

CHAPTER I

INTRODUCTION

Men no longer swagger abroad with swinging rapier and pistols thrust in the belt as they used in the golden days of old. We have become less picturesque, more matter-of-fact. But it is only an outward change. Our instinctive sense of self-preservation and self-protection still remains as it was.

Few men are seen nowadays without a stick of some kind in their hands while out; and what is a stick but the sign of an aesthetic progress whereby the prehistoric tre-limb has been whittled down to a bludgeon, the bludgeon to a club, to a walking stick, to an ornamental cane.

Times and manners change; and looking upon the walking stick as an adornment we are apt to overlook its origin and original use. We are sometimes brought to a rude sense of awakening by and unlooked for crisis, perhaps when confronted by a dangerous hooligan and his confraternity, a ferocious dog, a burglar. Attacks on individuals in railway carriages are also not of infrequent occurrence.

These contingencies, and many others, can be met, *by women as well as by men*, and very effectively met, when one has given back to the walking stick its primitively established use, and has acquired the knowledge of how to use it to its original purpose.

Boxing, Wrestling and Ju-Jitsu have taken the place of the stick. This is wrong! They should be scientific physical adjuncts and not substitutes. They are, unfortunately, not within the reach of all; and entail, if proficiency is the aim, a rigid carrying out of a strenuous course of instruction and training.

Our walking stick, our constant companion, the very feel of which is familiar, can be easily converted into a highly efficient means of self-defence with only a little amount of practice and no strenuous training. The peculiar advantage we then hold over the boxer, wrestler, and Ju-Jitsu exponent, will not fail to make itself apparent.

These, we will realise, may be overcome by even a very second rate opponent merely owing to the simple fact that they are not, except to a certain extent the last, provided with a means of meeting foul methods of attack. For example, a boxer is incapable of warding off a well-directed blow from a stick or a knife. His fist, arm, etc., most sensitive portions of his anatomy, as we will



FIG. 1.



FIG. 2.



FIG. 3.



FIG. 4.

experience for ourselves, are easily vulnerable. The same holds good of the wrestler and to a certain extent the Ju-Jitsu exponent. They have *to get to grips* with their opponent before they can get to work, and therein lie their difficulty and danger; and this demonstrates our advantage over their methods in being able to deal with our opponent at a distance. This should not be taken as disparaging in any way these three most manly of sports which are of such vital importance in the training of the youth of the nation. Each is, in its way, an undoubted and highly efficient means of self-defence under certain circumstances, but, for the average man who is generally out of training, and has not the time or opportunity to get himself into training, a less strenuous and more decisive means of self-defence is afforded by a knowledge of how to employ a walking stick.

When you have attained proficiency with your stick you will realise that you are then in a position to deal with your opponents in the manner best suited to the circumstances. Lightly, if the situation is not serious, and with the utmost rigour should you be in any great peril.

By following the methods set forth in this book the average man *or woman* can quickly acquire proficiency. A casual glance through the book will enable the reader to grasp many hitherto unknown ways of converting a Walking Stick into a weapon of no mean order should the occasion to employ it arise.

On the Walking Stick as a weapon of defence for ladies, unescorted on rambles in the country, too much emphasis can not be laid. Imagine the discomfiture of the burliest ruffian on sensing the deft manipulation of what appeared to him to be merely a harmless little Walking Stick.

For POLICE purposes the methods described are invaluable. The average constable through-out the country is armed with that most un-scientific weapon, the truncheon, too short to hit effectively and too short to guard with. No scientific methods can be applied to its employment. It is up to authorities to see that the men employed in the maintenance of law and order are instructed in a method of self-defence on scientific lines which can be employed by them under all circumstances and which will give them an advantage over those opposed to them. The introduction of these methods into the training of certain Police Forces in India has shown the readiness with which the men take to this form of training, and a knowledge of the methods tends, without a doubt, to the enhancement of the general efficiency of the whole force. The possibilities of a reduction in armaments of Police Forces, brought about by efficient training in these methods, are not to be discounted.

The scientific employment of a Walking Stick for purposes of self-defence will assuredly make a great appeal to all BOY SCOUTS, and its inclusion in their training will afford a highly interesting and beneficial form of instruction which will go a long way towards engendering that very necessary spirit—self-confidence—which is so essential in all walks of life. We all aspire, or should aspire, to be expert in some-thing, and surely the realisation that we are perfectly capable of looking after ourselves and of being able to render others a good turn in getting them out of a tight corner is worthy of achievement.

A certain BOY SCOUT troop in India has already realised the great benefits to be derived from training in the methods described in this book, and its introduction into their course of training has aroused the keenest desire in the boys to attain proficiency. It is possible that with them will lie the very great honour of introducing a change in the BOY SCOUT world by the substitution of the present unwieldy STAFF. Many actuated by motives of sentiment will possibly raise a protesting voice against any such change in the universally well-known BOY

SCOUT kit, but in these days where there is only room for efficiency, which is after all the Boy SCOUTS' chief aim to attain, there will be nothing lost but a lot to be gained by the substitution of the Walking Stick for the STAFF for general use. The STAFF could be laid by for camp purposes if desired.

Perhaps the most potent consideration to be urged in favour of acquiring a knowledge of how to defend oneself with a stick is the feeling of security engendered by the knowledge that, given anything like a reasonable chance, one is able to render a very good account of oneself should the need arise.

The unfolding of the many ways of employing a stick which you have hitherto, perhaps, never really considered in this light, will prove of great interest and will act as a stimulus to continued effort to acquire proficiency in its use, besides which, in the performance of the numerous methods, you will have a for of exercise both beneficial and novel.

Certain of the exercises will occur to many as being somewhat brutal. This may be the case; but we must not overlook the fact that no sane person will employ them in any but the last resort. At the same time we should bear in mind that the individual who attacks us without provocation is unlikely to observe the "Don't hit below the belt" rule, and when up against such a one we owe it to ourselves and those dependent on us not to allow ourselves, in an affair not of our seeking, to be overcome by an opponent out to employ any means best suited to attain his own ends, "Your money or your life!"

In placing this book before the public the author feels confident that he will arouse not criticism on account of the language employed, and the absence of attempt at style. He is out solely and only to place his methods before the public as simply as possible, without any attempt at effect. He has studiously subordinated flourishes to the straight line. His writing is the honest effort of a police officer in a distant and disturbed country to place before his fellow countrymen the concentrated result of long experience and experiment, in the hope that they will acquire proficiency in a less arduous way, and that each will learn to look upon his Walking Stick no less as a friend, but as a friend in the true sense of the word who will not fail at a time of emergency.

The work will appeal to all, more especially to those who have already been in a "tight corner" and have felt how much they missed in not having known how to use their stick to its best effect.

Do not forget : *we nearly all get into a "tight corner" some time or another, or are called upon to help others out.* Be ready; and the only way to get ready is to learn and then practice.

First of all you must dispel all ideas from the mind that such a light thing as a Walking Stick cannot be of much use, especially if your opponent is armed with a heavier stick or knife, or if you are attacked by more than one at a time. It *can* be of much use. It will turn the scale in your favour. Have confidence. Keep an open mind on the subject until you have read through the book and practiced the methods. Then you will be in a position to pronounce judgment.