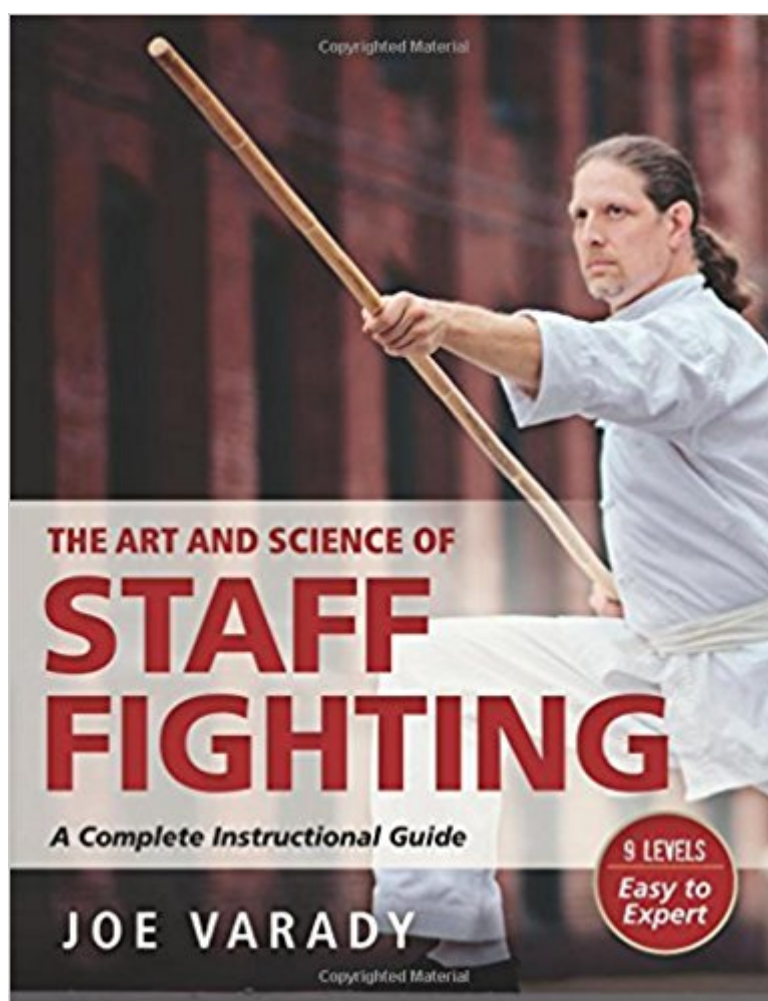




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The Art And Science Of Staff Fighting: A Complete Instructional Guide



Synopsis

trong>NINE LEVELS, EASY TO EXPERTThis 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 non-denominational 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.

Book Information

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Customer Reviews

"A treasure trove of knowledge . . . something for every level. One of the most comprehensive staff fighting books." (Michael Gallagher, USA Taekwondo national weapons champion)"Expertise shines through this detailed coaching text, which imparts clear instructions, a sense of motivation, and a can-do attitude." (Melissa Wuske Foreword Reviews)"That rarest of martial arts publications . . . a fully developed training system." (Chris Baglieri, Senior martial arts instructor)

Joe Varady is a fifth-degree black belt with over thirty years of experience in martial arts. He has trained in numerous Eastern and Western disciplines, including karate, judo, eskrima, boxing, fencing, and long sword. He has won numerous awards competing in full-contact weapons tournaments around the world. Joe holds a master's degree in elementary education. He is the head instructor at Satori Dojo and Modern Gladiatorial Arts. Joe Varady resides in Phoenixville, Pennsylvania.

It becomes immediately apparent when you begin reading this book that it's authored by someone who is not only proficient in staff combat, but by someone who also has the ability to convey these teachings in a concise and practical manner. There is a natural progression in this book whereby it takes the reader on a clear path starting with the fundamentals and building upon them in a logical pace. The narrative instructional portions perfectly match the finely staged illustrations. From a visual learning aspect, this book is a treasure trove as it superbly captures the step-by-step movements with a rhythm that is simple enough for learners to replicate regardless of skill level. If you're looking for a solid and encyclopedic staff fighting book, *The Art and Science of Staff Fighting* is an absolute must-have.

The Art and Science of Staff Fighting is one of the most complete and well laid out training guides I have read! If you train with the staff or want to learn, this book should be considered required reading and added to your library! Joe Varady is one of the most passionate martial artists I have ever met. Spend a minute training with him and his passion for the martial arts is immediately apparent. He has a gift for teaching; he presents material in a very clear and easy to understand way and his enthusiasm is contagious. Joe's passion and enthusiasm on the training floor made the transition to printed form in this fantastic training manual. Joe extensively researched the topic of

staff fighting which is evident throughout his book. He includes history of staff use through time and across different cultures. Furthermore, he goes beyond simply trying to explain how to perform a technique; he describes the physics behind the technique to help the reader understand the broader principles needed for mastery of the staff. The addition of history and science provides the reader with a solid foundation for a deeper understanding of staff fighting. Overall the book's layout is exceptional. The chapters (levels) represent increasing levels of difficulty. The numerous photos and illustrations clearly illustrate the topic being discussed. Each of the first 6 chapters end with an excellent workout specifically focused on the subject of that chapter. Throughout the book he identifies training equipment designed to work a specific technique. He provides detailed descriptions on how to make the majority of them yourself. The Art and Science of Staff Fighting is divided into 9 levels, from beginner to expert. Level 1 introduces fundamentals of the staff, and basic blocking, striking, and footwork. Levels 2 and 3 discuss middle grip, double strikes, disarms, and training equipment. Levels 4 and 5 discuss extended grips, snap strikes, thrusting, fencing-style techniques (cutover, beat, change of engagement), and additional training equipment. Level 6 gets serious and fun--combat where you will learn to make padded weapons and get fighting! In Level 7 and 8 Joe provides expert and master level ideas, including advanced guards, close combat, ground work, multiple attackers, and empty hand defense against armed opponents. Level 9 discusses a relative of the staff, the spear, it's similarities and differences, and techniques to incorporate into your training regimen. This book really is a complete instructional guide to the staff. I always look forward to training with Joe each year at the Cuong Nhu International Annual Training Camp and when other opportunities arise. - Mark Brandenburg, Cuong Nhu Oriental Martial Arts 3rd degree black belt, Co-Head Instructor of Kim Hiep Si Dojo, University of Central Florida, Orlando.

This book is loaded with information. There aren't just moves and practices of all kinds, good photograph aids, also history and some advice on how to think about the skill/philosophically or metaphorically. Covers different staffs and different numbers of opponents. Very useful book.

Very well written and layout/pics work to illustrate instructions perfectly. Brief history but jumps right into techniques, grips, etc. No B.S. guide to learning this great martial art.

I found the book well written, easy to follow. I feel the writer is probably the best at what he does. I would recommend this book to other martial arts who want to improve the ability to work the Bo

Great item. price and delivery time. Thanks

Pretty clear and easy to understand book. I like it.

Very interesting and informative.

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