

Chapter 1 : Baton Q1 - Multi-Tools - Browse By Type

Aug 10, 2010 - Peter Ouko was sentenced to death for murder 20 years ago and sent to Kenya's notorious Kamiti maximum security prison. A program that helps prisoners has transformed his life.

The problem with this type of logic is that as a woman, I will never be as strong as a man regardless of his gun toting status. I need something to protect myself. Many of my friends are uncomfortable with the idea of carrying a gun, and the controversy surrounding guns does nothing to encourage them. Fortunately, we have other options; we have a choice. From a self-defense perspective, our greatest allies include the handgun, stun baton, stun pen, and taser. Which one is right for you? In this sense, owning a handgun is appealing. Of the four options, a gun offers the farthest range and the most protection. Will you still be within grabbing distance while protecting yourself with a stun baton? Also, a stun baton is designed to stun. Stun is a weak verb when compared to injure, incapacitate, or disable. When protecting yourself, do you really want to be weak? In regards to the level of protection offered, this depends on the power of your pen. In general, they are equal to stun batons in that they will only give you a window of time to get away. A stun pen may buy you as much as 30 seconds. Is that enough of a head start for you? A taser can launch around 15 feet traveling over mph to hit and stun its target. They are more powerful than stun pens and batons and can stop an attacker for several minutes as opposed to seconds. Like a gun, using a taser requires skill as you must shoot and hit your target. If you miss your target while using a gun, you can try again. If you miss your target while using a taser, you may have the option of using it as a stun gun assuming you purchase a model that offers this feature. However, a taser can only load one cartridge which means you have one chance to hit your target from a distance before it becomes an arms length fight. What many people do not know is that hitting your target can be challenging. Gun wins this category followed by a taser, stun baton, and a stun pen. Portability GUN " With a carry permit, you can take your gun anywhere that guns are allowed. Of course, you must take proper measures to protect yourself while carrying. For that reason, tucking a gun into your waistband is not recommended. Instead, you should invest in and practice using a holster. Check out these holsters which are specifically made for women. Does it have to be carried in a holster? No, but it should be; because yes it can accidentally discharge. I would argue that a gun can be even more challenging than a taser. In order for a gun to be effective, you need practice and lots of it. Even getting a gun out of a holster can prove trying if you allow your skills to become rusty. Also, guns carry the greatest amount of personal liability as they are; after all, a deadly weapon. Guns require skill and accuracy. Are you willing to invest the time needed to become a responsible gun owner? They require no skill to use and are lower risk than guns and tasers. Also, they are legal in most states, though not all. When you shoot a taser two dart-like objects project out of the gun. For the taser to be effective, both darts must hit the target. In fact, tasers are illegal in several states; the same states where stun guns are illegal. It is also required that you pass a background check before purchasing a taser. A background check is not required to purchase a stun gun. Tied for first is the stun baton and stun pen followed by the taser and then the gun. Laws for certain weapons might differ at the state or even city level. Cost GUN " The cost of a gun can range from a couple hundred to thousands of dollars. In addition to the cost of the gun there may be licensing fees, taxes, and of course the cost of bullets. FACT " licensing can become rather costly. Like guns, there are residual costs with taser ownership.

Chapter 2 : Baton and the pen : four decades with the Indian police (Book,) [calendrierdelascience.com]

STUN BATON and STUN PEN - In regards to ease of use and liability, both the stun baton and stun pen are the same. They require no skill to use and are lower risk than guns and tasers. Also, they are legal in most states, though not all. TASER - A taser is more difficult to use than stun gun type options.

Baton twirling, Manzanar War Relocation Center , Photographed by Ansel Adams. Baton twirling has expanded beyond parades and is now more comparable to rhythmic gymnastics see below. Many countries compete each year at the World Baton Twirling Championships. The sport of baton twirling is a relatively new discipline that has evolved through many dimensions. The distinguishing fundamental characteristics are: Handling of the baton instrument to create visual images, pictures and patterns, executed with dexterity, smoothness, fluidity, and speed, both close in and around the body and by releasing the baton into the air. Expression of the body through dance and movement to create a demonstration of strength, flexibility, physical fitness, beauty, aesthetics, and harmony in coordination with the manipulation of the baton. The incorporation of gymnastic movements adapted to baton twirling to create additional elements of risk and excitement. Baton twirling is an entertaining and exciting sport to watch. The intricate timing and precision required to perform these feats is difficult. Baton twirling requires complete concentration and coordination. It demands top physical conditioning. Baton twirling encompasses the physical stamina and agility of gymnastics and dance, the beauty of figure skating and ballet, and the technical skill of all these sports combined. Routines for competitive sport baton twirling are designed for athletes of novice through elite stages of development, experience and ability. Individual competitive events utilize one-baton, two-baton, or three-baton to standardized music while Group competitive events are performed with members twirling together with precision and unison. Also there are pair and group events which include Freestyle Pairs and Freestyle Team at the highest level. Groups utilize their own pre-recorded music. Baton twirling started in Eastern Europe and Asia. It is thought it started at dance festivals where the goers used knives, guns, torches and sticks to twirl with and toss. The "activity" progressed into the armies of some countries which twirled with rifles during marches. When the army was parading, they added a rifle twirler to the front of the marchers. The rifle was then switched for a "mace". The mace was much larger than the batons of today and imbalanced. They are still used by some marching bands at parades nowadays. The mace barer or "drum major" twirled the baton whilst leading the army or band. The maces were altered for easier twirling and now resemble the batons. They were given smaller ends of light rubber, made from hollow light metal and balanced to give accuracy to the twirler. It is thought it was the involvement of females "drum majorettes" and the progression of twirling that resulted in the lightening and balancing of the baton. While many member countries have their own national organizations, the World Baton Twirling Federation governs the sport of baton twirling on an international level. Pen spinning A combination of pen spinning tricks. Sometimes classified as a form of contact juggling , pen spinning may also include tossing and catching of the pen. Hideaki Kondoh is generally credited with giving the pen trick "Sonic" its name, because of the way the pen would blur in his fingers. Penspinning only recently saw a rapid increase in recognition due to the emergence of internet media websites such as YouTube. From onwards, the art of Penspinning has developed subcultures in many countries of the world including the Asiatic-regions and Europe France, Germany and Poland. Poi juggling Poi is a form of juggling , dance or performance art, accomplished using balls, or various other weights, on ropes or chains " held in each hand, and swung in various circular patterns, similar to club-twirling. Rhythmic gymnastics Combining elements of ballet, gymnastics , theatrical dance, and apparatus manipulation, Rhythmic Gymnastics, once largely considered a sport for women and girls, is growing in popularity among men as well. Men compete in four types of apparatus: Groups do not use any apparatus. Rhythmic gymnastics as a sport began in the s in the former Soviet Union. It was there that for the first time, the spirit of sports was combined with the sensuous art of classical ballet. To Isadora Duncan, we credit the famous rebellion against the dogma of classical ballet and the shift toward the creation of a new discipline that would blend art and sport. Sticks and staves[edit] Main article: Devil sticks "Twirling",

"sticking," and "stick juggling" are all common terms for using the twirling prop known as devil sticks, flower sticks, or various other names. A set of devil sticks is made up of one baton and two control sticks. In use the central stick, the baton, is pushed, lifted and caressed by the two control sticks causing the stick to flip, wobble, spin, and fly through various maneuvers or tricks. Juggling sticks similar to the modern variants have continuously evolved as they were passed down through the centuries. Morris dance In some forms of Morris dancing , a stick is twirled in one hand during a dance. For example, in stick dances from Brackley in the Cotswold tradition, each dancer twirls one or two sticks throughout the dance. In the martial art of bojutsu, a bo is used as a weapon, increasing the force delivered in a strike, through leverage. Some of these kata, are very flowing and pleasant to experience, both as the one executing the movement, and as a spectator. Staff twirling has enjoyed recent growth in the dexterity play , juggling and fire dancing communities, in part due to the influence of martial arts, and in part due to increasing popularity of adult play as recreation. Mathematical significance[edit] The figure-eight twirl can be used as a demonstration that a double rotation is a loop in rotation space that can be shrunk to a point.

Chapter 3 : Baton Rouge, La - Market Watch - The Fountain Pen Network

From the moment that Gossett moved into the field of early nineteenth-century opera, he turned up in person whenever a major house put on the great works of Rossini, Donizetti, and early Verdi.

The prison was modeled on an old-style colonial system, torture was widespread, and inmates were forced to sleep on the floor amid squalor and unsanitary, overcrowded conditions. Ouko was sometimes locked up in a small cell with 13 other men for 23 and a half hours a day. Food was not guaranteed, and beatings were frequent. Ouko faced an endless wait for his executioner as he resigned himself to his fate, far away from his two young children and his old life as a successful interior designer. He also thought often of his wife. His dead wife, whom he was accused of murdering after her body was found near a police station in Ouko rushed to the site, only to find himself immediately arrested for her murder at the scene. He believes he was framed. Ouko later found out they were told he was dead. That vice president was Moody Awori or as he was popularly known, Uncle Moody. The first thing, he outlawed torture. He replaced the baton with the pen, " recalls Ouko. Most importantly, Moody started to treat the inmates like human beings, providing mattresses and bedding for the prison service for the first time, as well as access to healthcare. It used to be called Maria. But when Uncle Moody came, he brought buses where inmates could sit and be taken to court, and we started calling them Moody Hoppers," he says. In , Ouko became the first Kenyan inmate to earn a law diploma behind bars. However, studying behind bars was not easy. It meant having to balance numerous court trips, writing appeals pro-bono for his colleagues and advising them on how to make their presentations in court. Being the most qualified "lawyer" among 2, inmates was daunting, but people outside the prison walls were demanding his service too. He recalls that a Kenyan who watched his graduation on TV visited Kamiti prison and requested his help to draft a petition to sue his employers who had allowed their dogs to bite him. The APP trains prisoners and prison staff as lawyers. So far, 3, people have been released from the Ugandan and Kenyan prisons after getting legal services from those the APP has trained, according to its figures. By , they have ambitions to release 30, people from prison through their trainees. Kenyan President orders top officials to take lie-detector tests in corruption crackdown "Our students have been involved in several Supreme Court cases, including one which resulted in the abolition of the mandatory death sentence in Uganda," he added. The APP will also create a first-of-its-kind law college in a Kenyan prison, which will open in Breaking down barriers Prisoners advocating for other prisoners in open court, or advising non-prisoners on the law, is uncharted territory in Kenya and most places in the world. These are the kind of reforms that have got people talking about the Kenyan prison system. Kamiti now has a well-stocked library, industrial workshops, and the option for other students to study for law degrees. They have organized a TEDx conference at Kamiti prison, and prisoners are learning mindfulness techniques. Significantly, the barrier between prisoners and prison staff have been broken down. Also, prisoners have access to family and friends as well as access to rehabilitation services including vocational training and education. Ouko was also officially pardoned by Kenyan President Uhuru Kenyatta and released from prison after 18 years behind bars in October His death sentence had been commuted to life in Tweets by CNNAfrica Since his release, he has given a TED talk about his experiences and now devotes his time to defending the rights of African prisoners through his prison charity Crime Si Poa, which is Swahili for "crime is not cool. Go to schools and speak to them We help them build peace in conflict areas," Ouko says. It brings down the level of recidivism. It brings down the level of tension in prisons. I was locked up. It made me resentful and angry," he adds. Our recidivism rates are high and often prisons are characterized by hopelessness," McLean says.

Chapter 4 : How Kenya replaced the 'baton with the pen' and transformed prisoners' lives - CNN

Note: Citations are based on reference standards. However, formatting rules can vary widely between applications and fields of interest or study. The specific requirements or preferences of your reviewing publisher, classroom teacher, institution or organization should be applied.

Batons Are you equipped with the tools you need to defend yourself? The array of batons on The Home Security Superstore can help you protect yourself in the event of a home invasion or other attack. With so many different models, you can always find a baton you feel comfortable using. What is the advantage of a baton for self-defense? There are a lot of products that can be useful for self-defense. From stun guns and Tasers to pepper-spray and edged weapons, how can you tell which is the best option for you? Well certainly, a baton is something to seriously consider. Here are a few advantages to using a baton for self-defense. Use a taser, stun gun, or pepper spray, and you do not have the option to use lethal force. A baton, on the hand, offers both options. Be sure to use only reasonable force and know your laws to understand exactly how to use a baton legally. Some weapons are small and not very frightening. Sure, a firearm or knife can be daunting, but again you better be ready to legally use deadly force with one of those. Pull out the more versatile baton, however, and the idea of being whacked in the wrong place can deter an attacker from proceeding. Legal to Own Without a Permit: Unlike a firearm, batons are legal to own and store in the home without a permit or license. In some states, it is also legal to carry in your car and on your person without a permit; while other states require permits to carry outside the home, if legal at all for carrying by civilians. Unlike edged weapons and firearms, the baton mimics the oldest weapon ever wielded by man—the stick. Give a person any other weapon, and they will likely have to learn how to operate it. Give a person a stick, and even a child can dangerously swing it. No directions and no lessons necessary! Just aim and strike. You can also read more in our article on using a baton for self-defense. Or read on to learn about choosing the right type of baton for you. All you have to do is browse our large inventory of batons and choose one based on your needs. Batons for Home Safety: If you want a baton to keep your family safe, consider one of our expandable batons for sale. These batons can tuck into a nightstand or dresser drawer and expand in just seconds. Flashlight and stun gun batons are also smart choices for use at home. Batons for Your Car: Keeping safe in your car is another consideration. Check out our keychain batons that travel anywhere with you and deploy quite easily. Push button batons also store conveniently in your glove box for easy access and use. So, what should differentiate your choice is size, based on exactly where you plan to store or carry the baton and what you feel most comfortable using. Size can matter not just in practical application for storing or carrying, but also from the standpoint of intimidation and distance. A more robust baton will be perceived as more daunting to an attacker, and a longer baton has the ability to be wielded at a further distance for greater protection. We have keychain batons that expand to inches as well as larger batons that run up to inches. In your car, you could utilize a small or larger expandable baton depending on where exactly in the car you plan to keep it and what size feels right to you. For home, bigger is better. In the old days, people kept a baseball bat in there bedroom. Maybe even one with a flashlight and stun gun built in. Protect Yourself Today Finding the best self-defense baton for your home is as easy as browsing our selection of great deals. Whether you settle on a police baton for sale or a flashlight baton, you will feel better prepared to protect yourself in nearly any scenario. Still have questions about which is the right baton for your safety and self-defense? Contact The Home Security Superstore today to get help choosing the best model for your needs. About Buying a Self-Defense Baton: Batons for Sale Online How To Choose A Baton The Home Security Superstore offers a wide selection of batons for sale, providing both civilians and police personnel with the opportunity to effectively take down a would-be attacker with an easy-to-carry, non-lethal self-defense baton. We feature batons and baton accessories of all kinds, including many with dual-purpose functionality that provides extra protection for the user. Choose from a number of stun batons that deliver up to 7. We have a variety of batons for sale that are available in a number of colors, steel finishes and grip textures. Not sure which is the best self-defense baton for you? The Home Security Superstore is not responsible for any physical harm or damage from the use or

misuse of self-defense weapons including a baton purchased from us. By purchasing a self-defense weapon, including a baton from us you understand that The Home Security Superstore does not warrant that you may legally purchase, possess, or carry these products according to any state or local laws. You also acknowledge that you have determined their legality before purchasing and that you are an adult of at least 18 years of age and under no legal disability. The buyer expressly agrees to indemnify and hold harmless The Home Security Superstore for all claims resulting directly or indirectly from the purchase, ownership and use of the item in compliance or violation of federal state and local laws or regulations. Please check local laws before ordering any self-defense weapon, including a baton.

Chapter 5 : Baton Pen, Baton Pen Suppliers and Manufacturers at calendrierdelascience.com

*Pen, Pencil, Baton and Mask. [Helen C Black] on calendrierdelascience.com *FREE* shipping on qualifying offers. This is a pre historical reproduction that was curated for quality.*

Chapter 6 : Formats and Editions of Baton and the pen : four decades with the Indian police [calendrierdelascience.com]

calendrierdelascience.com offers 88 baton pen products. About 13% of these are laser pointers, 12% are ballpoint pens, and 6% are multi function pen. A wide variety of baton pen options are available to you, such as promotional pen, office & school pen, and tablet.

Chapter 7 : # Teeth Whitening Baton Rouge

Description. The tactical pen that everyone needs! The KRUBATON is a perfect combination of self defense tool and everyday pen. It combines a glass breaker at one end a Parker style refillable pen on the other, but with the caps on it is mini baton that can be used a pain compliance tool.

Chapter 8 : Martin and Pen Builders - Baton Rouge, LA

Oct 19, Â· Unlike Pfitzner's seemingly aimless, slightly bizarre pieces, Walter's symphony was impressive: poised, organized and carrying the vocabulary of Bruckner and the young Richard Strauss confidently.

Chapter 9 : Twirling - Wikipedia

The SOG Baton has high quality scissors, includes a pen, and is packaged in a discreet and handsome design that blends in with the usual office supplies.