

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 to 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/run 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 upwards towards the attacker's stomach	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