LESSON 10

BATON TECHNIQUES

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BASICS
It is not suitable to use a full size baton in close protection work even if it is much more effective, due to its size and weight. It may be acceptable for entrance guards or operatives on patrol, but not for low profile protection operatives.

The baton must be small enough to hide but still be effective. There may be many reasons why you choose to use a baton. We all know that it’s not suitable to use a firearm in crowds or in places where innocent bystanders may get injured or killed. The baton is an excellent secondary weapon for close contact, if used properly.

There are several occasions when the baton is superior to a firearm, for instance in a crowded area where innocent people are present, or in sensitive environments were shots fired would cause unacceptable results, or in any other situation where a firearm would be unsuitable to use. By using your baton in a proper way, it will give you more options in counter attacking a dangerous adversary than your firearm would have done in those situations.
The batons I would recommend for close protection work should be no longer than 30cm folded and of reasonable weight. The most common types of small batons are the following:

**Extendable telescopic solid baton:**
The baton is constructed of three 20cm long and 25mm wide steel tubes which are housed inside each other telescopically. Usually a heavy steel cylinder is fitted to the tip, to increase the destructive impact of the baton.

The extendable rigid baton is a very effective tool; it can be used in many other ways other than just striking. It is suitable in both offensive and defensive roles. The extendable solid baton may require a permit to be carried in some countries.

The baton is only 20cm long when collapsed. To extend the baton, hold the grip firmly and swing it with a distinctive “whip lash” motion. The baton will now extend from its housing and lock to a length of almost 60cm.

To collapse the baton, hold the grip firmly with both your hands and strike the baton’s tip hard on the ground.

**Extendable telescopic spring baton:**
The spring baton is basically of the same construction as the solid baton. The differences to be noted are the extendable parts and the tip.

The housing is a steel tube, but the two extendable sections are made of heavy-duty steel springs. The tip is replaced with a solid steel ball.

The extendable spring baton is the most effective baton available and it is a highly lethal weapon. The spring baton is considered as an illegal weapon in some countries, or at least it requires a permit to be carried on duty in most locations. It is constructed to cause maximum damage on impact, and can easily cause severe damage or death if used improperly.

The spring baton works more like a whip than a baton, and the damages it will cause on impact are more extensive than any other of the batons described in this section. The spring baton is prohibited in many countries; please check your local laws and regulations as it may even be classified in law under the weapon section.

**Short rubber baton:**
More commonly known as the “Black Jack”. It is basically a 20cm to 30cm long solid rubber cylinder with a grip and a slightly wider top. As the “pure rubber” baton is rather “soft”, its weight it can be increased by being filled with small lead pellets. There are also reinforced rubber batons with an alloy or steel rod inserted internally to make it stiffer.
OFFENSIVE TECHNIQUES
First of all, if the baton has a “wrist sling” REMOVE IT! It does have a tendency to tangle in your clothes, and it may also cause you great harm if you are ever disarmed by an opponent. The wrist sling does not fulfill any real purpose and should NEVER be worn around your wrist.

The most practical way of concealing your baton on your person when wearing a suit or jacket, is by either diagonally retaining it in the small of your back, with the grip facing downwards/right or in a special harness under your left armpit, with the grip hanging downwards.

Holding the baton:
When using a baton offensively you should hold the baton in your right hand, pointing in a forward direction following the direction of your thumb. Lock the position of the baton with your little finger and ring finger firmly and keep a loose hold with the rest of your hand. The baton should be able to move slightly forward and backwards in your grip.

Hitting with the baton:
DO NOT USE THE MOMENTUM OF YOUR BODY WHEN DELIVERING BLOWS! Use your arm and deliver rapid “whip lash” blows by letting the baton “pendulate” in your hand. Use the maximum force towards your opponent’s weakest points.

Vulnerable points:
Effective points for blows with a baton are; Arms, Legs, Knees, Joints and the Collarbones. Avoid blows to the head and neck if your intentions are not to kill.

DEFENSIVE TECHNIQUES
When using a baton defensively you should hold the baton in your left hand in an "ice-pick grip", (you may use your right hand, if the left hand technique feels unnatural) pointing in a backwards direction (the direction of little finger). The baton should be snuggly resting on your arm pointing towards your elbow. Keep a firm grip of your baton! Turn your left side slightly towards the opponent and hold your arm vertically hanging down, covering your side.

From this position you will be able to defend yourself against blows, stabs and kicks very effectively. By leaving your right hand free, you may if necessary draw your firearm, hit the opponent; or when countering, move the baton to an offensive position in your right hand.
Assignment #1

Scenario: You are being attacked by an individual that is coming at you quickly. Create a diagram of your defense stance.

Please submit completed assignments along with test to Lion Investigation Academy, 434 Clearfield Street, Bethlehem, PA 18017.
LESSON 10

Baton Techniques

Field Assignment:

Locate information in regards where you would go for baton training, and how and where you would purchase batons.

Please submit completed assignments along with test to Lion Investigation Academy, 434 Clearfield Street, Bethlehem, PA 18017.
Test: Lesson 10 Baton Techniques

1. Why isn’t it suitable to use a full size baton in close protection work?

2. Describe an extended telescopic solid baton.

3. The spring baton works more like a _______ than a baton.

4. Short rubber baton is commonly known as?

5. What is the best way to conceal a baton on your person?

6. Which hand should you hold the baton (offensively)?

7. What are the vulnerable points for a blow?

8. When holding a baton defensively with left hand, what type of grip is used?