

**KNIFE DEFENSE**

*(Exercises for 2nd and 3rd Degree Candidates)*

Knife Defense is required for students who are testing for the rank of 2nd and 3rd degree black. 2nd degree candidates are expected to know techniques 1-6. 3rd degree candidates are expected to know techniques 1-12.

Number	Attack	Defense
1	Attack with right hand slashing chest high from right to left	Step in with right leg/block with two open hands, one on each side of the elbow/move right hand onto attacker's shoulder/wrap left arm around attacker's arm and grab your own wrist/apply pressure in an upward manner to attacker's elbow to break the arm
2	Attack with left hand stabbing towards the stomach	Step back with the left foot while raising the right arm under the attacker's forearm/ strike the attacker's wrist with left hand/left leg round house kick to attacker's stomach/put foot down and follow up with left leg axe kick to the back of the head
3	Attack with right hand stabbing towards the stomach	Step back with right foot while grabbing attacker's arm with left hand/slide hand down to wrist and jerk forward/add right hand so there is one thumb on each side of the attacker's middle knuckle/rotate wrist backwards at a 45° angle
4	Attack with right hand slashing from right to left/follow up with slash back from left to right	Step away from first slash/step forward and block with two hands on the outside of the attacker's arm with one on each side of the elbow/grab the arm/right leg knee strike to stomach/step forward with left leg/apply pressure to shoulder to bring attacker down/keep attacker close to body
5	Attack with right hand stabbing towards the neck while lunging towards the defender	Simultaneously step forward and in at a 45° angle with the right leg, grab the attacker's right arm with left hand, and put right arm under attacker's arm pit/rotate body towards your left to throw the attacker
6	Attack with right hand stabbing downward towards the head	Step to the right and do a high block with the left hand/bring right hand underneath attacker's arm and grab attacker's arm/step through the arm and behind your opponent bringing the knife into the attacker's stomach
7	Attack with right hand upwards towards the attacker's stomach	Slide back and grab attacker's arm with both hands/step to the inside turning your back on the attacker/break attacker's elbow over left shoulder
8	Attack with right hand upwards toward the attacker's stomach	Slide back and do a down block with left arm on the attacker's forearm/grab attacker's arm behind elbow and pull him to you/execute arm bar at 90° angle behind attacker's back
9	Attack with right hand upwards towards the attacker's stomach	Slide back and grab attacker's arm with both hands/step under attacker's arm going behind his back/ execute arm bar at 90° angle behind attacker's back
10	Attack with right hand slashing chest high from right to left	Step to the right side and catch the attack with left hand/while holding wrist step in so your back is to the attacker/grab hand with right hand so that your thumb is on the attacker's thumb/apply pressure turning hand to the outside/remove knife with left hand
11	Attack with right hand slashing from right to left/follow up with slash back from left to right	Step away from first slash/step forward and block with two hands on the outside of the attacker's arm with one on each side of the elbow/grab the arm/push arm behind attacker's back and execute arm bar at 90° angle
12	Attack with right hand stabbing downward towards the head	Step to the right and do a high block with the left hand/bring right arm under attacker's arm and clasp your hands/apply pressure downwards on the arm while keeping the shoulder level