

# Stickfighting: A Practical Guide For Self-Protection By Evan S. Baltazzi

**By Evan S. Baltazzi**

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a practical guide for self-protection. Baltazzi, Evan S; . Stickfighting : a practical guide for self-protection.

this book on stick fighting was intended to be part Stick fighting: Practical guide for With the exception of a couple of practical low kicks to

Feb 06, 2014 Basic Stick Fighting Technique Last Updated: Feb 07, 2014 | By Luke Schmaltz. A stick is a good ally against an attacker with a weapon.

Contents Acknowledgments Introduction Part I The basics of stickfighting Chapter 1 Preparation and training How to approach physical conditioning Developing powerul

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