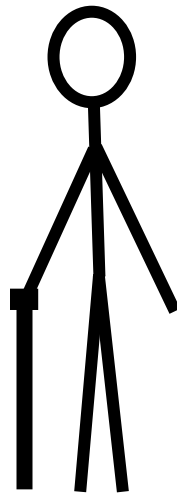


**AND CARRY A BIG STICK.COM
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MADE IN USA

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WALKING STICK USAGE GUIDE

THIS IS A SHORT, ILLUSTRATED GUIDE TO DEFENDING YOURSELF WITH A WALKING STICK.

PRODUCT WARNING:

WALKING STICKS MADE WITH A HAMMER HEAD FOR A HANDLE ARE NOT MADE FOR CONSTANT USE AS A HAMMER.

A WALKING STICK, PROPERLY HANDLED IN THE HANDS OF AN EXPERT, OR IN THE HANDS OF A COMPLETE AMATEUR CAN AND WILL RESULT IN DEATH, SEVERE PERSONAL INJURY, MAIMING, BROKEN BONES, BRAIN DAMAGE, INTERNAL INJURIES, PERMANENT DISABILITY, AND BASICALLY ANY OTHER INJURY THAT CAN OR MAY BE ATTRIBUTED TO BLUNT FORCE TRAUMA.

ANYONE STRUCK WITH OR BY A WALKING STICK, EITHER INTENTIONALLY OR UNINTENTIONALLY, ARE ALMOST GUARANTEED TO RECEIVE SEVERE INJURIES UP TO AND INCLUDING DEATH.

YOU SHOULD FULLY UNDERSTAND YOUR STATE AND LOCAL LAWS IN REGARD TO PERSONAL DEFENSE BEFORE CARRYING OR USING A WALKING STICK. IF

YOU UNFORTUNATELY LIVE IN A STATE OR LOCALITY THAT DOES NOT SUPPORT THE 2ND AMENDMENT RIGHT TO KEEP AND BEAR ARMS, YOU ESPECIALLY NEED TO BE AWARE OF YOUR RIGHT, OR LACK THEREOF TO SELF-DEFENSE, AND YOUR LEGAL RIGHT TO PROTECT YOURSELF AGAINST SOMEONE INTENT ON HARMING YOU.

ON THE OTHER HAND, YOU WILL FIND THAT THE RIGHT TO CARRY A “CANE” IS PROTECTED IN MANY PLACES WHERE CARRYING ANY OTHER SORT OF PERSONAL PROTECTION IS SEVERELY RESTRICTED. RATHER THAN DETAILING ALL CIRCUMSTANCES, PLEASE RESEARCH THE PARTICULARS OF ANY SITUATION WHERE YOU MAY HAVE QUESTION ABOUT CARRYING A “CANE”. HOWEVER, AS A HANDY EXAMPLE. PLEASE RESEARCH THE REGULATIONS ON CARRYING A “CANE” THROUGH TSA SCREENING ONTO A COMMERCIAL AIRCRAFT. WE ARE NOT SAYING THAT YOU MAY NOT GET PUSHBACK ON CARRYING A WALKING STICK WITH A BALL-PEEN HAMMER HANDLE THROUGH TSA SCREENING, BUT A REGULAR WOODEN WALKING STICK OF 3 FOOT LENGTH SHOULD PASS SCREENING AS LONG AS YOU FOLLOW THE RULES.

NOW THAT YOU HAVE BEEN ADMONISHED TO FOLLOW ALL THE RULES, EVEN THOSE THAT ARE NOT IN YOUR BEST INTERESTS, WE WILL TALK ABOUT WHAT TO DO WHEN EVERYTHING GOES WRONG, AND YOU MUST USE YOUR WALKING STICK TO DEFEND YOURSELF.

THE FIRST DEFENSIVE USE OF A WALKING STICK IS SIMPLY DETERRENCE. I WILL NEVER FORGET MY EARLIEST MEMORY OF CARRYING A WALKING STICK. I HAD JUST PARKED IN A PUBLIC PARKING LOT TO GET A HAIRCUT WHEN I LOOKED UP TO SEE TWO UNSEEMLY CHARACTERS HEADED DIRECTLY TOWARD ME WITH A DETERMINED LOOK ON THEIR RATHER GRUBBY FACES. I REACHED INTO MY VEHICLE AND EXTRACTED MY WALKING STICK AND TAPPED IT GENTLY ON THE PAVEMENT WHILE LOOKING THEM DIRECTLY IN THE EYE. BEFORE THE STICK TAPPED THE GROUND A SECOND TIME, BOTH MEN TURNED NINETY DEGREES AND HEADED IN A DIFFERENT DIRECTION. I REALIZED AT THAT MOMENT, THE WALKING STICK’S MOST POWERFUL DEFENSIVE USE IS THE DETERRENCE PROVIDED BY THE MERE VISUAL IMPACT OF ITS PRESENCE. IF SOMEONE IS ENTERTAINING THOUGHTS OF VIOLENCE OR LARCENY, THEY WILL TEND TO PICK AN UNARMED VICTIM.

ALL ANDCARRYABIGSTICK.COM WALKING STICKS ARE UNTAPERED ON PURPOSE, AND ARE ALWAYS MADE OF SOLID HARDWOOD. ONE END WILL ALWAYS BE A LARGER HANDLE, KNOB, OR HAMMER HEAD THAT WILL ADD TO THE INERTIA OF THE STICK IN USE.

THE MOST IMPORTANT WEAPON YOU POSSESS WILL BE NOT BE THE STICK YOU HOLD, BUT THE HEAD ON YOUR SHOULDERS. THE BEST FIGHT YOU WILL EVER WIN IS THE ONE YOU AVOID. USE YOUR EYES, YOUR BRAIN, AND YOUR FEET TO AVOID SITUATIONS WHERE YOU ARE FORCED TO DEFEND YOURSELF.

THE SECOND MOST IMPORTANT WEAPON IS PREPARATION. PRACTICE THE TECHNIQUES IN THIS GUIDE SO THAT IN THE EVENT YOU ARE FORCED TO DEFEND YOURSELF, EVERY MOVE IS SECOND NATURE. YOU WILL BE AMAZED HOW QUICKLY THIS PROFICIENCY WILL DEVELOP. THIS WILL LEAD TO THE THIRD MOST IMPORTANT WEAPON.

SANG-FROID, PRONOUNCED “SANG FWA” IS A FRENCH TERM LITERALLY MEANING “COLD BLOOD”. THE BEST WAY TO DESCRIBE THIS TERM IS — COOLNESS UNDER FIRE — KEEPING YOUR HEAD WHEN EVERYONE ELSE IS LOSING THEIRS. THIS IS ACHIEVED BY KNOWING WHAT WILL HAPPEN NEXT WHEN OTHERS DO NOT. KNOWING EXACTLY HOW FAR YOU WILL LET A SITUATION GO, AND WHAT WILL HAPPEN WHEN THAT POINT IS BREACHED.¹

FOR EXAMPLE: PROFESSIONAL BOUNCERS OFTEN SET A MENTAL FENCE² BEYOND WHICH NO ONE IS ALLOWED TO CROSS, AND EXACTLY HOW THE BREACH WILL BE MET. YOUR FENCE MAY BE THAT NO ONE IS ALLOWED TO REACH TOWARD YOU WITHIN AN ARM’S LENGTH. ALMOST NO ONE DOES THIS WITHOUT NEFARIOUS INTENT. ANOTHER EXAMPLE FROM THE PROFESSIONAL BOUNCER IS THAT NO ONE IS ALLOWED TO PHYSICALLY TOUCH YOU. THIS DOES NOT MEAN YOU NEED TO SERIOUSLY HURT SOMEONE BECAUSE THEY REACH OUT TO YOU, BUT GIVING THEM A STERN WARNING AND FORCEFULLY BLOCKING THEIR REACH TOWARD YOU SHOULD MAKE SURE THEY UNDERSTAND. ANYONE THAT CONTINUES TO AGGRESSIVELY COME TOWARD YOU AFTER A STERN REBUFF AND PHYSICAL BLOCK HAS SERIOUSLY BAD INTENT AND HAS INVITED WHAT SHOULD COME THEIR WAY NEXT, A PAINFUL BEATING AND POSSIBLY A LONG RECOVERY.

YOU SHOULD KNOW EVERY MOVE YOU WILL MAKE, AND ADDITIONAL MOVES THAT MAY BE REQUIRED SHOULD CIRCUMSTANCES REQUIRE THEM. YOU ALSO NEED TO UNDERSTAND WHEN YOU WILL STOP PHYSICALLY ASSAULTING YOUR ATTACKER. MOST FIGHTS LAST AN AMAZINGLY SHORT PERIOD OF TIME. FIGHTS SHOULD BE MEASURED IN SECONDS, NOT MINUTES. THE SHORTER, THE BETTER, AND YOU NEED TO ALWAYS WIN. THERE WILL BE NO “FAIRNESS” INVOLVED BEYOND THE CLEAR WARNING, AND ENDING THE PERSONAL DEFENSE WHEN YOU ARE NO LONGER IN DANGER.

PRACTICE IS EASY TO COME BY. I WALK A MILE OR TWO ALMOST EVERY DAY. I ALWAYS CARRY MY WALKING STICK AND PRACTICE STICK HANDLING AND ALMOST ALL MY BASIC MOVES DURING MY WALKS. MOVES THAT MAY CONCERN YOUR NEIGHBORS ARE BEST PRACTICED IN THE PRIVACY OF YOUR HOME (MAKE SURE THERE IS PLENTY OF ROOM) AGAINST OPPONENTS OF THE CARDBOARD VARIETY. THERE IS NO BETTER SPARING PARTNER THAN A STACK OF CARDBOARD BOXES. YOU CAN EVEN USE A FELT MARKER TO DRAW AN OPPONENT ON THE BOXES. BE VERY CAREFUL USING LIVE PEOPLE FOR PRACTICE. YOUR PRACTICE PARTNERS CAN GET SEVERELY INJURED VERY EASILY.

THERE ARE SOME VERY SIMPLE RULES TO WALKING STICK DEFENSE

- 1. ALWAYS ASSUME A GUARD POSITION WHEN APPROACHED**
- 2. IF FORCED INTO A DEFENSE SITUATION, DO NOT HESITATE, AND DO NOT BUFFER YOUR STRIKES. SELF DEFENSE IS NOT A WARNING, IT IS A FIGHT FOR YOUR LIFE AND THE LIVES OF THOSE YOU LOVE.**
- 3. DON'T GET FANCY. FANCY MOVES ARE FOR THE MOVIES. THE MOVIES ARE THE ONLY PLACE WHERE THEY TRULY EXIST. STICK WITH THE 3 BASIC MOVES.**
- 4. USING A STICK IS LIKE DRIVING A CAR, USE BOTH HANDS. TWO HANDS GIVE YOU MORE CONTROL AND A BETTER CHANCE TO KEEP CONTROL OF YOUR STICK IF SOMEONE GRABS IT.**

THE 3 BASIC MOVES ARE:

- 1. BLOCK**
- 2. SWING**
- 3. POOL CUE**

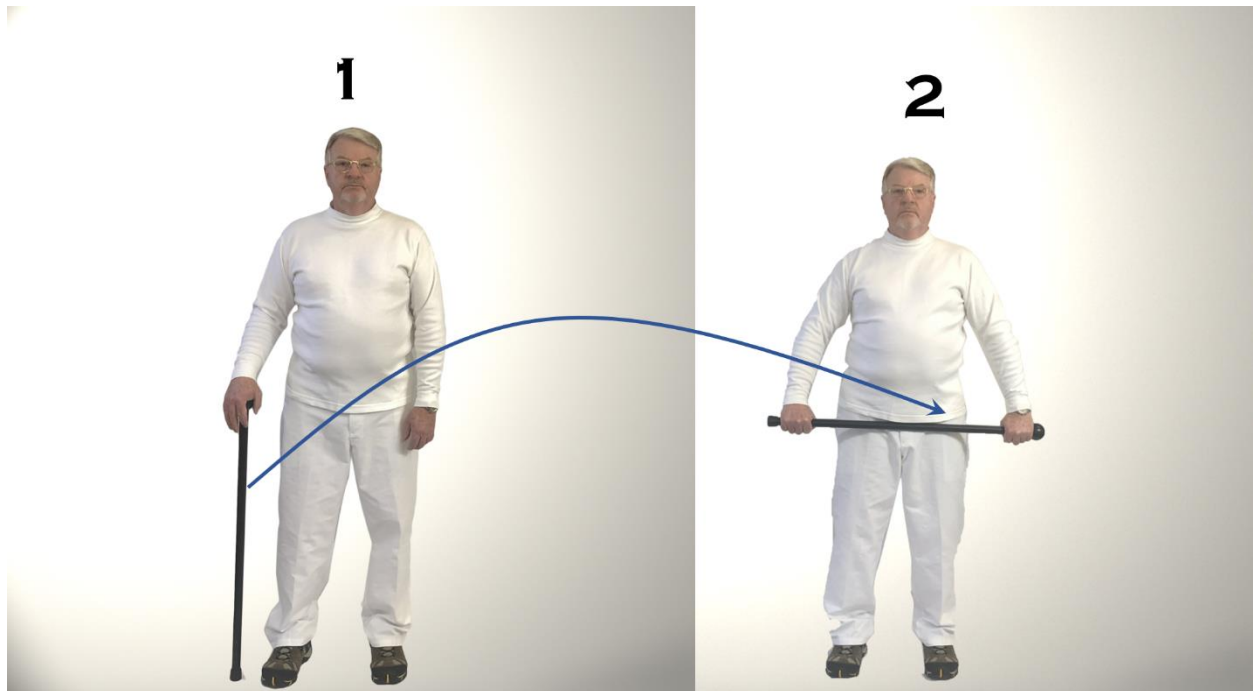
WHEN YOU FEEL YOU MAY NEED TO DEFEND YOURSELF, MOVE YOUR WALKING STICK FROM THE NORMAL POSITION OF KNOB IN HAND, TO THE BASIC CROSSBODY GUARD POSITION. THIS POSITION IS NOT THREATENING TO THE UNTRAINED EYE AND ALLOWS YOU TO QUICKLY MOVE INTO A BLOCK.

ALWAYS KEEP THE TIP OF YOUR STICK IN YOUR DOMINANT HAND (RIGHT HAND FOR RIGHT HANDED, AND LEFT HAND FOR LEFT HANDED) AND THE KNOB AT YOUR NON-DOMINANT HAND. KEEP YOUR EYES ON THE SUBJECT AND DO NOT

TELEGRAPH YOUR INTENTION. EVEN IF THE PERSON IS ASKING FOR DIRECTIONS, OR SOME OTHER NON-THREATENING QUESTION, DECIDE HOW AND WHEN YOU WILL STRIKE, EVEN AS YOU SMILE AND ANSWER THEIR QUESTION.

AS AN OLD SPECIAL FORCES ACQUAINTANCE ONCE TOLD ME, I HAVE CALCULATED 3 WAYS TO KILL YOU AS YOU WALKED INTO MY OFFICE. YOU SHOULDN'T BE PLANNING TO KILL, BUT SHOULD KNOW HOW YOU WILL STRIKE IF THE SITUATION REQUIRES FORCE. KNOW IN YOUR MIND WHAT WILL CONSTITUTE A BREACH AND HOW YOU WILL REACT.

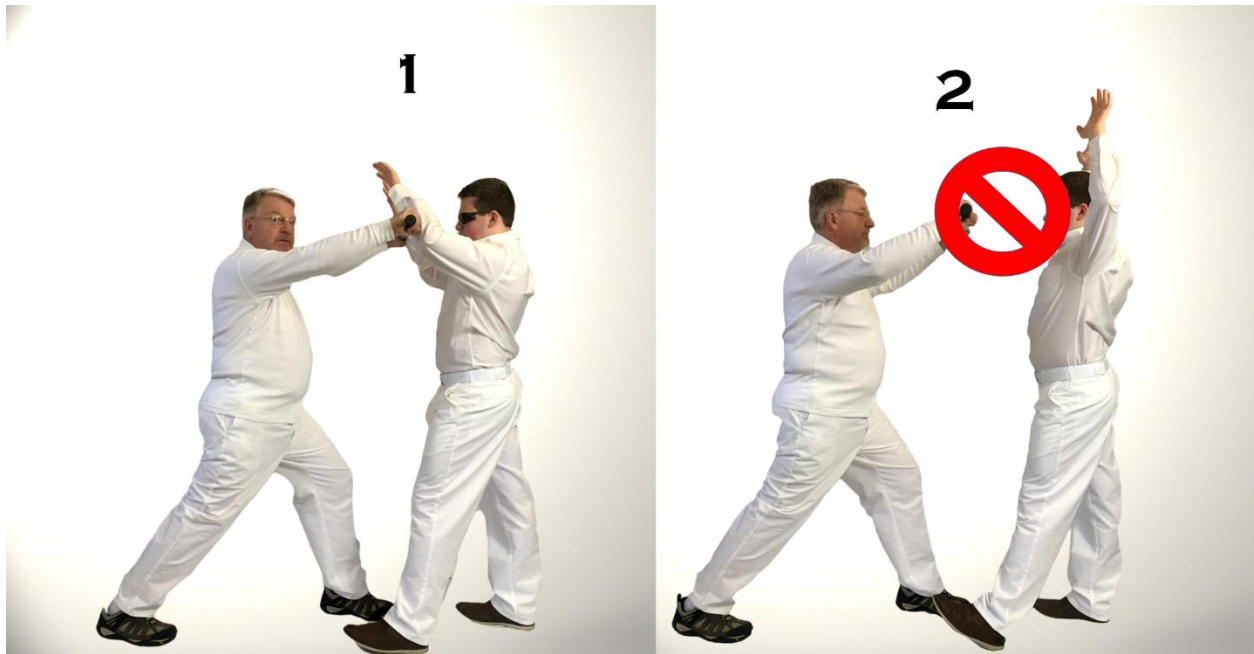
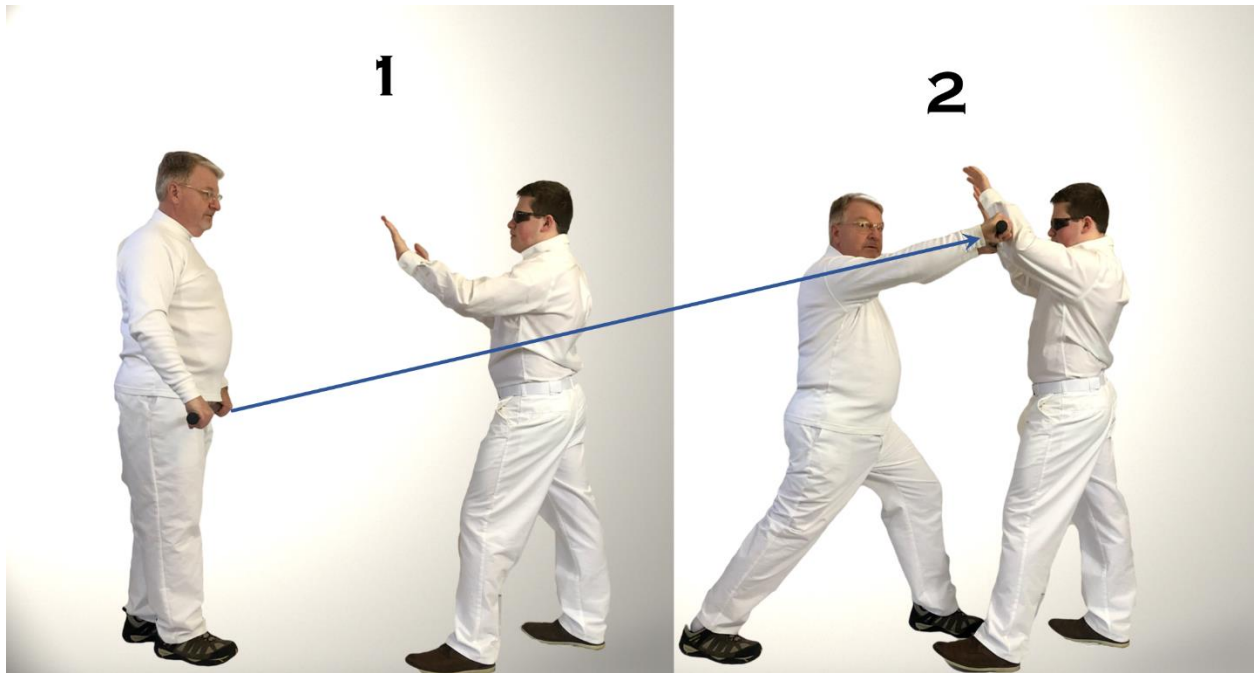
GUARD POSITION



BLOCK

IF A BREACH OCCURS, IT WILL NORMALLY START WITH THE SUBJECT MOVING INTO YOUR PERSONAL SPACE AND REACHING FOR YOU. THE FIRST AND VERY EFFECTIVE MOVE IS A BLOCK. YOU CAN BLOCK THEIR HANDS, OR THEIR BODY, OR BOTH IN QUICK SUCCESSION. NORMALLY IF A PERSON REACTS WITH SURPRISE, THEY WILL THROW THEIR HANDS UP TO SIGNAL THEY MEANT NO HARM. AT THIS POINT, DO NOT BACK DOWN, IT MAY BE A RUSE, BUT IT ALSO MAY BE SERIOUS AND YOU DO NOT WANT TO DEPRIVE A PERSON OF THEIR TEETH IF THEY SIMPLY GOT OVERLY FRIENDLY.

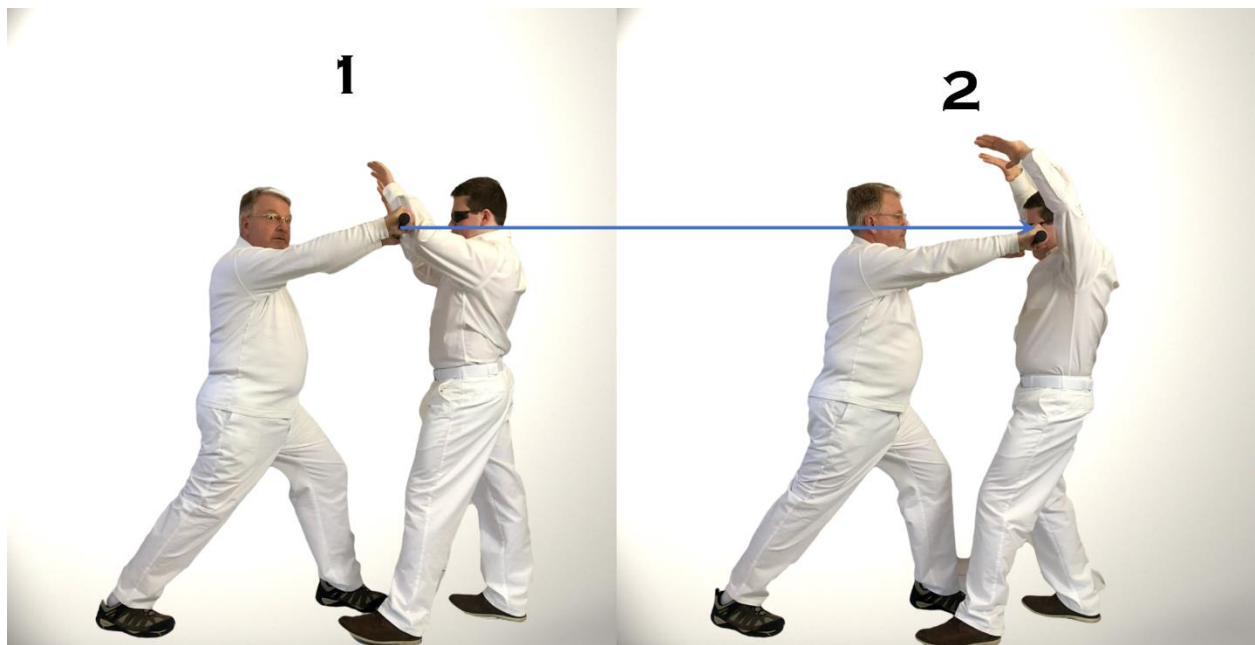
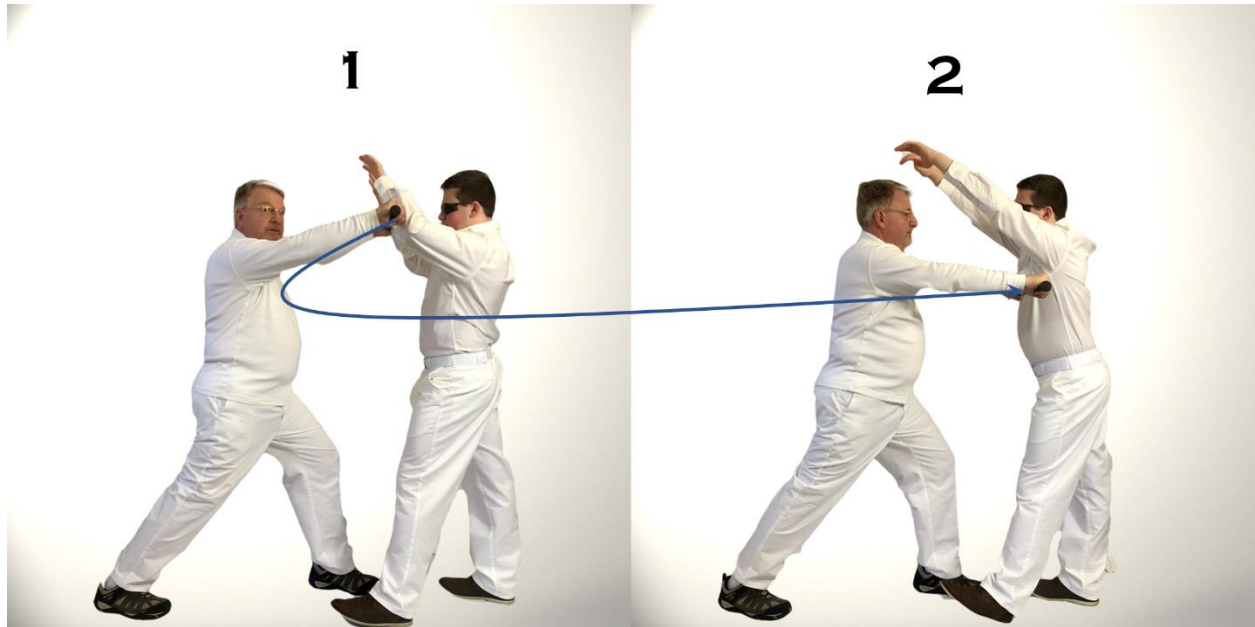
BLOCKS

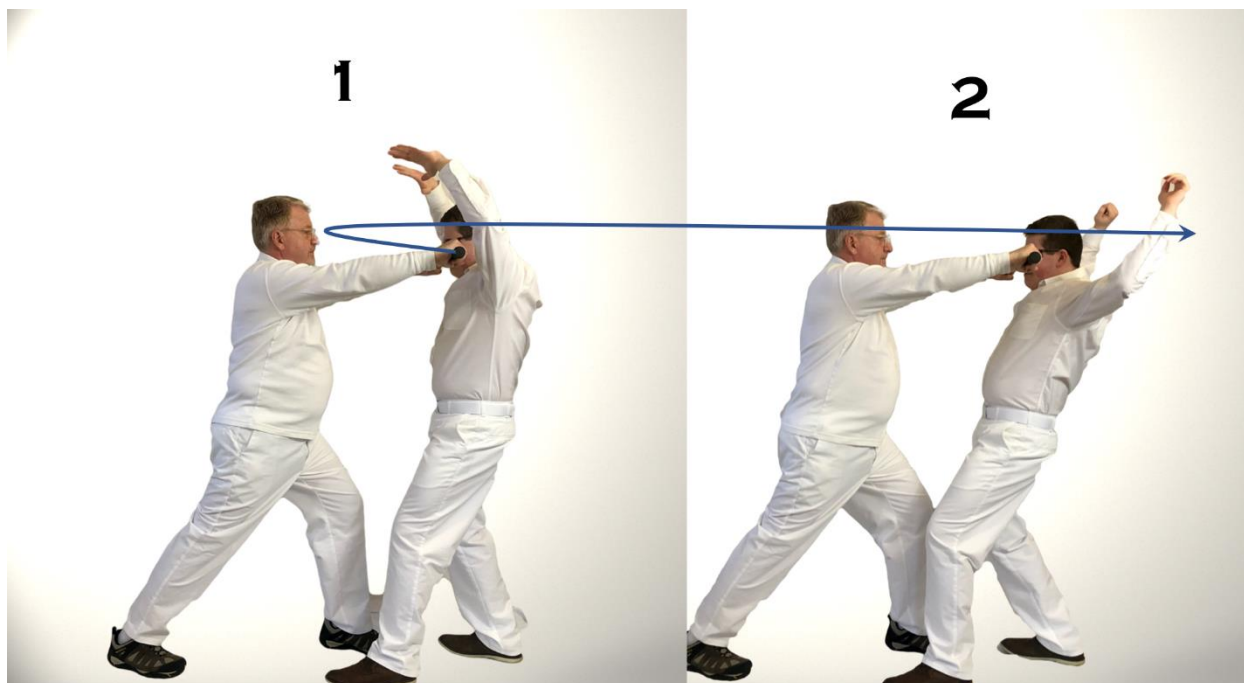


YOU WILL KNOW QUICKLY IF THE PERSON MEANS HARM AND IF THEY DO, YOU CAN BLOCK THE ARMS UP AS SHOWN OR DOWN AS NOT SHOWN. THE NEXT BLOCK IS EITHER TO THE CHEST IF THEY ARE CROWDING YOU, OR TO THE FACE

IF THE OPPORTUNITY PRESENTS. ONCE YOU HAVE BLOCKED ONCE, RETRACT AND BLOCK AGAIN RAPIDLY AND MOVE INTO YOUR ATTACKER, WHICH WILL OFTEN CAUSE THEM TO FALL OVER BACKWARDS ALLOWING YOU TO FLEE, OR TAKE FURTHER MEASURES IF NECESSARY.

RAPID REPEATED BLOCKS





SWING

THE NEED TO USE A SWING IS MORE SERIOUS THAN A BLOCK. THE PERSON MAY NOT BE CLOSING ENOUGH TO ENABLE A BLOCK TO WORK, AND THEY MAY BE ANGLING TO GET IN CLOSE AND TAKE ADVANTAGE OF A GRAB OR STRIKE.

MY PERSONAL RULE IS THAT IF A PERSON IGNORES WARNINGS AND IS CLOSE ENOUGH TO GRAB ME WITH A LUNGE, THEY ARE INVITING A STRIKE.

THE SWING SHOULD ALWAYS BE TWO-HANDED. DO NOT WAIT FOR THE OPPORTUNE AIMING POINT, OR BE CONCERNED ABOUT MISSING YOUR TARGET. SHOULD YOU AIM FOR THE ASSAILANT'S HEAD AND THEY THROW UP A HAND, YOU MAY MISS THEIR HEAD, BUT STRIKE THEIR HAND OR WRIST.

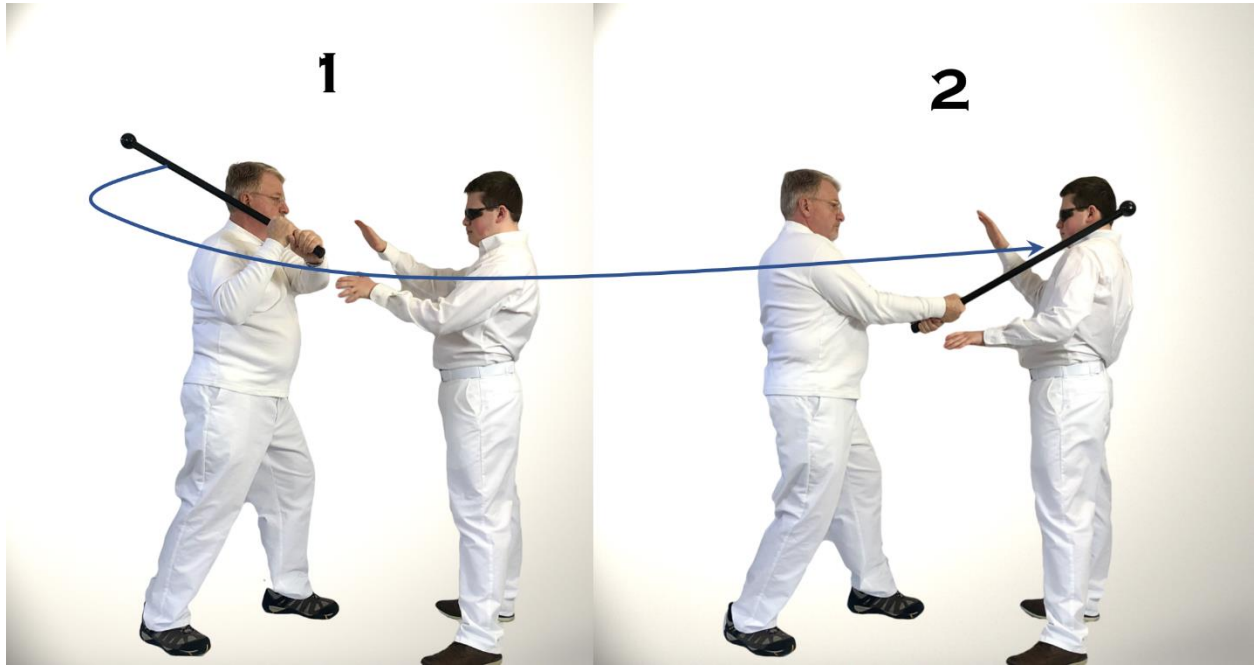
A WALKING STICK IS A FORMIDABLE WEAPON THAT STRIKES WITH TREMENDOUS FORCE AT SPEEDS OF UP TO 60+ MILES PER HOUR. THE OVERALL FORCE IS AKIN TO BEING HIT WITH A MID-RANGE HANDGUN BULLET. IT HAS THE POWER TO BREAK BONES AND JOINTS, FRACTURE THE SKULL, AND DELIVER EXTENSIVE BLUNT FORCE TRAUMA.

SHOULD YOU BE PUT IN THE POSITION TO DEFEND YOURSELF, DO NOT HOLD BACK. SWING HARD AND SWING SMART. FOLLOW THRU AS THOUGH YOU ARE SWINGING A BASEBALL BAT, GOLF CLUB, TENNIS RACKET, OR AX. SWING AS THOUGH YOU WILL ONLY GET ONE CHANCE TO SAVE YOUR LIFE OR THE LIVES OF THOSE YOU LOVE. THIS MAY BE A TRUE SCENARIO.

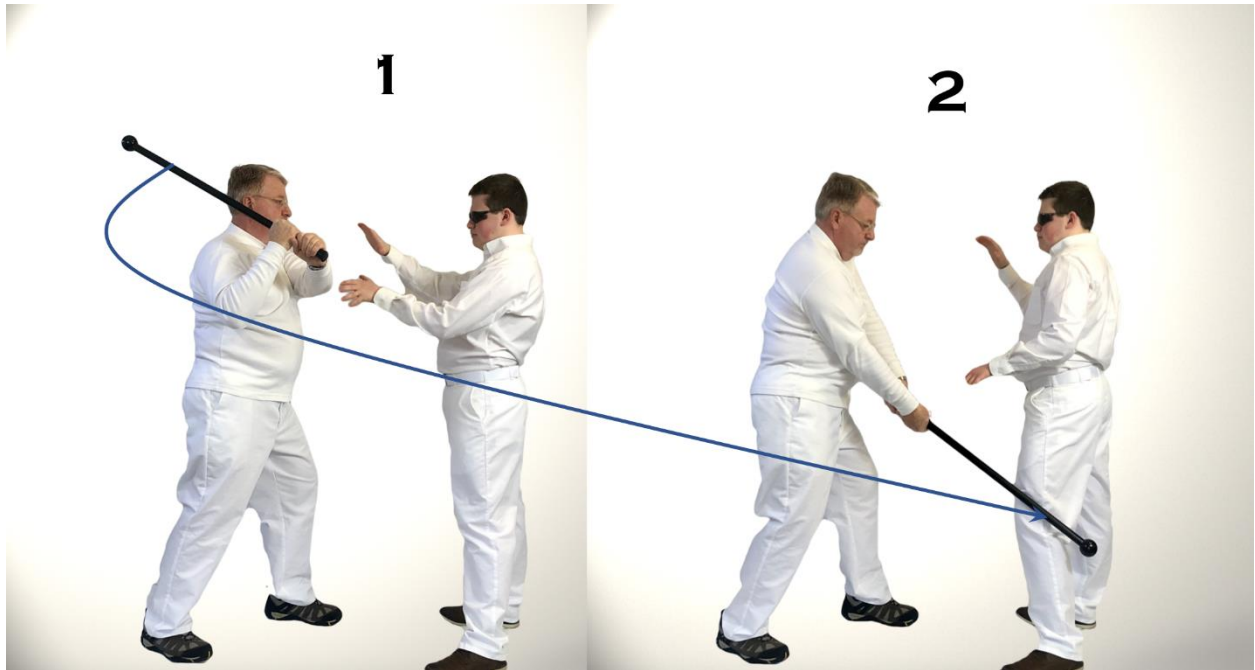
ONCE YOU MAKE CONTACT WITH YOUR ASSAILANT, THEY WILL PROBABLY GO DOWN TO THE GROUND. DO NOT UNDER ANY CIRCUMSTANCES OFFER ASSISTANCE NOR APPROACH THEM. INJURED PEOPLE AND ANIMALS (SWINGS WORK ESPECIALLY WELL AGAINST DANGEROUS DOGS) HAVE THE ABILITY TO INJURE OR KILL YOU AND INDEED OFTEN WILL.

THERE ARE 4 BASIC SWINGS

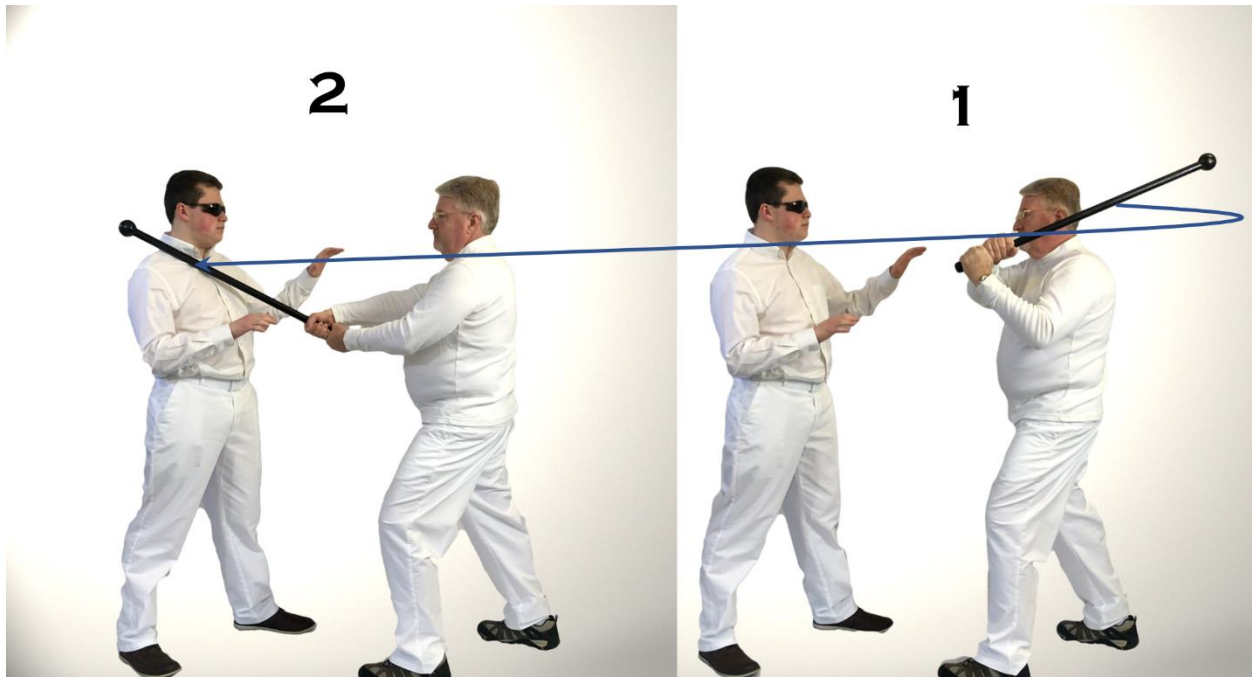
RIGHT TO HIGH



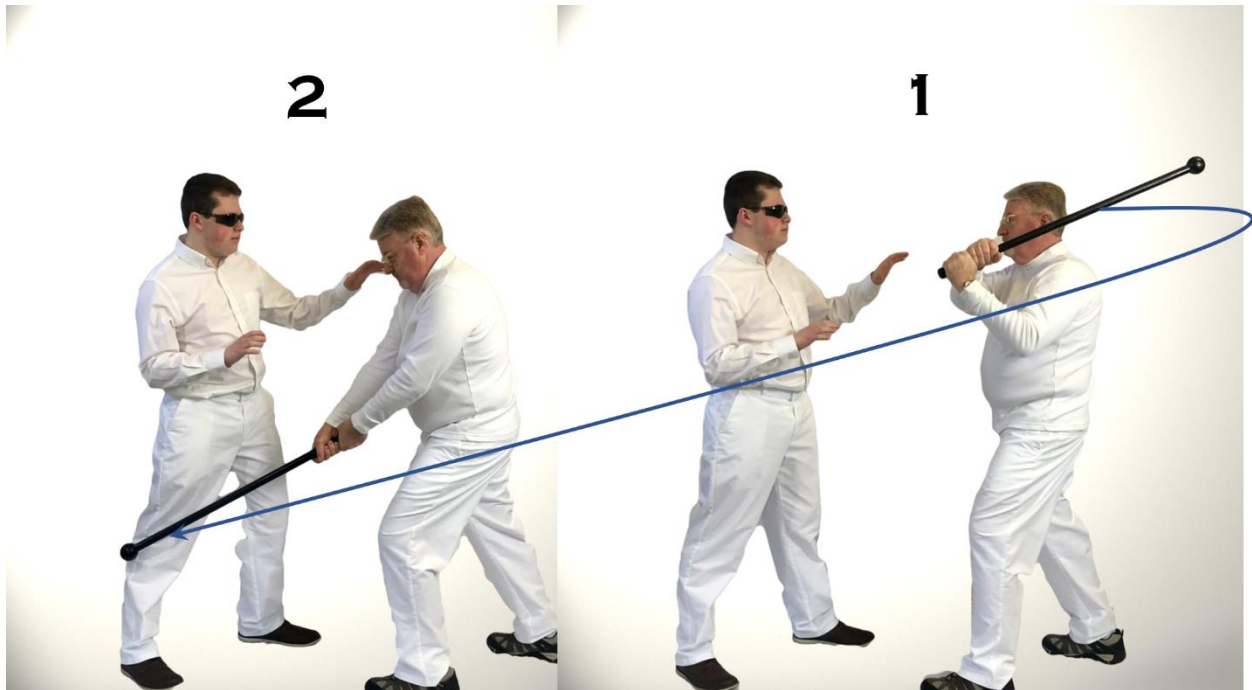
RIGHT TO LOW



LEFT TO HIGH



LEFT TO LOW



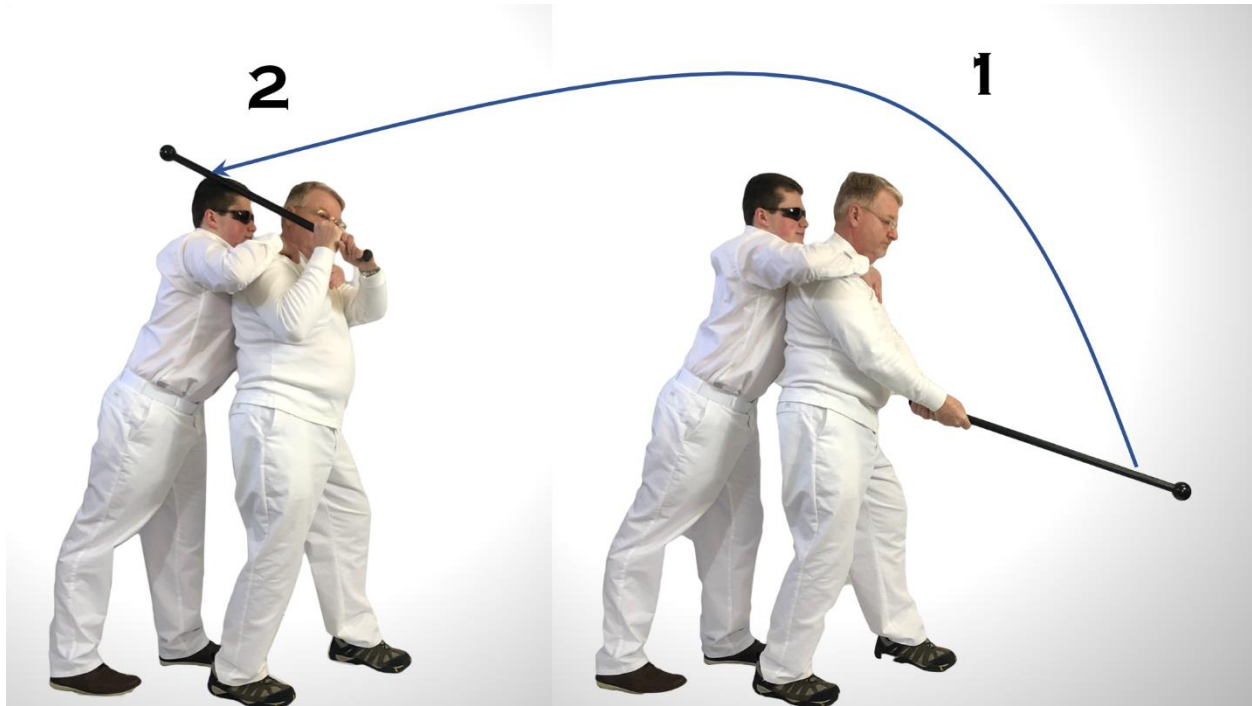
HIGH TARGETS ARE HEAD, SHOULDER, UPPER ARM, AND ANY BLOCKING EXTREMITIES THE ASSAILANT MAY THROW UP.

LOW TARGETS ARE KNEE, UPPER AND LOWER LEG, AND ANKLE. LOW TARGETS ALSO INCLUDE ANY PART OF THE BODY IF THE ASSAILANT IS ON THE GROUND

AND CONTINUES TO THREATEN. PEOPLE ON THE GROUND OFTEN TRY TO ATTACK AND TOPPLE YOU. DO NOT LET THIS HAPPEN.

ONE ADDITIONAL STRIKE THAT IS VERY IMPORTANT TO LEARN IS TO STRIKE OVER YOUR SHOULDER TO STOP AN ATTACK FROM THE REAR. AS SOON AS YOU CONNECT AND FEEL YOUR ASSAILANT BREAK THE HOLD, STEP FORWARD QUICKLY, WHEEL, AND GO INTO BLOCK IF POSSIBLE, OR POOL CUE IF THEY ARE CLOSING QUICKLY.

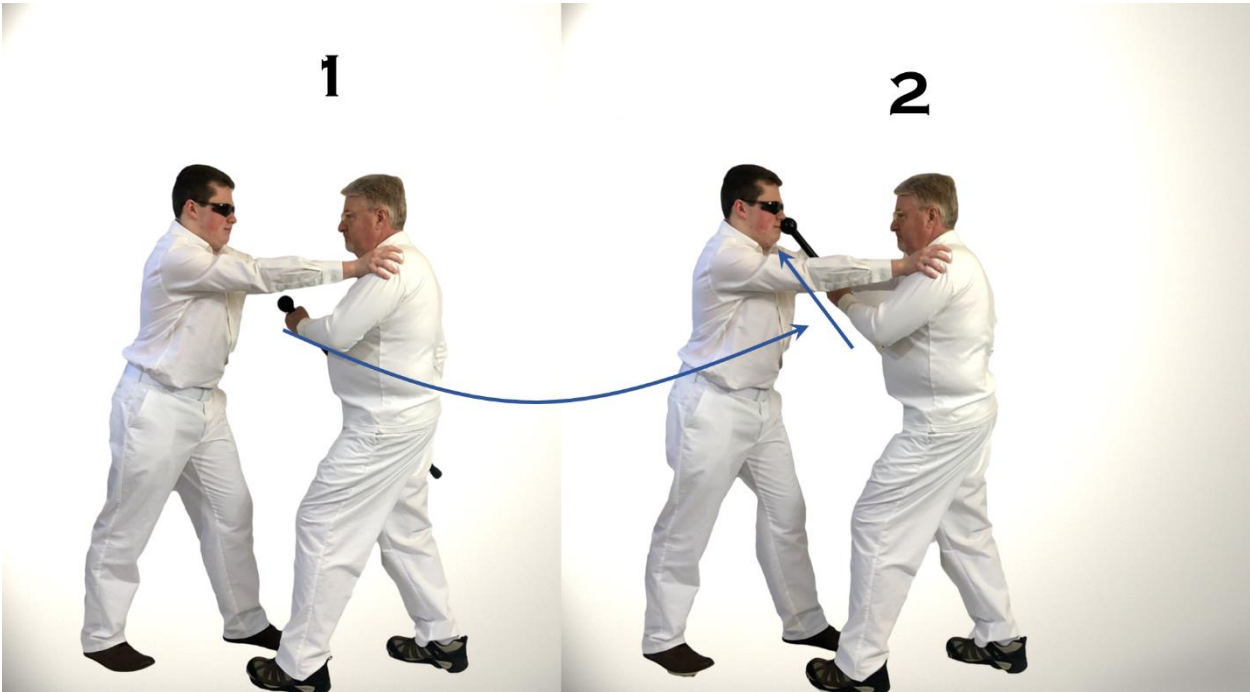
OVER-SHOULDER STRIKE



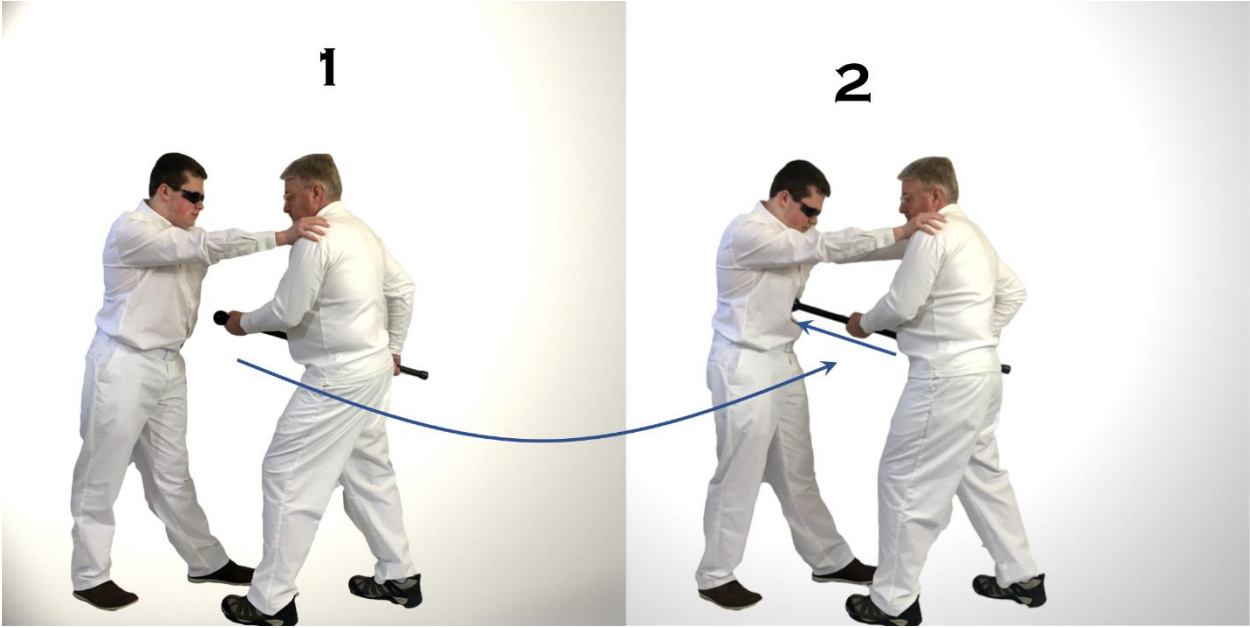
POOL CUE

IF YOUR ASSAILANT CLOSES TOO QUICKLY YOU CAN MOVE FROM GUARD INTO A POOL CUE READY STANCE. POOL CUE IS USED WHEN THE ASSAILANT IS TOO CLOSE FOR A BLOCK OR A SWING, AND GENERALLY HAS GRABBED YOU WITH ONE OR BOTH HANDS.

POOL CUE HIGH



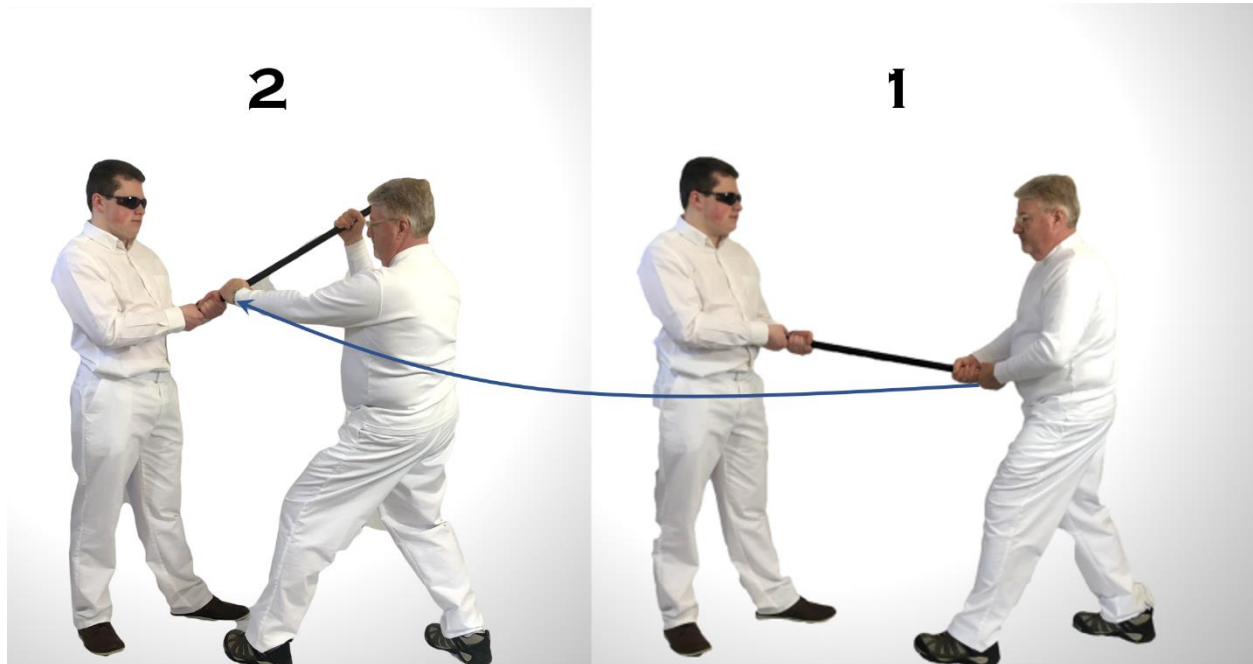
POOL CUE LOW

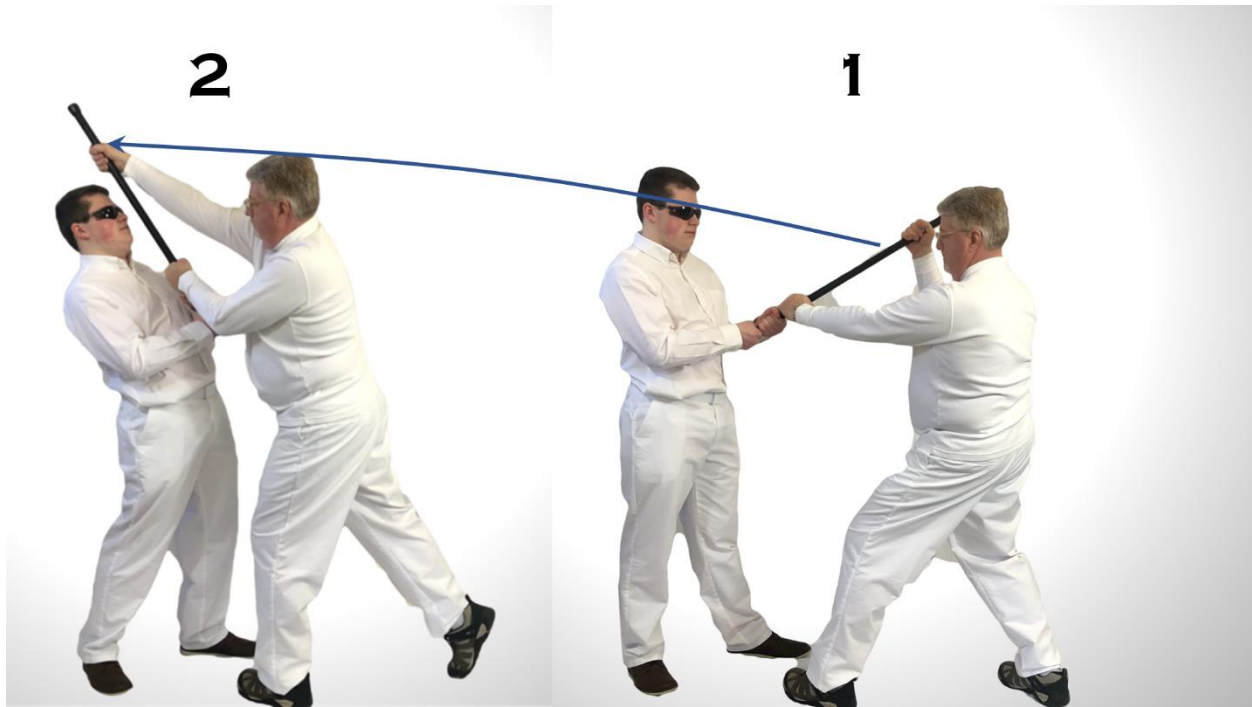


POOL CUES ARE NOT AS POWERFUL AS BLOCKS AND STRIKES. AS SOON AS YOU HAVE DELIVERED A POOL CUE STRIKE, FOLLOW IT UP WITH AS MANY AS NECESSARY TO BREAK THE OPPONENT'S HOLD, AND MOVE TO FOLLOW WITH A BLOCK, OR A STRIKE.

GRABBED STICK DEFENSE

ONE MORE MOVE IS CRITICAL TO WALKING STICK DEFENSE. AT SOME POINT YOUR STICK MAY BE GRABBED BY AN OPPONENT. DO NOT LET GO OF YOUR STICK. SLIDE INTO A POSITION WHERE ONE HAND IS CLOSE TO YOUR OPPONENT AND THE OTHER IS ON YOUR END OF THE STICK. THIS WILL GIVE YOU LEVERAGE THAT NO OPPONENT CAN OVERCOME, NO MATTER THEIR SIZE OR STRENGTH. MOVE INTO YOUR OPPONENT AND SLAM THE END OF THE STICK INTO THEIR FACE OR BODY. REPEAT AS MANY TIMES AS NECESSARY UNTIL THEY LET GO OF YOUR WALKING STICK.





SUMMARY

- 1. USE YOUR HEAD AND YOUR FEET FIRST, FIGHT AS A LAST RESORT**
- 2. SANG-FROID, PRACTICE, PRACTICE, PRACTICE, ALWAYS KNOW WHAT YOU WILL DO NEXT**
- 3. DON'T GET FANCY, USE BOTH HANDS, STRIKE WITH ALL YOU HAVE WHILE STAYING IN CONTROL**
- 4. GUARD STANCE**
- 5. BLOCK IF CLOSE**
- 6. POOL CUE IF CLOSER**
- 7. SWING IF NECESSARY, TARGETS OF OPPORTUNITY HIGH OR LOW. REMEMBER, DISABLED HANDS, WRISTS, KNEES, ANKLES, AND LEGS DO NOT AFFORD MUCH USE TO AN ASSAILANT. BROKEN COLLAR BONES PREVENT USE OF THAT SIDE ARM.**
- 8. BE READY TO COUNTER A GRABBED WALKING STICK**

¹ How to Defend Yourself, Cane-Fists-Dirty Tricks, George Dubois translated by M.P. Lynch

² New Bonafort Cane Fighting System, Darrin Cook