

COMBAT CANE



An Overview of the Movements for French Cane Fighting

SUMMARY

1. DEFINITION

2. **RUDIMENTARY PRINCIPLES:** strike zones; trajectory planes for the cane; permissible attack positions; necessity of arming; complete development of the blow.

3. ATTACK BLOWS

4. BLOCKS & DODGES

5. **DISPLACEMENTS :** forwards, backwards, sidestep, changing hands.

6. **DISPLACEMENTS WITH TURNS (VOLTES) :** u-turn without changing hands, u-turn with hand change.

1. DEFINITION

- Combat cane uses horizontal or vertical blows, with no cutting or poking movements. Attacks are delivered armed and whipped through the preparation of the entire arm.

- The cane is generally made from either chestnut or walnut. It is 95 cm in length, with a diameter of 15 mm at the handle and 10 mm at the tip, and weighs about 125 grams.



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2. RUDIMENTARY PRINCIPLES

2. Target zones

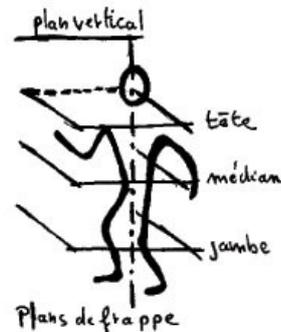
The only permissible strike zones are:

- Head (side and et crown),
- Trunk (between the nipple and the hip),
- Legs (above the ankle and below the knee).



2.2 Trajectory planes for the cane

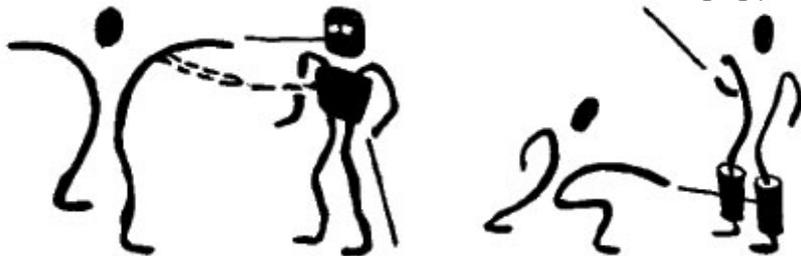
- One vertical plane,
- Three horizontal planes (head, middle section, leg).



2.3 Permissible Attack Positions

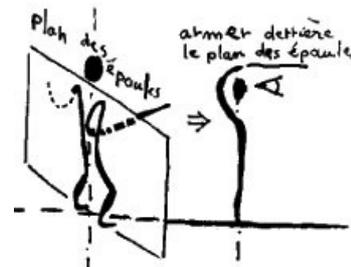
Obligation to use a lunge position to strike lowest zone.

It is forbidden to strike the head or middle zone from a lunging position.



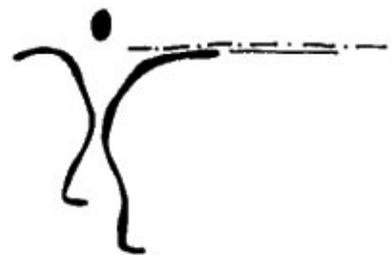
2.4 Principle of arming the blow

The cane must come behind the plane of the shoulders



2.5 Principle of the complete development of the blow

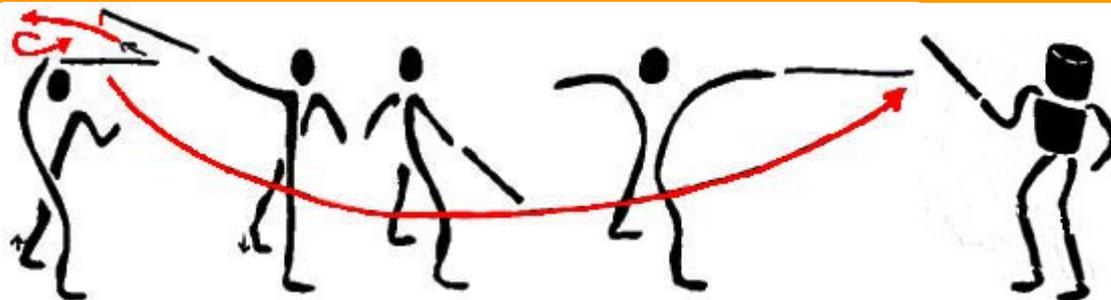
After arming the blow, the cane and the arm move forward- The arm and the weapon are aligned at the end of the trajectory, at the moment of impact.



3. ATTACK BLOWS

3.1. Exterior Lateral (EL)

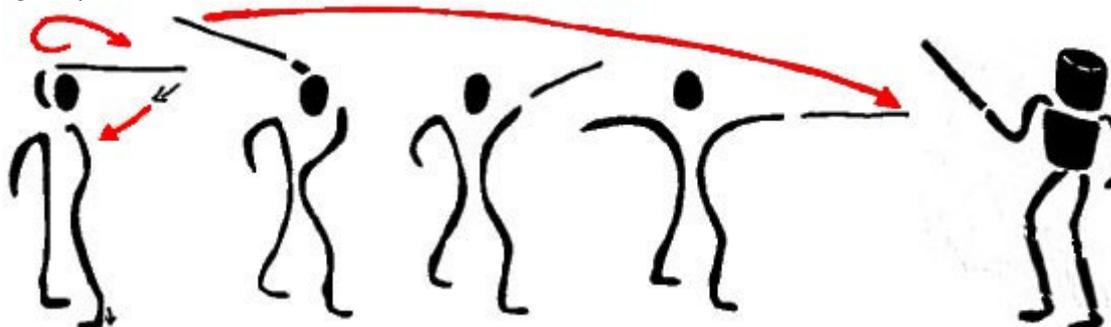
The cane follows a semi-circular horizontal trajectory above the head and outside one's guard.



- The arm with the weapon is pulled to the rear. The weight of the body is equally distributed on both legs. The shoulders move laterally.
- The pelvis is released by the pivoting of the rear leg. The weapon hand is pulled to the rear. The arm then moves forward.
- The body returns to its original position

3.2. Lateral Cross (LC)

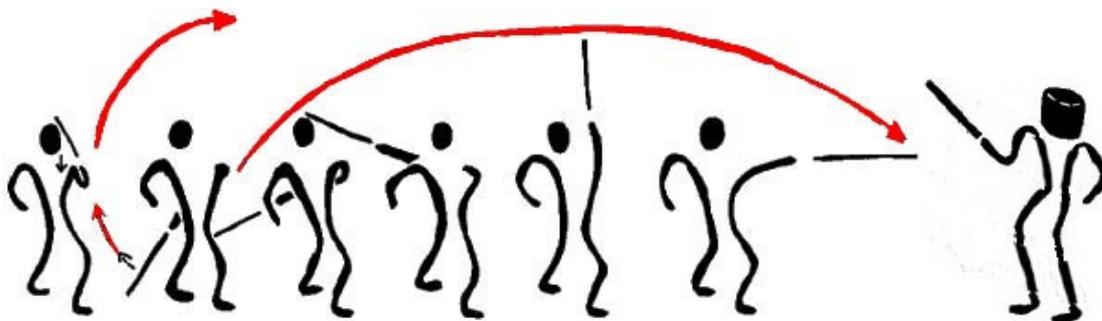
The cane follows a semi-circular horizontal trajectory above the head and inside one's guard.



- The arm with the weapon moves in front of the guard and "crosses" in front of the chest. The weight of the body is on the rear leg. The shoulders move laterally.
- The arm crosses in front of the chest. There is a rotation of the bust, and the pelvis is released by the rotation of the forward leg. The heel is raised and turned towards one's opponent. The arm is pulled back as far as possible
- The stationary leg is tensed. The cane moves in a horizontal plane above one's head.
- Through a rotation of the wrist, the tip of the cane moves forward. The arm begins its return to a forward position.

3.3. Head Cross (HC)

The cane follows a semi-circular vertical trajectory from down to up inside one's guard.



- a) The cane drops passing in front of the chest (show the forward elbow to your opponent).
- b) The shoulders move laterally. The cane follows a circular trajectory from below to above and from behind one's body to in front. The cane passes in front of the body. The arm is extended during the execution of the movement. The body rotates at the shoulders
- c) The cane rests slightly on the arm; this allows it to turn without touching the ground

3.4. Le Brisé

(B)

The cane follows an elliptical, and vertical trajectory from down to up, passing to the rear and out side the guard.



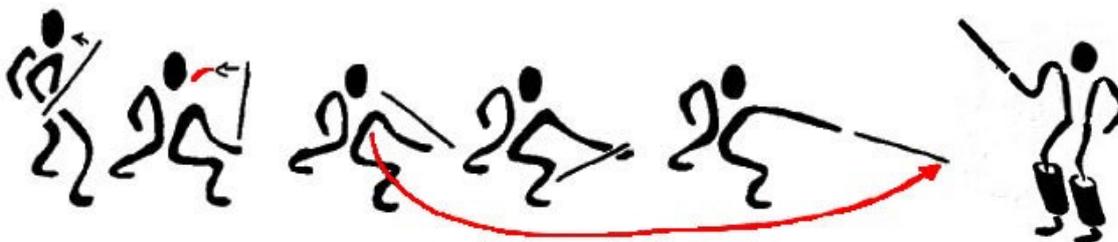
A The cane, held at the tip between the thumb and index of the non-armed hand, falls of its own weight and begins to rotate moving alone; the palm is turned upward.

c) When the cane is in its vertical position, it is accelerated by applying pressure with one's fingers on the handle. The arm moves like a rectilinear piston: forward/back/forward.

3.5. L'Enlevé

(E)

The cane follows an elliptical, and vertical trajectory from down to up, passing to the rear and out side the guard.



a) The arm is pulled to the rear.

b) The palm is turned upward. The cane is released and falls to the rear beginning its rotation in a hollow formed by the thumb and index fingers, at the same time as the body executes a forward lunge.

c) When the point is in a vertical position, the arm is relaxed, the palm turned upward. The arm moves as for the "brisé": like a rectilinear piston: forward/back/forward.

N.B. This movement is forbidden to the head or torso.

3.6. Le Croisé Bas

(CB)

The cane follows a circular vertical trajectory from below to above, passing in front of the body.



a) The cane is thrust upward into a vertical position

b) The shoulders move laterally. The arm extended during the execution of the movement moves back down laterally at the same time that the body executes the forward lunge. The palm is facing downward, towards the ground

c) The cane finishes the horizontal movement laterally towards the legs of the opponent, The body rotates at the shoulders.

. N.B. This movement is forbidden to the head or torso

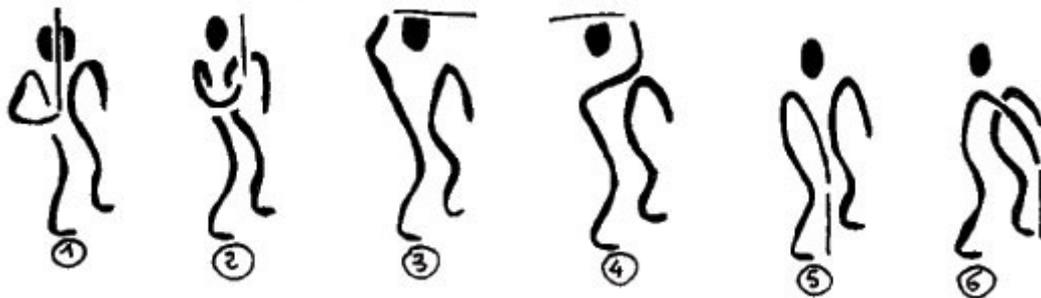
Rear lunge Lateral Cross (when attacking the lower plane, a lunge is mandatory)



4. BLOCKS & DODGES

Objectives: Parry the opponent's movements close to the body and counter attack (principle of parry/counter attack)

- (1) Parry against Lateral cross,
- (2) Parry against exterior lateral,
- (3) or (4) Parry against Brisé or Head Cross,
- (5) Parry against lateral cross lunge,
- (6) Parry against lateral exterior lunge,



- (7) Block & dodge against a lateral attack (block "bordelaise") or a head shot,
- (8) Dodge against a lateral lunge,
- (9) Dodge jump (THE evasion jump).



Fundamental principle :

- **Block then counter attack,**
- **Dodge then counter attack**

5. DISPLACEMENTS

Objectives: Modify the axe of combat or the distance from the opponent

5.1/ Move Forward

Forward

Move the rear leg forward then the other one (two steps forward)



5.2/ Move Backward

Take one step back with one leg, then one step back with the other (two steps backward)



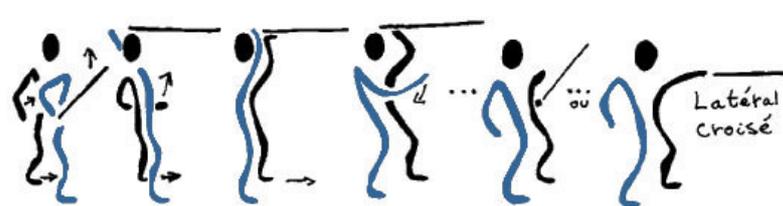
5.3/ Step aside

Step side-wards with the forward leg, then move the other leg to meet it



5.4/ Moving forward or backward changing the weapon arm

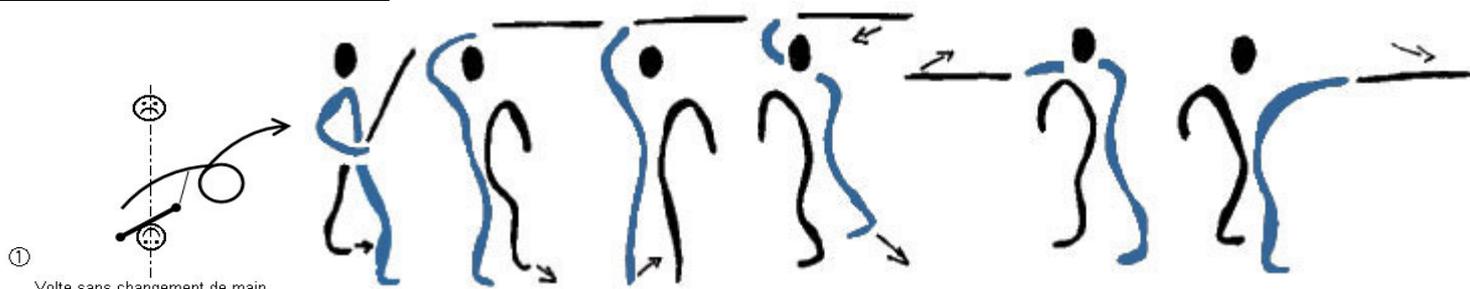
Elementary hand change, and change of guard



6. DISPLACEMENTS WITH TURNS : VOLTES

Objective: rapid armed and hidden attacks. The Volte is La Volte is a displacement with a turn, with three supports through the involvement of the pelvis.

6.1/ Volte without hand change



6.2/ Volte with hand change

