

THE STICK AND CANE IN CLOSE COMBAT

**Jointlocks, Takedowns
and Surprise Attacks**



By Tom Lang

The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks

Martina Sprague



The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks:

The Stick and Cane in Close Combat Tom Lang, 2006-06-30 *Journal of Asian Martial Arts*, 2008 **Cane Fighting** Sammy Franco, 2016-03-16 Cane Fighting Techniques For The Real World Cane Fighting The Authoritative Guide to Using the Cane or Walking Stick for Self Defense is a no nonsense book written for anyone who wants to learn how to use the cane or walking stick as a fighting weapon for real world self defense The Ultimate Self Defense Weapon for Everyone While seemingly inconspicuous the cane or walking stick is both a practical and devastating weapon for all ages young and old regardless of size or strength or experience and skill level Most importantly you don t need martial arts training to master this incredible self defense weapon One Book For All Kinds of Fighting Sticks With over 200 photographs and step by step instructions Cane Fighting is the authoritative resource for mastering the following weapons The Hooked Wooden Cane The Modern Tactical Combat Cane Walking Sticks of all types The Irish Fighting Shillelagh and The Bo Staff Powerful Cane Fighting Techniques At Your Fingertips Cane Fighting is devoid of tricky or flashy cane fighting moves that can get you injured or possibly killed when defending against a determined attacker Instead it arms you with practical and powerful cane fighting techniques that actually work in the chaos of real life street assaults In fact the skills and techniques found in these pages are surprisingly simple and easy to apply Cane Fighting Covers These Essential Topics How to choose the right tactical cane for your needs advantages of the combat cane weapon requirements grips essential dos and don ts weapon terminology high and low concealment stances strikes power swings preparing for impact shock first strike techniques combinations striking angles cane chokes self defense stages blocks deflections footwork skills cane fighting attributes target areas medical implications of cane strikes use of force concerns workout routines conditioning exercises and much more Whether you are a beginner or advanced practitioner student or instructor Cane Fighting The Authoritative Guide to Using the Cane or Walking Stick for Self Defense teaches you powerful street oriented techniques and proven fighting methods to get you home alive and in one piece **Basic Stick Fighting for Combat** Michael D. Echanis, 1978 The use of the stick long or short as a weapon of survival including disarming techniques is presented in this second volume on combat training by Michael D Echanis Ki power proper grip visualization and breath control are explained as important elements in surviving attacks **Essential Stick & Cane** Tom Lang, 2013-12-19 Essential Stick Cane is a collection of more than 200 techniques with the 3 foot stick the Japanese hanbo or standard hook handled cane These jointlocks throws chokes escapes disarms strikes rolls and exercises are shown in DVDs available from the author at www.TomLangMartialArts.com The purpose of this Instructor s Manual is not to teach the techniques but to teach how to teach them It has no photographs of the techniques themselves Instead it describes the movements key points and the most common mistakes made in practicing each technique More importantly it includes chapters on training techniques principles of movement and leverage forms of stick fighting around the world medical implications and thoughts on self defense as well as a bibliography of more than 250 books and

DVDs on stick and cane fighting These chapters provide the background and additional information that make teaching more effective and learning more interesting

The Art of Stick Fighting Self-Defense Stephen F Kaufman,2020-03-18 The Art of Stick Fighting Self Defense is for anyone who wants to learn the basics of self defense with a cane stick or umbrella These everyday implements are legal to carry and can be wielded just as effectively as a Japanese bo a wooden staff or a Brooklyn baseball bat You will learn how to select a stick grip it correctly and apply simple but effective self defense techniques against a variety of attacks The Art of Stick Fighting Self Defense can be mastered by anyone who has the diligence to gain the necessary skills and this book is your roadmap to getting started down this path of self reliance

The Art and Science of Stick Fighting Joe Varady,2020-03 Simplicity is the shortest distance between two points Bruce Lee The Tao of Jeet Kune Do The Art and Science of Stick Fighting is a unique non style specific approach to fighting with the short stick Its curriculum is streamlined and divided into nine logical stages of training that allow the reader to quickly and methodically learn and develop the skills needed for competative fighting and self defense with the stick

Street Fighting Secrets D'Arcy Rahmig,2016-01-06 The walking stick is one of the most common improvised weapons that can be found anywhere It is completely legal to carry and can be used to defend against any type of attack This heavily illustrated step by step manual gives you the tools you need Also included the Street Smart Jujitsu unarmed student manual

Art of Stick Fighting Stephen F. Kaufman,2011-06-01 The Art of Stick Fighting is for anyone who wants to learn the basics of self defense with a walking stick cane or umbrella These everyday implements are legal to carry and can be wielded just as effectively as a Japanese bo a wooden staff or a Brooklyn baseball bat You will learn how to select a stick grip it correctly and apply simple but effective self defense techniques against a variety of attacks Stick fighting self defense can be mastered by anyone who has the diligence to gain the necessary skills and The Art of Stick Fighting is your roadmap to getting started down this path of self defense

Science of Takedowns, Throws, and Grappling for Self-Defense Martina Sprague,2018-02-11 The odds are if you re attacked on the street you will have to defend yourself against a bigger and stronger assailant or against one with a weapon When this happens strength alone will not be enough to stop your attacker Science of Takedowns Throws and Grappling for Self Defense addresses the concepts and mindset required to survive an encounter with a larger attacker or one armed with a weapon Illustrated with hundreds of photos it shows you what types of throws takedowns locks and presses work on the street and teaches you how to apply concepts like timing and positioning to make your techniques more effective how to defend against common attacks with a weapon and what you can do to use that weapon in your favor which mistakes are the most common and how you can prevent them from weakening your defense and much more A takedown or throw requires the ability to disturb your opponent s balance When first getting introduced to takedowns in martial arts class we tend to outmuscle or force our adversary down This frequently results in the stronger or bigger person claiming victory and makes takedown practice discouraging for the lighter weight martial artist A successful and effortless takedown by

contrast relies on scientific principles primarily the location of the center of gravity Science of Takedowns Throws and Grappling for Self Defense focuses on learning to disturb an adversary s center of gravity while retaining our own in short how to get our opponent on the ground without going down with him Since the principle used for shifting the center of gravity is identical regardless of a person s physical build understanding this principle allows a smaller person to take a larger adversary down with relative ease The book s primary aim of discussing principles rather than specific techniques makes it adaptable to almost any situation that warrants a takedown **Ear Slap** Zhang Wei Ming (张卫明),2024-04-17

Throughout history combatants have employed various techniques to defend themselves in close combat situations Among these techniques the ear slap has emerged as a surprising and effective defensive maneuver Dating back to ancient martial arts traditions the ear slap was often utilized by warriors to disorient and distract their opponents during hand to hand combat encounters Over time its effectiveness has been recognized and incorporated into modern self defense practices As combat strategies evolved so did the understanding of the psychological impact of surprise attacks leading to the refinement and widespread adoption of the ear slap as a defensive tactic Today it remains a vital component of many self defense systems valued for its ability to quickly incapacitate and create openings for escape or counterattack Objectives The primary objective of exploring the ear slap as a defensive technique is to empower individuals with the knowledge and skills necessary to protect themselves in close combat situations By understanding the historical context and evolution of the ear slap practitioners gain insight into its effectiveness and relevance in modern self defense Through comprehensive training and mastery of the ear slap individuals can enhance their ability to defend against attackers and increase their chances of survival in dangerous encounters This guide aims to equip readers with a thorough understanding of the ear slap s principles techniques and applications enabling them to confidently incorporate it into their self defense repertoire What We ll Discuss Introduction Unveiling the Ear Slap Providing an overview of the ear slap technique and its significance in self defense Understanding Close Combat Dynamics Exploring the principles and challenges of close combat encounters The Psychology of Surprise Leveraging the Ear Slap Examining the psychological impact of surprise attacks and how the ear slap exploits this Techniques and Variations of the Ear Slap Detailing different methods and adaptations of the ear slap for various situations Defensive Applications Disorienting Attackers Discussing how the ear slap can be used to disorient and incapacitate attackers Training Methods for Mastery Offering practical training strategies to develop proficiency in the ear slap technique Ethical Considerations and Legal Implications Addressing the ethical and legal aspects of using the ear slap in self defense Incorporating the Ear Slap into Self Defense Strategies Providing guidance on integrating the ear slap into overall self defense tactics Real Life Case Studies Successful Implementation Examining real world examples of the ear slap being effectively employed in self defense scenarios Enhancing Awareness and Reaction Time Highlighting the importance of situational awareness and quick reflexes in executing the ear slap Overcoming Common Challenges Identifying common

pitfalls and offering solutions for mastering the ear slap technique Advanced Tactics Combining the Ear Slap with Other Techniques Exploring synergies between the ear slap and complementary defensive maneuvers Conclusion Empowering Defense Through Tactical Precision Summarizing key takeaways and reinforcing the significance of the ear slap in self defense

Whispering the Strategies of Language: An Emotional Journey through **The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks**

In a digitally-driven earth where monitors reign great and quick interaction drowns out the subtleties of language, the profound secrets and emotional nuances hidden within phrases usually move unheard. Yet, situated within the pages of **The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks** a fascinating fictional treasure blinking with natural feelings, lies an exceptional journey waiting to be undertaken. Composed by a talented wordsmith, that charming opus invites viewers on an introspective trip, gently unraveling the veiled truths and profound impact resonating within the cloth of each word. Within the mental depths with this poignant review, we will embark upon a heartfelt exploration of the book is key styles, dissect their fascinating publishing type, and fail to the strong resonance it evokes deep within the recesses of readers hearts.

<https://ftp.barnabastoday.com/book/browse/index.jsp/Yamaha%20Fj1200%2086%20Manual.pdf>

Table of Contents The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks

1. Understanding the eBook The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - The Rise of Digital Reading The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Advantages of eBooks Over Traditional Books
2. Identifying The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - User-Friendly Interface
4. Exploring eBook Recommendations from The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise

Attacks

- Personalized Recommendations
 - The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks User Reviews and Ratings
 - The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks and Bestseller Lists
5. Accessing The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks Free and Paid eBooks
 - The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks Public Domain eBooks
 - The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks eBook Subscription Services
 - The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks Budget-Friendly Options
 6. Navigating The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks eBook Formats
 - ePub, PDF, MOBI, and More
 - The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks Compatibility with Devices
 - The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks Enhanced eBook Features
 7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Highlighting and Note-Taking The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Interactive Elements The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 8. Staying Engaged with The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 9. Balancing eBooks and Physical Books The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time

11. Cultivating a Reading Routine The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Setting Reading Goals The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Fact-Checking eBook Content of The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning
 - Utilizing eBooks for Skill Development
 - Exploring Educational eBooks
14. Embracing eBook Trends
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks Introduction

Free PDF Books and Manuals for Download: Unlocking Knowledge at Your Fingertips In today's fast-paced digital age, obtaining valuable knowledge has become easier than ever. Thanks to the internet, a vast array of books and manuals are now available for free download in PDF format. Whether you are a student, professional, or simply an avid reader, this treasure trove of downloadable resources offers a wealth of information, conveniently accessible anytime, anywhere. The advent of online libraries and platforms dedicated to sharing knowledge has revolutionized the way we consume information. No longer confined to physical libraries or bookstores, readers can now access an extensive collection of digital books and manuals with just a few clicks. These resources, available in PDF, Microsoft Word, and PowerPoint formats, cater to a wide range of interests, including literature, technology, science, history, and much more. One notable platform where you can explore and download free The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks PDF books and manuals is the internet's largest free library. Hosted online, this catalog compiles a vast assortment of documents, making it a veritable goldmine of knowledge. With its easy-to-use website interface and customizable PDF generator, this platform offers a user-friendly experience, allowing individuals to effortlessly navigate and access the information they seek. The availability of free PDF books and manuals on this platform demonstrates its commitment to democratizing education and empowering individuals with the tools needed to succeed in their chosen fields. It allows anyone, regardless of their background or financial limitations, to expand their horizons and gain insights from experts in various disciplines. One of the most significant advantages of downloading PDF books and manuals lies in their portability. Unlike physical copies, digital books

can be stored and carried on a single device, such as a tablet or smartphone, saving valuable space and weight. This convenience makes it possible for readers to have their entire library at their fingertips, whether they are commuting, traveling, or simply enjoying a lazy afternoon at home. Additionally, digital files are easily searchable, enabling readers to locate specific information within seconds. With a few keystrokes, users can search for keywords, topics, or phrases, making research and finding relevant information a breeze. This efficiency saves time and effort, streamlining the learning process and allowing individuals to focus on extracting the information they need. Furthermore, the availability of free PDF books and manuals fosters a culture of continuous learning. By removing financial barriers, more people can access educational resources and pursue lifelong learning, contributing to personal growth and professional development. This democratization of knowledge promotes intellectual curiosity and empowers individuals to become lifelong learners, promoting progress and innovation in various fields. It is worth noting that while accessing free The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks PDF books and manuals is convenient and cost-effective, it is vital to respect copyright laws and intellectual property rights. Platforms offering free downloads often operate within legal boundaries, ensuring that the materials they provide are either in the public domain or authorized for distribution. By adhering to copyright laws, users can enjoy the benefits of free access to knowledge while supporting the authors and publishers who make these resources available. In conclusion, the availability of The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks free PDF books and manuals for download has revolutionized the way we access and consume knowledge. With just a few clicks, individuals can explore a vast collection of resources across different disciplines, all free of charge. This accessibility empowers individuals to become lifelong learners, contributing to personal growth, professional development, and the advancement of society as a whole. So why not unlock a world of knowledge today? Start exploring the vast sea of free PDF books and manuals waiting to be discovered right at your fingertips.

FAQs About The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks Books

How do I know which eBook platform is the best for me? Finding the best eBook platform depends on your reading preferences and device compatibility. Research different platforms, read user reviews, and explore their features before making a choice. Are free eBooks of good quality? Yes, many reputable platforms offer high-quality free eBooks, including classics and public domain works. However, make sure to verify the source to ensure the eBook credibility. Can I read eBooks without an eReader? Absolutely! Most eBook platforms offer web-based readers or mobile apps that allow you to read eBooks on your computer, tablet, or smartphone. How do I avoid digital eye strain while reading eBooks? To prevent digital eye strain, take regular breaks, adjust the font size and background color, and ensure proper lighting while reading eBooks.

The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks

What the advantage of interactive eBooks? Interactive eBooks incorporate multimedia elements, quizzes, and activities, enhancing the reader engagement and providing a more immersive learning experience. The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks is one of the best book in our library for free trial. We provide copy of The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks in digital format, so the resources that you find are reliable. There are also many Ebooks of related with The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks. Where to download The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks online for free? Are you looking for The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks PDF? This is definitely going to save you time and cash in something you should think about.

Find The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks :

[yamaha fj1200 86 manual](#)

[yamaha outboard 40 hp workshop manual](#)

[yamaha outboards repair manual 200 hpdi](#)

[yamaha generator ef1000is manual](#)

[yamaha fx500 manual](#)

yamaha outboard f115 manual

yamaha power tilt and trim manual

[yamaha edl20000te service manual](#)

[yamaha ef3000iseb manual](#)

yamaha dt125 dt125r 1987 1988 full service repair manual

[yamaha fz700 750 motorcycle service manual 1985 1988](#)

[yamaha ns10 manual](#)

yamaha multi function meter guide

[yamaha jet boat service manual 232](#)

yamaha outboard f40b workshop manual 1999 onwards

The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks :

Amazon.com: Conceptual Physics (11th Edition) ... Hewitt's book is famous for engaging readers with analogies and imagery from real-world situations that build a strong conceptual understanding of physical ... Amazon.com: Conceptual Physics:

The Stick And Cane In Close Combat Jointlocks Takedowns And Surprise Attacks

9780321787958 ISBN-10. 0321787951 · ISBN-13. 978-0321787958 · Edition. 11th · Publisher. Pearson · Publication date. July 4, 2011 · Language. English · Dimensions. 8.5 x 1.2 x 10.9 ... Conceptual Physics (11th Edition) - Hewitt, Paul G. Conceptual Physics (11th Edition) by Hewitt, Paul G. - ISBN 10: 0321568095 - ISBN 13: 9780321568090 - Addison-Wesley - 2009 - Hardcover. Conceptual Physics - 11th Edition - Solutions and ... Our resource for Conceptual Physics includes answers to chapter exercises, as well as detailed information to walk you through the process step by step. With ... Conceptual Physics, Books a la Carte Plus ... Conceptual Physics, Hardcover 11th edition. Hewitt, Paul G. Published by Addison Wesley. ISBN 10: 0321776739 ISBN 13: 9780321776730. eBOOK-Paul-G.-Hewitt-Conceptual-Physics-11th-Edition- ... Phil Wolf, co-author of the Problem Solving in Conceptual Physics book that accompanies this edition, is on page 547. Helping create that book is high school ... Conceptual Physics by John A. Suchocki, Paul G. ... ISBN: 0321568095. Author: Hewitt, Paul G. Conceptual Physics (11th Edition). Sku: 0321568095-3-30798995. Condition: Used: Good. Qty Available: 1. ISBN 9780321568090 - Conceptual Physics 11th Find 9780321568090 Conceptual Physics 11th Edition by Paul Hewitt et al at over 30 bookstores. Buy, rent or sell. Conceptual Physics by Paul G. Hewitt | 9780321568090 Conceptual Physics (11th Edition). by Paul G. Hewitt. Hardcover, 737 Pages, Published 2009. ISBN-10: 0-321-56809-5 / 0321568095. ISBN-13: 978-0-321-56809-0 ... Conceptual Physics | Rent | 9780321568090 Conceptual Physics 11th edition ; ISBN-13: 978-0321568090 ; Format: Hardback ; Publisher: Addison-Wesley (10/26/2009) ; Copyright: 2010 ; Dimensions: 8.7 x 10.9 x 1 ... Free reading Manual handling for nurses vic [PDF] ? resp.app Dec 15, 2023 — Free reading Manual handling for nurses vic [PDF] join one of the largest online communities of nurses to connect with your peers organize ... Manual Handling Training For Healthcare Workers As per the Department Of Education Victoria, manual handling has not legally mandated “safe” weight restriction. Every person has unique physical capabilities ... Healthcare and hospitals: Safety basics See 'hazardous manual handling' for detailed information. Health and safety in health care and hospitals. Extension of Nurse Back Injury Prevention Programs The traditional approach to minimising the risk of injury to nurses due to patient handling has been to teach nurses 'safe manual lifting techniques'. There is. Manual handling activities and injuries among nurses by A Retsas · 2000 · Cited by 219 — When all full-time nurses working at the medical centre are considered, the prevalence of all manual handling injuries was 20.6% (n=108) and 15.7% (n=87) for ... Manual handling 101 - WorkSafe Victoria - YouTube Manual Handling Training - There's a better way - YouTube Manual Handling - eHCA MANUAL HANDLING is defined as any activity that requires an individual to exert a force to push, pull, lift, carry, lower, restrain any person, ... HSR Representative training and programs Nurses, midwives and personal care workers working in health and other industries are exposed to many hazards including manual handling, violence and aggression ... Lila: An Inquiry into Morals Lila: An Inquiry into Morals (1991) is the second philosophical novel by Robert M. Pirsig, who is best known for Zen and the Art of Motorcycle Maintenance. Lila: An Inquiry Into Morals by Robert M. Pirsig It provides a framework for better understanding the role that

"Quality" - which is not definable via language - can play in a world dominated by scientific ... Lila: An Inquiry Into Morals (Phaedrus, #2) ... In this best-selling new book, his first in seventeen years, Robert M. Pirsig, author of Zen and the Art of Motorcycle Maintenance, takes us on a poignant ... Lila Quotes by Robert M. Pirsig 24 quotes from Lila: An Inquiry Into Morals (Phaedrus, #2): 'Insanity as an absence of common characteristics is also demonstrated by the Rorschach ink-b... An Inquiry Into Morals' by Robert M. Pirsig? Why or why not? Apr 28, 2023 — Is "Lila: An Inquiry Into Morals" by Robert M. Pirsig worth the read? If you love philosophy, psychology and spirituality, it's definitely ... Lila: An Inquiry into Morals | Robert M. Pirsig | First Edition Lila: An Inquiry into Morals. ISBN: 0553077376. New York, NY: Bantam Books, 1991. First Edition. Hardcover. "Zen and the Art of Motorcycle Maintenance holds ... Lila: An Inquiry Into Morals by Robert Pirsig Lila is a novel-cum-philosophical tome that wrestles with the issues and problems of life in the Nineties. Phaedrus, the principle character, is a ... Lila: An Inquiry into Morals, by Robert Pirsig - Erik Torenberg There is no point in anything. Nothing is right and nothing is wrong. Everything just functions, like machinery. There is nothing wrong with ... Lila: An Inquiry into Morals by Robert M. Pirsig, Paperback The author of Zen and the Art of Motorcycle Maintenance examines life's essential issues as he recounts the journey down the Hudson River. Lila: An Inquiry into Morals by Pirsig, Robert 409 pages. First edition, first printing. His sequel to Zen and the Art of Motorcycle Maintenance. He explores morality & what makes life worth living.