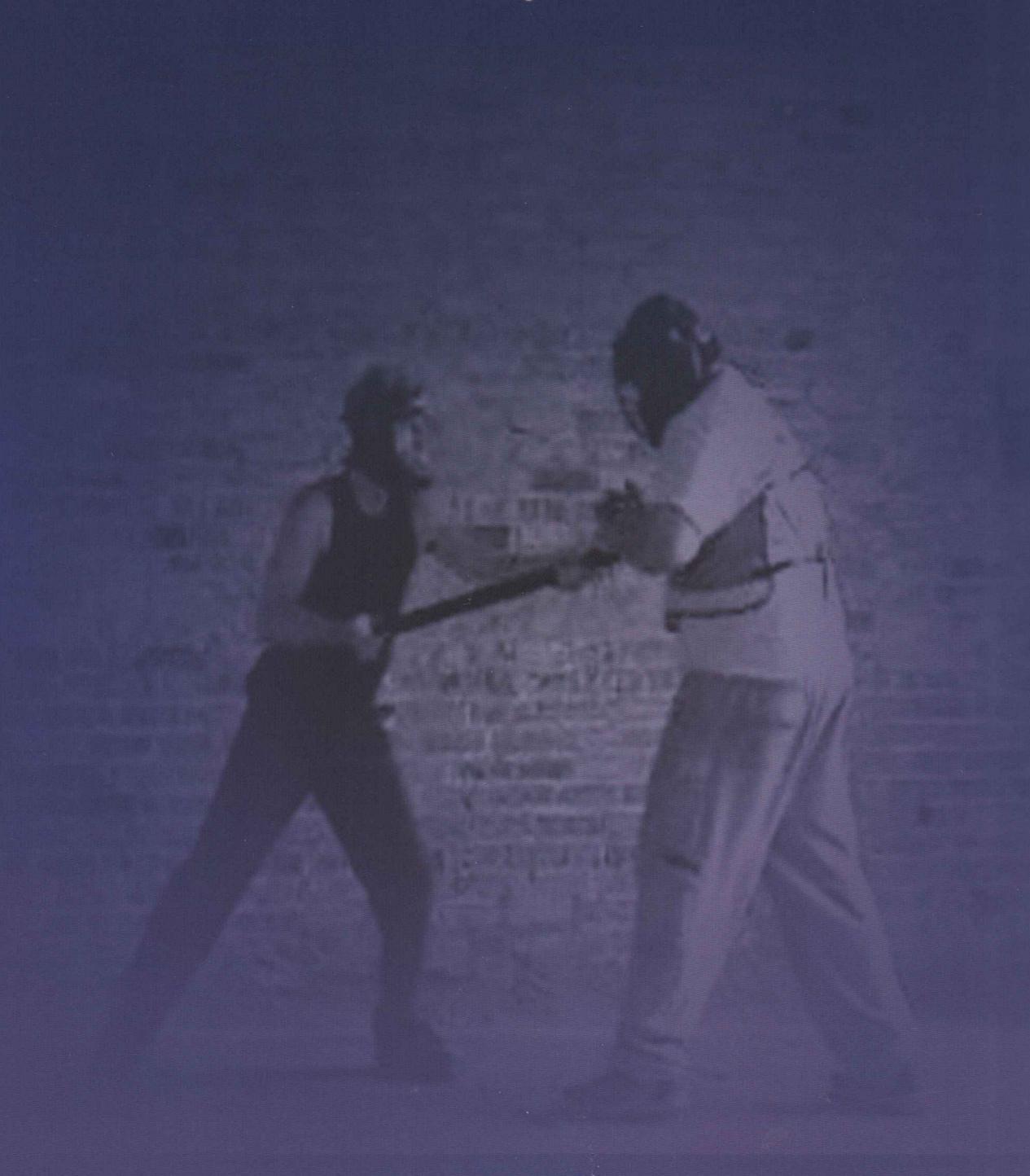


Falcon Defense Cane

Basic System



Tony Wolf

Acknowledgements

Thanks to Ed Kroske, Christian and Natasha Darce and Kathrynne Wolf for their assistance.

Disclaimer

Self defense training is a potentially dangerous activity. Before beginning any self defense training or exercise program, you should first consult your physician.

You assume responsibility for your own safety, understanding and accepting all risks involved with self defense training. By assuming this risk, you completely absolve all authors, creators, and affiliates of this booklet from liability for any injury due to misuse of the information contained herein.

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The Falcon Defense Cane

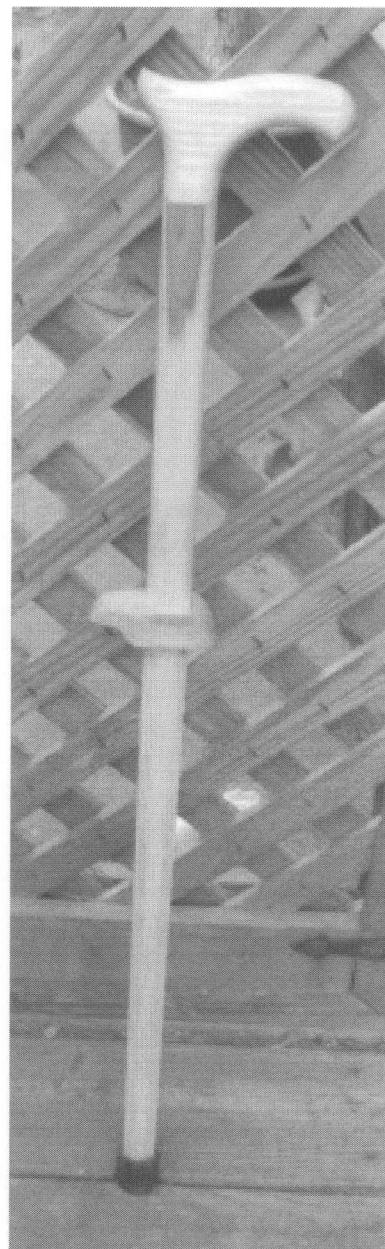
Handle

Grip

Falcon head guard

Shaft

Ferrule



Overview

This booklet presents the basic training system for the Falcon defense cane. It is a flexible, tactical approach to defensive close combat against a single, unarmed aggressor, employing the unique advantages of the Falcon cane.

The Falcon Basic System is based on military CQB (close-quarters battle) bayonet fighting training courses developed by the US, Italian and Russian armed services. These programs are designed to train soldiers quickly and effectively in the basic techniques of close-combat with the rifle-bayonet.

The Falcon Basic System is designed to be easily integrated into other martial arts and self defense training programs.

Rather than attempt to offer a specific technique to counter every possible attack, the Falcon Basic System consists of a four-step progression of intentions and actions.

- 1) Awareness: the most important feature of any defensive tactics course is to be aware of potential threats and to take action to avoid them if possible.
- 2) The best defense is a good offense: the Basic System does not include any purely defensive actions; rather, each technique is designed as an attack or counter-attack with an in-built defensive function.
- 3) Real fights are chaotic and it is impossible to predict an aggressor's actions with any certainty. This training method accepts this fact and is predicated on interrupting the aggressor's actions and gaining/maintaining the initiative during the encounter.
- 4) Disengagement, recovery and escape: having successfully dissuaded the aggressor, it is necessary to disengage from them, check your safety and then remove yourself from the threatening situation as soon as possible.

Avoiding confrontation

The most effective and desirable defense is always to avoid a physical confrontation altogether. An aware, polite and respectful attitude in daily life will enable you to evade many potential threats; as President Theodore Roosevelt (who was a trained boxer, wrestler, jujitsu practitioner and stick-fighter) put it, "Speak softly, and carry a large stick."

Most violent assaults take place between people who are acquainted and the chances of being assaulted at random by a stranger in the streets are very slim. However, street assaults can obviously be extremely dangerous. Here is a selection of simple drills and exercises which are designed to increase your awareness and decrease your vulnerability while going about your daily business.

Scanning ahead

While walking down the street, practice the skill of scanning ahead for potential threats. This is exactly the same attitude of relaxed awareness used while driving a car. Look for places such as alcoves and alley openings where an aggressor might conceal himself and practice adjusting your trajectory to avoid walking too close to such “blind spots”. As you pass a blind spot, deliberately glance into it to demonstrate and reinforce your awareness.

Goal setting

Practice walking with a confident, assertive gait. Pick a target up ahead, such as a telephone pole, and set that point as your goal, walking towards it purposefully. When you reach that point, pick goal further ahead. The objective is to use your body language to clearly demonstrate confidence and purpose to any potential aggressors who may be watching.

Listen to your footsteps

Practice listening to the sound of your own footsteps while walking in the street. This has the effect of increasing your general audio awareness so that you will be better able to perceive any unusual noises that might indicate a potential threat.

Breathe deliberately

It is possible to mitigate the adverse effects of adrenaline by breathing deeply and deliberately, inhaling through the nose and exhaling through the mouth. Adopting this breathing pattern can transform a potentially paralyzing adrenaline rush into a manageable and even beneficial source of physical energy.

Confrontation

Now we will assume that, despite your best efforts to anticipate and avoid a confrontation, the aggressor has either forced the issue or has taken you by surprise.



In either case, you are very likely to experience an adrenaline rush at the moment that you become aware of the imminent physical threat. Adrenaline is a hormone which has the following biological effects when released into the blood-stream:

- Acceleration of heart and lung action
- Inhibition of stomach and intestinal action
- Constriction of blood vessels in many parts of the body
- Liberation of nutrients for muscular action
- Dilation of blood vessels for muscles
- Inhibition of lacrimal glands (responsible for tear production) and salivation
- Dilation of pupils

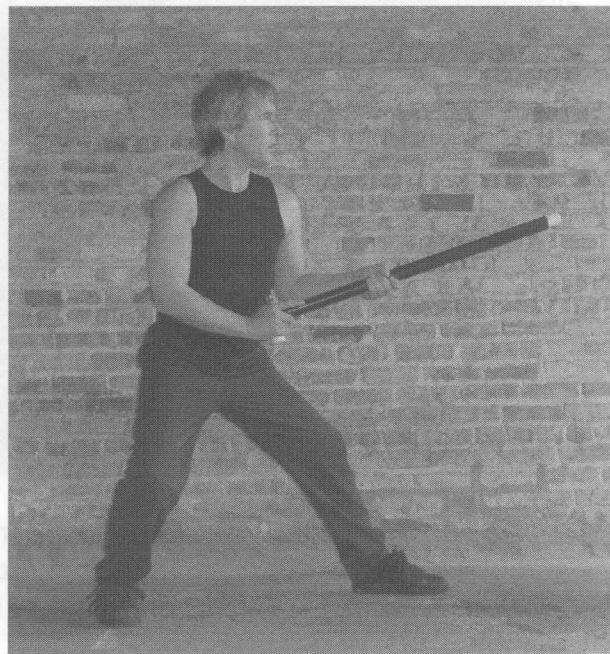
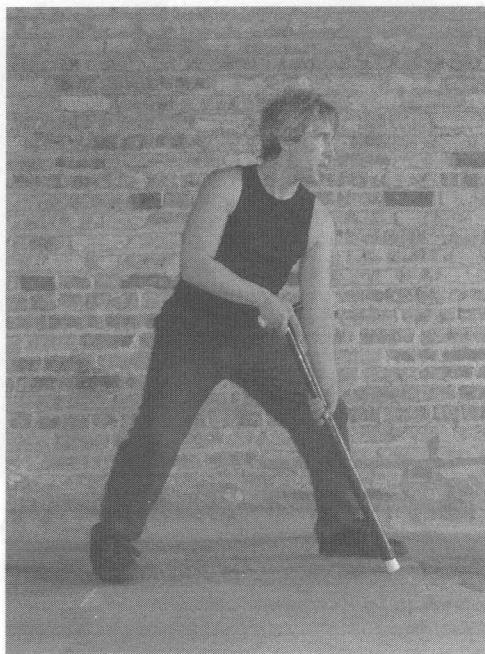
Realistic training can help you to become accustomed to the effects of an adrenaline rush and to operate more effectively while experiencing these effects. We will introduce some “adrenaline training drills” later in this course.

If possible, try to remain outside of the aggressor’s direct line of attack, which is defined as being the space, equal to his height, immediately in front of him. If you genuinely feel in danger of physical assault, move immediately into the guard position.

Guard position

Assume the guard position by stepping either back with your right foot or, if necessary, forward with your left foot so that your feet are a comfortable distance apart. Simultaneously, reach down with your left hand, thumb uppermost, and grasp the shaft of the Falcon cane. This secure grip reduces the chances of the aggressor knocking the cane from your grasp as you raise it.

As your weight settles into the guard position, lift the ferrule of the cane as shown below. The ferrule should point directly at the center of the aggressor’s chest.



Hold your body erect or bend slightly forward at the waist. Flex your knees and balance your body weight on the balls of your feet. Your right forearm is roughly parallel to the ground and your left arm is half-extended. Keep your gaze focused on the aggressor’s chest.

From this position, employ verbal dissuasion; “Back off!”, “Back away from me now!” etc.

Distance and exposure

One of your primary tasks in surviving a street assault is to increase the factors of distance (between yourself and the aggressor) and exposure (of the assault itself).

By assuming the guard position, you force the aggressor to deal with an obstacle (increasing distance) and present an obviously aware, defensive image. Onlookers who may not have been aware of a verbal dispute now become aware of a physical confrontation.

By employing verbal dissuasion, you clearly indicate both to the aggressor and to any witnesses that you are not initiating the assault and that you are prepared to defend yourself if necessary.

Counter-attacks

The Basic System includes three primary counter-attack movements designed to disable or dissuade the opponent: thrust, shield and low strike. Each of these movements may be used for the initial attack or as a follow-up should the initial movement fail to find its mark.

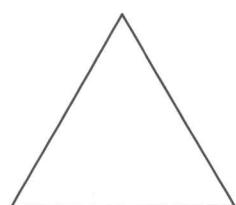
The Basic System also includes two backup movements designed for use should the aggressor successfully grab or trap your Falcon cane. These are the head-butt and the palm-heel strike.

We will begin by learning these movements separately, and then learn to execute these movements in a swift and continuous series during subsequent training. During all training, the emphasis will be on conducting natural, balanced movements to effectively damage the target and upon the ability to improvise effectively.

Unlike most traditional martial arts or combat sport training, we will not emphasize precise, specific techniques to be applied in a pre-arranged sequence.

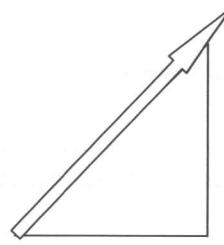
Power dynamics

The physical actions of the Basic System are based on the image of the triangle.



The isosceles triangle represents a normal standing position; one foot at each lower corner, with your head at the apex.

The right or left triangle represents a counter-offensive action to the right or left, respectively. In these cases, the power line extends from your rear foot through your skeleton and then through your weapon.



The power of a thrusting or striking action is developed by pushing against the floor or ground with the rear foot. This pressure generates momentum that is transferred through the rear leg and hips, up the spine, through the arms and out through the ferrule or shaft of the weapon into the aggressor's body. The impact or pressure against the aggressor's body is the result of your body weight, directed by skeletal alignment and reinforced and guided by your muscular structure.

The nature of contact and force between the Falcon cane and the aggressor's body may be either percussive or sustained. "Percussion" refers to fast, sharp impact as in a striking or thrusting action whereas a "sustained" attack refers to a forceful but slower action, as in a push or shove.

Thrust

The primary objective of the thrust is to disable or dissuade the aggressor by thrusting the ferrule of the Falcon cane into a vulnerable part of his body. The secondary objective is to defend your body against attacks by keeping the aggressor at a safe distance.

The thrust is especially effective in areas where movement is restricted - for example, narrow corridors, the space between two parked cars, etc. As a direct, straight-line action it is also the fastest and most efficient counter-attack to apply against a single aggressor who is standing in front of you.



To accomplish the thrust, grasp the Falcon cane firmly with both hands and pull the right elbow in close to your right hip; then extend the left arm, guiding the ferrule of the cane in the general direction of the center of the opponent's chest, or, in extreme cases, his face. The action of the thrust is driven by the extension of the right leg and the power of the movement is generated by the pressure of the right foot against the ground.

Quickly complete the extension of the arms and body as your body weight drops into your leading foot so that the ferrule of the cane is driven powerfully into the target.

To recover, keep your feet in place, shift your body weight to the rear, and pull rearward along the same line of attack.

Continue to thrust and to apply verbal dissuasions until the aggressor retreats or until he is forced backwards.

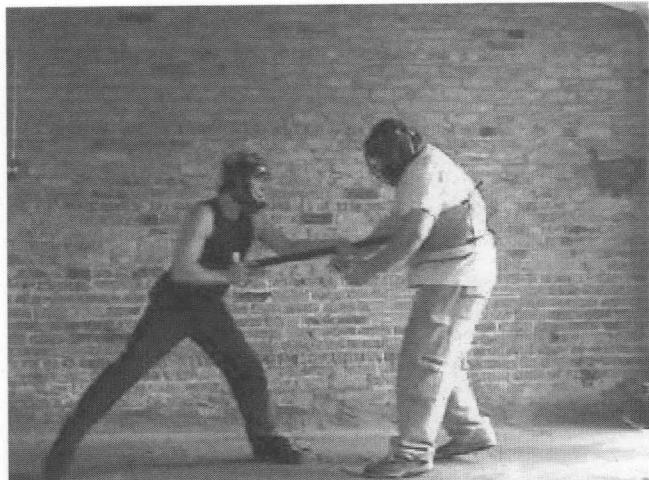
If necessary, assume the shield position in preparation to continue your defense.

Thrust vs. grabbing attack

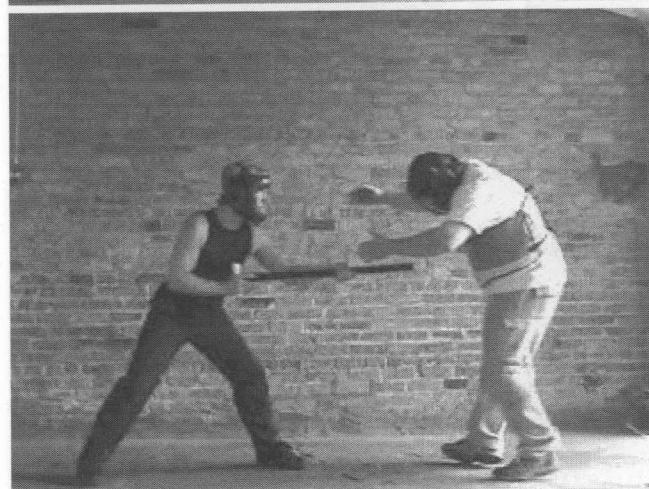
Defender (on left) assumes guard position and employs verbal dissuasion



Aggressor moves forward to attack with a double-handed grab; defender pushes off right foot and begins to step forward with left foot



Defender's weight settles into left foot and left arm extends as the ferrule of the Falcon cane thrusts into the center of the aggressor's chest

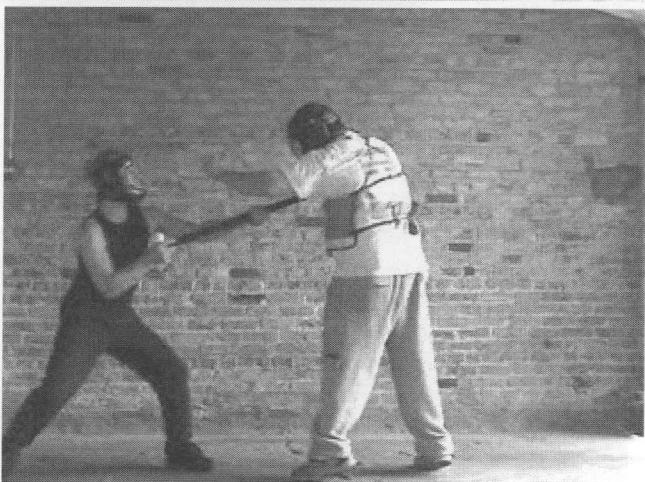


Aggressor is driven back and defender re-assumes guard position

Thrust vs. punch



Aggressor initiates left jab



Defender steps back with right foot and thrusts to center of aggressor's chest

Disengage and thrust

Defender assumes guard position



Aggressor grabs for defender's Falcon cane with his right hand; defender withdraws and drops the ferrule of the cane to avoid the grab



As aggressor continues to move forwards, defender prepares to thrust



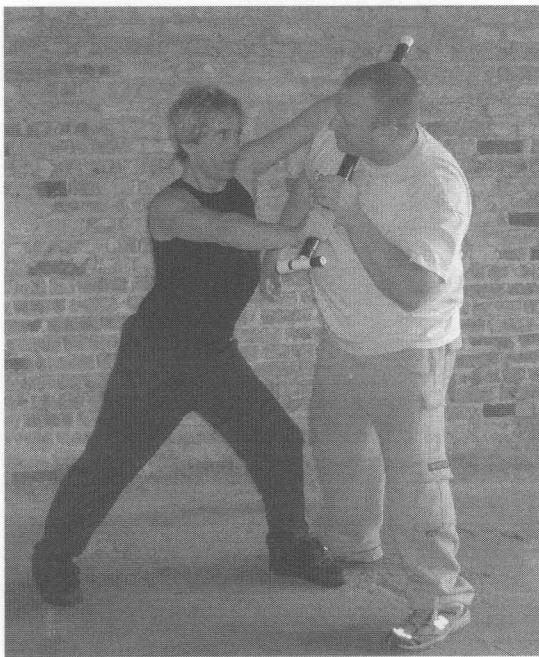
**Defender executes the thrust,
driving from his right foot and
striking the aggressor in the ribs**

Shield position

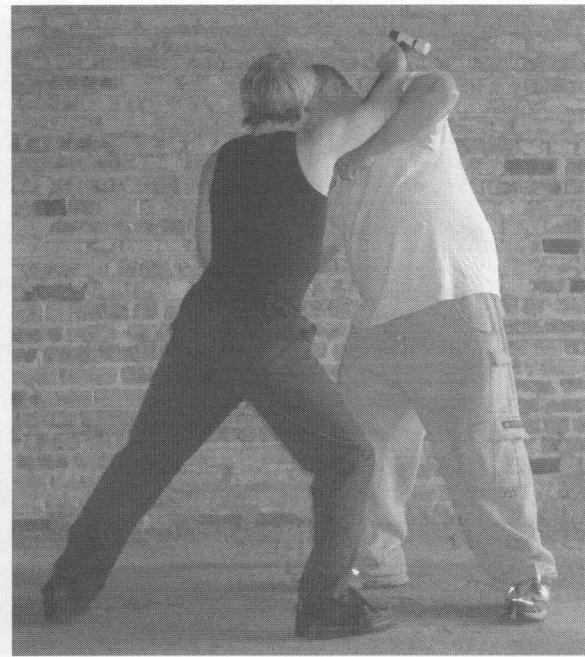
This is the transitional position between the guard position and the counter-attack movements.



The shield position is identical to the guard position except that the Falcon cane is held diagonally or horizontally across your body at a sufficient distance from the body to protect you from the aggressor's attempts to grasp or strike you with his hands. Grasp the cane in your left hand towards the ferrule, and with the right hand on the shaft near the handle.

Shield

The left shield: an extension of the left arm, striking the right side of the aggressor's body



The right shield: an extension of the right arm, striking the left side of the aggressor's body

The primary objective of the shield is to disable or imbalance the aggressor by delivering a forceful blow or shove to his arm, body or (in extreme cases) neck or head with the shaft of the Falcon cane. The secondary objective is to use this action to defend yourself against any further attacks from the aggressor while closing towards him.

To accomplish the shield, step or push forward with your trailing foot and, at the same time using your advanced hand as a pivot, swing the Falcon cane in a tight arc and drive the section of the shaft held between your hands into the aggressor's body. The power of the movement is driven by an extension of your rear leg as you step forward or push with your rear foot, and by the rotation of your hips.

The right shield may be effectively employed if the aggressor grabs the ferrule end of the Falcon cane. The left shield may be employed effectively if the aggressor grabs the handle end of the Falcon cane.

The targets of the shield may be any part of the aggressor's upper body, including the chest, shoulder, bicep, triceps, upper back, side of the neck, face, etc. The exact target depends upon his response to your movements preceding the shield. The angle of the shield may be vertical, horizontal, or somewhere between these two planes.

Thrust into right shield



**Defender assumes guard position.
Aggressor moves forward to
attack**



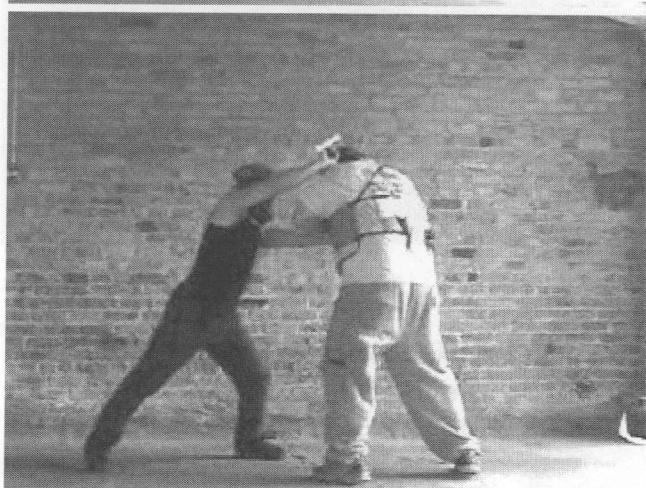
**Defender executes thrust, driving
from right (rear) foot**



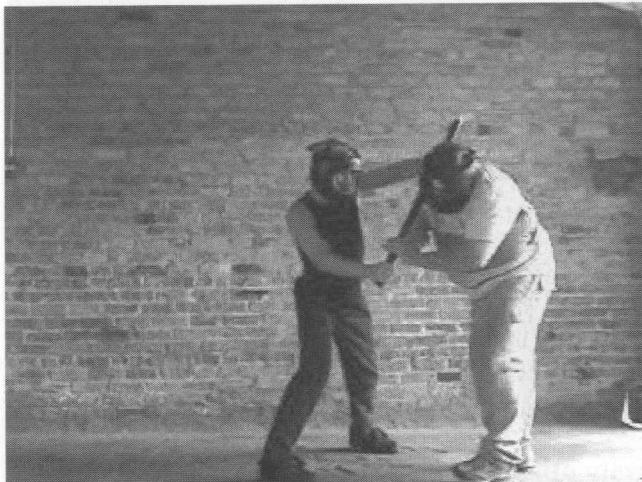
**In reacting to the thrust,
aggressor seizes the ferrule of the
defender's Falcon cane**



Aggressor retains grip on defender's cane with his left hand and attempts a right-handed attack; defender immediately initiates the shield by thrusting the handle end of the Falcon cane towards aggressor's head



Defender executes the shield, simultaneously striking the aggressor's head and interrupting his attempted right-handed attack. Defender continues to apply pressure to the aggressor, driving him backwards.

Left shield

Aggressor has seized the defender's Falcon cane at the handle end. Defender immediately thrusts the ferrule end of the cane towards the right side of the aggressor's head. This action is driven by the defender's left foot and guided by the extension of his left arm.

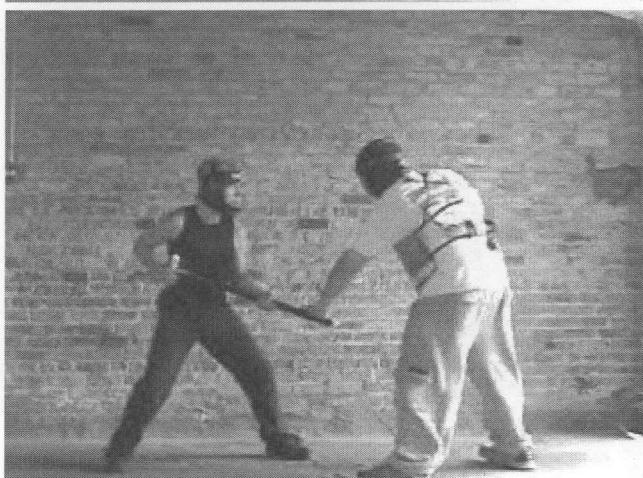


Aggressor is driven off-balance and loses his grip on the defender's cane. Defender assumes shield position and prepares a follow-up action.

Right shield vs. weapon trap



Aggressor reaches down with his left hand ...



...and traps defender's Falcon cane at the ferrule end



Aggressor passes cane across his body and attempts right-handed attack; defender initiates shield by driving forward with his right foot



Defender extends right arm and completes shield, striking left side of aggressor's head, interrupting his right-handed attack and forcing him off-balance

Right shield vs. weapon trap, opposite view



Aggressor reaches for the ferrule end of defender's Falcon cane with his left hand



Aggressor traps the ferrule end and presses down, preparing a right handed attack



Defender prepares right handed shield counter-attack, pressing against the floor with his right foot



Defender completes extension of right arm and leg, interrupting aggressor's attack and striking left side of aggressor's head.



Aggressor is forced off-balance. Defender assumes shield position and prepares a follow-up action.

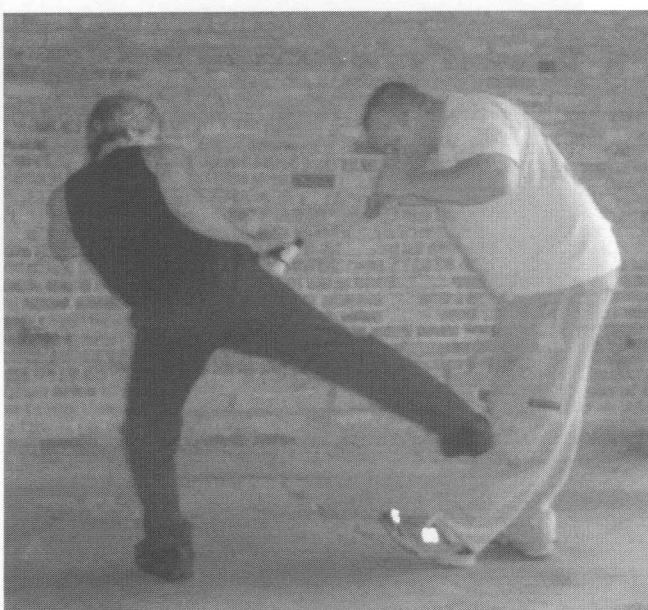
Having accomplished the shield, continue to press strongly forward against the aggressor's upper body. The optimal pressure point is across the aggressor's neck. This action has the effect of lifting the aggressor and de-stabilizing him, robbing him of leverage to strike, kick or grapple effectively. It also exposes his lower body to the low strike.

Low strike

The primary objective of the low strike is to further imbalance the aggressor by damaging or de-stabilizing his legs.



Immediately following the shield, drive either knee or foot into the aggressor's most accessible lower body target. Striking with the inside or outside edge or the heel of the foot you may stamp/kick to the shin-bone, the inside of the knee joint or the front of the knee; striking with your own knee, you can attack either the inside or outside of the thigh, the groin or the back of the knee joint. Again, the exact target depends upon the aggressor's position.



Thrust > right shield > low strike



**Defender has completed a thrust.
Aggressor grabs the ferrule end of
the Falcon cane**



**Defender pushes forward with his
right foot and applies right-
handed shield**



**Defender continues forward
pressure, interrupting aggressor's
movement**

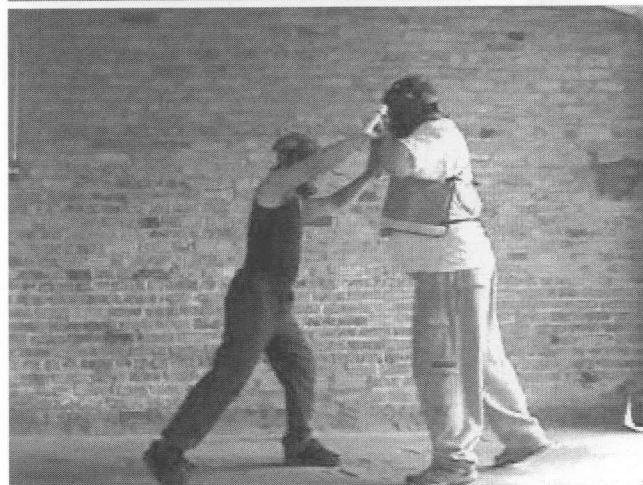


Defender applies low strike, kicking with the inside of his right foot to the aggressor's left knee

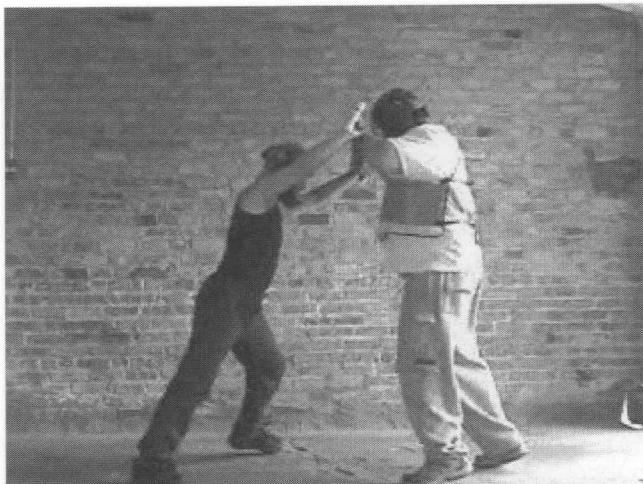
Thrust > right shield > low strike 2



Defender prepares shield against aggressor's grabbing attack



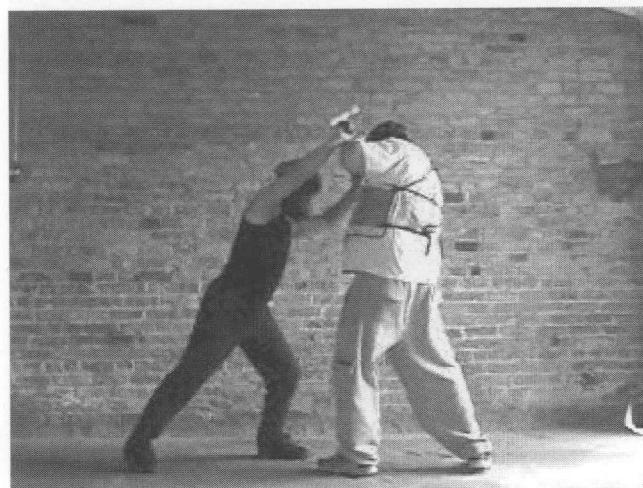
Aggressor traps defender's Falcon cane at face level. Defender continues forward pressure, bracing his right foot against the ground and halting the aggressor's forward movement



Defender continues forward pressure, bracing his right foot against the ground and halting the aggressor's forward movement



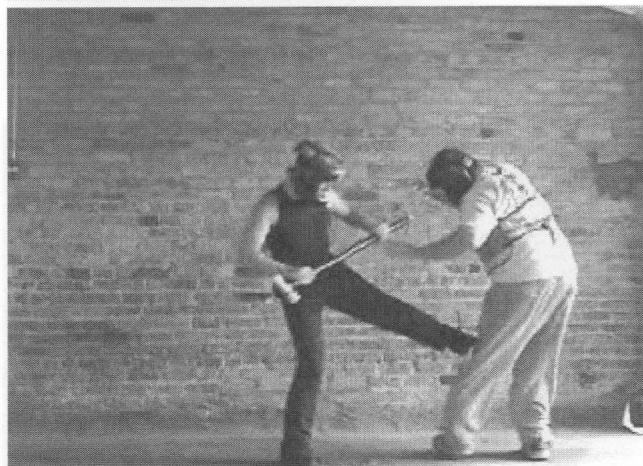
Defender pivots on the ball of his right foot, turns his hips toward the aggressor and executes low kick to aggressor's right knee with the outside edge of his left foot

Shield position > low strike

Aggressor traps defender's shield



Defender pivots on ball of right foot and draws his left knee up



Defender executes low strike with the outside edge of his left foot to aggressor's left knee

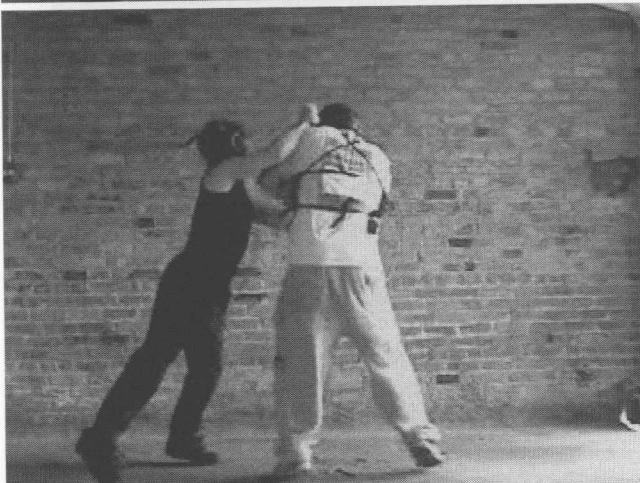


Defender assumes shield position and prepares a follow-up action

Shield position > low strike 2



Aggressor traps defender's Falcon cane with his left hand and prepares right handed attack



Defender extends right leg and arm and executes right shield, halting aggressor's forward movement and pushing aggressor's weight onto his right (rear) foot



Defender executes a low strike to the outside of the aggressor's left knee, kicking his leg out from under him



Aggressor falls, defender assumes shield position and prepares follow-up action if required

Having de-stabilized the aggressor, follow through as necessary with thrusts, shields or further low strikes until the aggressor is incapacitated or retreats.

Backup counter-attacks

If the aggressor seizes the Falcon cane in the center or closes in and grapples, as with a bear hug or similar attack, immediately execute a backup counter-attack. The objective is to damage and/or de-stabilize him and regain control of your weapon.

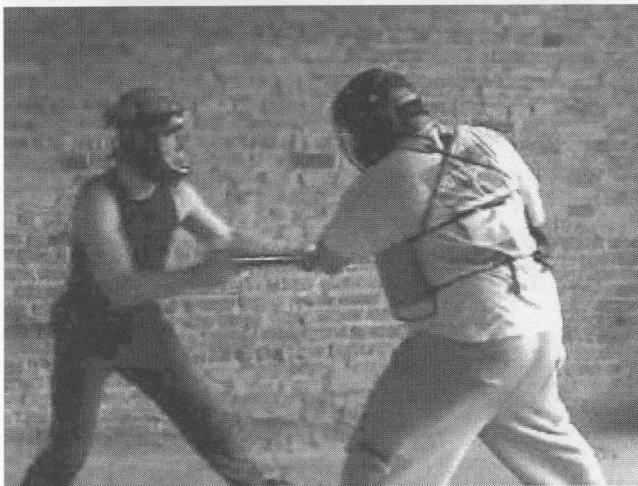
Head-but

To execute the head-but, push from the rear foot and drive your forehead or the crest of your skull powerfully into the aggressor's face. The optimal targets include the nose, base of the chin and eye sockets; if possible, try to avoid head-butting to the mouth to avoid the risk of being injured by the aggressor's teeth.

The secondary objective of the head-but is to move your own head too close to the aggressor for him to be able to successfully punch you in the head.



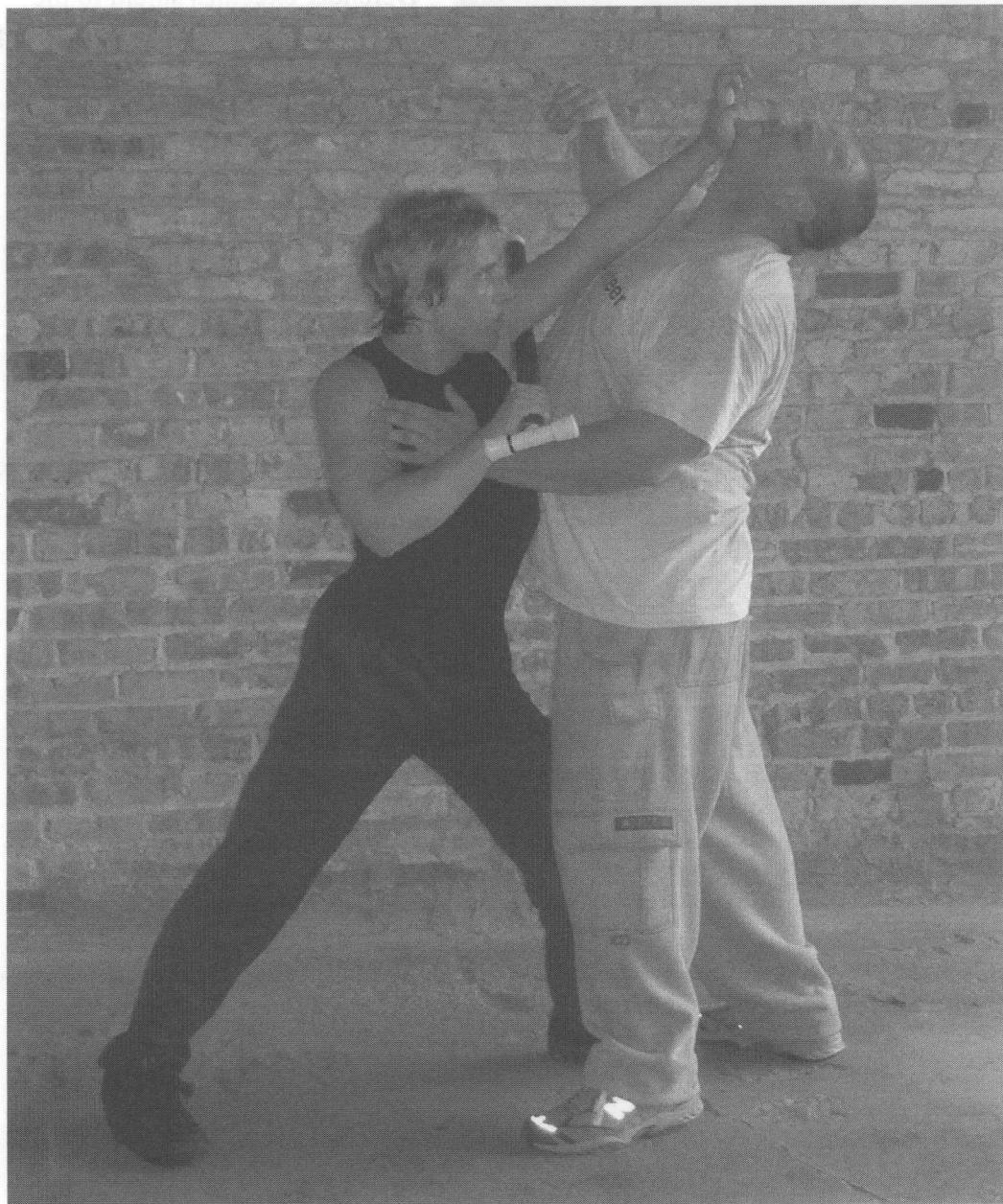
Defender assumes guard position



Aggressor traps center of
defender's Falcon cane with his
left hand and prepares right-
handed attack



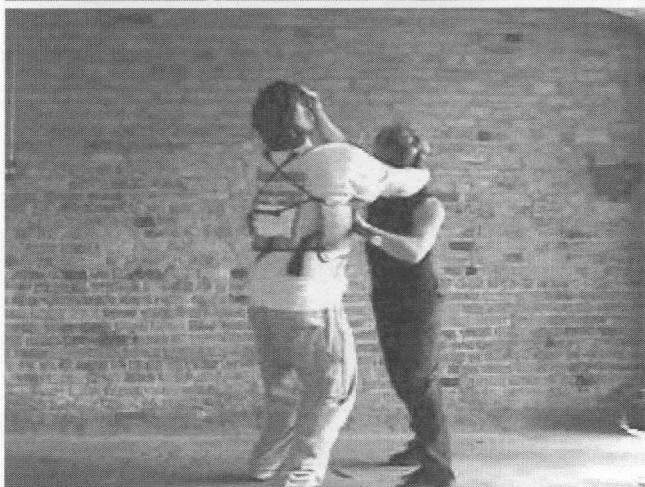
Defender immediately pushes
down on the Falcon cane and
head-butts aggressor in the face

Palm-heel

To execute the palm-heel, flex back your fingers and drive the heel of either palm up under the aggressor's chin. This action may be performed either as a percussive strike or as a forceful shove. As with the shield, the palm-heel thrust is driven by an extension of your leg muscles, transmitted via your hips and waist.



Defender executes shield to the torso against aggressor's grappling attack



Defender executes palm-heel strike under aggressor's jaw

As soon as you have gained room to move, re-grip your Falcon cane and proceed with a thrust, shield or low strike as required.

Overview

Optimally, assuming that an aggressor has forced the issue of a physical confrontation, the Falcon Basic System employs the following tactical cycle:

Guard position and verbal dissuasion

Thrust(s) – if ferrule end of cane is trapped, apply right shield; if center of cane is trapped, apply head-butt and/or palm heel strike to recover distance/control

Shield position>shield – if handle end of cane is trapped, apply left shield; if center of cane is trapped, apply head-butt and/or palm-heel strike and/or low strike to recover control

Low strikes

Guard position and verbal dissuasion

Continue as required, escaping at first opportunity

Training drills

We will now introduce a selection of training drills and exercises.

Any of the Basic System counter-attack actions may be performed against a punching bag. Because the surface coverings of most punching bags are not made to withstand full-contact strikes from wooden weapons, it's prudent to thoroughly cover the surface of the bag with duct tape to prolong its utility.

Bag drill 1: guard position > thrusting

Assume the guard position and thrust the ferrule of the Falcon cane into the punching bag. Start slowly, applying the thrusts as pushes rather than full-impact strikes, but using full limb extension and correct weight shifting. Keep in mind the image of the triangle and the feeling that the thrust is being driven by the legs and guided/reinforced by the arms. Your aim is to power the thrust with your body weight and leg muscles and to guide and reinforce the thrust with your arm muscles.

Be aware of your balance and do not over-commit your weight to any thrust.

As you become accustomed to the dynamics of thrusting into a solid target, increase the speed of the movement. You will find that slightly mis-directed thrusts glance off the surface of the punching bag and may cause it to swing from side to side or to spin. This is desirable as it offers an opportunity to practice both recovering your weapon quickly and transitioning into alternative defensive actions.

Bag drill 2: thrust>shield

The next drill combines the action of the thrust with the action of the shield. Proceed with the thrusting drill as outlined above and begin to alternate shields with thrusts; one thrust followed by a shield, two thrusts followed by a shield, one thrust followed by two shields, etc.

Bear in mind that the shield may be delivered as a strike or as a sustained push and practice both actions during the drill. Again, visualize the triangle and drive up from the feet rather than relying on the muscular strength of your arms to power the movement. You will find that powerful shields can be delivered from very close to the punching bag.

Bag drill 3: weapon trapped down/follow up actions

Now we will simulate an aggressor having trapped your weapon and drill the backup actions. Execute a thrust as before and allow the Falcon cane to glace off the surface of the punching bag, extending both your arms downwards as if your weapon was

being forced down by an aggressor. Immediately strike the bag with either a head-butt or a palm-heel strike, then recover to the guard or shield positions.

The next level is to continue your defensive sequence back into the thrust/shield cycle. Having executed a head-butt or palm-heel strike and recovered to the guard position, follow through with a thrust; having executed a head-butt or palm-heel strike and recovered to the shield position, follow through with a shield.

Knees to the groin may be delivered to the bottom surface of the punching bag. Low strikes to the knees and shins may be delivered into the air beneath the punching bag, or practiced more realistically using a low strikes drill.

Bag drill 4: low strikes

To perform the low strikes drill, hang the punching bag so that it nearly touches the floor. From the shield position, proceed to strike the bag with knees, heels and the inside and outside edges of both feet. As with the other counter-attack actions, your objective is to strike through the target, not merely hit the surface.

Again, practice recovering your balance quickly after each counter-attack.

Padded aggressor training

The most effective form of training in the Falcon Basic System is to work with a “padded aggressor”. This involves training between two partners wearing padded body armor to allow both a realistic level of contact and a degree of spontaneity and active resistance that is not possible when training with a passive target such as a punching bag.

The US military makes use of “pugil stick” training, employing body armor and padded training weapons, to practice close-quarters combat with the rifle-bayonet.



Bear in mind that the Falcon System counter-attacks are very powerful movements and that no form of padding or protective equipment renders you invulnerable. Full-speed and full-contact training is best reserved for the punching bag drills. As a general rule, padded aggressor training should begin at $\frac{1}{4}$ speed at most, gradually becoming harder and faster as both participants become accustomed to the exercise.

Be especially careful about thrusting or shielding to the head and neck areas.

It is also highly advisable to begin your padded aggressor training with a compliant partner rather than to introduce any competitive element into the exercise from the outset. Again, as you become accustomed to the drills you can begin to introduce more active resistance from the “aggressor”.

Padded aggressor drills**Drill 1: guard position/disengagement**

Defender: assume guard position

Aggressor: using either hand, attempt to grab the ferrule end of the defender's Falcon cane

Defender: using circular movements, dip the ferrule end of the cane beneath the aggressor's grasping hand; using linear movements, withdraw the ferrule end of the cane away from the aggressor's grasping hand

Drill 2: guard position/disengagement/thrust

As above, but defender may thrust to the center of the aggressor's chest at any time

Drill 3: thrust

This drill is performed exactly as Bag Drill 1, the only difference being that the defender is now working against a human target

Drill 4: thrust vs. punching attack

Defender: assume guard position

Aggressor: using open hand to simulate a punching fist, attempt to slap or shove defender's head

Defender: thrust with the ferrule end of the Falcon cane into the center of the aggressor's chest, attempting to hit with a successful thrust before the aggressor can complete his punch

Drill 5: thrust vs. grabbing or grappling attack

Defender: assume guard position

Aggressor: using either or both hands, attempt to grab defender's head, shoulders, waist or legs.

Defender: thrust with the ferrule end of the Falcon cane into the center of the aggressor's chest, attempting to hit with a successful thrust before the aggressor can complete his grabbing or grappling attack

Drill 6: Freestyle thrusting drill

Defender: assume guard position

Aggressor: use any open-handed striking, grabbing or grappling attack, as described in drills 1-5

Defender: disengage and thrust to counter aggressor's open-handed striking, grabbing or grappling attacks.

Drill 7: thrust/weapon trapped/right shield

Defender: assume guard position and thrust at aggressor's chest

Aggressor: absorb or deflect thrust and catch ferrule end of defender's Falcon cane with right, left and/or both hands

Defender: execute right shield, pushing aggressor back off-balance

Drill 8: thrust/weapon trapped/left shield

Defender: assume guard position and thrust at aggressor's chest

Aggressor: deflect ferrule end and grasp defender's Falcon cane at the handle end with right, left or both hands

Defender: execute left shield, pushing aggressor back off-balance

Drill 9: thrust/weapon trapped/left punch or grab/right shield

Defender: assume guard position and thrust at aggressor's chest

Aggressor: absorb or deflect thrust and catch ferrule end of defender's Falcon cane with right, left and/or both hands; using open left hand to simulate punching attack, attempt to slap defender's head

Defender: execute right shield, deflecting or blocking aggressor's left hand attack and pushing aggressor back off-balance

Drill 10: thrust/weapon trapped/right punch or grab/left shield

Defender: assume guard position and thrust at aggressor's chest

Aggressor: absorb or deflect thrust and catch handle end of defender's Falcon cane with right, left and/or both hands; using open right hand to simulate punching attack, attempt to slap defender's head

Defender: execute left shield, deflecting or blocking aggressor's right hand attack and pushing aggressor back off-balance

Drill 11: freestyle shield drill

Defender: assume guard position and thrust to center of aggressor's chest

Aggressor: absorb or deflect defender's thrust and use any open-handed striking, grabbing or grappling attack, as described in drills 1-10

Defender: employ either right or left-handed shields to counter aggressor's open-handed striking, grabbing or grappling attack, forcing him back off-balance

Drill 12: shield position/weapon trapped up/low strikes

Defender: assume shield position with either foot forward

Aggressor: seize defender's Falcon cane with both hands and push it upwards

Defender: extend both arms; low strike with either knee or either foot to aggressor's groin, thigh, knee or shin

Drill 13: thrust/right shield/low strikes

Defender: execute thrust to the center of the aggressor's chest

Aggressor: absorb or deflect defender's thrust, seize ferrule end of Falcon cane

Defender: execute right shield, driving aggressor back off-balance; execute any low strike; recover to guard or shield position

Drill 14: thrust/left shield/low strikes

Defender: execute thrust to the center of the aggressor's chest

Aggressor: absorb or deflect defender's thrust, seize handle end of Falcon cane

Defender: execute left shield, driving aggressor back off-balance; execute any low strike; recover to guard or shield position

Drill 15: shield position/weapon trapped down/head-butt

Defender: assume shield position with either foot forward

Aggressor: seize defender's Falcon cane with either or both hands and push it downwards

Defender: extend both arms; head-butt; recover to shield or guard position

Drill 16: shield position/weapon trapped down/palm-heel

Defender: assume shield position with either foot forward

Aggressor: seize defender's Falcon cane with either or both hands and push it downwards

Defender: extend both arms; release either hand and execute palm-heel up under aggressor's jaw; recover to shield or guard position

Drill 17: shield position/weapon trapped freestyle drill

Defender: assume shield position

Aggressor: seize defender's Falcon cane with either or both hands and push it upwards or downwards as described in drills 11-13

Defender: employ low strikes to counter aggressor's upward weapon trap or head-butts or palm-heels to counter aggressor's downward weapon trap

As you gain experience and confidence with the padded aggressor training drills you can begin to experiment with your own combinations and variations. Again, it is important to begin this form of training slowly and co-operatively, gradually increasing the speed, force and competitiveness of the drills as they become second nature.

Padded aggressor training**Defender executes a right shield****Defender executes a head-butt****Defender executes a thrust**

Equipment for padded aggressor training

Recommended minimum:

Martial arts, hockey or fencing helmet with full-face protection (for both partners)
Mouth-guard (for both partners)
Throat protector
Groin protector
Martial arts, baseball or hockey torso protector
Hockey knee and shin protectors

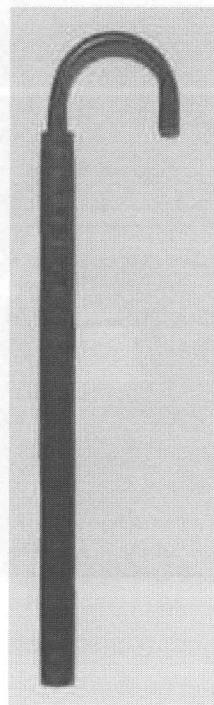
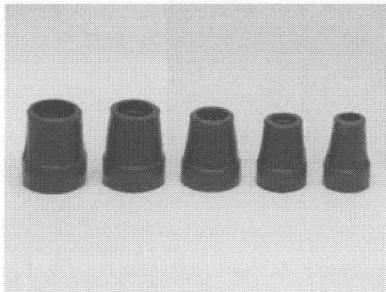
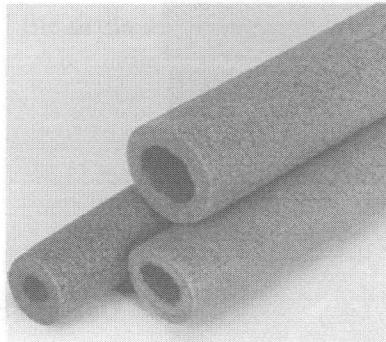
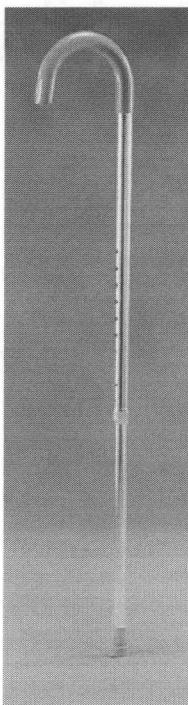
Additional padding (optional):

Knee, elbow and forearm shields
Hockey thigh shields (padded shorts)

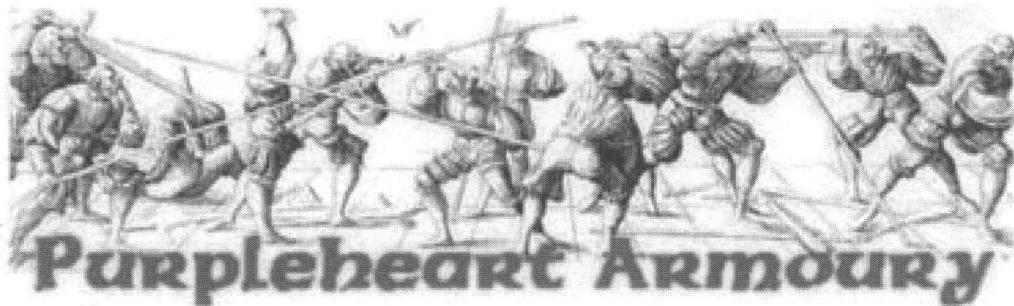
All of these items are easily purchased at martial arts or sports retail stores, or online.

Padded training canes are available from some martial arts retailers, or you may wish to construct your own.

The simplest design for a home-made padded training cane is to purchase a lightweight aluminum walking cane and pad it with a length of plumber's pipe insulation. Apply vertical strips of duct tape along the length of the insulating foam to strengthen it for contact training. You will also need to purchase a large rubber stopper for the ferrule end.



To purchase a hand-made Falcon Defense Cane, order online at Purpleheart Armoury:
<http://www.woodenswords.com>



The Falcon Defense Cane Basic System is a practical method of self defense against a single, unarmed attacker.

The Basic System draws from military bayonet combat training, adapted to the unique defensive advantages of the Falcon defense cane.

This booklet presents the entire Basic System including techniques and training drills, illustrated with over seventy photographs.