

KNIFE FIGHTING SEMINAR 08/12/2017

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FOUNDATIONS OF KNIFE FIGHTING

WEAPON HANDLING - KNIFE GRIPS

FORWARD GRIP

Hammer grip - thumb closed

Saber grip - thumb on thumb ramp or jimping

REVERSE GRIP

Blade Edge out - facing away from your body - thumb caps the butt

Blade Edge in - facing toward your body - thumb caps the butt

FOOTWORK - GUARD, DEFENSIVE, OFFENSIVE

GUARD

Toe to heel alignment, weight on dominant forward leg

DEFENSIVE

Step left @ 45 turn at hip guard hand up

Step right @ 45 turn at hip guard hand up

Step diagonal to your left, turn right shoulder away from attack

Step diagonal to your right, turn left shoulder away from attack

OFFENSIVE

Lead leg pulls back into a twist

Lead leg pulls back into a Cat Stance

Lead leg skips forward, dragging support leg

DRILLS

FORMS

Asterisk / clock

Z

Infinity

Kill

BLOCKS

Support hand parry

Support hand guide

Support hand grip

Support hand lock

Blade hand parry

Blade hand lock

Blade hand strip

TACTICS

DEFENSIVE

Leave by any means possible

OFFENSIVE

Baiting

Distract

Disorient

Disable

Destroy

CUTS

Deter / Discourage

Maim

Kill

ZONES

Safe

Kill or Die

Advantage

TACTICS (Cont'd)

CHOICES

- Run
- Fight
- Die
- Kill

POST-CLASH

- Run
- Negotiate
- Kill

LINKS:

[Knife Anatomy 101: Infographic & Terms](https://www.offgridweb.com/gear/knife-anatomy-101-infographic-terms/)

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