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Big Stick Combat: Baseball Bat, Cane, & Long Stick For Fitness And Self-Defense



Synopsis

The long stick, whether a stick, a cane, or a baseball bat, is a readily-available, inexpensive, and almost always legal weapon. The long stick is also effective--if you know how to fight with it. Big Stick Combat is a radically new method for the long stick, cane, and baseball bat. It is unlike Irish stick fighting, Japanese hanbo methods, WWII bayonet and combatives techniques, or any Filipino stick fighting style. Darrin Cook is the only man in the world to have studied personally with 3 great grandmasters of the Filipino martial arts: GM Ramiro Estalilla of Kabaroan, a long-stick style, GM Mike Vasquez of Modified Tapado, a short staff method, and GM Drigo Maranga of Combat Eskrima Maranga, a short-stick, close-range style. Big Stick Combat is a unique fusion of these styles. Time and again those who have seen the Big Stick Combat style have responded, saying in effect, "I thought I had seen it all, but Big Stick Combat was totally unexpected." So be prepared to learn a new, simple method of stick fighting and practical, realistic self-defense.

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Customer Reviews

A fresh perspective with a good overview of the basics. This has helped me crystallize some

thoughts and concepts I've had for a long time. It has helped me better integrate my early training in modern fencing and single handed stick fighting with double handed use of the long stick.

Well done book on stick fighting

I've studied various martial arts during my life, karate and tae kwondo when I was younger and for the last ten years I've delved into the weapons arts (knife, laido etc). I'm 69 years old now and while I've maintained my speed, timing and distance knowledge my strength has declined ,even with exercise , (decreased hormone production that comes with age).For the last ten years the cane has been my primary weapon with a knife backup. I've moved from the Pacific Northwest to Morocco where my Social Security check goes further. Thus another reason I can't carry a gun like in the past.Now for this book. In short it's the best cane/short stick method book I've come across. It is filled with practical non-complex techniques and written in a way that even one without a martial arts background can "get it." I was pleased to see that a few of the techniques I picked up in my studies and favor are in this book and lots more that I will now use in my training. It also lends itself to adaptation to your particular situation. Carrying a fungo bat in airports is out and I've had trouble in some countries (Spain) carrying a a hanbo length walking stick (had to check it in) but a cane..no problem. But the methods the author espouses can work with what you have at the time.Get this book if you want a thorough approach to stick/cane self defense.

This was a good short book on the subject of self defense with the baseball bat. I found some of the moves pretty practical.

Great self defense system. Use the book in conjunction with You Tube videos for a clearer understanding.

I chose this book because the few books available on cane fighting teach techniques that require youth ful athletes whowould disdain carrying a cane. I have years of Kali training yet we never used long sticks staff octane. The long stick is different an deadlier as well as having a tactical reach advantage.

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Book, Baseball Coaching, Baseball Drills, Outfield, Infield) Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense Survival Self Defense: Keep Yourself And Your Family Protected (Self Defense Gear, Home Defense Tactic, Self Defense Equipment) Fitness: Fitness Nutrition and Fitness Motivation: Ultimate Guides to: Health, Nutrition and Muscle Building - Box Set (Fitness For Beginners, Health Fitness ... Workout Plan, Fitness Goals, Nutrit) Fire Stick: The Ultimate Fire Stick User Guide - Learn How To Start Using Fire Stick, Plus Little-Known Tips And Tricks! (Streaming ... TV Stick User Guide, How To Use Fire Stick) How to Install Kodi on Fire Stick: Install Kodi on Fire Stick: Step-By-Step Instructions with Screen Shots! (2017 Kodi User Guide, fire tv stick, kodi book, kodi fire tv stick, kodi stick) Vortex Control Self-Defense Bundle: Hand to Hand Combat, Knife Defense, and Stick Fighting Baseball Hitting Mastery: Art of the Line Drive Swing (Baseball Book, Baseball Hitting Mechanics, Baseball Hitting Drills, Baseball Swing) Stick Dog 3-Book Collection: Stick Dog, Stick Dog Wants a Hot Dog, Stick Dog Chases a Pizza Knife Training Methods for Self Defense: How to Become a Pro at Knife Fighting: (Self-Defense, Self Protection) The 10 Best Stick Fighting Techniques: A Practical Approach to Using the Kali Stick, Police Baton, or Nightstick for Self-Defense (The 10 Best Series Book 4) Along the Cane River: Books 1-5 in the Inspirational Cane River Romance Series Kickboxing Fitness: A Guide For Fitness Professionals From The American Council On Exercise (Guides for Fitness Professionals) (Ace's Group Fitness Specialty) Self-Defense for Gentlemen and Ladies: A Nineteenth-Century Treatise on Boxing, Kicking, Grappling, and Fencing with the Cane and Quarterstaff Self Help: How To Live In The Present Moment (Self help, Self help books, Self help books for women, Anxiety self help, Self help relationships, Present Moment, Be Happy Book 1) Fire TV: Fire Stick: The Ultimate User Guide to Fire Stick To TV, Movies, Apps, Games & Much More (how to use Fire Stick, streaming, tips ... (User guides, internet, free movie Book 2) Defense (Silver Cane Book 2) Confidence: How to Build Powerful Self Confidence, Boost Your Self Esteem and Unleash Your Hidden Alpha (Confidence, Self Confidence, Self Esteem, Charisma, ... Skills, Motivation, Self Belief Book 8) Self Love: F*cking Love Your Self Raise Your Self Raise Your Self-Confidence (Self Compassion, Love Yourself, Affirmations Book 3)

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