
A Guide to Basic Stick Self Defence



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A Guide to Basic Stick Self Defence

Purpose:

To have a guide and reference to help with grading to 3rd Dan.

Method:

Produce hand booklet with step by step instruction for different types of stick attack and defence. Also producing a DVD/CD with slow and normal speed demonstration as visual reference guide.

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Note:

Safety and Practise

1. You can always use a soft batten to start with.

During attacks it is important to maintain a distance so that:

1. You can step back and avoid the attack.
2. You can step in and defend and disarm the attack.
3. Even though you can go through the techniques slowly they are better and more effective if done at normal speed. Normal speed is meant by intent of your attacker (requires realism) if you miss, it will hurt you.
4. You must commit to your movements; hesitation can cause mistiming which will mean you must improvise your techniques.
5. Examples using a right-handed attack, for a left-handed attack just mirror the actions.
6. Remember it is always best to practise both sides.
7. Practise with a partner that understands realism.

This is just a guide. You can develop your own techniques as required. Be flexible and reactive when practising attacks from different angles and heights.

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Inward Strike.

Step 1



Make sure you are at a safe starting distance so you can avoid the first strike if needed. You don't want to be too far away as you want to be able to close the distance quickly and safely when required.

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Step 2



As your opponent steps forward with their right leg and swings, you step in with your right leg (not an L stance but just a natural step half facing). You must commit to this inward motion as you must get past the impact zone of the stick. As you step in use your hands in a parallel block action. You can use either knife hand or forearm, it doesn't really matter.

Your targets for the block on this example are on the shoulder and just past the wrist on the attacking hand.

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Reverse angle view



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Step 3



Slip your left hand over the attackers arm and rotate your arm around it.

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Step 4



Once your arm has rolled around the attackers arm, lock their arm and the stick with your arm in an upward motion putting pressure on their elbow joint. Then with your right hand pushing against their shoulder.

Remember the idea is not to lose contact with the attackers arm or shoulder while performing these steps.

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Step 5



Once locked as in step 4, push the attackers shoulder away while stepping back with your left leg in an anticlockwise direction. While stepping back keep the stick locked under your arm.

You don't have to always grab the stick with your hand as the action of the release will take the stick from them.

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Here are some alternative striking options for the same attack.

Option 1



Instead of your right-hand blocking to the shoulder you can use a palm strike to the chin and jaw area

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Arc-hand attack to throat

Option 2



Using your arc hand strike the attackers throat.

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Outward or Reverse Strike.

Step 1



The starting point is the same as the inward strike, so for example you might have been caught unawares from the first strike and dodged backwards slightly avoiding it. Then when your opponent strikes again it comes from the reverse angle.

Or alternatively you could start from this position if you wanted.

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Step 2



As your opponent strikes in reverse, step in with your left leg using the same style of block from the first example. You must commit to this inward motion as you must get past the impact zone of the stick. Your targets for the block on this example are on the upper arm near the elbow and just past the wrist on the attacking hand.

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Step 3



Step forward with your left leg whilst at the same time rolling your right-hand around the opponent's wrist grabbing it. As you pull your opponents arm backwards use your left forearm to leverage and lock your opponent's arm (effectively locking it straight).

Continue stepping forward with your body slightly twisting your opponent to your right and driving them to the floor chest first.

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Step 4



Once you have driven your opponent to the ground you can lock them in that position by locking the wrist back down onto the arm and shifting your forearm slightly towards wards and just below the shoulder.

The stick at this point should be released by your opponent as the impact of the ground or the wrist lock take effect.

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Downward Strike Option One.

Step 1



Make sure you are at a safe starting distance so you can avoid the first strike if need be. You don't want to be too far away as you want to be able to close the distance quickly and safely when required.

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Step 2



As your opponent strikes step in with your left leg and use a x-knife hand rising block as a defence to the strike.

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Step 3



Rotate to the right while bringing your opponents arm down and towards your hips, use your x-knife hand to sweep the arm down. It's important to try and keep you left hip as close to possible to your opponents while performing this.

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Step 4



Continue rotating to your right. As you do this, use the left side of your body (mainly your upper arm) as leverage against your opponents striking arm.

This is where you change your grip and grab the stick with your right hand continue stepping away at the same time taking the stick with you.

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Downward Strike Option Two.

Step 1



Make sure you are at a safe starting distance so you can avoid the first strike if need be. You don't want to be too far away as you want to be able to close the distance quickly and safely when required.

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Step 2



As your opponent strikes step in with your left leg and use a forearm rising block to defend the strike. Slip your right hand up around the opponents striking arm at the same time.

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Step 3



Step forward with your right leg going past your opponent while changing your forearm rising block to a grip on the opponents wrist bending them at the elbow until their wrist is on their shoulder.

As you step through pull their wrist downwards in the same motion, depending on how you are doing this it might help you to remember that their elbow is lifted upwards.

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Step 4



As you carry on you will have to drop your right knee as you take your opponent to the floor.

Once on the floor it's a matter of applying pressure to their elbow up further until you have the lock.

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Mid-Section Attack.

Step 1



Make sure you are at a safe starting distance so you can avoid the first strike if need be. You don't want to be too far away as you want to be able to close the distance quickly and safely when required.

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Step 2



As your opponent strikes, step in with your right leg striking their jaw with a palm strike and blocking the strike with a low forearm action, and then hook your left wrist around their arm slightly in the same motion.

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Step 3



Twist your right hip forward and strike with your right elbow across your opponent's jaw (this is just a follow through action from the palm strike). Pull the opponents striking arm towards you at the in the same motion.

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Step 4



Step your right leg backwards whilst pulling your opponents arm upwards to your shoulder and their shoulder down towards the floor.

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Step 5



Use an upward kick to finish the defence.

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Acknowledgements:

Many thanks to

Ian Walton for his help with the making of this booklet and DVD.

Kyla Walton for taking the photos.

Georgia Vogt for videoing.

My Instructors for their encouragement and advice.

References:

The techniques used are from my own experience and training with Taekwon- Do.