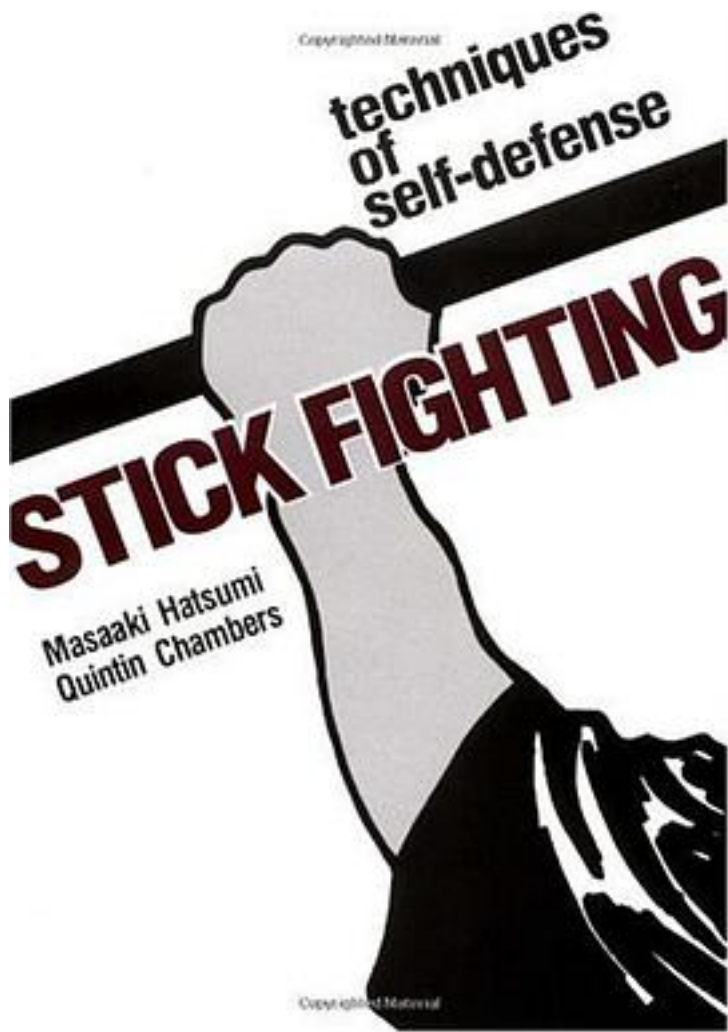


# Stick Fighting



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出版者:Kodansha Amer Inc

出版时间:1981-9

装帧:Pap

isbn:9780870114755

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.

CONTENTS

- 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

作者介绍:

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