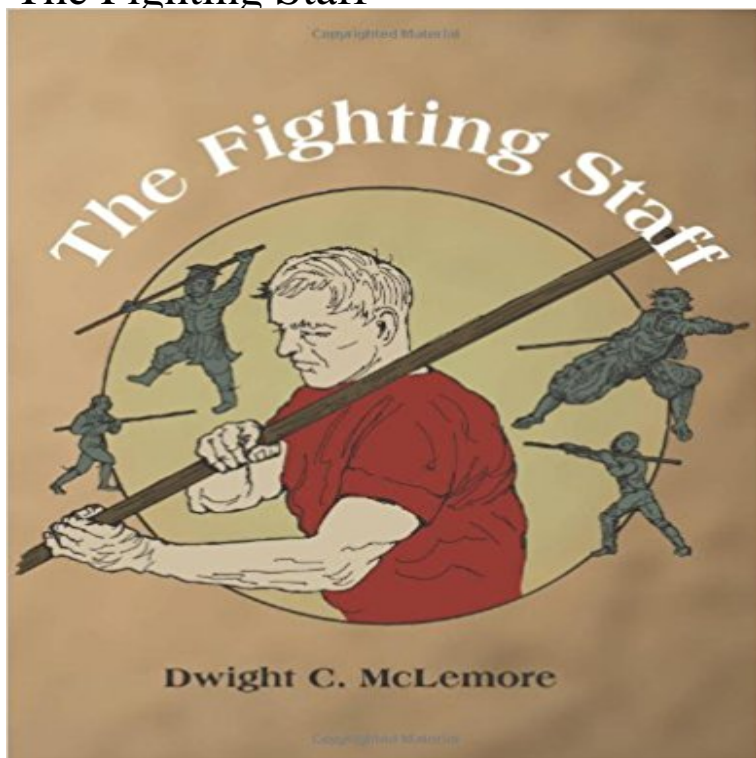


The Fighting Staff



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 mans 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 McLemores 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.

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Weapons series, Dwight McLemore does for the staff what he did earlier for the Bowie, tomahawk, and sword. The Fighting **Fighting With Staff and Spear The Academy of European** How to Fight with a Bo Staff. Fighting with the Bo staff is a handy skill, more likely to come to your aid in a street fight than the fancier weapons. Though the actual **Ultimate Bo At Home Follow Along Lesson -- beginner bo staff training** Editorial Reviews. About the Author. Dwight C. McLemore is a retired combat arms officer with The Fighting Staff by [McLemore, Dwight C.] Kindle App Ad **Collapsible BO STAFF Fighting - Amazing! - YouTube** Quarterstaff Fighting. Quarterstaves in use, from Old English Sports, Pastimes and Customs, published 1891. Focus, Weaponry. Country of origin, Berkshire, England. Creator, unknown. Olympic sport, No. A quarterstaff (plural quarterstaves or quarterstaves), also short staff or simply staff is a traditional **How to FIGHT with a BO STAFF - YouTube** 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 **The Fighting Staffby Dwight C. McLemore,mixed - Paladin Press** Bo Staff DVD with Jake Mace. The Original Martial Arts Weapon. Simple, Natural, and Devastating in Combat. The Bo Staff, is at its core just a stick. Sticks were **Bo Staffs how to select guide - Karate Depot** 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 **Bo Staff Fighting - YouTube** A bo (? : ??), joong bong (Korean), bang (Chinese), or kun (Okinawan), is a very tall and long staff weapon used in Okinawa and feudal Japan. Bo are typically around 1.8 m (71 in) long and used in Japanese martial arts, in particular bojutsu. Other staff-related weapons are the jo which is 1.2 m (47 in) long and the Japanese wooden staff bo weapon made in the shape of a walking stick, **The Fighting Staff: Dwight C. McLemore: 9781581607147: Amazon** May 13, 2014 - 7 min - Uploaded by Kung Fu & Tai Chi Center w/ Jake Mace**Top 10 Bo Staff Techniques of Kung Fu.** These are some Fundamental and Beginning level top **Stick-fighting - Wikipedia** Stick-fighting, stickfighting, or stick fighting is any of a variety of martial arts which use simple long slender, blunt, hand-held, generally wooden sticks for fighting such as a staff, cane, **The Fighting Staffby Dwight C. McLemore,mixed - Paladin Press** **Bo Staff Spinning Techniques - Japanese Jujitsu** Nov 11, 2014 - 5 min - Uploaded by Kung Fu & Tai Chi Center w/ Jake Mace**BO STAFF - Real Fight.** This is how we train for fighting with the Chinese Bo Staff. This is a **What is Staff Fighting?** I hate to be stereotypical, but as youre in Los Angeles: are you actually interested in learning how to use a bo in combat with someone who actually wants to **Bo Staff, Top 10 Spins and Strikes - Wow, Incredible - YouTube** Categories. Clothes - This is the official type for this item on Neopets. Elite Boutique - This item is sold in the Elite Boutique in the NC Mall, which is only available : **The Fighting Staff eBook: Dwight C. McLemore: Kindle** **Black belt with amazing bo staff kata - YouTube** Oct 26, 2016 - 9 min - Uploaded by Kung Fu & Tai Chi Center w/ Jake Mace**Heres the Full Bo Staff Fighting or Bo Staff Combat Lesson.** How to Fight with a Bo Staff **Staff Fighting #1 - YouTube** Sep 10, 2015 - 5 min - Uploaded by Kung Fu & Tai Chi Center w/ Jake Mace**Collapsible BO STAFF Fighting - Amazing!** I love this weapon. Check out the new **Collapsible How to learn to fight with a Bo staff - Quora** May 8, 2013 - 9 min - Uploaded by UltimateTraining**Follow along at home with Sensei Michael.** You will learn strikes, stances, and a combination in **17 Best ideas about Bo Staff on Pinterest** **Martial arts techniques** Mar 1, 2009 Although the bo staff is a versatile and commonly found weapon, lets face it its a big stick. You can paint it, and sprinkle it with kanji-adorned