

1. Record Nr.	UNINA9910460628603321
Titolo	Current issues in second/foreign language teaching and teacher development : research and practice // edited by Christina Gitsaki and Thomai Alexiou
Pubbl/distr/stampa	Newcastle upon Tyne, England : , : Cambridge Scholars Publishing, , 2015 ©2015
ISBN	1-4438-8736-6
Descrizione fisica	1 online resource (374 p.)
Disciplina	418.0071
Soggetti	Language and languages - Study and teaching Language teachers - Training of Electronic books.
Lingua di pubblicazione	Inglese
Formato	Materiale a stampa
Livello bibliografico	Monografia
Note generali	Description based upon print version of record.
Nota di bibliografia	Includes bibliographical references at the end of each chapters and index.
Sommario/riassunto	Current Issues in Second/Foreign Language Teaching and Teacher Development: Research and Practice represents a collection of selected papers from the 17th World Congress of the International Association of Applied Linguistics (AILA), which was held in August 2014 in Brisbane, Australia. The volume comprises 18 chapters presenting current research projects and discussing issues related to second language acquisition, teaching and teacher education in a variety of contexts from around the world. This collection of research papers will be of use to both new and seasoned researchers in the field o

2. Record Nr.	UNINA9910157558803321
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Titolo	The art and science of staff fighting : a complete instructional guide // Joe Vardy
Pubbl/distr/stampa	Wolfeboro, New Hampshire : , : YMAA Publication Center, Inc., , [2016] ©2016
ISBN	9781594394126 1594394121
Edizione	[1st ed.]
Descrizione fisica	1 online resource (228 pages)
Classificazione	SPO027000SPO030000
Disciplina	796.855
Soggetti	Stick fighting Quarter-staff Single-stick Staffs (Sticks, canes, etc.) Polearms Hand-to-hand fighting
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.