The sjambok is one of the most versatile and effective of all flexible weapons, having been used for centuries in Africa. The Scourge of the Dark Continent: The Martial Use of the African Sjambok by James Loriega is the first booklength treatment of the defensive use of the sjambok. Loriega, a well-known and respected martial arts expert, covers every aspect of the sjambok. Its history, nomenclature, properties, how to practice, stances, strikes, use with other weapons, and how to modify it so it best serves your personal use. The sjambok can deliver non-fatal, disabling blows from short, medium, and long ranges, and with either hand. A psychologically intimidating weapon, as well as physically devastating, the sjambok's uses range from defending against a single attacker to crowd control. In illustrated detail, Loriega explains the basic combat stances, whipping methods, striking methods, and choking and strangling methods, as well as which targets are best for each method. The best ways to practice are covered, and the author tells you where to obtain a sjambok, and how to customize it. The Scourge of the Dark Continent: The Martial Use of the African Sjambok will be of interest to all students of flexible weapons systems, and anyone interested in self defense.

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