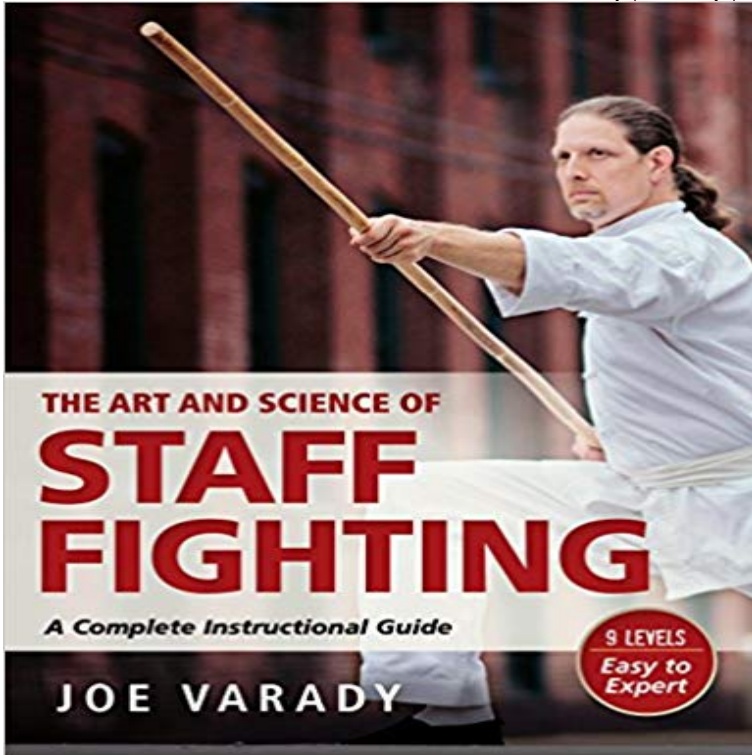


The Art and Science of Staff Fighting: A Complete Instructional Guide



NINE LEVELS, EASY TO EXPERT This book stands apart from other staff training manuals. While most titles focus on forms and twirling, *The Art and Science of Staff Fighting* emphasizes the dynamics of combat. The author draws on thirty years of martial experience, presenting the best of both Eastern and Western traditions. Joe Varady lays out a comprehensive course of study in nine levels, from beginner to expert. He guides readers through such fundamentals as stances, striking, blocking, and footwork. In advanced lessons, readers learn disarming techniques, groundwork, and facing multiple opponents. But this book is not just for staff enthusiasts. Even those unfamiliar with martial arts can adapt these techniques, increasing their skill and confidence in defending themselves. Our environment is usually full of improvised weapons, Varady writes. Staff fighting techniques can be effectively applied in a self-defense situation using a walking stick, coatrack, curtain rod, floor lamp, hockey stick, fallen tree branch, broom, mop, shovel, or rake. Equipped with this knowledge, readers will begin to realize that, in one way or another, they are nearly always armed—and capable of defending themselves. This book features nine levels of instruction, progressing from easy to expert. Over 600 photos with motion arrows. A nondenominational approach to staff, utilizing the best of Eastern and Western arts. A comprehensive, methodical approach to building staff skills. If you are already a student of the staff, these lessons will not conflict with your katas or current style. Instead, they will augment your techniques, broadening your options. Whether you are an experienced staff fighter or a layman seeking practical techniques for self-defense, *The Art and Science of Staff Fighting* will help you develop the skills you need.

Editorial Reviews. Review. A treasure trove of knowledge . . . something for every level. One of the most comprehensive staff fighting books. (Michael Gallagher Find great deals for The Art and Science of Staff Fighting : A Complete Instructional Guide Vol. by Joe Varady (2016, Paperback). Shop with confidence on eBay! Compre o livro The Art and Science of Staff Fighting: A Complete Instructional Guide na : confira as ofertas para livros em ingles e importados. Achetez et telechargez ebook The Art and Science of Staff Fighting: A Complete Instructional Guide (English Edition): Boutique Kindle - Martial Arts : . Find helpful customer reviews and review ratings for The Art and Science of Staff Fighting: A Complete Instructional Guide at . Read honest and The Art and Science of Staff Fighting: A Complete Instructional Guide by Joe Varady offers all the know-how needed to master this martial art. The Art and Science of Staff Fighting: A Complete Instructional Guide [Joe Varady] on . *FREE* shipping on qualifying offers. Finalist - SPORTS This book stands apart from other staff training manuals. While most titles focus on forms and twirling, The Art and Science of Staff Fighting emphasizes the - 23 sec [PDF] The Art and Science of Staff Fighting: A Complete Instructional Guide [Online Books]. 2 NINE LEVELS, EASY TO EXPERT This book stands apart from other staff training manuals. While most titles focus on forms and twirling, The Whether you are an experienced staff fighter or a layman seeking practical techniques for self-defense, The Art and Science of Staff Fighting will help you Note 0.0/5. Retrouvez The Art and Science of Staff Fighting: A Complete Instructional Guide et des millions de livres en stock sur . Achetez neuf ou - 21 sec Watch [EBOOK] DOWNLOAD The Art and Science of Staff Fighting: A Complete Instructional - 22 sec Watch [EBOOK] DOWNLOAD The Art and Science of Staff Fighting: A Complete Instructional - 4 min - Uploaded by Joe Varady These concepts are fully explained in The Art and Science of Staff Fighting by Joe Varady Read The Art and Science of Staff Fighting A Complete Instructional Guide by Joe Varady with Rakuten Kobo. NINE LEVELS, EASY TO EXPERT This book The Art and Science of Staff Fighting: A Complete Instructional Guide by Joe Varady. A Review. Michael Philliber. Uploaded by. Michael Philliber. connect to This book stands apart from other staff training manuals. While most titles focus on forms and twirling, The Art and Science of Staff Fighting emphasizes the