



The Fighting Staff

By Dwight C. McLemore

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The Fighting Staff By Dwight C. McLemore

In the latest addition to his Fighting Weapons series, Dwight McLemore does for the staff what he did earlier for the Bowie, tomahawk, and sword. **The Fighting Staff** is a modern illustrated guide to using one of man's oldest weapons. In keeping with his philosophy on fighting weapons, in this workbook McLemore does not attempt to duplicate methods from a specific period in the past. Rather, he offers an eclectic approach that borrows the most effective techniques from Asian and European martial arts throughout history. **The Fighting Staff** covers such essentials as footwork, grip, strikes, thrusts, blocks, and targeting. But its real value lies in the fighting concepts imparted, which serve as a language for advanced training. As always, your martial arts training is greatly enhanced by McLemore's beautifully executed drawings that take you step-by-step through 25 fighting drills for the martial arts staff. His use of frontal, side and overhead views, as well as his unique "floating staff" perspective, allows you to truly see how your actions correlate with those of your training partner (or opponent), as well as how and where your weapon moves. The training techniques taught in this book are not limited to the staff. They can also be used effectively with other weapons.

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Editorial Review

About the Author

Dwight C. McLemore is a retired combat arms officer with the U.S. Army and is an accomplished bladesman and instructor. He is renowned for his vast knowledge of Bowie and big-knife fighting and has more than 18 years of experience in self-defense and martial arts. The owner of the School of Two Swords, McLemore is rated expert level with the American Knife Congress, is certified in kung fu and holds 1st dan in kendo.

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