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Big Stick Combat: Baseball Bat, Cane, & Long Stick For Fitness And Self-Defense



Synopsis

The long stick, whether a stick, a cane, or a baseball bat, is a readily-available, inexpensive, and almost always legal weapon. The long stick is also effective--if you know how to fight with it. Big Stick Combat is a radically new method for the long stick, cane, and baseball bat. It is unlike Irish stick fighting, Japanese hanbo methods, WWII bayonet and combatives techniques, or any Filipino stick fighting style. Darrin Cook is the only man in the world to have studied personally with 3 great grandmasters of the Filipino martial arts: GM Ramiro Estalilla of Kabaroan, a long-stick style, GM Mike Vasquez of Modified Tapado, a short staff method, and GM Drigo Maranga of Combat Eskrima Maranga, a short-stick, close-range style. Big Stick Combat is a unique fusion of these styles. Time and again those who have seen the Big Stick Combat style have responded, saying in effect, "I thought I had seen it all, but Big Stick Combat was totally unexpected." • So be prepared to learn a new, simple method of stick fighting and practical, realistic self-defense.

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Customer Reviews

A fresh perspective with a good overview of the basics. This has helped me crystallize some

thoughts and concepts I've had for a long time. It has helped me better integrate my early training in modern fencing and single handed stick fighting with double handed use of the long stick.

Well done book on stick fighting

I've studied various martial arts during my life, karate and tae kwondo when I was younger and for the last ten years I've delved into the weapons arts (knife, laido etc). I'm 69 years old now and while I've maintained my speed, timing and distance knowledge my strength has declined ,even with exercise , (decreased hormone production that comes with age).For the last ten years the cane has been my primary weapon with a knife backup. I've moved from the Pacific Northwest to Morocco where my Social Security check goes further. Thus another reason I can't carry a gun like in the past.Now for this book. In short it's the best cane/short stick method book I've come across. It is filled with practical non-complex techniques and written in a way that even one without a martial arts background can "get it." I was pleased to see that a few of the techniques I picked up in my studies and favor are in this book and lots more that I will now use in my training. It also lends itself to adaptation to your particular situation. Carrying a fungo bat in airports is out and I've had trouble in some countries (Spain) carrying a a hanbo length walking stick (had to check it in) but a cane..no problem. But the methods the author espouses can work with what you have at the time.Get this book if you want a thorough approach to stick/cane self defense.

This was a good short book on the subject of self defense with the baseball bat. I found some of the moves pretty practical.

Great self defense system. Use the book in conjunction with You Tube videos for a clearer understanding.

I chose this book because the few books available on cane fighting teach techniques that require youth ful athletes whowould disdain carrying a cane. I have years of Kali training yet we never used long sticks staff octane. The long stick is different an deadlier as well as having a tactical reach advantage.

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