



Stick Fighting: Techniques of Self-Defense

Masaaki Hatsumi, Quentan Chambers

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Step-by-step instructions and over 300 photographs allow the trainee to follow and learn the techniques with ease.

The ideal weapon for self-defense is a stick. To find a comprehensive system of techniques using the stick, we must turn to the East, for systems known to the West have fallen into disuse. In this book, the techniques of Kukishin Ryu-an ancient Japanese method-have been updated and adapted for use today. A thorough grounding in the fundamentals dealt with here will enable you to disarm and control any assailant.

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Section 1: Basic Movements

Section 2: Techniques against First Attack

Section 3: Techniques against Foot Attacks

Section 4: Techniques against Wrist Holding

Section 5: Techniques against Sleeve and Lapel Holding

Section 6: Techniques against Seizure from Behind

Section 7: Techniques against Stick Holding

Section 8: Immobilizations

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