

The Art And Science Of Staff Fighting A Complete Instructional Guide

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The Art and Science of Staff Fighting A Complete

- NINE LEVELS EASY TO EXPERT This book stands apart from other staff training manuals While most titles focus on forms and twirling The Art and Science of Staff Fighting emphasizes the dynamics of combat

The Fighting Staff Dwight C McLemore 9781581607147

- In the fighting staff Dwight has done an excellent job of conveying through text and illustrations the nuances of the techniques His system of notation used to relay the strike and block angles is simple to learn and becomes second nature with just a bit of practice

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