



3rd Degree Black Belt

COMBAT CANE BASICS

CANE WARMUPS

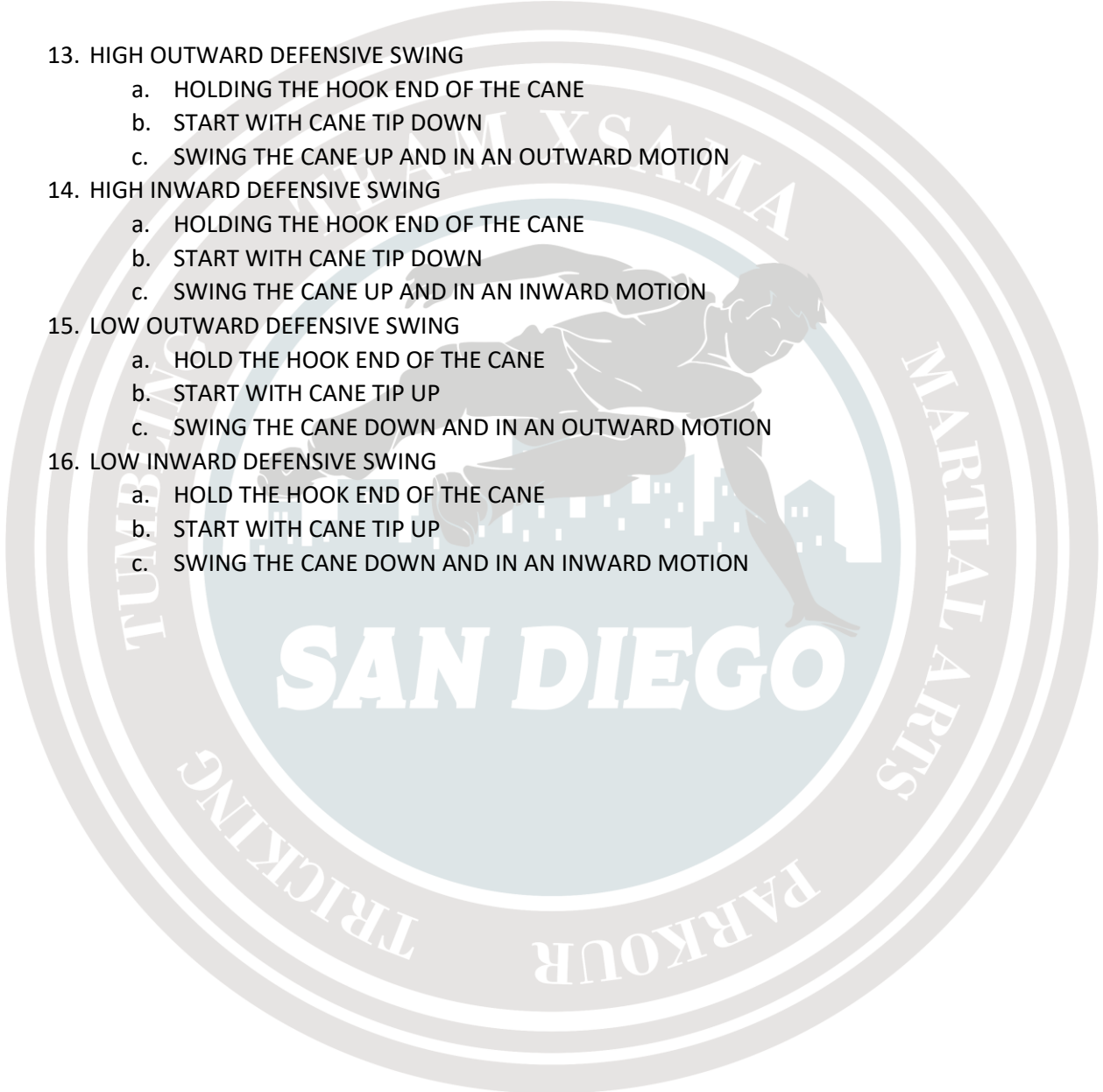
1. WORK THE STRENGTH AND SPEED NEEDED FOR VERTICAL UPWARD DEFENSIVE MOVES
100 UPWARD COMBAT CANE WRIST STRIKES
2. PRACTICE 9 STRIKES
HORIZONTAL STRIKES ARE PRACTICED VERY LOW, LOW, MIDDLE AND HIGH SECTIONS
VERY LOW SECTION WOULD BE STRIKING AT THE TOP OF THE FOOT AND THE ANKLE BONE

CANE BASICS

1. ATTENTION STANCE
2. RESTING POSITION
3. PROPER GRIP AND HOLDING
4. FORWARD ROTATIONS
5. BACKWARD ROTATIONS
6. 9 STRIKES (*BOTH HOOK END AND TIP END*)
7. 1 HANDED THRUST (*BOTH HOOK END AND TIP END*)
 - a. NOSE
 - b. STERNUM
 - c. STOMACH
 - d. GROIN
8. 2 HANDED THRUST (*BOTH HOOK END AND TIP END*)
 - a. NOSE
 - b. STERNUM
 - c. STOMACH
 - d. GROIN
9. DOWNWARD THRUST
10. WRIST ROLLING WITH WRIST IN THE HOOK
11. WRIST ROLLING IN THE HOOK W/ A HORIZONTAL HOOK THRUST
12. HOOK, GRAB AND PULL
 - a. NECK
 - b. KNEE

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13. HIGH OUTWARD DEFENSIVE SWING
 - a. HOLDING THE HOOK END OF THE CANE
 - b. START WITH CANE TIP DOWN
 - c. SWING THE CANE UP AND IN AN OUTWARD MOTION
 14. HIGH INWARD DEFENSIVE SWING
 - a. HOLDING THE HOOK END OF THE CANE
 - b. START WITH CANE TIP DOWN
 - c. SWING THE CANE UP AND IN AN INWARD MOTION
 15. LOW OUTWARD DEFENSIVE SWING
 - a. HOLD THE HOOK END OF THE CANE
 - b. START WITH CANE TIP UP
 - c. SWING THE CANE DOWN AND IN AN OUTWARD MOTION
 16. LOW INWARD DEFENSIVE SWING
 - a. HOLD THE HOOK END OF THE CANE
 - b. START WITH CANE TIP UP
 - c. SWING THE CANE DOWN AND IN AN INWARD MOTION

17. TRAP AND PULL DISARM FROM A THRUST (*INNER AND OUTER ROTATION*)

a. ATTACKER IS GRABBING THE CANE WITH 1 HAND

18. TRAP AND PUSH (*STEP FWD 1 STEP*) DISARM FROM A THRUST (*INNER AND OUTER ROTATION*)

a. ATTACKER IS GRABBING THE CAN WITH 2 HAND

TRAP AND PULL DISARM FROM AN UP BLOCK (*INNER AND OUTER ROTATION*)

3 STRIKES (*MAKING AN X PATTERN*). PRACTICE THIS WITH A PARTNER THAT IS HOLDING 2 CANES OUT FOR STRIKING