



# Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense

By Sammy Franco

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## CANE FIGHTING TECHNIQUES FOR THE REAL WORLD!

**Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense** is a no nonsense book written for anyone who wants to learn how to use the cane or walking stick as a fighting weapon for real-world self-defense.

## THE ULTIMATE SELF-DEFENSE WEAPON FOR EVERYONE

While seemingly inconspicuous, the cane or walking stick is both a practical and devastating weapon for all ages, young and old, regardless of size or strength or experience and skill level. Most importantly, you don't need martial arts training to master this incredible self-defense weapon.

## ONE BOOK FOR MANY TYPES OF FIGHTING STICKS

With over 200 photographs and step-by-step instructions, **Cane Fighting** is the authoritative resource for mastering the following weapons:

1. The Hooked Wooden Cane
2. The Modern Tactical Combat Cane
3. Walking Sticks of all types
4. Irish Fighting Shillelagh
5. The Bo Staff

## POWERFUL CANE FIGHTING TECHNIQUES AT YOUR FINGERTIPS

Cane Fighting is devoid of tricky or flashy cane fighting moves that can get you injured or possibly killed when defending against a determined attacker. Instead, it arms you with practical and powerful cane fighting techniques that actually work in the chaos of real-life street assaults. In fact, the skills and techniques found in these pages are surprisingly simple and easy to apply.

## CANE FIGHTING COVERS THESE ESSENTIAL TOPICS:

How to choose the right tactical cane for your needs, advantages of the combat cane, weapon requirements, grips, essential dos and don'ts, weapon terminology,

high and low concealment stances, strikes, power swings, preparing for impact shock, first strike techniques, combinations, striking angles, cane chokes, self-defense stages, blocks, deflections, footwork skills, cane fighting attributes, target areas, medical implications of cane strikes, use-of-force concerns, workout routines, conditioning exercises, and much more!

Whether you are a beginner or advanced practitioner, student or instructor, **Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense** teaches you powerful street-oriented techniques and proven fighting methods to get you home alive and in one piece.

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## **Cane Fighting: The Authoritative Guide to Using the Cane or Walking Stick for Self-Defense By Sammy Franco Bibliography**

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### **Editorial Review**

Review

#### **Great Defensive Cane Fighting Book**

"No fancy fluff, just street effective cane fighting techniques." -Louis

#### **A 5 Star Book on Cane Fighting**

"Great photos and instructions on using the defensive cane." -Drew H.

#### **Great for my Irish Fighting Shillelagh**

"Glad I bought Cane Fighting, it's money well spent." -Tanner G.

#### **Informative Cane Defense Book**

"Great book for all types of stick weapons. -Anna F

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