

Knife Tips #2



by Keith Pascal

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This book is designed to provide information about knife self defense. It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in the rendering of legal advice, or advice and expertise for your specific situation, environment, or set of circumstances.

Picking up a knife in a fight is serious business. Such an action could result in legal consequences. You'd also have to live knowing you may have maimed or killed another individual.

Services of competent professionals should be sought, to help you gain more expertise in judging self-defense situations and appropriate reactions.

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Knife Against Bigger Weapon

Imagine you have a small pocket knife. It's in your hand, open, ready to go.

As you walk into the dark alley, not realizing that it was dark. Nor did you even realize that it was an alley, or you would have been smart enough to avoid it, right?

So, you enter the alley with your knife, and facing you is an attacker with a weapon. (Now, aren't you glad this isn't the Multiple Attacker Tip?)

So, how is your attacker armed?

With a long stick? A tonfa? Nunchaku? An umbrella?

For the purpose of this article, imagine any of the above. You have a small weapon, and your assailant ports a weapon with a longer reach.

Now, what?

Now, you have to worry about distance and



timing. You have to get in close enough, assuming you can't escape, that your knife can do damage. And you have to time this, so you don't get clobbered by the longer-reaching weapon.

To practice, have your partner start a little further away than normal. Make the attacker step in, to swing and reach you.

Now, you are going to create a new goal — a new target.

With your practice knife, think about slashing from the fingers to the elbow.



You have to concentrate on getting past the weapon with a tight angle. Since you are going to step inside the arc of the swing of your opponent's weapon, don't ruin your "slim advantage," by striking your blade against your attacker's weapon.

If you go to all the work to get in range, then you need to stop the attack with a cut to the flesh. At first, practice "cutting" the hand or forearm.

Note: This isn't legal advice. In a court of law, a jury could frown on you stabbing someone with an umbrella. We are just discussing defense tactics, not legal ramifications, in this article. Be informed before you have to make a self-defense decision.

Once you can step inside (or through) a swing, learn to slash or stab other targets. With proper timing, you could learn to step in and cut to the head or neck.

In any case, don't try to block a weapon with your small knife.

Don't Generalize the Knife Strategy Before

...

You start practicing the above exercise.

It works. You like reaching the hand as your counter. You are getting proficient at it.

In fact, maybe it would be a good tactic to generalize to all of your fighting, even empty-hand encounters. You could ...

Wait. Hold on, Zorro!

OK, Mr. Fox, if you want to be sly, you have to know why.

Before you spend your life reaching for the wrist or back of the hand, know why.

Think about it. Your opponent has a long weapon. You need to get inside the swing-radius, right?

Because of the distance involved, you may barely reach the hand.

Now, in an empty-hand situation, the distance has changed.

Many experts would advise you to try to control the elbow or above in the empty-hand distance. Do you know why?

Think of it this way....

If your opponent had a stick, then your goal was to get past it, to the joint where it bends — in this case, the hand. That's the pivot point.

Take away the stick, and the fist and arm become the weapon — the new “stick.” Now, the pivot point is at the elbow.

This is the most basic explanation. You should definitely experiment with controlling empty hand at the elbow and controlling the stick at the hand.

At least, you'll know why, before you generalize.

Martial Arts Against Guns: Are You Joking?

Last week, we started exploring Sam Rattan's goal of being ready for anyone at any time. He wants to become the ultimate self-defense machine.

Last week, we dealt with the idea of confidence. This week, we'll explore dealing with guns (in this article), and we'll also tackle knife defense (Articles #3 and #4). Here is the excerpt from Sam's letter:

"From my soul, I desire to be able to face any threat with indomitable and "unaltering" confidence, whether it be hand-to-hand, one-on-one, man to man.

"Or someone with a knife, or someone with a Gun, and even multiple enemies, not just 2 or 3, as many as they may be. To be absolutely deadly.

"I believe I can achieve this from the depths of my soul. I have unimaginable potential, I just wish so desperately with all my heart to fully reach it.

"I Wish To Be Ready For Anyone and Anything!"

— Sam Rattan

So, let's talk defending against someone with a gun?

I have a couple of questions, to start us thinking:

1. Do you have a gun? Is it with you, when you need it, at the ready, in your hand, safety off? (Anything less, and you may not have time to face someone with a gun.)

2. Do you really want a showdown? Are you really prepared to shoot it out, and possibly DIE, with the loose cannon across from you?

3. Assuming by some miracle of fate, and a modicum of skill, you manage to survive, are you ready to deal with the legal consequences of your actions? What about moral and ethical? Can you live with the thought of having extinguished a life forever?

Whew! Those are some pretty heavy questions, and all of the above assumes that 'you' have a gun to aid in self defense.

If you aren't likely to have a gun at the ready, read on:

First, and foremost, you understand that guns extend the reach of the attacker, right?

Someone with a gun could be 20 feet away from you, or more, and still hit you. Your reach is three feet. The attacker has an extra 17 feet of reach on you, not to mention, comparing the speed of the bullet against the

speed of your fist, and the penetrating power of the bullet compared to your punch.

Get it?

The attacker has the advantage. A BIG advantage.

Sure, you can learn to find quick hiding places, to avoid a bullet. Getting out of the way of 'incoming' is probably a good practice drill anyway. But I wouldn't bet my life on hiding behind a card table in a fight.

So, the way to defend against a gun at a distance is ... don't be there.

Don't go to slimy bars. Don't hang out in the "wrong part of town," if you have a choice. Don't deal with folks lacking in moral fiber.

Stay safe ahead of time, if you can.

If You Can't Avoid the Gun

What about defending up close? What if someone has a gun and is only a couple of feet away from you, or has the barrel of the gun stuck in your back?

Even after I tell you the following anecdote, you are still going to need proof. Use a paint-ball gun or a squirt gun. With appropriate safety gear on, try to defend, using your best martial arts techniques, and have your opponent try to plug you with a paint gun.



Do you see how dangerous defending against a gun could be?

Here's the time I didn't have to defend myself...

In 1983, I secured a job at the Ramada Inn, in Eugene, Oregon. (Technically, it was in Springfield.) I was the night auditor. This job quickly 'morphed' into night manager of the Inn.

There were rumors that a guy was holding up hotels, at night. He was in our area.

I was ready for him.

At the time, I had been studying with Steve Golden for three years, and I had already had a few years of other martial arts, too. In my mind, I really was prepared.

I had developed the confidence mentioned in last week's article. In retrospect, maybe too much confidence, or misplaced confidence, is not so good.

I was going to be ‘the one’ bring this turkey down.

The controller, my supervisor, objected. He was also a martial artist. He made the company policy very clear — if I were held up, I was to give the money. Never risk life over a few hundred bucks.

I thought this was ridiculous. So, I went to Steve Golden. He would understand. After all, we had been practicing defenses against a gun.

I told him.

He asked me if I was out of my mind. No, no, no. Do not risk your life for money. It’s not worth it — at all.

He was adamant. He agreed with The Ramada.

And this is coming from the guy who had been teaching me (and 7 other skilled martial artists) gun-defense techniques.

Remember ...

Movies are movies, but from 10 feet away, you’re “toast” against a gun.

— Keith Pascal (2005)

Practice defense techniques all day long in the dojo. You never know if your life will depend on your skill. Even with your practice, know the limitations of flesh against bullets. It’s a big limitation. A real stopper.

End note:

I am not the only one to think like this. In a recent letter, Ed Green had the following to say...

“Yep, to be fearless in a fight is stupidity and foolishness□intruth. But I don’t have to tell you that - but I did anyway, hehehe.”

“The best defense against a□ gun or knife- RUN like hell!! OR have a bigger gun or knife and train for many many years on how to use it, draw it, and shoot accurately from a first shot standpoint.

“Then tell him to call you in 30 or 40 years after he shoots his first bad guy and goes to prison for manslaughter or murder.”

— Ed Green

Against Knives? (Better)

If your life is at stake, give the attacker your wallet.
Please, please, please don't risk your life.

On the other hand, if you really believe that you will be stabbed (or shot) no matter what, then you will, at some point, have to make your move.

So, do you have a chance against a knife?

In the last article, I asked if you had a gun to go against an attacker similarly armed. Well, do you have a knife to repel someone with a knife?

If you do, then I think you have a great chance of defending yourself, if you know super-efficient techniques. See

www.kerwinbenson.com/knife_fighting_book.html

What about empty-hand against a knife?

Actually, I have a book outlined on my methods of defense against a knife. I know you don't want to wait for me to finish it, so let's "start" the discussion, now:

In a knife fight, distance considerations change. While you don't have the reach of a gun, you do have an extended reach with a knife. And a knife can become a projectile weapon in the right hands.

Today, let me give you one piece of advice to think about:

If I have to deal with an attacker who has a knife, then "I" want to control the timing.

To that end, I would much prefer the attacker step in with an attack, than to have to close the distance myself.

If you come in on the knife wielder, you could walk right into the slice.

If the attacker steps in on you, often you will have a pronounced attack motion. I prefer to defend against big stabs or thrusts.

Of course, you should practice both ways — some of the time you defend while advancing; some of the time, the attacker approaches you. I am just telling you my preference for controlling the situation.

Knife Fighting Test

The other day, i was perusing a recent copy of 'Black Belt Magazine.' They had an article on knife fighting, and I wanted to see if they had "borrowed" any of my drills and techniques, that I invented in the ebook "10 Days to Better Knife Fighting."

Thankfully, they were clean. Nothing stolen by the author from my ebook.

Unfortunately, the article was a disappointment. Nothing new to learn. It failed my first criterion for a knife-fighting book or article.

I saw photos of the martial artists blocking with their arms.

Let me repeat that:

In a knife-to-knife situation, these guys would block the attack with their arms. ARMS!

They hope that their skin will block the skin of the attacker.

Haven't they thought about what happens when skin blocks sharp steel?

Haven't they considered fakes or what would happen if the attacker were to pull his or her knife back, slicing the arm?

Never buy a book that teaches you to block a knife with your arm, when you have a knife of your own.

Good rule to live by.

Conclusion

I have decided to improve my ventriloquism ability. I want to master those hard-to-pronounce consonants.

Unfortunately, a professional ventriloquist has told me that the books on the market don't really teach the insider secrets of ventriloquism.

Well, as a seasoned martial artist, I am telling you, there is a better way to defend yourself. Don't buy vent books that teach you to say "gady" for "baby." That's absolutely agsurd!

Neither should you buy books that teach you to do anything other than cut as your first response.

Sheesh. Flesh against steel. Think about it.

http://kerwinbenson.com/knife_fighting_book.html

Other Books By Keith Pascal:



Coin Snatching: The Reputation Builder

Learn to snatch and even speed switch a coin in a volunteer's hand. You really will be that fast. Complete with presentation tips and all of the best snatching methods.

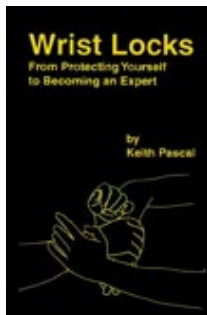
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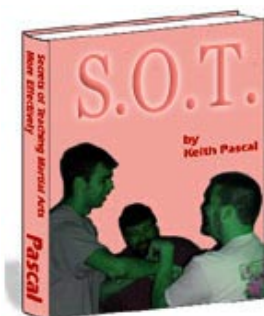
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