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The walking stick is a convenient and formidable weapon in the hands of a man trained to use it. With the carry and use of firearms and knives gradually becoming more restricted by law, the stick is becoming an increasingly viable implement of practical self-defence for ordinary citizens. This book by "an officer of the Indian Police" is an extraordinary example of a practical martial art text of the early 20th century. The entire range of defensive and offensive skills is discussed and demonstrated, including guards, strikes, combinations, counterattacks, feints and tricks, double-handed techniques and training drills.

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