

PREFACE

There is nothing like novelty. The jaded appetite can be whetted anew by a new dish; the jaded mind by a new occupation.

Public opinion has nowadays been glutted to satiety with literature on all manners of self-defence; and these have been, and are being, dished up again and again, with here a touch of change., and there a spice of variety.

In this little book there is offered a complete change of diet.

To acquire proficiency in Boxing, Wrestling, and ju-jitsu, demands a certain expenditure of strenuous effort and money; more than the average man is prepared to concede.

The Walking Stick method of self-defence demands none.

The only appliance necessary is that possessed by nearly all; no special clothing or equipment is wanted; no, or little training. It can be learnt in quite a short time without strenuous exercise. *It can be acquired by men, women and children indiscriminately.* Yet it is essentially scientific. And this, combined with

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its simplicity, should suit exactly the average present-day man.

A walking stick is probably the only weapon the ordinary person is likely to have - in his possession when attacked. How many know how to use it to its best advantage? How many even know that a method exists whereby a harmless and cherished ornament can become a sure and powerful stand-by in time of stress and peril?

So far as is known, there is yet no other publication on the subject running on standardised lines. The System has been carefully built up after several years' thought and demonstration, and combines a method devised by a Frenchman, Vigui, of which, little is now heard, together with the stick play of tribes of negroes on certain of the West India Islands, called " Bois." Additions and ameliorations have been made as the result of experience and close practice under varying circumstances. The favourable reception of the method by police officials and others in the- Bombay Presidency and elsewhere (copy of letters and reports appear further on) as well as the keenness displayed by a certain Boy Scout Troop in India, first gave rise to the idea of general publication and it is confidently hoped that novelty, utility, and facility will form a combination which will not fail to attract public attention.

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The idea is novel; even the illustrations are novel, and show, better than words, how the method is being received in India.

As far as Boy Scouts, and other kindred organizations are concerned, the exercises will speak for themselves and show how eminently suitable they are from, both a hygienic and

*(No. 11771 of 1923. Police Department, Office
of the D.I.G. of Police, Karachi, dated the 1st December, 1923).*

Memorandum.

LATHI PRACU-ICE.-With reference to his No. 3976, dated the 11th October, 1922, the District Superintendent of Police, Kathiawar, is requested to let the undersigned know if he can undertake the training of two men from Sind in Lathi* Practice. The date on which the men should arrive at Rajkot and the officer to whom they should report may please be intimated.

Sd./D. G. OMMANNEY,

Deputy Inspector-General of
Police for Sind, Karachi.

To the District Supdt. of Police,
Kathiawar, Rajkot.

* General term for stick.

* Stick

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*(Below U.O.R. No. 4853, dated 1st May, 1923,
From the Inspector-General of Police,
Bombay Presidency, Poona).*

Returned with compliments.

2. – The only experience in this city is that of the Lathi*. It has served its purpose, but the constabulary make a very crude use of it, and no Lathi Drill is taught.

3.— Mr. Lang's practical illustrations of the efficiency of the stick as a means of attack have persuaded us *that it is a more convenient weapon and one that is far more formidable in the hands* of a man trained to its use.

Sd./F.E. SHARPE,

For Commissioner of
Police, Bombay.

*(Copy of No. SAP. 1/3/22/17, dated the 24th
April, 1923, from the Commissioner of
Police, Kantoor Van de Kommissaris, Pre-
Toria, to the Inspector-General of Police,
Bombay Presidency, Poona).*

I have the honour to inform you that I have perused with much interest the information given under the heading "Drill," wherein the use of light sticks as weapons of defence and offence for

* Here means cudgel.

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police purposes is mentioned, contained in para-graph 46, page 34, of your Police Report for 1921.

I will be much obliged to receive full particulars of the stick in use, i.e., length, thick-ness and weight, etc., and also the detail and other useful information appertaining to the drill or system adopted.

(Copy of letter from the Private Secretary to His Excellency Sir George Ambrose Lloyd, G.C.I.E., D.S.O., Governor of Bombay).

Office of the Private Secretary to the
Governor of Bombay,
Government House,
Ganeshkhind,
Poona.

23d July, 1923

His Excellency wishes me to write and compliment you on the demonstration which you gave of the methods you had devised for the employment of a walking stick as a weapon of offence and defence.

His Excellency was much impressed with what he say, and considers that you will be doing most valuable service by perfecting and completing the system you have evolved.

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(Copy of letter dated 13th July, 1923, from His Highness Maharaja Sir Ghanshyamsinhji, Raj Saheb of Drangadhra, G.C.I.E., K.C.S.I.)

I had occasion to witness a demonstration of a new art introduced by Mr. H. G. Lang in the Agency Police of the use of the Walking Stick for purposes of self-defence and was vastly impressed by the performance. *It is really amazing how an ordinary walking stick can be made to serve as a very effective weapon of offence and defence.* I consider it an undoubtedly useful art which it would be worth while for *every man to learn.* As the organizer of the first Boy Scouts in Kathiawar, I was at once struck with the possibility of introducing it into the training

of the Scouts with advantage, and to that end have specially deputed my Director of Scouts to acquire a thorough and practical knowledge of the system.

*(Copy of letter dated 4th July, 1923, from Lieut.-
Colonel W.M.P. Wood, C.I.E.).*

I am glad to hear that you are publishing a book on the use of a walking stick for the purposes of self defence.

The little I saw in one day's exhibition of stick play impressed me immensely. *It showed*

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One clearly what a good defensive and offensive weapon a walking stick could be. My impression was that any man in a crowd armed with nothing else than a walking stick could not only give a very good account of himself but could also keep a considerable number of men at bay for some time and also considerably damage them. The combined play, to, was most effective.

I wish you all success. If I can do anything for you in pushing your book or obtaining you financial recognition I should be only too glad to do so.

Sd./W. M. P. WOOD.

*(Copy of letter dated 2nd July, 1923, from Mr.
J. T. Turner, Principal, Rajkumar College,
And Member Bombay Provincial Scout
Council).*

To see what a trained man can do with an ordinary walking stick both in defence and attack is an eye-opener for the uninitiated. I have been privileged to watch a display given by men trained by Mr. H. G. Lang, Superintendent Agency Police, and was much impressed by the sight. It is difficult to realise what an extremely business-like weapon an ordinary walking stick can be made without seeing it : I was much impressed,

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and am convinced that all Boy Scouts should be taught to defend themselves in this way. The training involves physical exercises that are of great benefit in themselves, and teaches a boy to be quick on his feet and to keep cool in an emergency. I propose to introduce it as part of the training of Scouts here.

*(Copy of letter dated 10th July, 1923, from Mr.
T. F. Armstrong, A.M.I.A.E., F.R.S.A.,
Rajkot, Kathiawar).*

I have had in the course of the last two years ample opportunity of forming an opinion on the use of a walking stick as a weapon of defence and offence from the numerous occasions I have witnessed the Kathiawar Agency Police at work with the stick. The surprising speed in its use acquired by practice, together with a knowledge of man's many vulnerable parts and the methods of employment under varying circumstances, *renders a walking stick into a weapon of the highest order for self-defence for the ordinary man in the street.* A very workable knowledge of how to employ a stick can be gathered from witnessing a demonstration and I have consequently, in the view of the numerous opportunities I have had of doing so, the greatest faith in a walking stick if driven to employ it in self-defence.

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(No. 485-B of 6th July, 1923. Subject: Instruction in the stick drill).

Memorandum.

With a view to introducing the light stick in place of the lathi as a weapon of offence and defence in the hands of the Police, the Supdt. Of Police (Nasik,* Poona, Satara), is requested to send two of his best instructors to Rajkot for a month's instruction.

2. The actual date on which these men are to be sent should be arranged by direct correspondence with the Supdt. Of Police, Kathiawar.

3. As the instructors now sent to Rajkot will be required to pass on their instruction not only to the men at their own headquarters but also possibly to instructors of other districts, it is important that they should be first-class men.

4. The men will get daily allowance at the prescribed rate for the period of their halt while at Rajkot.

Sd./J. R. JACOB,
(for Inspector-General
of Police, Poona).

*Instructors have already been trained for several other districts in the Bombay Presidency and Sind.