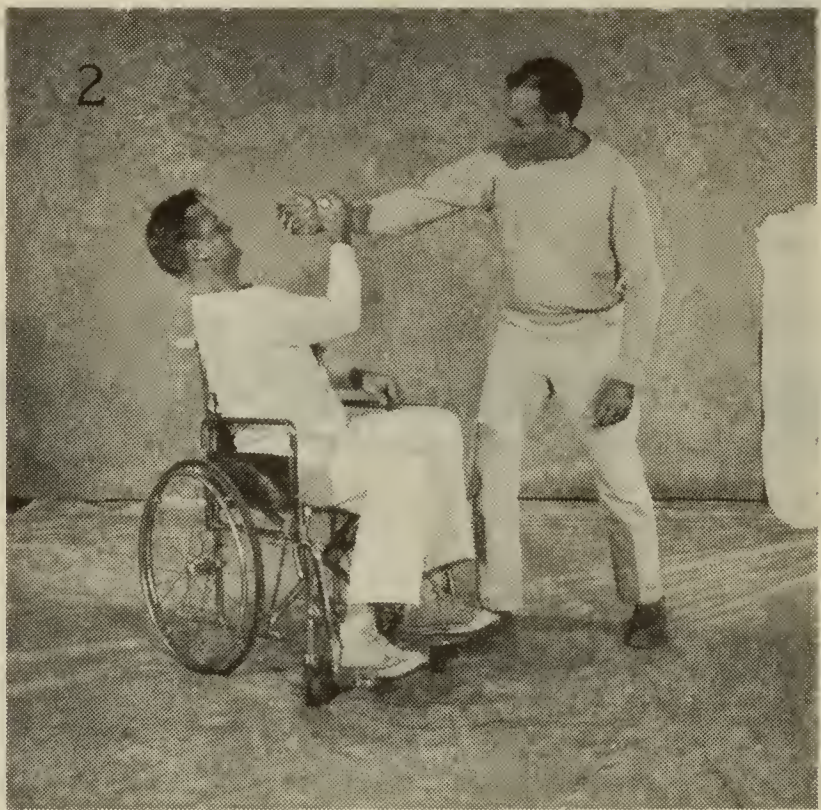
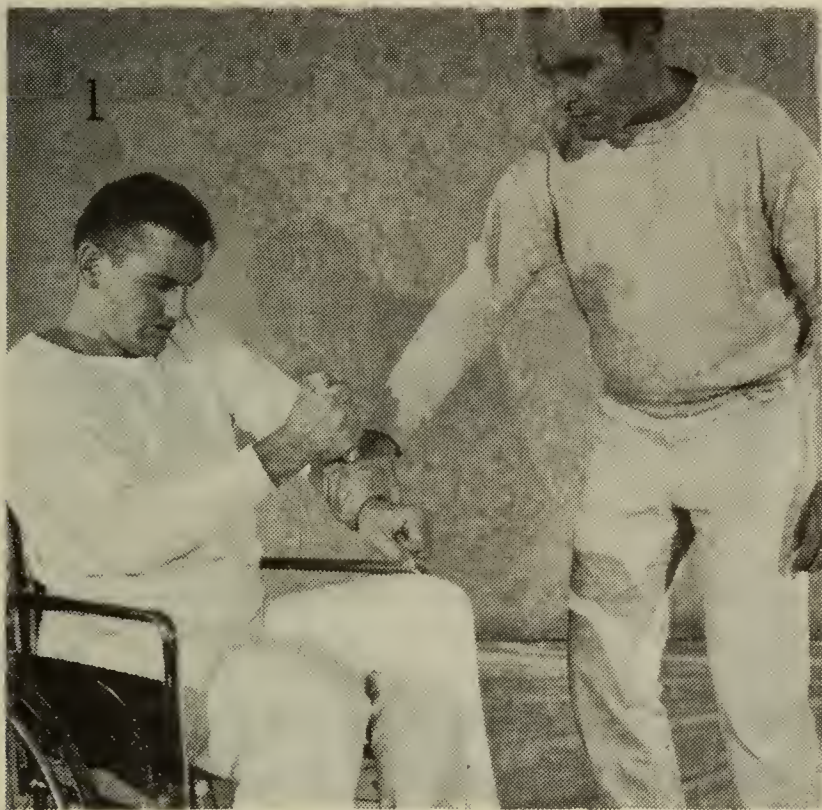
SITUATION: Opponent is attempting attack, Photo #5.

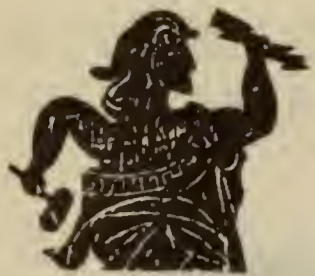
DEFENSE: Grasp butt end of cane with right hand and center of cane with left hand. Use jabbing motion to strike into opponent's throat, Photo #5.

SITUATION: Attack is very close-in, Photo #6.

DEFENSE: Grasp butt end of cane with left hand and point with right hand. Strike at opponent's face with center of cane, Photo #6.

STICK DEFENSES FROM WHEEL CHAIR:  
YAWARA STICK, CANE





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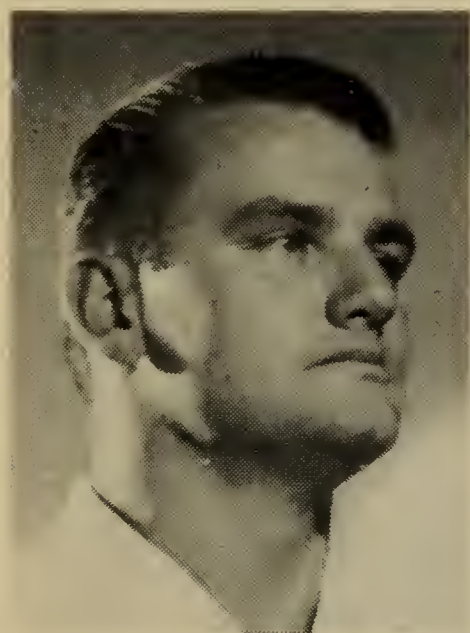
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