

USE OF THE MINI-BATON (YAWARA STICK) FOR LAW ENFORCEMENT AND SECURITY OFFICERS:

By

Joseph J. Truncale



A PRO-SYSTEMS BASIC GUIDE MANUAL SERIES

Use Of The Mini Baton A Basic Manual

Fernan Vargas, Joseph Truncale



Use Of The Mini Baton A Basic Manual:

USE OF THE MINI-BATON: A BASIC MANUAL Joseph Truncale, 2015-04-05 This manual was written for law enforcement and security officers who may be interested in the use of the Mini Baton The Mini Baton can include any type of short stick such as the Yawara stick Persuader Baton Kubatons Tactical Pens and other short stick like object Topics in this manual include History of the short stick or Mini Baton Basic principles of the Mini Baton Stance and balance Basic gripping Basic blocking Basic striking Wrist control and takedown techniques How use the Mini Baton for basic self defense Basic teaching principles There is also a sample course outline for those who are interested following an organized program of learning this effective and practical self defense and control tool Pro-Systems: The Basic Use of 5 Weapons Joseph

Truncale, 2015-03-14 Besides the body's natural weapons we also emphasize how to use five basic weapons that can relate to numerous other common items for self defense purposes They include the following The Short Stick the Straight Stick Straight Baton the Side Handle PR 24 Baton the Knife and the Gun are the primary weapons in the Pro Systems Combatives program **Hanbo Jutsu: Use of hanbo, cane and walking stick for self defense** Joseph Truncale, 2015-04-05 Here is a

manual for anyone interested in the basic use of the Hanbo cane and walking stick for self defense This Pro Bushi Basic Manual covers the essential techniques and tactics needed to defend yourself against most common types of attacks The Hanbo cane and walking stick are one of the few legal weapons that can be carried on planes or in court rooms *The pen, your mighty self defense friend* Joseph Truncale, 2015-03-19 This book will show you how a simple writing tool can easily be turned into an effective self defense weapon with just a little knowledge practice determination and imagination This is to my knowledge the first manual ever written that deals primarily with the use of the pen as a self protection tool Some of the areas this book will cover include choosing the best pen for self defense carrying methods how to grip the pen for most effectiveness the right to self defense and the law vulnerable areas of the body and specific techniques and tactics to use the pen for self defense When you finish this text you will be more aware and confident in your ability to defend yourself using a simple pen or pencil The key to defending yourself must always begin with the realization that your own body has numerous areas that can be used as a self defense tool Pro-Systems: Baton Reverse Grip System Joseph Truncale, 2015-03-14 This

baton manual takes a different approach on how to employ the standard straight police baton Whether you carry the expandable type of baton or the standard rigid model this text will provide a different perspective on how to use the baton for control and self defense The Baton Reverse Grip System BRGS was not created to take the place of any other baton system It was designated to increase an officer's options when employing the law enforcement straight baton in arrest and control situations

Pro-Systems: Combatives Volume One Joseph Truncale, 2015-03-14 This is the first volume of the Pro Systems Combatives PSC system This manual has all the basic techniques principles and essential warm up drills required to learn the entire basic Pro Systems Combatives PSC self defense offense system This volume also covers responses to

punching attacks kicking attacks wrist arm grab attack counters body grab counters and drills Volume two covers the Pro Systems Combatives PSC self defense responses to chokes head locks knife gun multiple subjects and ground attack counters

TACTICAL PRINCIPLES OF THE MOST EFFECTIVE COMBATIVE SYSTEMS Joseph Truncale,2015-03-14 Here is a book that every student and teacher of the combat arts will want to have in their personal library There has never been a book about the combat arts as unique as this one If you would love to know the basic tactical principles of some of the world s most effective fighting and combat systems this book is for you There are more than 30 different arts and their tactical principles in this book This is a manual you will refer to often as an excellent reference source on tactical principles

Great American War Club Fernan Vargas,Joseph Truncale,2017-06-24 A guide to using the base ball bat axe handle and other big clubs for self defense

Weapon Survival Fernan Vargas,Joseph Truncale,2017-10 A Pro Systems and Raven Tactical manual on how to defend against sticks clubs knives and pistols Techniques and tactics adaptable to any current training system

SHOTOKAN KARATE: PRACTICAL COMBAT KARATE FOR THE STREET Joseph Truncale,2015-07-05 Shotokan Karate is one of the most effective forms of self defense but it is this area that is most ignored in traditional Shotokan dojos This modest manual is different from most Shotokan Karate texts because it focuses on the self defense application of karate Traditional Shotokan karate concentrates on three primary areas They are basics or Kihon Kata or forms and sparring or kumite The sparring may consist of five times sparring three times sparring one time sparring semi free sparring and free sparring Self defense training is seldom practiced and this manual hopes to fill that gap for students of Shotokan and other traditional styles of Karate This manual covers the basic principles of self defense use of force factors in self defense simple and effective self defense techniques to counter arm grabs body grabs choke attacks punching and kicking attack counters club attacks knife attacks gun attacks ground attacks and multiple attacker self defense techniques

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