



Stick Fighting: techniques of self-defense

Author: Masaaki Hatsumi/Quintin Chambers
Genre: Aikido and Other Martial Arts
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The humble stick... just a bit of wood, or a deadly weapon?

Stick Fighting is a book detailing the techniques of the 'Kukishin Ryu', an ancient Japanese method of, well, stick fighting. It details dozens of different techniques using a wooden staff against various methods of attack, both armed and unarmed, and is as comprehensive as it is interesting. Yet its focus is not exclusively on the Japanese; instead the authors, Masaki Hatsumi and Quintin Chambers, adopt a very general outlook in their short but interesting introduction, detailing the history of stick fighting throughout the world. Specifically, they include a brief summary of stick fighting practices in Europe and England, and more importantly still, they detail why these passed into disuse.

This enjoyable, if succinct, opening soon gives way to the main body of the text. Split into 8 sections spread over just under 150 pages, it employs hand-drawn diagrams alongside hundreds of photographs, augmenting the detailed (but not 'waffly') instructions on how to carry out each manoeuvre. As one might expect, the first section of the book, 'Basic Movements' lays the ground work for the more advanced techniques that come later, the more practical of which are shown in several variations. These include adaptations designed to deal with an unarmed attacker employing punches, kicks and grabs, and also with armed assailants using sticks, knives and other weapons. All this is supported by a thorough glossary of the Japanese terms.

So, this book is quite unusual in that it assumes that the person defending themselves is actually armed, and still more so because many of the 'attackers' portrayed are often unarmed – no doubt these techniques would have been being required learning for the Samurai of old. I would probably recommend Stick Fighting to an experienced martial artist who wants to increase their ability and overall coordination rather than to a student in the early stages of their 'career'. For reference purposes, i.e. a way of keeping age-old knowledge alive, this is a very good effort.

8 sausages out of 10

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The techniques shown in this text were developed for real life combat and it is a mistake to dismiss them as worthless, which some of the reviewers seem to think. In conclusion, this book is for anyone who is interested in the historical aspects of stick fighting and how it relates to the martial arts in general. Rating: 4 Stars. Joseph J. Truncale (Author: Monadnock Defensive Tactics System, Use of the Monadnock Straight Baton, Use of the Cane and Walking Stick for Self-Defense Manual, Yawara Stick Techniques Manual, Tanto-Jutsu Manual, Wakizashi-Jutsu manual, Martial Art Myths, Never Trust a Stick Fighting for Self-Defense. 130 PagesÂ·2016Â·16.82 MBÂ·1,037 DownloadsÂ·New! conjecture. At any rate, stick fighting is as old as the human species. The Ultimate Mixed Martial Arts Training Guide: Techniques for Fitness, Self Defense. 307 PagesÂ·2009Â·10.23 MBÂ·12,513 DownloadsÂ·New! closed guard sit-up reaches, and the Muay Thai scarecrowStriking and defense techniques such as the jab How to Draw Manga, Volume 4: Bodies & Anatomy. 140 PagesÂ·2001Â·13.57 MBÂ·35,867 DownloadsÂ·New! Explains and provides step-by-step instructions on how to draw manga human anatomy, covering head Close R Here are some basic stick fighting techniques for self-defense. It covers stance, stepping, strikes, and defense. There are many stick fighting styles from around the world. This stick fighting training is a mixture of Filipino stick fighting forms. I use the terms Kali, Escrima, and Filipino stick fighting interchangeably in this article. They all mean the same thing â€“ fighting with a stick. Download your free self-defense training schedules. Contents. Stick Fighting Stance.