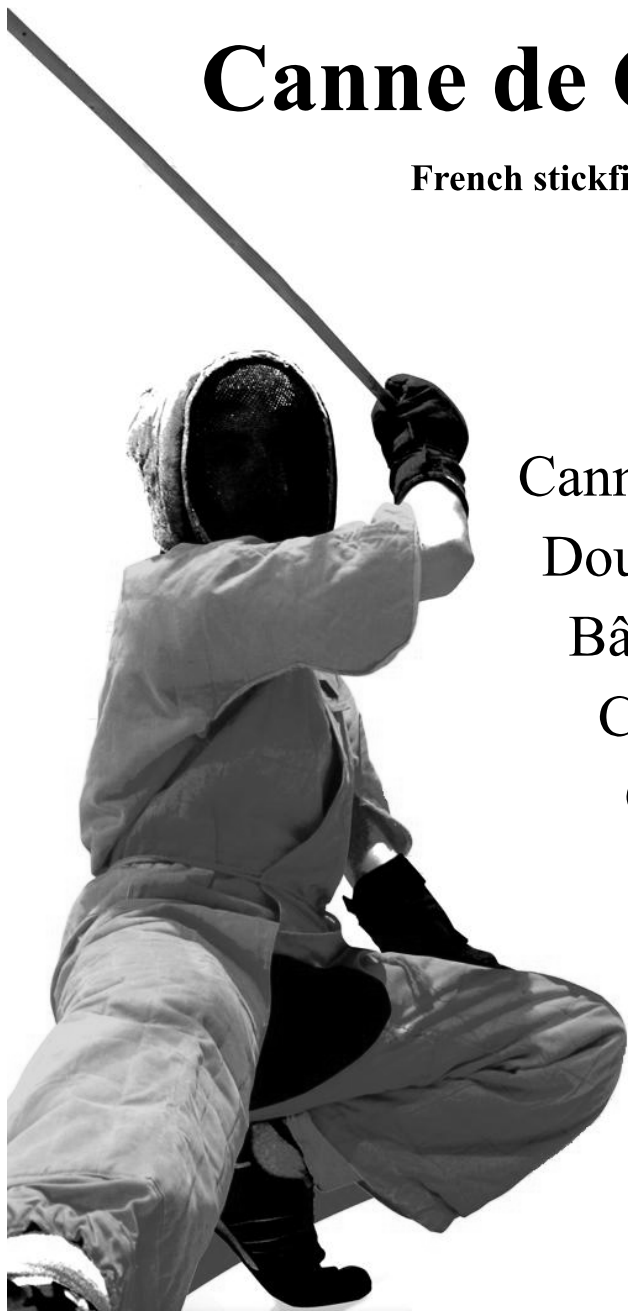# Canne de Combat

French stickfighting

Canne
 Double canne
  Bâton
   Canne chausson
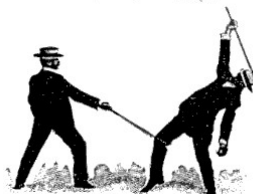   Canne défense

A short booklet about Canne de Combat
2007

The history of the sport

The Canne de Combat is a modern french fighting sport, but it's history dates back to the XIX. century. The oldest methods were shown by some travelling circus, who made shows both in French and in Spain. In the middle ages the use of the stick was part of the sword training, in order to avoid the casualties. In 1780 a fencing master La Boissere developed the fencing mask, so the use of the stick was faded until the years of 1800 when the carry of the weapons become forbidden. That brought along the use of the stick and canne, both as an accessory and as a personal weapon for self defense.

After the II. Word War the fencing with the stick was forgotten, but thanks to the hard-working of Maurice Sarry - who is the founder of the modern french stickfighting sport - the canne was reborn from it's ashes. The french Canne Federation was founded in 1975, Mr. Sarry became it's main directory. He researched the different folk styles with great passion, together with the stickfencing method of Vigny and Lang.

The first French National Championship was held in 1980. Today, canne is practised in more than 10 countries. Both World Championship, and European Championship is held. The last European Championship was held in France, Schiltigheim.

Introduction

The curriculum of Canne de Combat contains more, stick related parts.

- *Canne:* fight with single stick
- *Double canne:* fight with double stick
- *Bâton:* long stick techniques
- *Canne chausson:* kicks and stick attacks
- *Canne défense:* self-defense with the stick

Canne

Canne is the biggest part of Canne de Combat. Canne means fighting with a single stick. During the fight, the players having protective equipments try to touch the adversary with they stick as much times as they able to. Attacks must be made using correct techniques, the hand must move on an elliptic path. There is no simultaneous attack. The players can defend themselfs using body move, or parry, but not both in same time. The parry is short and precise. The stick can be hold either in the left, or in the right hand, and you are allowed to switch hand during the match.

Double Canne

During double canne the players hold a stick in both of their hands. They try to take a shot on each other one time using the one, then the other hand, while they are defending themselfs, and do counterattacks. In the double canne play the same attacking and defensing techniques are used, as in canne, however the two sticks implies higher attacking speed, and more complex combinations.

Bâton

Bâton means long stick. The techniques of long stick is based on the basic movements of the english stick fighting - the quarterstaff - , complemented with the movement base of canne. Bâton is practised alone, with a partner, or using free form movements.

Canne chausson

The canne chausson combines the kicking part of savate with the stick technqiues of canne. Kicks are followed with an attack of a canne, and vice-versa.

Canne défense

Canne défense means self defense using the stick. It's based on the movements of canne, but contains thrusts, parries and ripostes, neck and hand locks, escapes from holds. In canne défense the targets are not like in sport, but the whole body, including the vulnerable parts, like face, eyes, elbows, knees, shoulders.

Equipments

Like in every sport, you need some protecting gears to be able to play in a safe manner. In order to get acquainted with the basics of canne, you need the following things:

• A comfortable training suit
• a stick with length around 1 m

Later, you will need more protective gears:

• Shin guards, against the attacks to the leg
• Gloves, that protects the hands against the straied hits
• Fencing helmet
• Canne de combat suit

Canne player totally equipped

Basic techniques

Like every other fighting sport, the Canne de Combat is built on different techniques, and they combinations. This can be categorized in four different groups: stances, attacks, defenses, and voltes.

Stances

   • Natural stance
   • Fente avant: to lunge
   • Fente arriére: lunge backwards, the leading leg points forwards

Attacks

   • Brisé
   • Croisé téte
   • Latéral croisé (tête, median, bas: head, body, leg)
   • Latéral extérieur (tête, median, bas: head, body, leg)
   • Enlevé
   • Croisé bas

Parries

When you parry, you should use the 6 (8) basic parries:

   • Overhead parry (inner, outer)
   • Side parry, the end of the stick points up (inner, outer)
   • Side parry, the end of the stick points down (inner, outer)
   • Leg parry, the end of stick points down (inner, outer)

Voltes

- Volte to the left / to the right in place
- Volte to the left / to the right with step
- Volte to the left / to the right with hand change
- Volte to the left / to the right with changing the level

Short summary to the attacks

Every attack starts with a preparation move, called the arming. With this motion we pull our hand to the appropriate position. Every time you do an attack, you must pull your hand behind (or at least in) the line of the spinal column. Without this motion, the attack is not valid. The attacks must track an elliptic path, and at the end of the attack the hand must be straight. The hit must be clear, that means the stick must hit a valid target, there was no parry into the attack, and the upper 1/4 part of the stick touched the surface. If the attack is valid, the player gets a point.

The hits must be more like touches, than strikes, the goal is to fool the adversary, not making some injuries. When the player tries to attack the leg, it must be done either in fente avant, or in fente arriére (or other standard crouching stance), he is not allowed to attack the leg standing.

It is important, that there is no simultan attack, so the two players are not allowed to start they attack in the same time, one of the player must wait out, until the other finishes his attack, only after then is he allowed to counterattack. He can of course defend himself, either with parry, with crouch, with jump, with run, with body defense, with moving away, etc.

In the next pages you can read about the basic attacks and parries. The leg attacks are drawn only in fente avant, but they can be done in fente arriére, too.
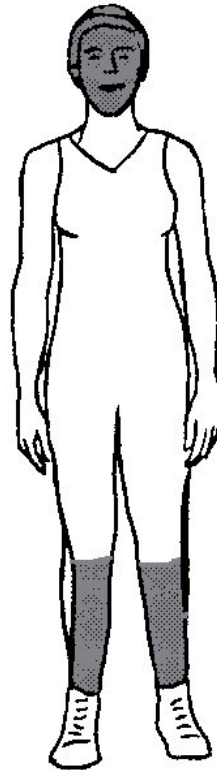
Valid targets

Gentlemens
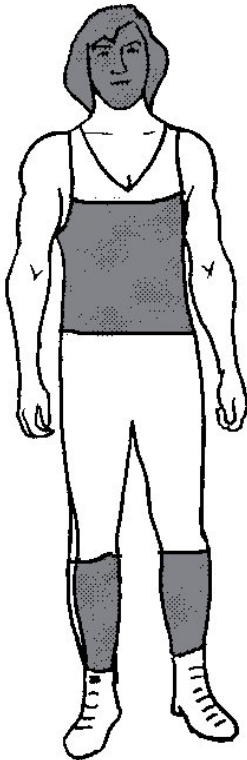
Ladies

Valid targets for gentlemens:

• Head from front, side, and top
• The body below the armpit and above the belt level, from front, and from the side
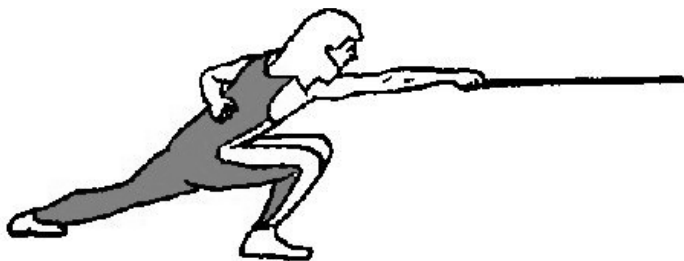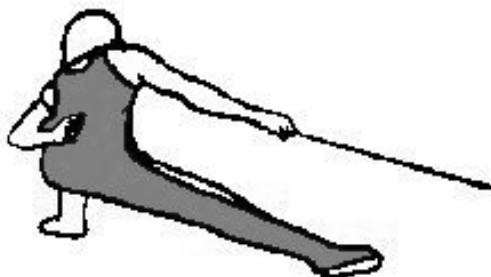• The shin below the knees and above the ankle

Valid targets for ladies:

• Head from front, side, and top
• The shin below the knees and above the ankle

Stances

Fente avant

Fente arriére

The basic stance (guard) is a kind of kickboxing stance. Your whole body faces your opponet, you are standing on the toes, whick are parelell. The distance between your legs is one shoulder length. Step forward one step with either your left or the right leg. You should hold the stick in that hand, that's leg is frontal. So, if your left leg is the frontal, then you hold the stick in your left hand. There is an opposite guard, when you hold your stick in the opposite hand. The two basic crouching stances are fente avant and fente arriére. Fente avant is a simple lunge used in classical fencing. Your rear leg should absolutely not bent, the thigh and the shin must form at least an angle of 90 degree. Fente arriére is a back lunge, the frontal leg should be stretched.
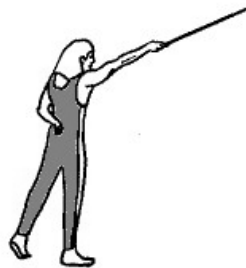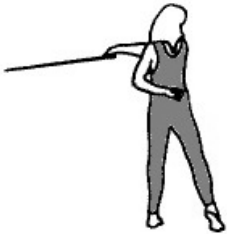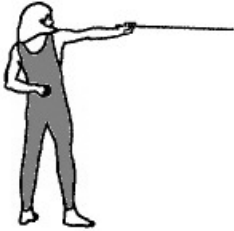
Attacks

Brisé
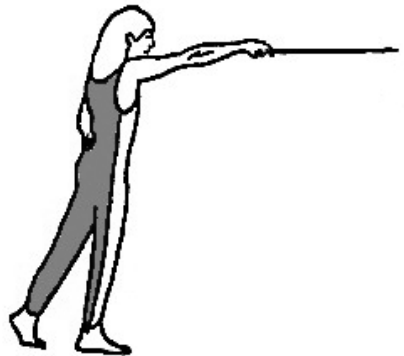
The brisé is a vertical attack to the head.

- Twirl the stick backwards
- Pull the elbow back, and turn the body
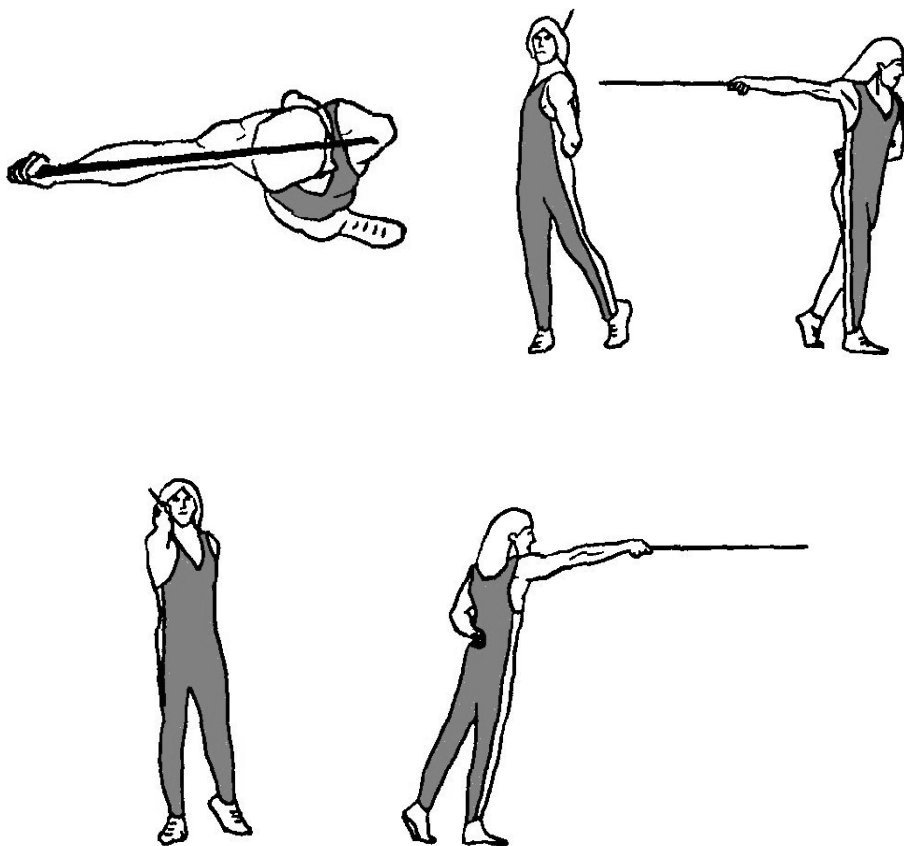- Lenghten the hand, touch the head

Croisé téte

The croisé téte is the counterpart of the brisé. It starts at the opposite direction, and it is vertical attack to the head.

- Turn the wrist inwards
- Drag the stick before the body
- Follow the path with an outstretched hand
- Touch the head
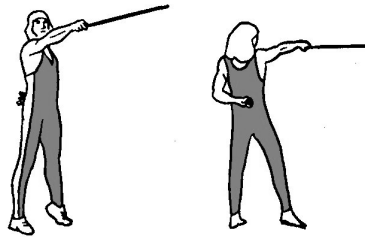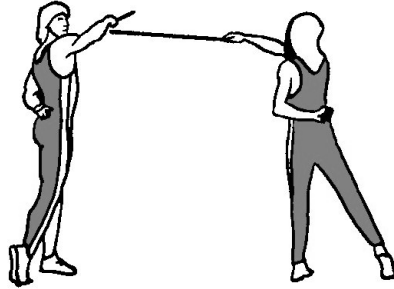
Latéral extérieur

Latéral extérieur is a horizontal attack.

- Draw the stick backwards, the end of the stick points to the opponet
- Stretch the hand out
- Attack on a circle path

With this attack you can attack the head, the torso, or the leg.
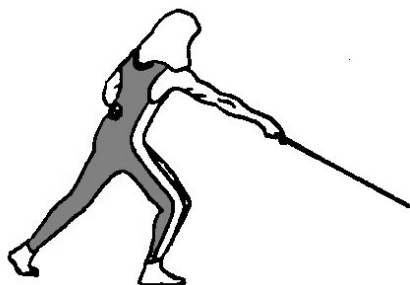
Latéral croisé

Latéral croisé is the counterpart of latéral extérieur. It is a horizontal attack.

• Draw the stick before the hand in the internal direction
• Stretch the stick out
• Attack on a circle path

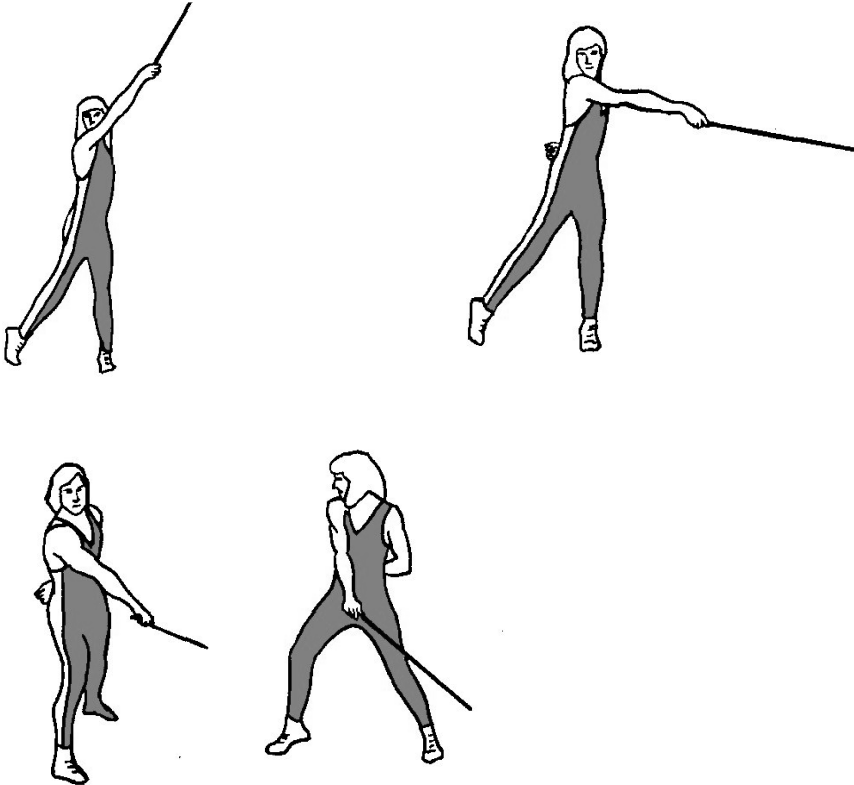Using this attack you can attack the head, the torso, or the leg.

Enlevé

Enlevé is an attack to the leg started from a backward twirling motion. The goal is to twirl the stick in beside the opponet stick.

- Twirl the stick backwards
- Stretch the stick out
- Start the leg attack
- At the end of the attack use a little wrist motion in a side direction

Croisé bas

Croisé bas is a stick falling technique from the inner direction.

 • Heave the stick in a cross direction
 • Do a cutting motion with outstretched hand
 • Go down, attack to the leg.

Using this technique - as enlevé - only the leg is allowed to be attacked.

Parries

Overhead parry (to the right, to the left)

Side parry (to the left, to the right)

Leg parry (to the right, to the left)

Parry of a body attack (to the right, to the left)

Combinations

During the match the players try to make touches on they adversarys, but if the opponet has a good defensive abilities, it becames a very hard task. Our goal is to mislead our opponet, to create such a state, where he is in a bad position, but we are in a good position, so he won't have enough time to reach our stick with his parry. This is the main goal of the combinations. We will present some simple combinations, just for beginning.

Two step combinations

- brisé, croisé téte
- latéral extérieur, latéral croisé
- latéral extérieur, latéral croisé to the leg
- latéral croisé, latéral extérieur to the leg
- brisé, enlevé
- brisé, croisé bas

Two step combinations

- brisé, croisé téte, brisé
- latéral extérieur head, torso, leg
- latéral croisé head, torso, leg
- latéral extérieur, latéral croisé, latéral extérieur to the leg
- latéral croisé, latéral extérieur, latéral croisé to the leg
- brisé, croisé téte, croisé bas

Hand changes

During the canne match you are allowed to change the stick holding hand. The players often change hand, to some attacks, and return to the original position. The change of the hand is useful, because it develops the weaker hand, during the match it let's the often used hand to relax, and it gives you the ability to attack and touch from different unpredictable directions. Next you can read some hand change tricks.

The tricks

• Shooting the stick from one hand to the another
• Twirling the stick from one hand to the another
• Change of the hand behind the back, the stick points up
• Change of the hand behind the back, the stick points down
• Twirling the stick behind the back
• Twirling the stick to the armpit, hand change
• Hand change under the legs
• Stick twirl behind the legs
• Leg lobbing above the stick, hand change
• Hand change behind the hand in a crossed manner
• Stick armed to latéral extérieurbe, hand change
• Stick armed to latéral croisébe, hand change

Short rulebook

This game is played for points in a circle with 9 m diameter. You are not allowed to step out from the circle, in this case you will get a penalty. 3 judges are watching the game, they have one blue, and one yellow flag in they hand. One of the player has a blue helmet, the other has a yellow helmet. If one of the judge sees a valid touch, he raises the corresponding flag up. Every flag means you will get 1 (one) point, so for a very good touch, that was seen by every judges, you will get 3 points. There is a 4th judge, who records the points on a paper. There is a referee, too, who is responsible for leading the match, he starts and stops the fight, he changes the broken sticks out. Every match stands from 3 rounds, the round time is 1.5 or 2 minutes, depends on the age-group. After the match they add the points together, substract the penalties, and announce the winner.

You are allowed to attack only with valid target, there is no simultan attack. Only the elegant, clean technique is valid, that touches a valid target. The match is started with a salut, after the "En guard" the player stand in a ready position, and when they hear "Allez!", they start the play.

Frequently asked questions

Here comes the faq
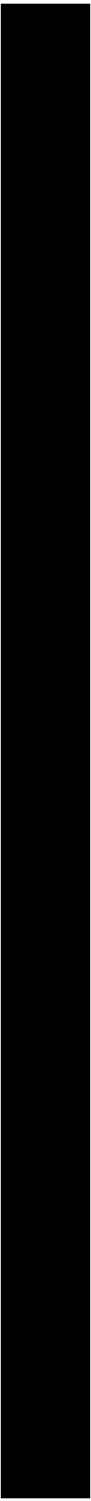
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You can find here a tons of documents, articles and videos. If you would like to participate in this sport, come to our trainings at

here is your address

Saluez-vous ! En garde ! Allez!

Here comes some nice back cover text

Technique and style: this is Canne de Combat!