

CANE DEFENSE

INSTRUCTOR

American Kenpo
2nd Degree
Black Belt Guy
Philbin has been
teaching self-
defense and
American Kenpo
since 1992. Mr.
Philbin began his
study in 1972
and was
promoted to 1st
Degree in 1997
and to 2nd
Degree in 2001
by American
Kenpo 6th
Degree Black
Belt Dennis
Conatser of
Scottsdale,
Arizona. Philbin
was certified by
the American
Kenpo Senior
Council in 1998.



Please bring a cane

Hollin Hall Participants FREE

9:30-10:30 a.m. Tuesday, September 29, Room 218

CANE WARMUPS

Two-hand stretches
Baseball bat R&L
Forward thrust R&L

MENTAL AWARENESS

Yourself (injuries/disabilities)
Your environment (snow/ice/sand)
Weapons at hand (cane, umbrella)

LOSE YOUR WEAPON, LOSE YOUR LIFE

Grips (plain, "C", "L," "T,")
Types (wood, metal, composite)
Holds (walking grip/in-line grip)
Walking (using the wrist)
Hiking (using the arms)

THE JACK BENNY

Deception (strike while feigning fear)
Surprise (groin/hip/face)
Commitment

AVOIDING VIOLENCE

Things vs. People — Fats Waller:
"Give them what they want."
Level of force/carry anywhere
Use of force/fear for your life
When to defend? No way out

BASIC CANE PRINCIPALS

Extension of your body
Small arc of movement
Reach advantage
Zones of sanctuary

PRACTICAL CANE USE

Top, bottom, middle
Thrust, slash, poke
One or two hands

CANE DSELF-DEFENSE

Block (attack)
Parry (redirect)

TARGETING WEAK POINTS

Eyes, bridge of nose, temple
Throat, trachea, tip of floating rib
Groin, femur, knees, shin, instep

THE BOX SET

R-L diagonal slash
L-R diagonal slash
R-L horizontal slash
L-R horizontal slash
R upper poke
R lower poke
Two-hand middle thrust

TECHNIQUE REVIEW

Awareness and Avoidance
Defense: Block and Parry
Offense: Weak Points
Practice: Box Set

QUESTIONS AND ANSWERS