

AIKI COMBAT JUJITS

CANE TECHNIQUES



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Introduction

As the population in the U.S has gotten older there is an increase in learning to use the cane or Don Jong as a self-defense weapon. Many styles of Martial Arts systems have been adding the self-defense applications of the cane to their students due to the very practicality of the weapon and to the fact that it is legal to carry one with you at all times to use effectively for self-defense.

The use of a cane as a weapon was formalized by the Korean martial art of Hapkido. Many other martial art systems have used the cane over the last century. Aiki Combat Jujits like Hapkido encompasses countless number of joint locks, throws as well as defection techniques. Because of this students are not training in how to use the cane until they have achieved the upper belts of the system. The First introduction of this weapon is not shown to the students until they reach Black Belt. By this level the student understands and possesses sufficient knowledge of how to make your body move and to correctly understand how to use the cane properly as a defensive weapon. It is very important that students first make sure they understand how to use a cane in basic applications before they move onto more advanced techniques. If the student overlooks the basics then a true mastery of the cane will never be achieved.

Parts of the Cane

This section of the manual will go over some of the basic of how to properly use the cane as an effective defensive weapon.

Defining the Cane: The cane has three primary elements which make it an effective offensive and defensive weapon;

1. The Length of the cane.
2. The Shaft of the cane.
3. The Hooking Handle of the cane.

Each of these three elements provides a unique factor for self-defense implementation. The cane technician never uses the cane randomly but, instead, defines what each element of the cane most effectively accomplishes and then utilizes that specific element in practical and necessary self-defense applications.

The Length of the Cane

The length of the cane will not only keep your attacker out of your critical distance but will also extend your striking distance. By using the cane this way you will be able to keep the attacker from being able to move in closer and in range for them to strike or grab you.

To get the best use out of your cane's length the strike will come up, one hand will be on the handle of the cane while the other hand will hold midway down the shaft, so that you strike with the end or tip of the cane. You can also thrust the tip into the attacker as they close in on you. The thrust should be targeted towards the attacker's solar plexus, groin or face. You can also use it as a defense against a kick, by striking the shin. By taking a hold of the cane with two hands you can extend the cane in a controlled manner. Every time your attacker moves towards you strikes the tip somewhere down their center line to force the back.

The Shaft of the Cane

The side of the cane is known as the shaft and can be used for both offensive and defensive application. The shaft of the cane is ideal to intercept or block an oncoming punch or kick. An example would be if an attacker throws a punch and you step to the inside or outside of the strike as you hold the cane with two hands and use the shaft of the cane to block the punch. If they throw a front snap kick you could step back as you grab the cane with both hands, you strike down onto your opponents shin with the staff of the cane. Once you have blocked or deflected the strike you can continue on with your defense by delivering a well-placed strike to your opponent's center line with any part of the cane you choose. Also once you have finished blocking you can use the shaft of the cane or the hook or handle to go into a joint lock or to use as a throw.

If you block an attacker's strike, using bone to bone, you may well injure yourself with your own block. This is due to the fact that both the block and the strike are colliding at full force. By using the cane as the block instead of your arm or leg you are eliminating the chance of injury. Also by blocking with the cane you increase the chance of causing more injury to your attacker than if you were to use your own body.

The Hooking Handle of the Cane

The handle or the hook of the cane can not only be used as an extension of your arm for striking similar to the tip of the cane but it can be used for so much more. For example the handle is a powerful tool for trapping. You can use the handle to trap or hook the neck; it can also be used to hook around the ankle to take the opponent down.

The Three Defensive Ranges of the Cane

There are three ranges of defense you can use with the cane effectively. The extended stage or long range which uses the tip or hook of the cane, the next range is the Middle Range or about arm's length away. The last range is the Short Range or where someone is already touching or grabbing you. By understanding these ranges you will be able to have more effective defensive applications without over extending your natural limits of the cane.

Extended or Long Range

Extended or Long Range is the range where your opponent is at the very length of your cane, your attacker is still at a distance, the advantage to this is you have more options open to you as to how you want to defend yourself.

Because of the distance between you and your opponent you will be able to see clearly and quickly when your opponent moves. If your attacker were to rush in on you, you could use the shaft or the tip of the cane to defend yourself. This will stop or send your opponent backwards, where you can finish up with a technique that would end the attack. If you cannot avoid a confrontation this range is the best distance to use the tip of the cane to strike your attacker in a debilitating location. This is done by taking the can in a two handed grip with one holding the handle and the other grasping about midway down the shaft, shoving the tip into your attacker in the solar plexus or groin.

Middle Range

The middle range is where the opponent is about one to two feet away from you. At this range your attacker can actually reach out and take hold of you. The strikes you would use at this range would be upward driven handle strike to jaw or nose, shaft to groin down ward strikes to the top of the foot. You can also use the sides to strike the temple or rib cage area of your attacker.

At this distance make sure your first strike is the most powerful and debilitating strike you can do. By doing this the attacker will be temporarily stunned and will allow you to continue on with your self-defense techniques with little to know resistance from your attacker.

This is the most effective range when dealing with punches by utilizing your blocks and deflection. To do a block successfully, you want to hold the can about midway and strike with the upper shaft into the opponents forearm. Once the punch has been blocked you can now use the hoot of the can for joint locks or throws and the end of the can for strike.

Short Range

Short range is defined as the close contact in-fighting range. This is the range where your opponent has taken a hold of a part of your body and your self-defense is an absolute necessity. This is also the range that you would normally use knees and elbows.

At range one the defensive strikes are the same as in range two, due to the fact that your ability to successfully move the cane is hampered by your proximity to your attacker. At this range, however, your self-defense is paramount, as your opponent has taken a powerful hold on you. Thus, all strikes must be made to the most debilitating locations possible: under the nose, the temple, or the groin.

During close contact in-fighting, it is common for an opponent to use the uppercut punch. This punch can be very devastating, thus if it is unleashed it must be halted immediately. To this end, the hooking handle of the cane can be powerfully brought down into the elbow joint region of your attacker, thus, halting the progress of his uppercut punch. Once this has been accomplished, you can effectively low side kick him to his knee, knee him to his groin, or continue forward with additional cane orientated joint locking techniques as necessary.

Joint Locking with the Cane

First and foremost in joint locking with the cane, you should never reach out to grab at your opponent. By doing this you have extended the length of the cane in a non-forceful manner and, therefore, you do not have full control over your weapon. By overtly extending the cane, it can be taken away from you. For this reason, joint locking techniques with the cane should be restricted to range one and range two.

When you see the proper opening and the attacker is inside the critical distance line, close the gap and execute the lock. Study which element of his body is most exposed and will be the easiest to control. For example, if he is punching at you, his elbow is exposed - if he grabs a hold of your clothing, his wrist, elbow, and neck are open and available to viable joint locking techniques with the cane.

It is important to note, whenever you use the cane as a defensive weapon, by allowing your attacker to make the first move, you will instantly know which body part of your opponent you should direct your first line of defense at and, additionally, you will understand if and to what body part any cane joint locking applications should be directed. By defending yourself with the cane in this fashion, you will not only initially intercept any type of attack which is unleashed towards you but your adversary will be momentarily stunned, as well, due to the fact that his first assault was not successful. At the moment your attacker's initial assault has been nullified, this is the time to act and follow up as you read the attacker.

Once an initial attack has been intercepted, and prior to locking any element of your opponent's body, you should initially strike your opponent with the cane. As discussed, a focused hit to a vital point will cause your opponent to be momentarily knocked off balance and his defenses will be vastly opened up. This will allow you to more easily continue forward with effective joint locking or throwing techniques.

The theory of continuous motion teaches us that you should be constantly moving, non-stop, from one technique to the next until you control your attacker. By defending yourself in this fashion, your opponent will not have the ability to successfully regroup after a block or strike by keeping them off balance and unable to initiate a counter attack. In the case of continuous motion in regard to the cane, once you deliver an initial strike, you do not wait to study the results you have inflicted, but instead, immediately continue forward with your strikes or joint locking defense. In all defensive applications utilizing the cane, you must continue forward until your opponent is subdued. With this style of defense, you are assured victory in any street assault.

While joint locking with the cane you should also never struggle to gain control over your opponent's body. If a struggle ensues, it is far better to rapidly deliver a secondary debilitating strike with a free part of the cane -- this will either halt your attacker's muscle to muscle struggle or give you the opportunity to redeploy your cane to another one of his exposed bodily joints - lock, and then send him to the ground.

In times of close contact in-fighting with the cane, there is the occasion when an attacker may take a hold of the cane. The removal of his grasp from your cane is quite easily accomplished. By spinning the cane circularly outward, thereby putting all of the cane's momentum driven power against the grasping thumb of your opponent, his hold will be instantly broken and you can then immediately strike him to the temple region with the cane and continue forward with your cane orientated self-defense.

Defending yourself with a cane is not about strength -- it is not about power. Defending yourself with the cane is about finding a rhythm within your movements and then encountering your attacking opponent's advances with the most appropriate technique necessary.

Cane Techniques

Cane Technique 1: Someone grabs your cane

Step back with your left foot to the 6:00 position as your left hand check your opponents grab. Rotate the cane over the attackers forearm in a clockwise rotation; it should be right across the elbow joint. Step forward with your left foot to the 2:30 position as you push the cane in and down towards your attackers head. Lock wrist into the cane and push down on wrist.





Variation: if you have more than one attacker, throw your attacker off the cane

Instead of driving the cane downward drive the cane forward to throw your attacker in that direction.



Cane Technique 2: Cross arm wrist grab

Flip cane into groin as you step out left to 9:00 followed by a right side thrust kick to the attacker's knee.

