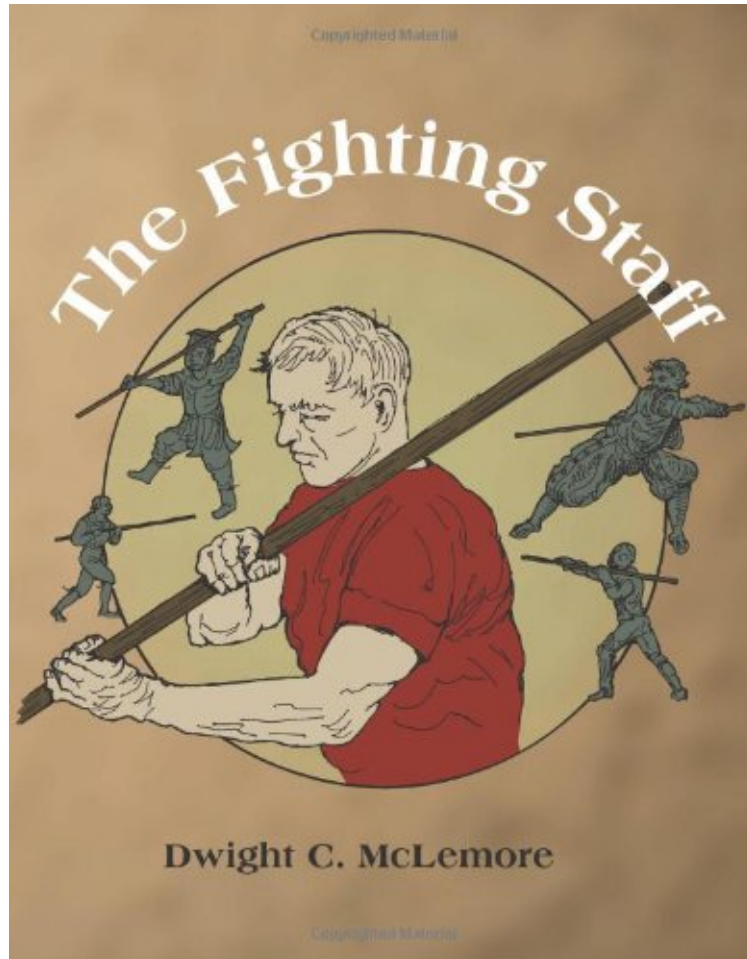


The Fighting Staff

Dwight C. McLemore

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Dwight C. McLemore : The Fighting Staff before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Fighting Staff:

2 of 2 people found the following review helpful. A gift from a master! By ARTURO GALEANO Great knowledge. You can have the weapon but if you do not have the knowledge and the will to study and practice you will not be able to do the thing!!!! A great book. Thank you!!!!!!!!!!!!0 of 0 people found the following review helpful. This is a wonderful book! The techniques are effective and they are ... By Naljorpa This is a wonderful book! The techniques are effective and they are taught through excellent drawings that show more than photographs. I have more than 55 years in martial arts, mostly karate and kobudo, and I found much to put to use in my own practice. I highly recommend this book. 1 of 1 people found the following review helpful. Great Book By Travis E. Castro This book is well written and illustrated. The subject is addressed in a detailed manner. It encompasses the use of a fighting staff from a practical and effective point of view. Although it is not likely that you can learn a martial art or system from a book without an

proper instructor to answer questions and provide a safe environment this book is a good resource for the martial arts student.

In the latest addition to his Fighting Weapons series, Dwight McLemore does for the staff what he did earlier for the Bowie, tomahawk, and sword. The Fighting Staff is a modern illustrated guide to using one of man's oldest weapons. In keeping with his philosophy on fighting weapons, in this workbook McLemore does not attempt to duplicate methods from a specific period in the past. Rather, he offers an eclectic approach that borrows the most effective techniques from Asian and European martial arts throughout history. The Fighting Staff covers such essentials as footwork, grip, strikes, thrusts, blocks, and targeting. But its real value lies in the fighting concepts imparted, which serve as a language for advanced training. As always, your martial arts training is greatly enhanced by McLemore's beautifully executed drawings that take you step-by-step through 25 fighting drills for the martial arts staff. His use of frontal, side and overhead views, as well as his unique "floating staff" perspective, allows you to truly see how your actions correlate with those of your training partner (or opponent), as well as how and where your weapon moves. The training techniques taught in this book are not limited to the staff. They can also be used effectively with other weapons.