

CHAPTER XII

THE TRAINING OF ORGANISED BODIES

This chapter pertains more to the training of organised bodies of men such as Military, Police, Boy Scouts and other bodies subjected to discipline. The average person, may, however, gather many useful tips of the manner of carrying out the instructions given in this book.

The initial instruction of a force of men must be by the "Snowball" system; starting with a few well trained, intelligent instructors. Not more than two or three selected men should be given to each instructor for training. When the course is completed, this increased number of trained men should be put on to train more men, and so on. Instruction must be individual; personal instruction is an indispensable factor. These methods are scientific, and any attempt to carry out the methods by any words of command which might be devised, must not be attempted.

Experience has shown that the average man takes very readily to this form of training. Perhaps this is accounted for by the realisation that he is acquiring a means of self-defence which will be of use to him both on and off duty. The personal element enters very largely into the training and gives a double interest, official and private.

Commence instruction by making each man in turn, get in front of a mirror (Fig. 52) and, from the ON GUARD position, practise Exercises laid down in the first chapter.

These Exercises must be persisted in till they are smoothly carried out as if the joints were working in well oiled bearings. They are of vital importance, as proficiency in all subsequent movements depends on the skill with which they have been executed. The men will naturally feel awkward for the first few lessons, but the ease with which they can be performed will quickly be obvious. The Exercises should be carried out slowly at first. Speed will come with practice. It is desirable to emphasise the fact here again that all the Exercises are devised, not only to cultivate a supple wrist, elbow and shoulder, etc., but are actually the motions to be gone through when delivering the various CUTS, and CIRCLING GUARDS (by means of which UPPER CUTS are delivered) and, unless a man can carry them out efficiently, he cannot go forward with the course of instruction. Assiduous practice is therefore essential.

On the men having attained proficiency in

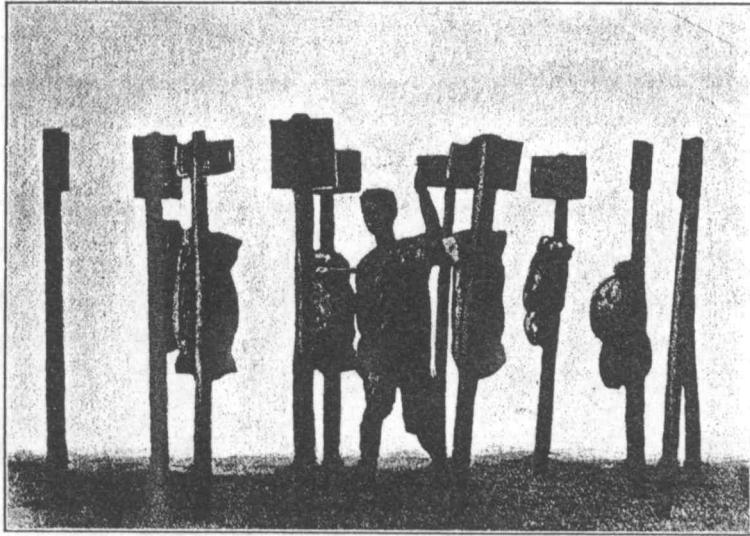


FIG. 56.

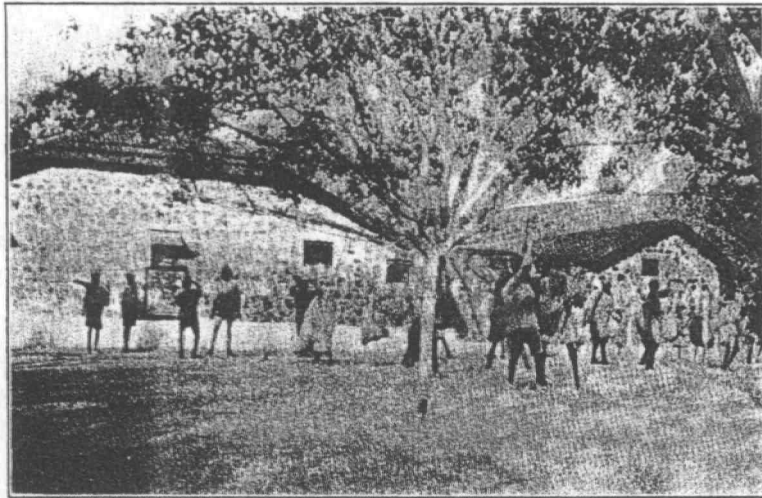


FIG. 57.

Recruits at Stick Play at a Police Headquarters in India.

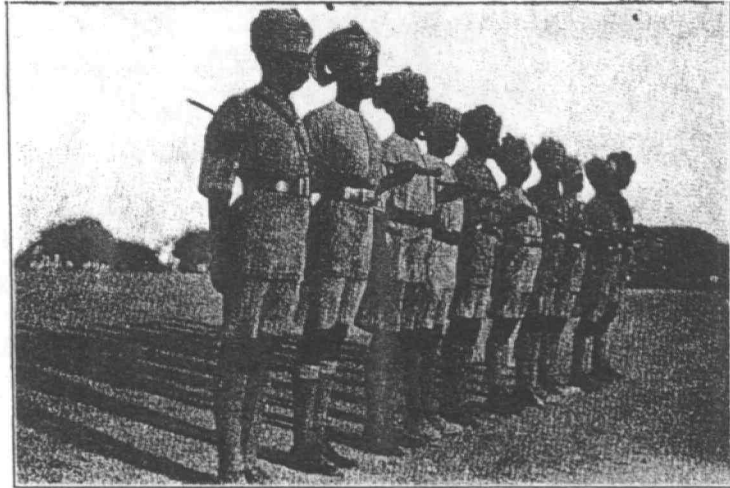


FIG. 58.
A Finished Squad.

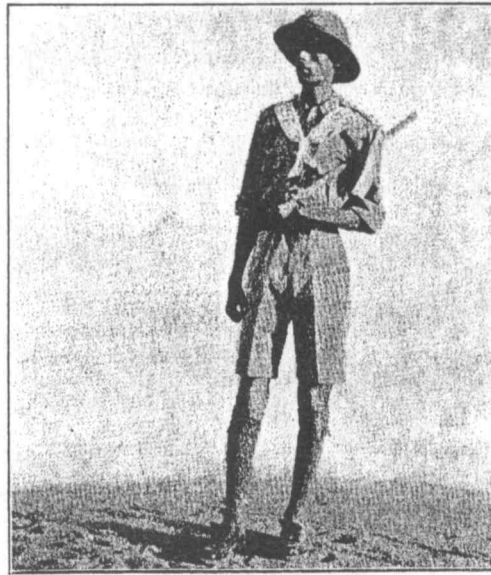


FIG. 59.
An Indian Boy Scout—trained to the use of the Walking Stick.

free and easy play with the stick individually, an instructor should commence a lesson by taking each pupil in turn and running through all guards and cuts (Fig. 53). Practise standing near to commence with and later at a distance, necessitating a lunge, when delivering cut.

Do not forget, when employing GUARDS, to step in to opponent so that the force of his blow is minimised.

The men should be gradually introduced to all methods until they reach the stage where they have the "Grand Combination" of all methods at their disposal when active practice can be carried out on all the following lines:—

1. Advance on sack as illustrated in Fig. 54, employing CIRCLING GUARDS, and when within striking distance of sack, run through all cuts with a lunge. Cut to be glancing or wiping nature, and back into ON GUARD position after every cut. From CIRCLING GUARD also practise FLICKS and FLIPS on board, as shown in illustration roughly representing a man.

2. After cuts on sack are properly executed, combine cut with CROSS GUARD CUT LEFT at sack, finish up in CROSS GUARD, and reply again to sack from this position, body swinging round with cut.

3. Practise CLEARING PRACTICE in circle of sacks (Fig. 55). Let shoulder be the motive

The next two pages (pp 64 and 65) are not in my copy of Lang's manual.

advisable to state here for the benefit of those who may still be in doubt as to the efficiency of a Walking Stick as against a heavy cudgel, that the writer has taught strong supporters of the latter weapon who were, in their way, experts in its use. They commenced their course of instruction with little faith in the Walking Stick, but long before they completed their course they had entirely changed their opinion, and departed, after their course, renouncing for ever their former unwieldy weapon!

THE END.