

CHAPTER VII

“FLICKS” AND “FLIPS”

We are now beginning to go ahead in real earnest and we shall soon reach the ACTIVE PLAY stage where we shall be employing our feet for quick work. Up to the present we have been going through the methods in a more or less fixed positions except in the FORMING SQUARE practice and CLEARING PRACTICE on the move. We are gradually getting a “Grand Combination” of methods together, from which we will be able to choose according to the circumstances under which we are placed in defending ourselves.

Certain new methods hitherto merely referred to, will now be introduced.

THE FLICK.—“Flicks” are most effective when properly delivered and are very difficult to guard as they curve round and get in behind a guard, though the guard may be perfect against a cut.

HOW TO DELIVER A “FLICK.”

As before, start from FRONT GUARD. (You will later see that a FLICK can be delivered from



FIG. 35.



FIG. 36.

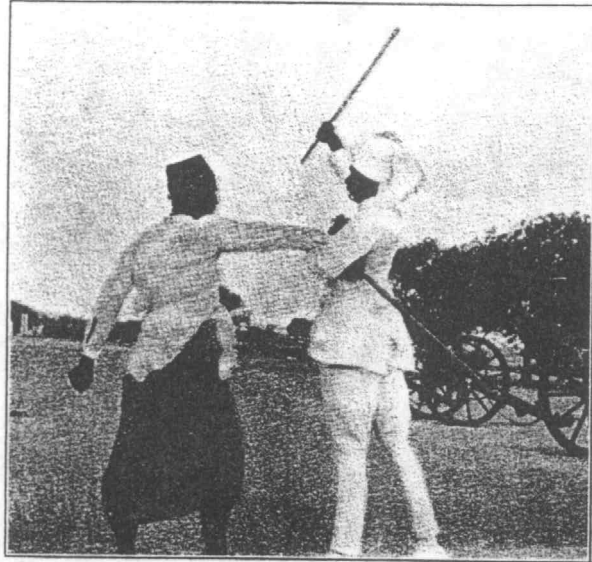


FIG. 37.

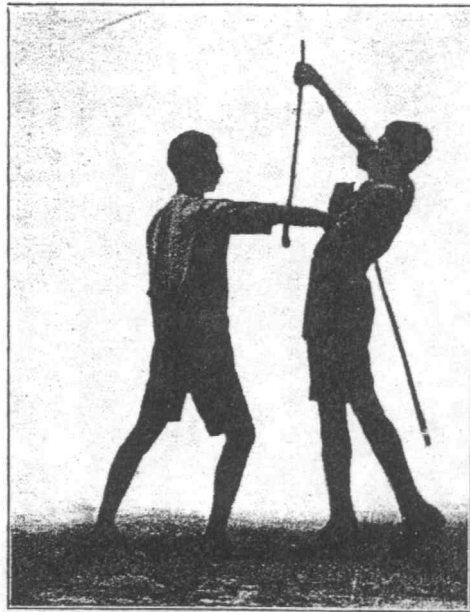


FIG. 38.

any position). From your FRONT GUARD lead straight into your imaginary opponent's face as in delivering a "Point." Aim at the part you want to strike. Shoot the arm out to its fullest extent, and with a turn of the wrist to the left, make contact (Fig. 26).

Practise delivering the FLICK slowly at first and put your whole body into it; shooting left arm to rear as right goes forward and hollowing the back when the wrist is turned. *Always deliver the FLICK with a lunge.*

A FLICK may be likened to the crack of a whip. The turn of the wrist makes the crack, as it were. This method of employing your stick should be persisted in till proficiency is reached. It is a highly efficient method of employing a stick in self-defense. When you realise that a FLICK, properly delivered, will splinter a piece of wood a quarter of an inch thick, the effect on an opponent can be imagined!

In a tight corner a FLICK is particularly useful. What a very useful method for a rail-way carriage or any tight corner with your back to a wall where you cannot employ your cuts?

For preference, practice on a board nailed to a tree or post, or an old outhouse door. The resounding "Smack" encourages one to effort until the state is reached when the resounding, clean and finished "Smack" resembles more the deft kick of a racehorse on a stable door, rather than the laboured clumsy effort of a carthorse at the same game. A kick from a racehorse will drop you, whereas a carthorse will lift you into the next field, and you may still get up smiling! It is all a matter of finish, so cultivate the racehorse finish in your "Flick."

Another rather similar stroke is the FLIP. Also a very efficient way of employing your stick under all circumstances when attacked. To deliver a FLIP: from any position spring at your opponent, with point of stick straight for face or body, and judging your distance so as to reach opponent with fully extended arm. Make contact by jerking wrist up (Fig. 27). This is different from the FLICK in that the jerk of the wrist is upwards, whereas in the FLIP, the turn of the wrist is to the left. A FLIP is very difficult to guard. You will see this if you imagine an opponent in front of you and you make for his face. If his guard is formed to cover his head you will come under it on to his face; and if he tries to guard his face you can come in on his head. After delivering a FLIP spring back again for a repetition if necessary or to be ready for emergencies. Practise FLIPS in a similar way to FLICKS; both well deserve special consideration and high development as they are potent arguments to urge in getting out of a tight corner, more especially, when time is not on your side and your opponents require to be quickly convinced.

The surprising speed with which FLICKS and FLIPS can be delivered after a little practice, will develop you into a veritable automatic "Flick—Flip—Repeater," automatic feed, no reloading! "Some Gun," remarks our Yankee friend!