Common Walking-stick a Powerful Weapon of Self-defense.

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## Common Walking-stick a Powerful Weapon of Self-defense.

If the general public knew half what M. Pierre Vigny, the celebrated Swiss athlete, can tell one about self-defense w'th a walking-stick, like the song says of the policeman, the lot of a Hooligan would not be a happy one, according to the London Illustrated

M. Vigny has spent much of his time, since he first conceived the idea, in the London slums, in the worst in the London slums, in the worst quarters of Paris, Naples and Rome, and in the Bowery of New York, studying the methods of the hooligans of the various countries and perfecting his methods of dealing with those gentlemen. He now claims that with a proper course of instruction anyone with an umbrella or walking-stick would easily be capable of defending himself against half a dozen hooligans. himself against half a dozen hooligans armed with-belts or knives. The new method of his is essentially

learned is how to keep out of range of your opponent's weapon, while at the same time you keep him within hitting range. This is done entirely by a swinging movement of the body and changing the position of the feet. Another way in which this can be accomplished it by adopting a rearguard position, and then maintaining the original distance you took up from your opponent by retiring right foot

ing flexibility, ease of movement, and at the same time effectiveness.

It is with such a weapon as this that you are handlest, but to be ready for emergencies is a way's necessary. Perhaps you would be walking with a hooked stick when the attack was de-

hooked suck when the attack was de-livered. In such a case the modus operandi is this: Keep your hand bolding the stick well out on your right side, to prevent a blow disabling it, then as your opponent strikes at your head, which he is almost certain to do when you are in nimost certain to do when you are in this position, give a sharp guard, and while he is preparing a second blow hook his leg, which is an easy thing to do. While he has momentarily lost his equilibrium pul his legs apart, and so lay him low and out of hitting

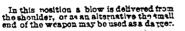
Another very effective part of Vig-ny's training is how to use with the greatest success a walking-stick in a

other. For this work, as for most of the Vigny system of self-defense, a good knowledge of ambidexperity is needed, but it usually meets with the greatest success, and is well worth the trouble taken it, gaining a mastery of the system.

No one could be more adept at giv-ing first-class information, for many an exciting few minutes has he spent in warding off single-handed as many as four hooligans. He guarantees to







first as he advances and advancing left foot first as your opponent retires: Say, for instance, that you were suddenly attacked by an opponent with a heavy stick, while you were carrying only a light cane. In cases of this kind the most essential thing to remember the most essential thing to remember is never to let your enemy assume the offensive. Your one chance is to be quick and agile, striking your would-be attacker with all the force you can muster on the surface of the head; then, allowing him no time to recover, you advance, and by pushing with the and on the chest and with a tripning hand on the chest and with a tripping movement of the foot it is easy work to lay him on the ground, entirely at mercy.

In the accompanying photographs M. Vignv is seen using a stick of his own invention. It is an ordinary Malacca cane with a heavy silver knob,

When both hands are used to import additional strength to the blow, and the user is profesent in ambidexterity, the stick can be twisted, and a blow delivered in almost any direction.

When surrounded by two or three satisg-onists, this is one of the mostad varianceous methods to adopt, it be ny possible to deliver blows from back to front and front to back with tremendous rapidity and force,

teach anyone the art in twelve lessons, and these lessons instil interest into the person being instructed in self-defense from the very first.

The professor himself is a perfect marvel with the walking-stick, and can describe unseen curves and circles todescribe unseen curves and circles un-taily eclipsing the efforts of an ordi-nary drum-major. To stand within range of M. Vigny's powerful arm and stick seems to be to court danger, but even his most powerful blows he can check instantly; in fact, the swinging of his stick is to the untrained eye similar to the erratic flight of a boomcrowd of rufflans pressing close around you. Naturally, owing to lack of elbow room, it is next to impossible to swing your stick to do any damage; therefore the only way is to disperse the crowd by a series of thrusts to left and right. Keeping the stick on a level with the hips, you prod to the left and right, alming the stick with one hand, and guiding it through the grant level with the small end, and flunge with the small in the twinking of an eye. Not only would the system if adopted generally make the layman capable of self-defense, but would tend to make a much finer race as regards physique.



Ready to give a good sweeping blow. The stick is lifted well to the back of the head, and the chest thrown back.

different from both fencing and singledifferent from both feneing and single-sticks, for whereas in each of the above you save your hand from being struck by guiding your opponent's weapon to strike the hilt, with a walk-ing-stick you have no shield for the hand, and it is therefore necessary to gain a knowledge of guarding blows, so that instead of sliding towards the hand they slip harmlessly off at the end of the stick. In this training the first thing to be

In this training the first thing to be but it is not loaded, thereby combin-

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