

Self-Defense with a Walking-Stick

The Different Methods of Defending Oneself with a Walking-Stick or Umbrella when Attacked under Unequal Conditions.

By E.W. Barton-Wright

Introduction

It must be understood that the new art of self-defence with a walking-stick, here with introduced for the first time, differs essentially from single-stick or sword-play; for a man may be a champion in the use of sword or single-stick and yet be quiet to put a walking-stick to any effective use as a weapon of defence. The simple and sufficient reason to account for this is that both in single-stick and sword-play a cut is always taken up by the hilt of the weapon, whereas if you attempted to guard a blow with a walking-stick – which has no hilt – in the same way as you would with a sword, the blow would slide down your stick onto your hand and disable you. Therefore, in order to make a stick a real means of self-defence, it has been necessary to devise a system by which one can guard a blow in such a way as to cause it to slide away from the hand instead of toward it, and thus obviate the risk of being disarmed by being hit upon the fingers.

After some fifteen years of hand work, such a system has been devised by a Swiss professor of arms, M. Vigny. It has recently been assimilated by me into my system of self-defence called “*Bartitsu*”

In the art of self-defence with a walking-stick, the stick is held in the hand with the thumb overlapping the fingers, and not, as in single-stick or swordplay, with the thumb resting on the blade. The stick is therefore manipulated with the wrist – and not with the fingers as in sword-play – and the blows are given by swinging the body on the hips – and not merely by flips from the elbow. In this way blows can be made so formidable that with an ordinary Malacca cane it is possible to sever a man’s jugular vein through the collar of his overcoat.

No. 1 – The Guard by Distance – How to Avoid any Risk of being Hit on the Fingers, Arm, or Body by Retiring out of the Hitting Range of your Adversary, but at the same time Keeping Him within the Hitting Range of your Own Stick.



The mode of defence I am about to describe I have called “*The Guard by Distance*,” to distinguish it from “*Guards by Resistance*.” It will be noticed that in this method of defence the man attacked does not attempt to guard a blow by raising his hands to stop it, but simply by changing front from left to right foot – in other words, by swinging round from his original position, in which his left foot is advanced in front of his right, to a position in which his right foot is in front of his left. By so doing, he avoids being hit himself, with the certainty of being able to hit his adversary.

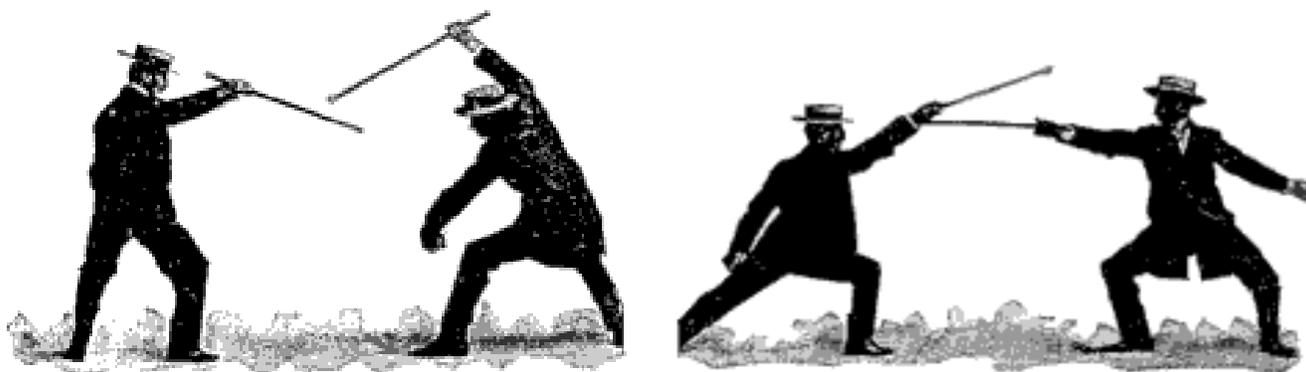
When guarding by distance, you take up the position of rear-guard – that is to say, you stand with left foot forward, slightly bent knees, right arm held above the head, and left arm thrown well out in front

of you. I ought to state here that this is not a very easy attitude to assume, and that a certain amount of training in physical culture is necessary before it can be adopted with ease; but when you have acquired the requisite suppleness of body it is a very safe and reliable position to take up.

You must be careful to maintain the same distance between yourself and your adversary, which you originally take up, by retiring (right foot first) as he advances, and advancing (left foot first) as he retires. The play a waiting game, and entice your opponent to strike at your arm or head by exposing one of the two, so that you are prepared to retire instantly upon the first sign of danger.

Your opponent, encouraged by the apparently exposed position of your left arm, naturally strikes at it, but you, anticipating the attack, withdraw it very quickly, and swing it upwards behind you. This upward sweep of the arm automatically causes you to swing your left foot well behind your right, and to draw in the lower part of your body out of your opponent's reach; at the same time it imparts the initial momentum to your right arm, and assists in bringing your stick down very quickly and heavily upon your adversary's head before he has time to recover his balance after over-reaching himself in trying to hit you.

No. 2. – Another Way to Avoid being Hit by Retiring out of Range of your Adversary's Stick.



It is

always most desirable to try to entice your adversary to deliver a certain blow, and so place yourself at a great advantage by being prepared to guard it, and to deliver your counter-blow. To induce your opponent to aim a blow at your head you take up the same position of rear-guard as described in the last trick, but instead of exposing your arm so much, you push your head more forward, leaving it apparently quite unguarded. Your assailant foolishly accepts the invitation, and you promptly draw yourself out of danger by swinging your left foot behind your right. This movement gives an automatic counter-movement to the right side of your trunk and helps you to swing in a very heavy right-handed blow across his wrist, which might thus easily be broken.

No. 3. – Double-handed Stick-play – Showing the Best Way to Handle with Two Hands a Stick which is too Heavy to Manipulate Quickly with One Hand, when Attacked by a Man Armed with a Light Stick.



In mastering the art of

self-defence with a stick it is important to learn how you may best wield your weapon with two hands, otherwise you might be at a serious disadvantage when carrying a heavy stick which you could not use freely with one hand, if attacked by a man carrying a lighter cane with which he could make quick, one-

handed play. Your assailant's movements in this case would be so much quicker than yours that you would be at a very serious disadvantage with your heavier weapon.

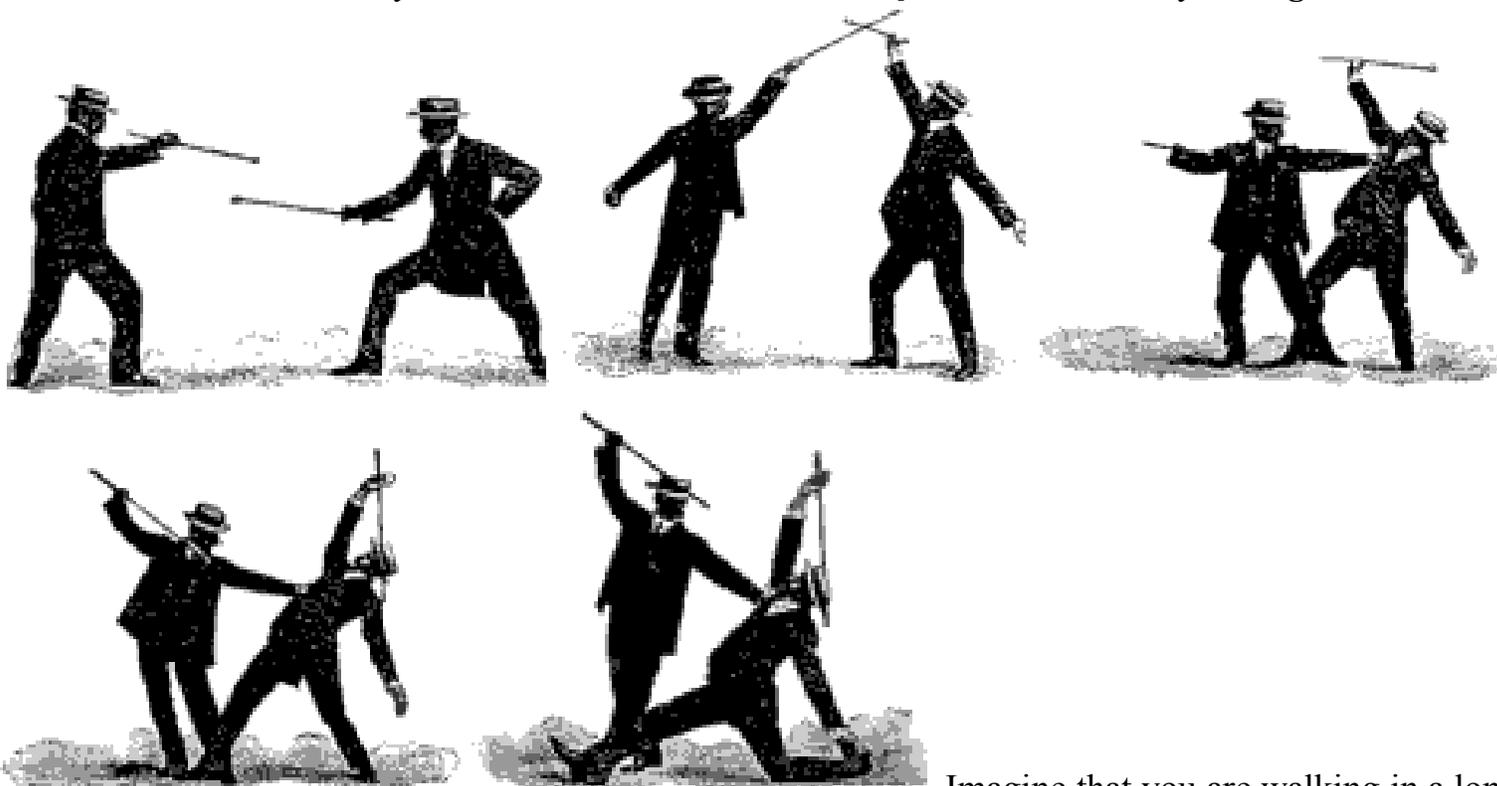
The preparatory position for delivering a double-handed blow at your adversary's head is a position of guard, in which you hold the stick with both hands horizontally above your head, with thumbs away from your face and hands at the ends of the stick. The beauty of this position lies in the fact that your opponent does not know which end of the stick you intend to use to hit him with. We will suppose that you are holding the stick with the heaviest end in your right hand, and that you propose to hit him with this end.

The blow is delivered thus -- you slide your right hand quietly off the right-hand end of the stick, and bring it back again, holding the stick with the thumb on the side nearest your face. Then, using your left hand as a pivot, you slide your right hand up to your left with a circular motion, thus delivering a strong side blow at your adversary's face.

Should you wish to strike our opponent with the opposite end of the stick -- the lighter end -- you would slip your left hand off the left end of the stick, bring it back with the thumb on the side nearest your face, and then slide your left hand towards your right, to impart a circular motion to the stick as before.

A person requires to be very supple in the shoulders to work a stick gracefully and well with two hands.

No. 4. – How to Defend Yourself, without Running any Risk of being Hurt, if you are carrying only a Small Switch in your Hand, and are Threatened by a Man with a very Strong Stick.



Imagine that you are walking in a lonely part of the country, carrying a light switch or an umbrella, when suddenly a foot-pad bars your way, carrying a stout stick, with which he threatens you.

It is obvious that under these conditions if you gave your assailant time to assume the offensive, he would have no difficulty in breaking down any slight guard you might offer, and in felling you to the ground. Knowing this disadvantage, and without giving him time to realise it, you must at once attack.

You should aim a vicious blow at your assailant's head, holding your hand very high in order to force him to guard high. Simultaneously, you should jump forward from the attacking position, shown in the second photograph, to the position shown in the third photograph, and strike him with the open hand

high up on the chest, pulling his foot away from beneath him at the same time -- in order to disturb his balance, and destroy his power to hit you. You could now strike your adversary such a blow with your fist on the face as to render him unconscious, or, of course, you could belabor him with your stick if it were suitable for the purpose.

No. 5. -- Another Way to Defend Yourself when your Adversary is Armed with a Stout Stick, and you are Carrying only an Umbrella or an Unreliable Cane.



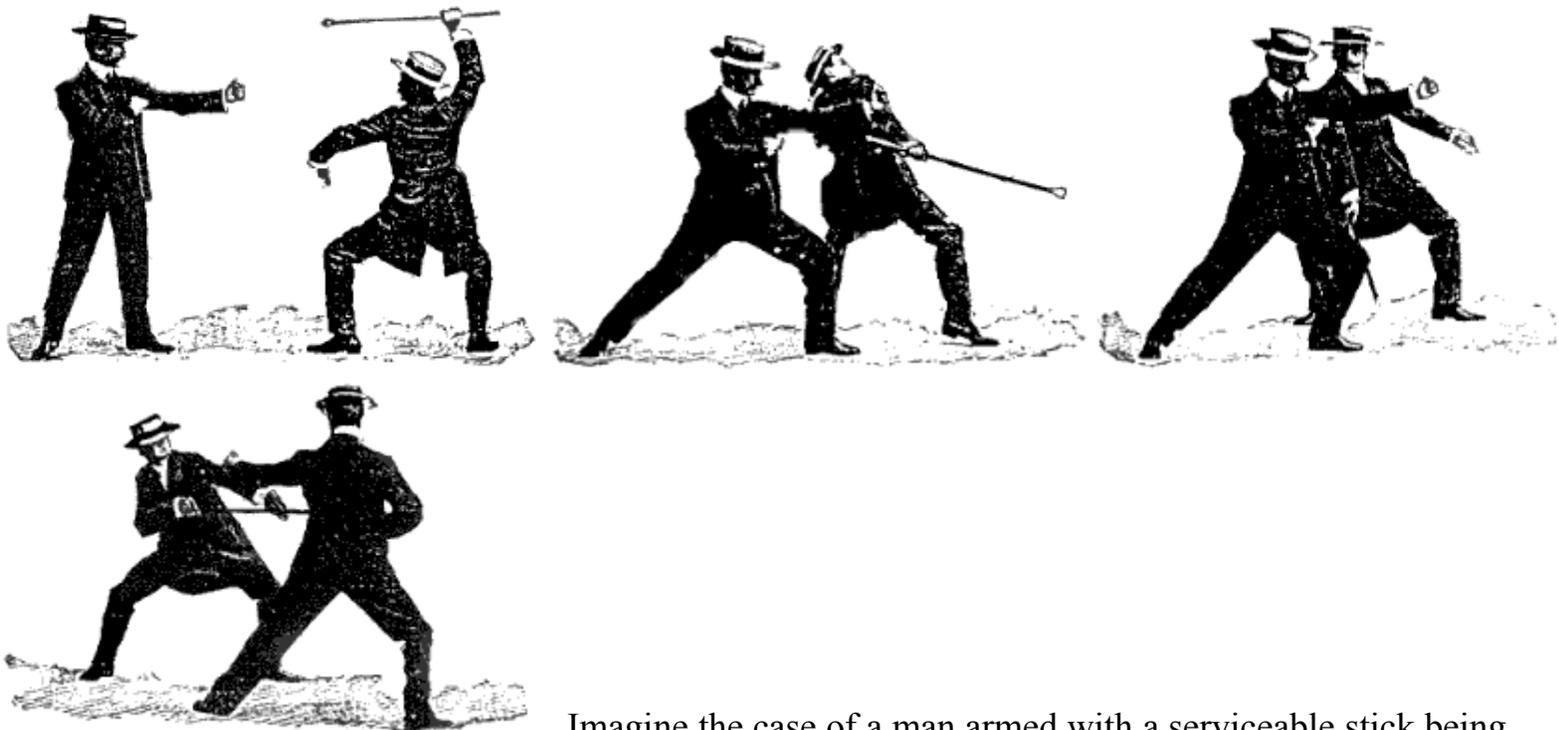
In case the student of the art of self-defence with a walking-stick finds difficulty in mastering the preceding method of defense, here is an alternative, equally effective, and, perhaps, somewhat safer for beginners to practice.

As before, appreciating the unreliability of your weapon, you assume the offensive at once before your opponent has time to discover your disadvantage. You begin operations precisely as described in the last trick, by striking high at your assailant's head, and forcing him to guard high. Simultaneously you spring into the position shown in the third photograph, seizing your opponent just below the elbow, thereby completely disturbing his balance, and so preventing him from hitting you. You can now deliver a heavy right-handed blow with your fist upon his chin, or over his heart, which will render him unconscious.

A nine-stone [126-pound] man who is active, and who timed this movement nicely, could completely upset the balance of a man twice his weight and bring him to the ground in a second. [Judoka Yukio Tani worked for Barton-Wright, and was quite capable of accomplishing this feat.]

In case you are carrying a stick which might be strong enough to deliver a heavy blow, another method of attack is as follows: After you have disturbed your assailant's balance by seizing him by the elbow, you retire quickly, by withdrawing your left foot well behind your right, and then, holding your head and body well on one side out of possible danger, you deliver a heavy blow with your stick across your assailant's kneecap is very dangerous, and would utterly incapacitate a man if well delivered. It is advisable, therefore, not to hit too hard when showing the trick to a friend.

No. 6. A very Safe Way to Disable a Boxer who Attempts to Rush You when You are Armed with a Stick.



Imagine the case of a man armed with a serviceable stick being attacked by a skilled boxer. One of the safest and most reliable methods of defence against a boxer's fists is as follows: --

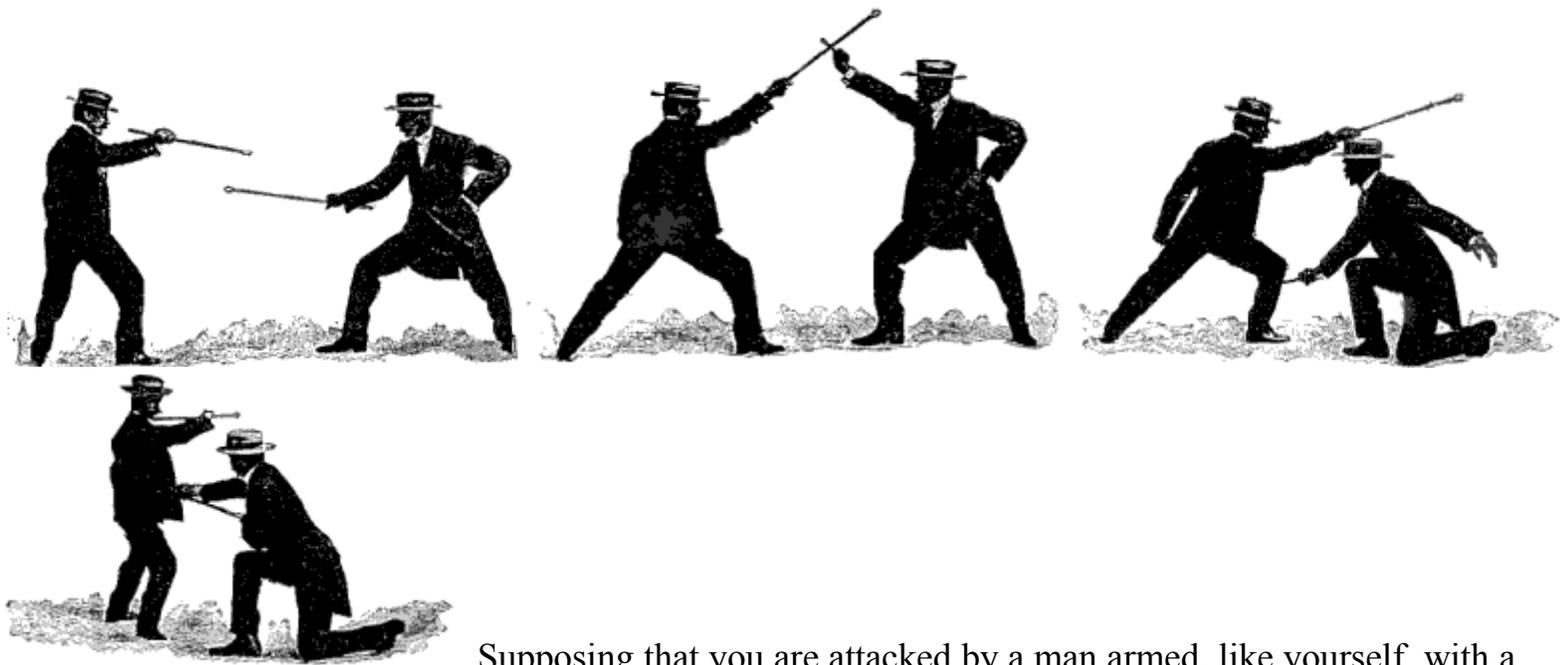
The man with the stick faces the boxer in the back-guard position -- that is to say, with his left foot and arm extended, and his right arm guarding his head. His left arm is thus free to guard his face or body, if, by any chance, he should fail to evade the blow.

As soon as the boxer opens his attack with a direct blow upon the man with the stick, the latter jumps with one movement to the former's left, bending well forward in a crouched position, so as to avoid any possibility of being hit. Then, turning half round on his left toe, and drawing his right foot in a line with his left, he makes a low, back-handed sweep with his stick, and strikes the boxer across the knee, disabling him, and bringing him to the ground.

But for the sake of argument, we will suppose that in the excitement of to engagement the blow missed the boxer's knee, and struck him on his shin, in which case he might still be able to show fight. Quickly recovering his balance, the boxer turns on his left toe by stepping to the right with his right foot, faces his opponent, and puts in another blow. But here, again, the man with the stick anticipates the move, and bayonettes the boxer in the heart before the blow can fall. As his stick gives him a longer reach than the boxer's, he runs no danger, and the strong, upward thrust with the stick should completely incapacitate his adversary.

I should like the reader to thoroughly understand that in every form of self-defence the first and most essential thing is to have a well-trained eye. This trick is entirely dependent upon the quickness of the eye in judging the right moment to jump on one side, so that the boxer does not become aware of the fact until he has struck at you and overreached himself, when it is too late for him to make good his disadvantage.

No. 7. -- A Safe Way for One Man to Disable Another when both are Equally well Armed with Sticks.



Supposing that you are attacked by a man armed, like yourself, with a

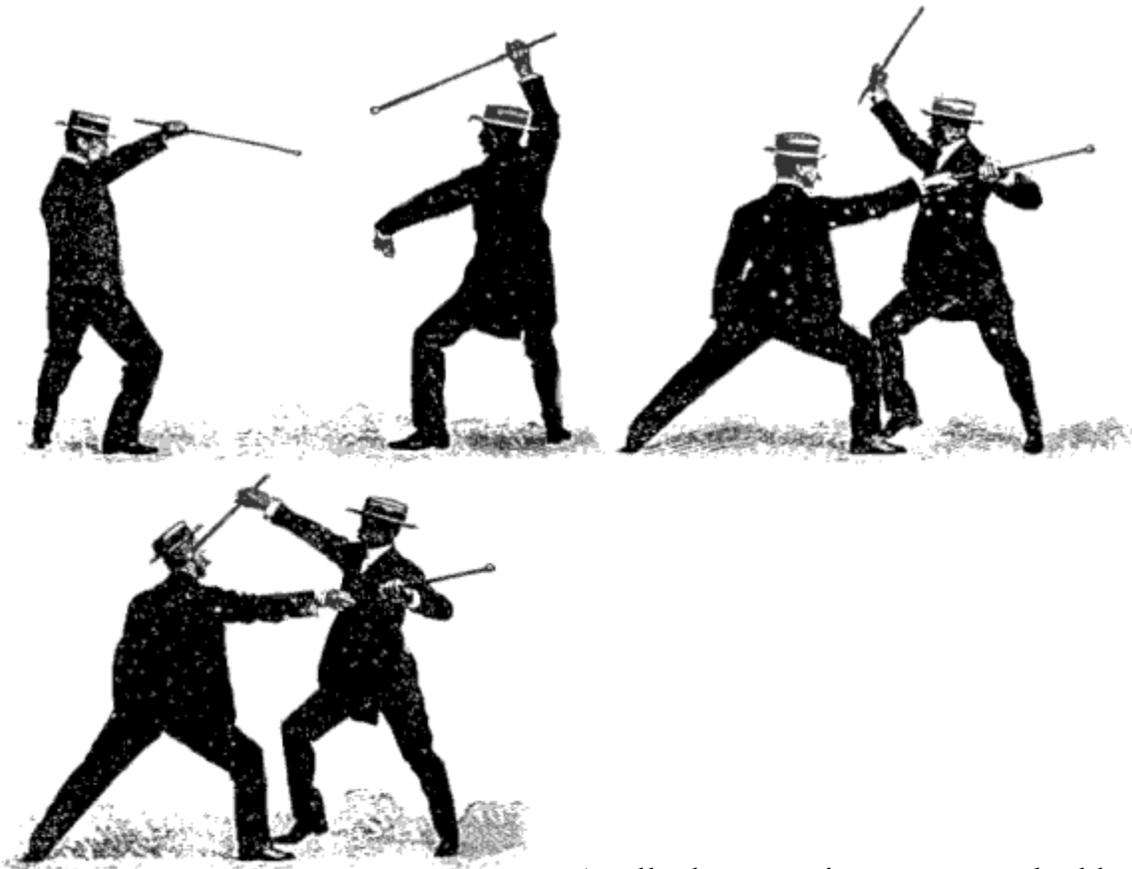
stout stick, here is a very pretty way to disable him.

Standing in the position of front guard, right foot forward, knees bent, right arm extend, you invite an attack at your head by holding your guard rather low. Your opponent accepts the invitation, and leads off at your head. You parry -- an easy matter, as you are prepared for this blow -- and simultaneously jumping well to your opponent's right, you crouch down and make a low, sweeping cut at his knees, which will bring him to the ground.

If, however, by any chance this result is not achieved, because your blow has fallen upon your opponent's shin instead of upon his knee, you will still have the best of the situation. Finding that you have got under his guard, your adversary will draw back his right foot and prepare to give you a back-handed cut across the face. You, however, foil this attempt by keeping too close to him to admit of this, and bayonette him with the point of your stick.

I specially recommend this, as well as the foregoing trick, to the attention of the reader, whether lady or gentleman, both being very easy and most effective. The most difficult part of the trick is to learn how to make your opponent lead off in the way you wish. But this becomes very simple with a little practice.

No. 8. -- One of the Safest Plans of Defence for a Tall Man to Adopt, who has not much Confidence in his own. Quickness and Knowledge of Stick-play, when Opposed to a Shorter and more Competent Opponent.



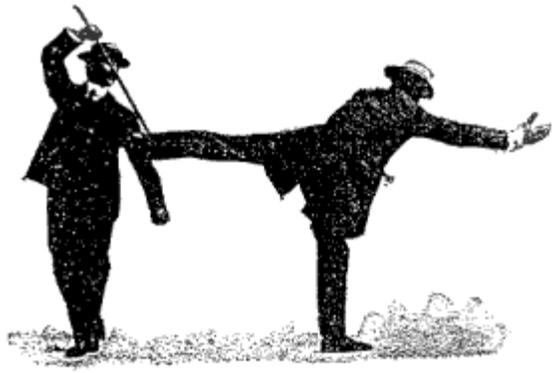
A tall, slow-moving man, attacked by a quick, short opponent, is at an immense disadvantage, as the short man delivers his attacks at lightning speed in unexpected quarters, and so reduces any possible advantage the other may hold in size and reach. Under the circumstances it would be advisable for the tall man to try to induce his opponent to deliver a blow for which he will be fully prepared.

This he will best do by taking up the rear-guard position, standing with his left foot forward, left arm extended, and right arm above the head, as previously described. He then throws his left arm forward as a bait. In ninety-nine cases out of a hundred the bait will prove irresistible. No sooner, however, does the short man begin to move his stick, with the intention of bringing it across the tall man's arm, than the latter must jump within the former's guard, in order to break the force of his blow as it falls, then seizing the other's stick, the tall man can belabor this opponent's head.

Of course, it is understood that if the tall man has only got a weak stick or umbrella in his hand, which would only be of use in making the necessary feint to get an opening, directly he obtained the advantage shown in photo No. 2, he would use his fist to strike his opponent in the face or over the heart in order to disable him.

No. 9. -- How to Defend Yourself with a Stick against the most Dangerous Kick of an Expert Kicker.





The student of the art of self-defence with a walking-stick might think it hardly worth while to study any particular method of defending himself which might insure him against an attack by a savater, or foot-boxer. You might suppose that there would be no great difficulty in guarding a high kick, provided you carried a stout stick in your hand. Those who have seen savaters at work, however, and realise the extraordinary swiftness of the kicks which they plant on their opponents' bodies, will understand that scientific kicking can only be guarded with certainty by a scientific method of defence.

Taking up a position of rear-guard, with left arm extended to ward off a possible kick at the small of the back, hip, or left side, you describe circular cuts in a left to right downward direction with your stick. Your opponent, standing well out of reach, prepares to do what in French boxing, or *la savate*, a called a "*chassé*" -- that is, from his original position, with his left foot and left arm extended, he places his right foot behind his left so as to enable him to approach within kicking distance if the opportunity presents itself, and, at the same time, to keep his body and head well out of danger. Then, seeing an opening, he places his right heel firmly on the ground and aims a kick with his foot at your heart.

Anticipating the danger, you transfer the whole weight of your body from your left to your right leg, which enables you at the critical moment to withdraw your foot very quickly -- to avoid a kick on the shin in case of a diversion in the attack -- and at the same time assists you to draw your body out of danger. You then bring your stick so heavily down on your adversary's ankle as to break it.

If you wish to defend yourself against kicks lower down on the body, you employ exactly the same means of defence, but as it is not necessary to hold the arm so high in describing the circular cuts, it is very much easier to defend yourself. The objects of describing circular cuts, by the way, as opposed to a direct cut, is that you are very apt, in the latter case, to miss the kicker's leg, whereas in the former case you cannot fail, not only to deliver your blow, but also to ward off and divert the kick.

No. 10. One of the Best Ways of Knocking Down a Man in a General Scrimmage, when there is not Room to Swing a Stick Freely.



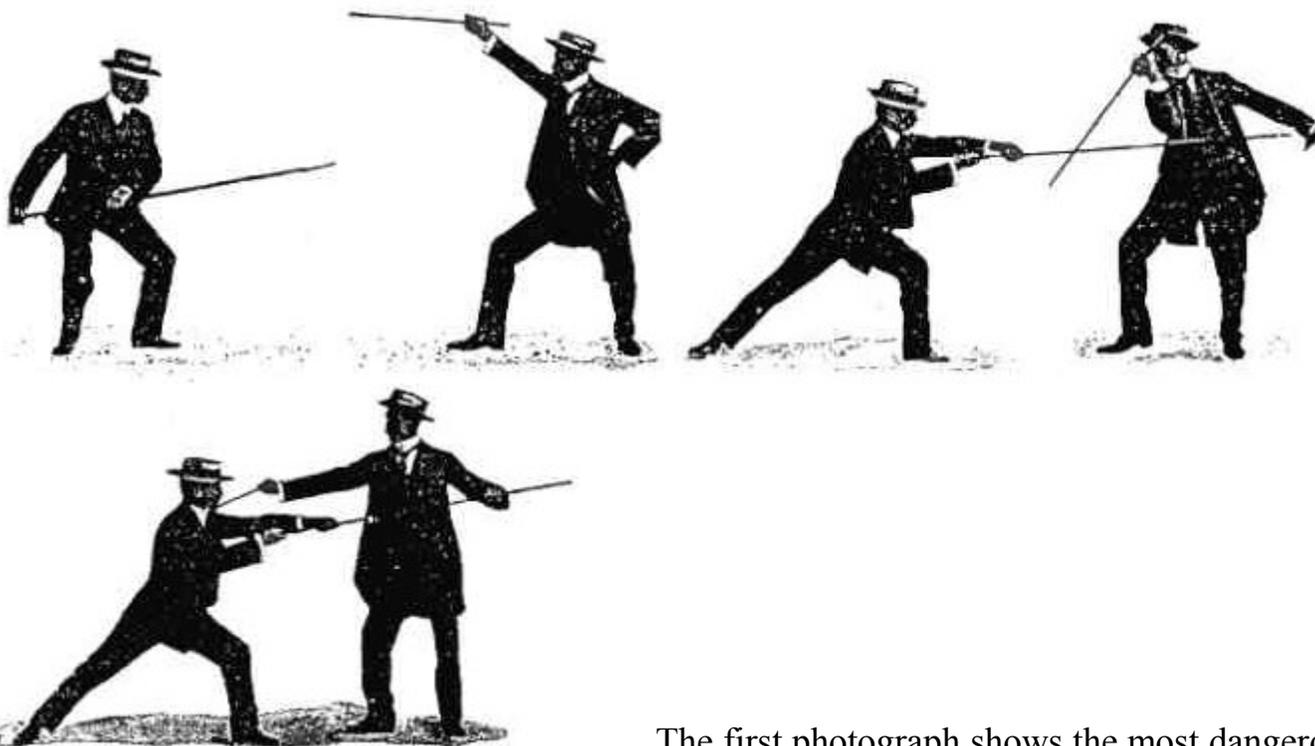
When a man finds it necessary to defend himself in a street fight, or the like, he may not have room to swing a stick freely. One of the best methods of using a stick as a weapon under these circumstances is to pass it between the legs of the assailant, and, by pressing it sharply against the inside of one of his thighs, to cause him to lose his balance.

In order to carry out the trick effectively on a single assailant, when there is no crowd, you should stand in the front guard position, and make a cut at the side of your opponent's face. While he raises his hand to guard his face, you seize his uplifted with your left hand, crouch down and pass your stick through his legs, exerting sufficient leverage to throw him on his back.

Another method is to take up the back position guard, standing with your left foot forward and your right arm above your head, which you must purposely expose in order to induce your opponent to strike at it. At the moment when he attempts to hit you on the head, you must slip under his guard, and seize his right wrist. Now pass your stick between his legs, and throw him upon his back.

To employ the same trick in a crowd it is only necessary to stoop, cover your face well with your arm and hand, and to keep diving with your stick between people's legs, upsetting them right and left.

No. 11 -- The Safest Way to Meet an Attack with a Spiked Staff or Long Stick when you are only Armed with an Ordinary Walking Stick.

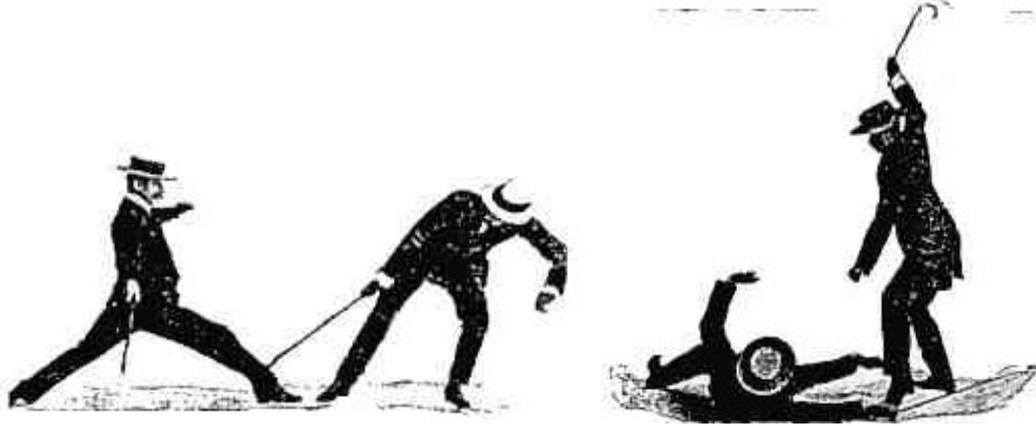
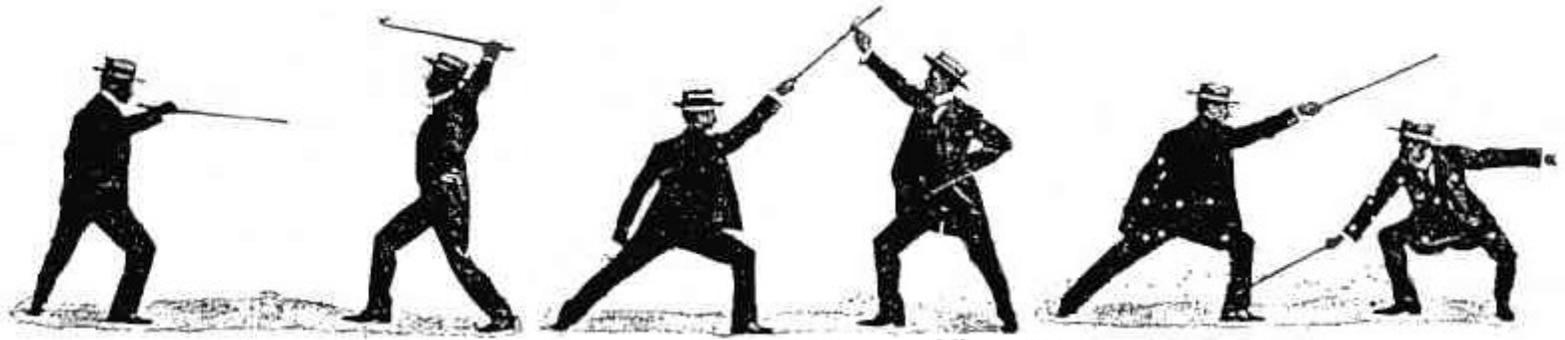


The first photograph shows the most dangerous mode of attack with a long stick, and also the best position to adopt in order to meet such an attack with safety.

It will be seen that the figure on the right is exposing his body in order to insure his adversary attacking him there, and to be prepared with an immediate defence.

Directly the man with the alpenstock attempts to bayonette him, he diverts the blow by turning sideways, and making a circular downward cut, which hits the alpenstock and causes it to glide slightly upwards and sideways -- a guard known in sword play as "Septime envelopé." The moment the blow has been diverted, the man with the stick must seize the alpenstock with his left hand, and, stepping in, strike his assailant a blow across the face.

No. 12. An Effective Way to Defend Oneself with a Hooked Stick when Attacked by a Man Armed with an Ordinary Straight Stick.



A stick with a curved

handle, forming a roomy crook, although hardly so effective as a stick with a heavy knob on top for striking purposes, is a most serviceable weapon in the hands of an expert in the art of stick-play.

Having guarded a blow with a hooked stick, it is a comparatively simple matter to hook an assailant in such a way that he is easily pulled off his balance. With a little practice it becomes easy to make sure of hooking a man firmly by the neck or leg.

Suppose, for instance, that a man carrying a crooked stick is suddenly attacked by an assailant armed with an ordinary straight stick. Here is a very pretty way to overthrow the assailant:

In the first place, the man with the hooked stick should hold his hand and stick high up, and well on one side, so as not to run any risk of being hit on the fingers.

By doing this, he purposely exposes his head to attack. Knowing, therefore, that his opponent is sure to strike at his head, he is prepared for a quick guard. The attacker delivers his blow and is received upon the stick; but before he has time to recover himself, and get into a position of defence, the other suddenly ducks and hooks him by the foot, on the outer side of the ankle, bringing him to the ground by pulling his legs apart.

The assailant is then at the mercy of the man he has attacked, who can choose any part of his body on which to administer punishment.

No. 13. -- The Best Way to Disable a Man who Tries to Rush You, and get under your Guard, in order to Prevent You Hitting him with a Hooked Stick.





The first photograph shows the

best position to adopt in order to meet a sudden spring and prevent an assailant from seizing your stick.

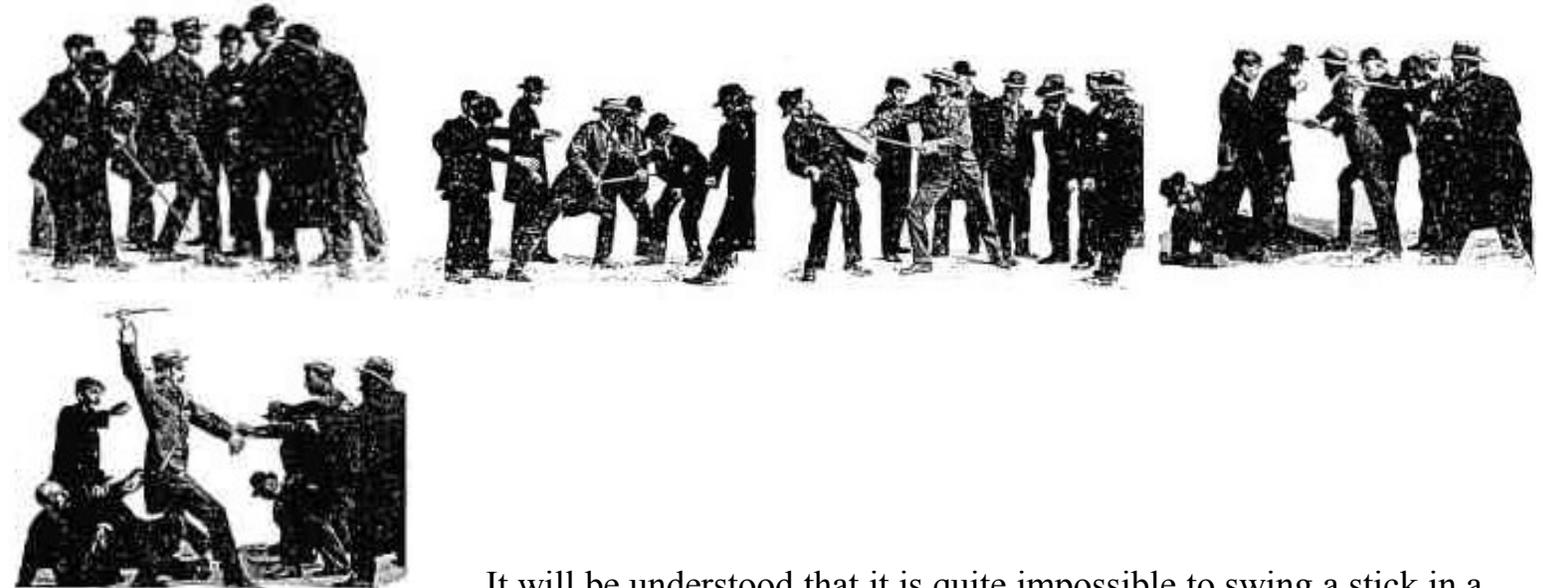
As a feint, you make a slightly threatening motion with your left hand, as though you intended to seize the left hand of your assailant, in order to belabor him with your stick. The object of this feint is only to engage your adversary's attention, and make him look at your left hand whilst you suddenly dart your right arm forward, and hook him by the neck in the crook of your stick. Directly you have hooked him, bend your knees well so as to throw the whole weight of your body upon him, whilst you pull him with his face towards the ground.

When you have pulled him down sufficiently far to prevent him recovering his balance quickly, let go your stick, and seize him by the shoulders, as shown in photo No. 4, being careful to keep your feet well out of reach of his hands, so as not to give him the opportunity of throwing you backwards. Then, with a sudden jerk, pull him forwards, and simultaneously jumping close into him, strike him with your knee in the face.

It is necessary to be very careful when practicing this trick, as the slightest blow with the knee in a person's face is sufficient to break a nose and several teeth.

Of course the reader will understand that in any method of self-defence it is necessary to know how to maintain the proper distance between yourself and your assailant, in order to deliver a *coup-de-grâce* with effect and certainty. This knowledge, together with the confidence, dash, and *savoir-faire* that are so essential, can only be acquired by practice; but, when once gained, it is never lost.

No. 14. -- How to Use a Walking-Stick as a Weapon in a Crowd.



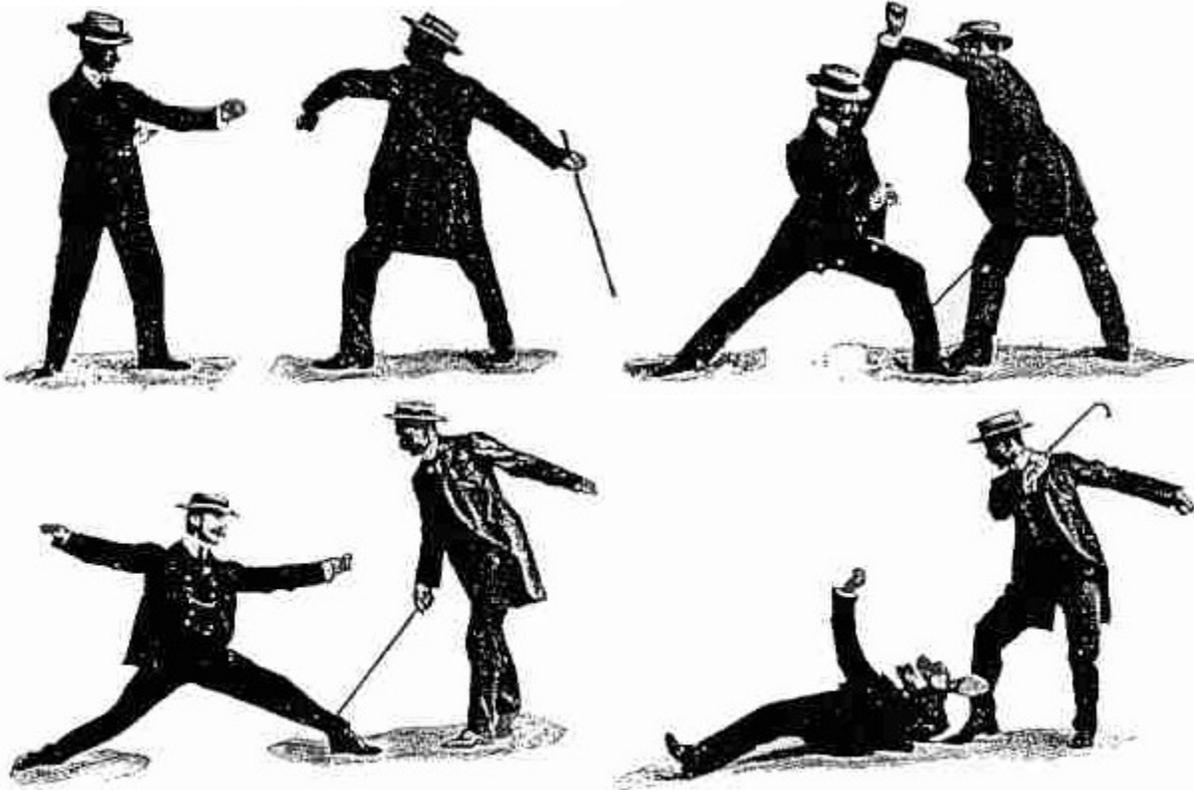
It will be understood that it is quite impossible to swing a stick in a crowd, owing to want of elbow room; and so, in order to get elbow room and free scope to hit, you proceed as follows: --

Hold your stick, more or less in a line with your hips, and proceed, as in the second photograph, to lunge to your left, holding the end of the stick in your right hand, and letting it slide through your left, in order to be able to guide it with certainty.

Lunging at the body of the nearest man on your left, you disable him, and cause him to retreat precipitously. In doing so, he involuntarily forces back those in his immediate neighborhood. You then turn on your heels, and bayonette the nearest man on your right, this time holding the end of your stick in your left hand, and guiding it through your right. Directly you have bayoneted him, and caused him to force back others in his attempt to escape, you make a quarter turn on your heels, and bayonette the man behind you.

After this, seeing another man close to him with his legs slightly apart, you make a dive with your stick between his legs, and upset him. Take one step backwards, and you should now have sufficient room to swing your stick to right and left across people's faces and heads until they disperse.

No. 15. -- A very Simple Way to Protect Yourself with a Hooked Walking Stick against a Boxer.



When carrying a

hooked stick, here is a very simple way to protect yourself against the attack of an unarmed assailant.

Hold your stick behind you, as seen in the first photograph, so as to run no risk of the stick-arm being seized. Bend your left arm with the inside of the left hand facing outwards in order to protect yourself from a kick at the hip, or a blow from the fist at your face or ribs.

Hold your stick behind you, as seen in the first photograph, so as to run no risk of the stick-arm being seized. Bend your left arm with the inside of the left hand facing outwards in order to protect yourself from a kick at the hip, or a blow from the fist at your face or ribs.

You have now the opportunity, and plenty of time, to hook him by the ankle with your stick, as seen in the second photograph. Having so hooked his foot, pull his legs apart, and bring him to the ground, when you can apply the stick where and how you please.

No. 16. -- How to Overcome the Advantage of an Assailant who Attacks You with a Stout Stick when You are Carrying only a Light Cane.



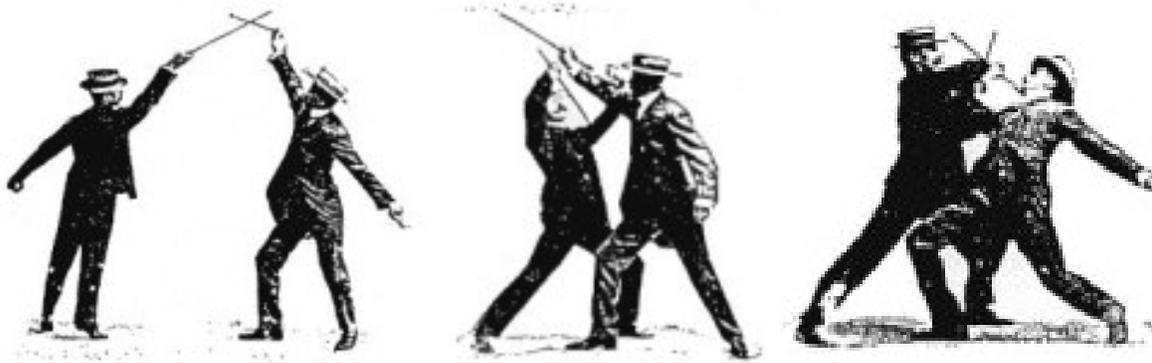
When threatened with an attack from an assailant who is armed with a superior stick to your own, it is wise to attack him before he realises that he has you at a disadvantage.

To do so to the best effect you should lead off with a right-handed blow at your assailant's head, thereby forcing him to guard high. At the same moment you should jump in one movement from the position shown by the figure to the left of photo No. 2 to the position shown by the same figure in photo No. 3 -- a very simple and easy movement. In making this spring you must be careful to keep your head down and on one side.

As soon as you are in the position shown in photo No. 3, without making any attempt to lift your adversary in order to throw him, simply strike your knee smartly against the back of his knee; this will have the effect of knocking his leg from beneath him. As he reels about on his left leg trying to regain his balance, put plenty of force into your left arm, and throw him upon the back of his head. He will immediately put out both his hands to try to break his fall, and in so doing will drop his stick.

In this way you accomplish your purpose and disarm your adversary. You can now give him his *coup-de-grâce* as you please. The surest way is to deal him a blow across his ankle or just below the knee.

No. 17. -- Another Way, when Armed with a Light Cane, to Disarm and Overpower an Opponent who carries a Superior Stick.



Suppose once again that, when carrying only a light cane, you are attacked by an assailant armed with a stronger and more serviceable stick. In order to rob him of his advantage you immediately proceed as described in the last example by aiming a high blow at your opponent's head, thus causing him to guard high.

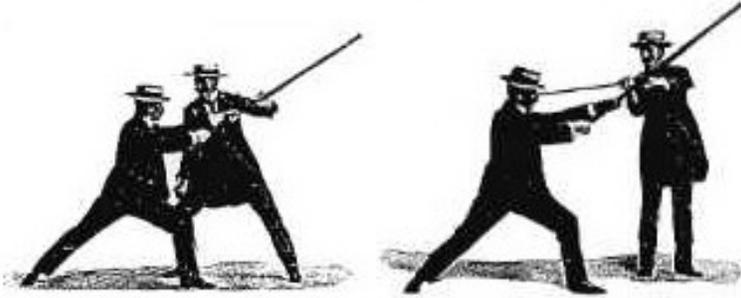
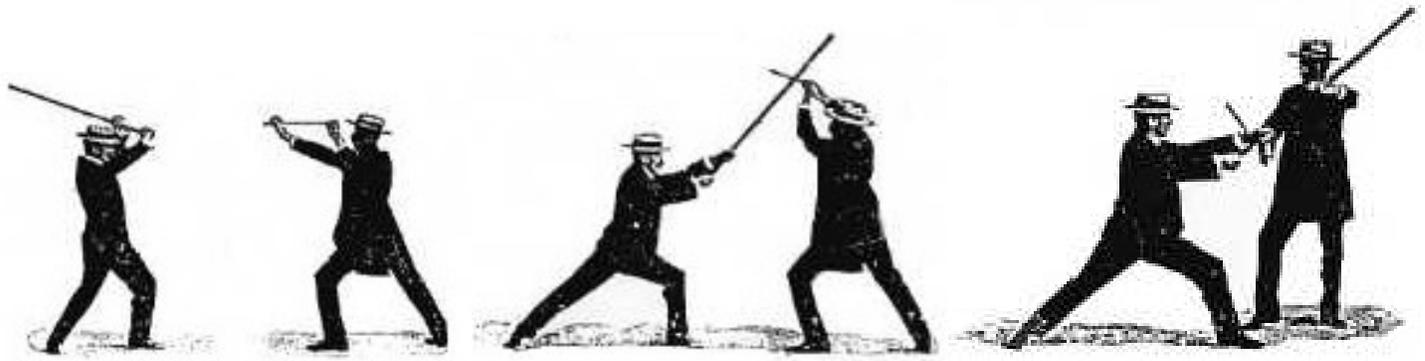
Now spring in one bound under his guard to the position shown in photo No. 2. Passing your left hand over his right forearm, placing your right hand against his wrist, and at the same time seizing your own right wrist in your left hand, you thus firmly "*lock*" your adversary's arm. All this is done without loosening the hold upon your own stick, and without seizing your opponent's arm in any way with your hand -- yet the lock is so powerful that the strongest man would be a child in your hands when you properly apply the leverage you may obtain from this position.

To apply the leverage correctly, you should force your opponent's elbow towards you with your left arm, and at the same time force his right hand downwards and from you, with the "*lock*" formed by your left hand in holding your right wrist.

The pain and strain from this grip is so excruciating that your opponent will fall upon his back, only too thankful thus to escape the danger of a broken arm. He is then at your mercy, and you may apply your stick or your foot, as circumstances may dictate.

This, and the preceding method of self-defense with a walking-stick, may be practised upon a swordsman armed with a sword or a dagger with absolute certainty of success. Personally, I have tried one or other of these examples time after time against good swordsmen, and have never failed to bring the trick through successfully. Of course, your success, or otherwise, will depend to some extent upon the quickness, dash, and power with which you execute the assault.

No. 18. -- One of the Best Ways to Meet a Direct Attack upon the Head with a very Heavy Stick when Armed with an Ordinary Stick.



The first photograph shows a man armed with a

heavy stick in the act of striking at the head of a man armed with a walking-stick. The latter is standing in the double-handed position of guard; and it will be noticed that in holding his weapon he places his hands so that the back of his left hand is on the side nearest his face, and the back of his right hand on the side farthest from his face; in other words, the positions of his hands are reversed.

Directly the assailant delivers his blow, the man with the walking-stick slides his stick through his right hand until his hands meet, and then twists the stick without altering his hold in any way so that his right hand passes over his left. In this position, with his wrists crossed, he holds the stick above his head, to receive the downward cut delivered by his adversary.

Directly he has guarded the blow, and so broken the force of it, letting go the stick with the left hand, with this hand he seizes the assailant's staff. Retaining hold of the stick with his right hand, the man attacked may then break his opponent's wrist with a heavy blow, as seen in Photograph No. 3. Another method is to let the blow fall across the assailant's kneecap, as seen in photograph No. 4.

Still another way to proceed is for the man attacked to continue to use his own weapon with both hands, and to deliver a heavy blow across his adversary's face, as shown in the last photograph.

No. 19. -- A very Serviceable Way to Disable a Taller Man than Yourself when Opposed to Him under Unequal Conditions.

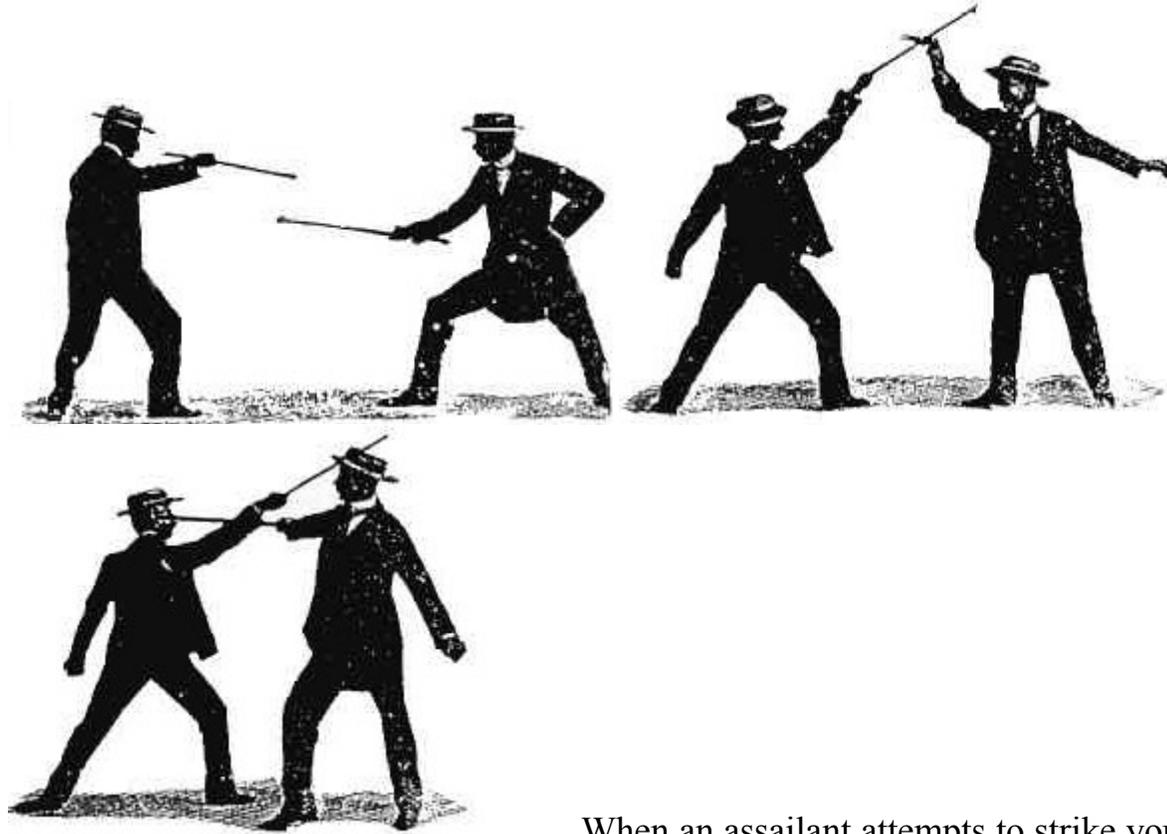


Directly you have had

time to catch your opponent's eye and judge your striking distance, you must expose your head, either by slightly lowering your guard, or by holding your hand and stick well on one side, so as to invite an attack on your head. You must rely on your own quickness to protect your head when the blow falls.

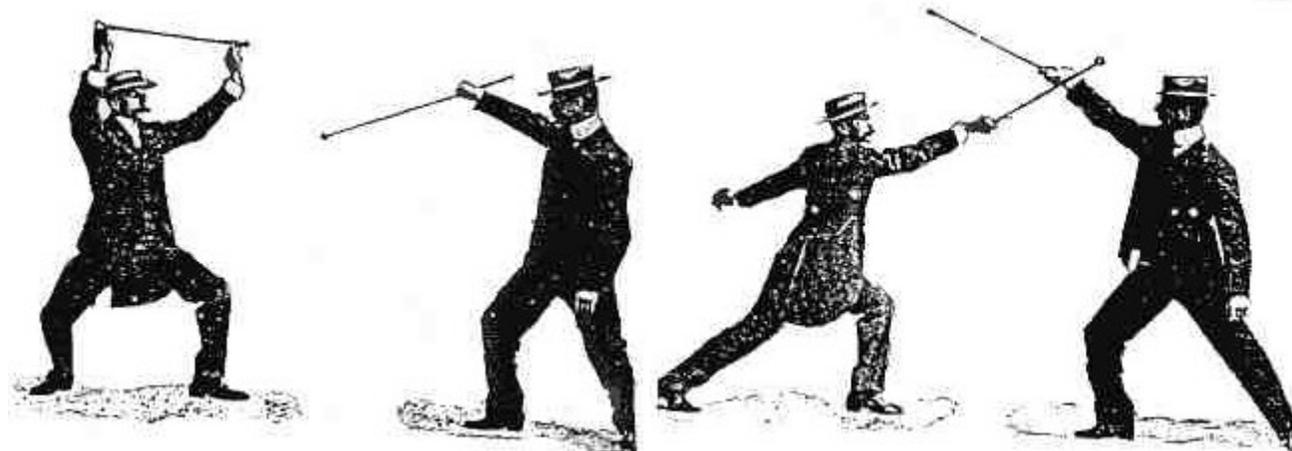
Directly your opponent sees the opening, he will lead off at your head. You protect yourself by receiving the blow upon your stick, as seen in the first photograph. Then, without losing any time, drop into the next position, and bayonette your assailant over the heart.

No. 20. -- Example of a very Pretty Guard and Counter-blow when an Assailant Directs a Blow at your Head with a Stick.



When an assailant attempts to strike you on the head with his stick, you may receive the blow upon your stick by bringing your hand right across your face, and holding it well on the left side of your head with the back of your hand outwards, facing your opponent. Your stick should point slightly downwards to prevent your opponent's stick sliding down yours, and striking you on the fingers. The moment you have done this you step slightly towards your opponent's right side with your right foot, and describe a circular right to left back-handed cut across his face, which should be sufficient to prevent him troubling you any further.

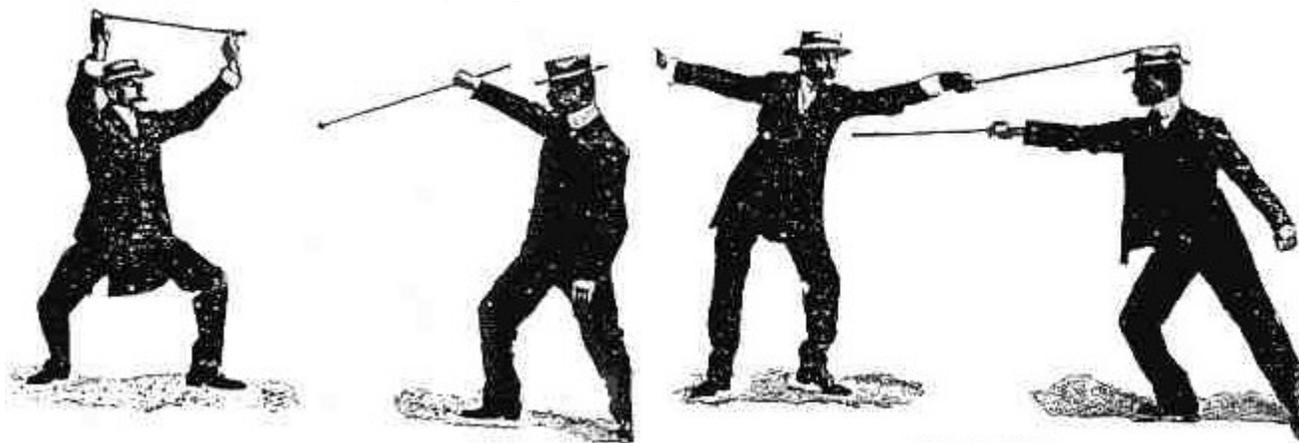
No. 21. -- An Example of the Double-Handed Guard in Combination with Ambi-Dexterity.



In this example the man on the left in the photograph is seen taking up the double handed guard, but his assailant refuses to accept the invitation at his body, although it is exposed -- instead of this he aims a blow at the left wrist, or the left side of the head. On this the man with the double-handed guard, in order to avoid being

hit upon the fingers, lets go of the left-hand end of his stick, and swings his left hand behind him -- a movement which automatically imparts the initial movement for a right-handed blow. This he delivers across his opponent's wrist, which he would thus break, just as the assailant is in the act of striking.

No. 12. -- Another Example of the Double-Handed Guard in Combination with Ambi-Dexterity.



In this example, the defender, as in No. 11, invites an attack at his body by guarding his head in an exaggerated way, and so exposing his body. His opponent immediately attempts to take advantage of the opening by striking at the exposed body, when the other simply draws his left foot towards his right, and so retires out of striking distance of his adversary. Then, by releasing his hold on the stick down heavily with his left upon his assailant's head, as seen in the lowest photograph.

Concluding Note.

With reference to the short description of walking-stick play, and the tricks described in this and the preceding number of *Pearson's Mag*, I may state that the art of self-defence with a walking-stick is particularly adapted to conditions where a man is attacked by more than one person. It can be readily acquired, either by men or women, and when once mastered would enable you to defend yourself, with absolute safety, against a knife, boxing, savate, etc. The more dangerous methods have not been shown.

Besides being a most useful and practical accomplishment, this new art of self-defence with a walking-stick is to be recommended as a most exhilarating and graceful exercise.