

1. Record Nr.	UNINA9910157558803321
Autore	Varady Joe
Titolo	The Art and Science of Staff Fighting : A Complete Instructional Guide
Pubbl/distr/stampa	Rolindale, MA : , : YMAA Publication Center, , 2016 ©2016
ISBN	1-59439-412-1
Descrizione fisica	1 online resource (228 pages)
Classificazione	SPO027000SPO030000
Disciplina	796.8
Soggetti	Handbooks and manuals
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Nota di contenuto	Front Cover -- Back Cover -- Advance Praise for The Art and Science of Staff Fighting -- Title Page -- Copyright Information -- Acknowledgments -- Table of Contents -- Foreword -- Preface -- Introduction -- What Is Staff Fighting? -- A Brief History of the Staff -- Why Art and Science? -- Kitchen Kobudo -- Know Your Staff -- Intensity -- The Levels -- Level 1: The Foundation -- Fundamentals -- Stances -- Basic Striking -- Understanding the Lines -- Basic Blocking -- Evading, Blocking, and Parrying -- Footwork -- Figure Eights (Downward/Upward) -- Level-1 Workout -- Level 2: Basic Middle Grip -- The Fighting Stance -- Combat Striking -- Range, Distancing, and the Circle of Death -- Targeting -- Training Equipment: Target Sticks -- Combinations -- Feinting -- Strategy and Tactics -- Training Equipment: The Pell -- Defense: The Wall -- Level-2 Workout -- Level 3: Advanced Middle Grip -- The Double Strike -- Training Equipment: Target Sticks -- Hooking Disarms -- The Push-Pull Energy Drill -- Training Equipment: The Striking Ball -- Disarming Blocks -- Sliding Disarms -- Shushi's Wall -- Level-3 Workout -- Level 4: Basic Extended Grip -- Introduction to Extended Grip -- Extended-Grip Basic Strikes -- Extended-Grip Figure Eights -- Extended-Grip Thrusting -- Training Equipment: The Target Ball -- Training Equipment: The Thrust Board -- Snap Strikes -- Training Equipment: The Horizontal Makiwara -- Extended-Grip Blocking Disarms -- Level-4 Workout -- Level 5: Advanced Extended Grip -- Fencing with the Staff -- The Change of Engagement -- The Double Change -- The Cutover -- The Beat --

Extended-Grip Hooking Disarms -- The Disarm Drill -- Training Equipment: Spinners -- Parrying -- Part the Grass to Find the Snake -- Level-5 Workout -- Level 6: Combat with the Staff -- The Moment of Truth -- Full-Contact Fighting -- Training Equipment: The Padded Staff.
Understanding Timing -- The Three-Step Rule -- Programming -- Continuation of Attack -- Blitz Attacks -- Leaping -- Fleche -- The Grand Overall Strategy -- The Seven Principal Rules -- Level-6 Workout -- Level 7: Expert Staff Training -- Hot Stuff -- Switching Grips -- Alternate Ready Positions -- Fool's Guard -- Tail Guard -- High Guard -- Rear Guard -- Additional Techniques -- Upward Heel Strike -- Overhand Heel Thrust -- Jabbing Thrusts -- Poisonous Snake Coming Out from the Cave -- Fiore's Block -- Disarming Beat -- Trapping and Pinning -- Flying Front Kick -- Flicking -- Throwing -- Level 8: Master Staff Training -- Close Combat with the Staff -- Groundwork -- Facing Multiple Opponents with the Staff -- Unarmed Defense against the Staff -- Level 9: The Way of the Spear -- Intro to the Spear -- Basic Spear Fighting Strategy -- Training Equipment: The Rings -- Unarmed Defense against a Spear -- Throwing the Spear -- Catching the Spear -- Tub Tilting -- Appendix I: Fighting Physics: The Mechanics of the Staff -- The Big Three -- Striking -- Kinetic Energy -- Dynamics -- Angle of Impact -- Striking Surface: Smaller Is Better -- Blocking and Parrying -- The Wall -- The Wet Blanket (and Subsequent Counterattack) -- Parrying -- Levers -- Uprooting Lever (Second-Class Lever) -- Pushing Lever (Third-Class Lever) -- The Kinetic Chain -- Conclusions -- About Chris Hall -- Appendix II: Additional Skills and Drills -- Recommended Reading -- About the Author -- Books from YMAA -- DVDs from YMAA.

Sommario/riassunto

This book stands apart from other staff training manuals. While most titles focus on forms and twirling, *The Art and Science of Staff Fighting* emphasizes the dynamics of combat. The author lays out a comprehensive course of study in nine levels, from beginner to expert, drawing on thirty years of martial experience, and presenting the best of both Eastern and Western traditions.--Publisher.
