

Chapter 16: Knife Defenses

All knife thrusts are executed with the knife in the right hand of the attacker.

12. Not taught at this rank.

11. WEAPON PROTOCOL:

1. Always treat training weapons, as if they are real.
2. Always hand weapons to others with the handle toward the receiver.

10. HIGH ATTACK: Step into Left front stance and left high block. Step through and apply a) figure 4 or b) reverse figure 4 arm lock.

9. INWARD ATTACK: Step back into left fighting stance and windmill block with right hand and grab opponents wrist, continue their momentum and then pull up wrist and reverse the momentum to an inside/outside wristlock.

8. Not taught at this rank.

7. UPWARD SLASH: Double overlapping X- block to outside/inside wrist lock, then arm bar and take down to floor.

6. DOWNWARD SLASH: Step into Left Fighting Stance and left high block -keep low as possible. Control knife and execute punching attacks. Or, high defense and grab wrist with same hand, free hand grabs under attackers bent elbow pushing arm back over shoulder then, step in and sweep attackers leg

5. I/O - O/I SLASH: Allow attacker to slash and as the arm comes back move into horse stand and double chop block to the back of the fist and wrist.

4. Not taught at this rank.

3. SLASH TO KNEE: Step into Left Fighting Stance and inside /outside block wrist. Immediately secure knife with right hand grasp to the thumb and apply outside/inside block.

2. CHOCK from the back: Secure attackers hand blade with her right hand. Elbow and stomp on foot. Turn to outside/inside wristlock and disarm.

1. KNIFE TO THROAT: Raise hands, pull head back slightly, disarm knife by a double strike by using Left palm strike to back of attackers hand and right palm strike to wrist knocking knife from attackers hand.