

**Stick-Fighting: A Bibliography**  
**from**  
***The Essential Stick & Cane***  
***Instructor's Manual, Second Edition***

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The books, videos, and DVDs listed here vary widely in price, content, number of techniques, and number of good techniques. Their inclusion here is not an endorsement. In many, showmanship and grandstanding often outweigh instruction, and the spectacular often outweighs the practical.

Sources on club (2-foot stick) and staff (4-foot-stick) fighting are not complete. Many books and videos on Filipino stick fighting and the police baton are not listed, for example. However, sources for fighting with the 3-foot stick or cane are as complete as I could make them. (Don't be surprised if some of the URL links no longer exist, however.)

For more information, see Lang TA. *Essential Stick & Cane Instructor's Manual, Second Edition*. Kirkland, WA: Tom Lang Communications and Training International, 2015. Available from LuLu.com.

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