

Knife Fighting

Blur Smith, The Greatest
Knife Fighter in the World

Part 2

by

Keith Pascal

Kerwin Benson Publishing

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This book is designed to provide authoritative information with regard to knife self defense. It is sold with the understanding that neither the author, the publisher, nor anyone involved with the book is engaged in rendering legal advice, or advice and expertise for your specific situation or set of circumstances. If expert counseling of any kind, including legal, is required, the services of competent professional people should be sought for each specific area in question. And you should do a lot of your own research too.

Readers are urged not to engage in any sort of illegal fighting activity.

Fighting is dangerous — people get hurt and sometimes killed. Even after years of expert martial arts practice and many seasons of professional knife fighting practice, there are still too many variables to predict the outcome of a knife fight.

All characters found in *Blur Smith*, with the exception of Keith Pascal (the interviewer) are fictitious, and the story line is the result of a little creativity from the author. Any resemblance to actual people or events is ... well, a figment of someone's over-active imagination.

Introduction

Did you enjoy *Part 1* of *Blur Smith*?

Are you starting to get a feel of what real, knife defense might entail? It's not all the clash and clank of blades that you see in the movies, is it?

Are you ready to learn more specific tactics and techniques for defending knife-against-knife?

So, will *you* become the "The Greatest Knife Fighter in the World," if you read this ebook?

Probably not. Let's be realistic....

Since when does anyone truly achieve *mastery* of a skill just by reading? I don't even hint at implied mastery. This is a STORY.

On the other hand, there are some very important prin-

principles to be taught. Indirect teaching often has powerful results. It's great for implanting ideas on the brain.

In *Part 2* of the Blur Story, you learn everything from directing the knife encounter with your blade to making use of your environment in a fight. Blur will introduce you to the concept of using your opponent's fear of the blade to your advantage. There is also a mini-lesson on shoving.

If this ebook won't turn you into the very best fighter out there, then why use the superlative "greatest" in the title?

Even though this is a story fabricated from my creative imagination, I want it to represent a practical reality. In my mind, the greatest knife fighter in the world would have to possess all of the skills, mastery, tactics, and techniques mentioned in these ebooks.

Of course, to be considered for the title of *The Best Knife Wielder*, you'll have to go beyond the basic concepts found in the following pages. Always keep in mind that to go beyond, you have to internalize the basics.

Combine the Blur stories with [10 Days to Better Knife Fighting](#), and you have a good start.

And if the title, **The Greatest Knife Fighter in The World** still doesn't sit well with you, keep in mind, people *are* attracted to the promise of greatness.

For example, one of our most popular bonuses comes with the ebook [Secrets of Teaching Martial Arts More Effectively](#). Its title promises greatness.

It teaches three principles that effective teachers should employ. What's the title of the ebook?

"Become a Super Teacher in 72 Hours!"

Other authors (or their publishers) also understand the power of *greatness*:

"The Greatest Salesman in the World."

"The Greatest Generation."

"The Greatest Networker in the World."

Need I go on?

Amazon.com had 99,364 listings with "greatest."

Take Notes

As you go through the stories, take notes. Which points do you want to commit to memory?

Also jot down ideas for practice. It's never enough just to read about an interesting knife-fighting idea. You have to put on the safety glasses and grab practice knives and a partner.

Put practice time in, if you really want to learn to defend yourself with a knife.

Don't put your note pad down when you go out to practice. Chronicle your practice sessions. Analyze them.

Then go out and practice some more.

Need More Help?

If some point of this ebook doesn't compute, if you can't figure out a particular concept or are stumped as to what tactic I was trying to teach, drop me an email.

blur-questions@knifefightingbooks.com

Also, if you want more martial arts resources -- more knife fighting information, for example -- send a blank email to:

resources@advantagemartialarts.com

Now, it's time to continue reading about **Blur Smith, The Greatest Knife Fighter in the World.**

1

The First Important Knife Lesson — With a Hidden Lesson

Keith: So, the martial arts teacher just left?

Blur: That's right. As he said, he had other obligations.

Keith: So, did you buy **10 Days to Better Knife Fighting**?
Wasn't that the teacher's recommendation?

Blur: Yes, that was what he suggested, and no, I didn't.

Keith: Why not?

Blur: How often do we do what's good for us? I mean, I planned to, but you know ... money was tight, and I didn't really want an ebook that I'd have to print out, to read away from my computer.

I wasn't into laptops or PDAs, and I didn't know that the ebook was also available on CD-ROM. So, I didn't buy it.

I also found a martial arts class — I thought they'd teach me to fight with a knife. I had to stick with them for a long time, to find out that they didn't know practical application.

Their blocks would get them killed in a knife fight — I didn't know that at the time.

Keith: So, when did you take the knife fighter's advice?

Blur: After, he started teaching me privately. He showed up on my doorstep, one day. He needed someone to help him fix up a rental building. He agreed to swap lessons for some grunt labor....

"Well, I am ready to learn," said Blur after he wiped off the sweat from his face with a paper towel. "What's the first lesson?"

"Actually, it's your second lesson," said the teacher. "Our time on the Motion Picture Lot has to count, right?"

"Ok, what's my second lesson?" Asked Blur.

The teacher responded, "It's a point that was made during some of your first observations. The fact of the matter is, if you are in a knife fight, you will probably get

cut — some way, somehow.

“I brought these practice knives. They won’t actually cut you, but you’ll feel a little welt, when you get sliced with one.

They’ll serve to make some points.”

With that said, the teacher handed Blur one of the knives.

He kept one for himself.

They started to circle each other. Blur’s heart was pounding.

Instinctively, he knew this man wouldn’t hurt him. He wouldn’t cause any permanent damage, but he might inflict some pain.

And cause pain he did.

From the instant of first contact, Blur didn’t have a chance.

He continuously felt as if he were on the defensive. It seemed like Blur never got a chance to counter-strike.

He spent all of his time trying to block the thrusts and slashes made by the teacher.

The teacher was having a great time. In a real fight, he would have been slicing Blur to pieces. As it was, he stung blur with little cuts made by the dull blade. They didn’t really cut, but they did hurt.

Within about five minutes, Blur was so gun shy (actually 'knife' shy) that he did everything to avoid the cut of the teacher's practice knife.

As soon as the teacher saw what was happening, he stopped the practice. As they caught their breath, the teacher asked Blur, "So, what did you learn from our practice?"

"What do you meant what did I learn" Asked Blur. "You taught me what you wanted to, right? I mean, you wanted to show that people get cut in fights. I think you proved that. Besides, I could have told you that without the demonstration. Ouch."

Blur rubbed his now sore forearms. The teacher had certainly 'tagged' him a lot.

"I already *gave* you that first observation. Keep going. What else did you observe? And/or what can you conclude from your observations? The teacher saw that Blur was a little puzzled.

"If you had to write a lesson in a textbook based on what just occurred between the two of us with the practice blades, where would you start? What would you say?"

Blur thought for a little while. "Well, first, I could see how anyone could get cut during a fight. Not just the better fighter."

The teacher asked, "What does this mean to you?"

Blur had his answer ready. "It means never get in a knife fight. If you do, you'll probably get cut. I guess if you have to fight with a knife, don't fight anyone better than you. And since you don't know if your oponent is better

or not, we're back to square one — don't fight."

"Those are some important, if not blatantly obvious observations," commented the teacher. Allow me to nudge you in another direction for your lesson. Do you know why I stopped our little sparring session with the practice knives?"

"I had assumed because I was terrible. I couldn't even get away from your blade," answered Blur.

"You are partially right. I stopped the blade work, because the game turned into one of you trying to avoid my knife."

"I'd like to become as good as you are, someday," commented Blur.

"Thank you for the compliment, but that's not the point. Pay attention to what I am about to say." The teacher paused and stared straight into Blur's eyes. "In our sparring session, you did try to avoid my knife."

That's only natural. What you didn't realize is that I was able to get you to move the way that I needed you to."

"How?" asked Blur.

"Don't you see the connection?" The teacher smiled. "I got you to move precisely the way I wanted you to by controlling you with my blade. Since you were responding to my blade, I started using it as a control device. You responded to my advances with the blade by moving right into position for my next attack."

"You thought I was fast. My strikes seemed fast — it was easy since I knew where you were heading."

“That’s a great idea for practice, but I don’t see how it would work in the real world. We sparred for a long time. In a real knife fight, someone would be cut and the fight would be over in a matter of a few seconds. How could I use the principle, if the fight isn’t going to last?”

The teacher gave a little snort of approval. “I like the way you’re starting to think. Don’t worry, we’ll figure out ways to have your very first slash control the situation. You control on the first move — if the line is open, that will be the first strike as well. But if it’s not, you’ll use the control to put the bad guy right where you need him.”

Blur whistled as he thought of all of the possibilities.

“For now,” continued the teacher, “keep pondering the fact that your opponent’s fear of the blade is a great controlling device.”

2

Thrown into the Lesson

Keith: That's an amazing concept. You could spend months developing ways to use your enemies' fear of the blade against them. Wow — what a finesse!

Blur: It boggled my mind back then, and I still play around with the tactic.

You can't always use it, especially if you are dealing with someone skilled enough not to panic at the thought of a knife fight. Still, in the right circumstance — it's a killer.

Keith: What was your next lesson like?

Blur: I remember the next lesson clearly. It took place on a Wednesday.

My teacher, remember I am not giving his name out to

protect his privacy, invited me to his house.

We went right into his garage. It was a mess. The teacher handed me a pair of safety goggles and a practice knife. This time, the knife was made out of wood.

He taught me my first bit of flowing with a knife. He said it was an exercise taken from **10 Days to Better Knife Fighting**, which I still hadn't purchased.

We stabbed and countered without stopping for at least ten minutes.

I was amazed that I instantly had something with which to counter most of his moves.

We sat down and took a break. The teacher admitted that he was limiting his attacks in both variety and speed. He was trying to get me to reach a certain level quickly.

Re-read that last paragraph. If you want to improve quickly, limit the possibilities of attack and response when mastering the technique. Add more variety, later.

After the break, we went at it again

This time, it was different. Something had changed. I felt awkward again. His stabs were making contact. I was constantly on the defensive.

Then, suddenly, his knife was at my throat. I couldn't move.

We started again. He attacked. This time it ended with a stab.

He attacked over and over again. Each time, he stopped when 'he had me.'

About 45 minutes into the session, I did something different. I don't know why, but as he charged, I grabbed a box from the table in the garage and threw it at him. This allowed me time to get my bearings enough to defend the way he had taught in the beginning of the lesson.

"Great!" he shouted.

So, for the next half hour each time he attacked, I grabbed something different from his messy garage. First an old shoe. The next time, a plastic tumbler. Then, I threw everything from pop cans to magazines.

Later, I realized that he only had 'soft' items in his garage. He must have planned for this lesson. Clever of him.

Keith: So, did he allow you to win from then on? Did you continue throwing items at him?

Blur: No. He *upped the ante* once again. It seems I was pausing to look for items to hurl. He had to eliminate the pause. *I* had to eliminate the pause.

Keith: It sounds like he was working toward making you one efficient knife fighter.

Blur: You don't know the half of it. After he removed my little hesitation, he showed me that he was capable of dodging my first throw. I had to learn to throw item after item, without pausing. I didn't even have time to search the floor or tables for possible projectiles. His progressive teaching methods were phenomenal.

Before I knew it, he had me *shoveling* items at him.

No pausing, just hurl — attack, or ... hurl, hurl, hurl, hurl, attack.

Keith: That really does sound like a great way to train. Adn speaking of training, I have got to ask you something.

Blur: Go ahead.

Keith: After those two lessons with him, did you rush out and buy **10 Days to Better Knife Fighting**?

Blur: This may sound like a running gag. It's funny, but no, I did not. Why I didn't is a story in and of itself.

Non-Knife Fighting Applications

Are you primarily an empty-hand fighter only?

Do you normally thumb your nose at any weapon smaller than a .357 Magnum?

Well, for the purists, may I suggest something?

Always try to absorb something from your knife-fighting chapters that you can apply to empty-hand technique.

For example, I don't think you need a knife in one hand to use the other to throw things at someone attacking 'you' with a knife. In fact, having both hands free might help with a more rapid-fire throwing action.

What about the teacher's lesson with the welts on the forearms? (Other places too.)

I have seen martial artists score with the same move a number of times. They make their opponents gun shy too. I wonder if they could control their opponents' movements in a similar fashion.

Go back through the chapters, and see if there is anything you can apply to empty-hand situations.

3 1/2

Are We On the Same Page?

Let's pause for a second and make sure we are on the same page, OK?

I just reread the section on throwing objects. We took the idea of throwing an object to delay an attacker in the knife-fighting arena.

Let's return with it to empty hand applications, OK?

Why does this tactic need further mention?

Do you think that throwing objects is an obvious tactic and doesn't warrant further consideration, since it's 'old hat'?

The idea of throwing an object, anything you can get your hands on, at your attacker's face to stop him is

nothing new. You might have used this tactic as a child, during play.

-BUT-

There were several points to the last chapter.

The first point of the article was to practice throwing without thinking. You develop an exercise that gets you to practice until grabbing and hurling happens without delay for thought — you are working toward automaticity.

Beyond the Basic

Throwing an object during a fight is basic.

Throwing without thinking is the next level up the hierarchy of martial arts skill. It's not as instinctive.

Would you like to develop even more mastery than the "toss without thought" concept?

Another point in last week's article was that Blur had to resort to *rapid firing* one object after another at his teacher. He felt that he was shoveling like a dog.

He didn't throw and then pause. Think of two objects tossed for every beat. You want a machine gun effect, but...

There is a right way and a wrong way to rapid fire:

First, the Wrong Way:

Your attacker advances. You grab something without thought and throw.

The bad guy dodges the object and continues.

So, you glance around, grab the nearest object and throw again. Check to see if this object had any more of an affect.

If not, search and throw again.

Did you notice the inefficiency in the above method?

You both 'check' and 'search.' Ugggh.

It isn't really rapid firing, if you have to pause to find another object for hurling.

Now, the Better Way:

From the first instant you grab for the first object, you already have a specific image planted in your mind.

Imagine yourself as a...

Shoveling Dog!

(Have you ever seen a dog dig dirt or sand with its front two paws?)

As I was saying, from the instant you grab that first CD in its case, you keep a continuous flow of objects shooting at your attacker. Let the projectiles fly ... CDs in the

case, CDs out of the case, CD cases, decks of cards, paper weights, pens, fruit, a cat (?), car keys (not your own :-) ... toys, remote controls, cans of pop, firewood, and of course ... any martial arts weapons strewn about on the floor.

(No, I did not write the above list after looking at the messy floor of our living room — almost, but no.)

In this rapid-fire sequence, you don't take time to check the result of the first thrown object ... well, maybe you do pause slightly for a glance ... **after the fifth object is thrown.**

[Yes, in a court of law, your rapid-fire defense could be perceived as excessive force, don't you think? What's safest is not always legal.

Consider how you'd respond before you ever actually have to. As already mentioned on occasion, I am in no position to offer legal advice.]

The Finer Points of Rapid Firing

So, you throw without checking. Your throws should be so fast, that one hand is already grabbing for the next object before the other hand completely throws the previous one.

Someday ... we should talk about whether the best strategy is to fire using both hands to throw or if your weaker

hand should feed objects to your dominant throwing hand. Hmm.

And a parting thought — Did you notice that you aren't relying on the thrown object to stop the attacker, just delay him?

Could you develop a follow-up strategy based on this knowledge, that you'll gain an extra beat of response time, but you probably won't disable your attacker?

I think I am going to grab a bag of Koosh® balls or Nerf® balls and practice firing them at my daughter. Of course, we'll take turns. That's only fair.

I hope this little pause was worthwhile. Now, let's continue with the Blur Story...

4

Blur Smith's First Real Knife Fight

Keith: Blur, I just wanted to thank you for sharing your story with us.

I don't know about the readers, but I know 'I' am picking up a few useful tips from our discussion.

Blur: Yeah, I wish I had had someone to give me this advice when I was starting out ... wait. I did. My teacher was a great mentor. We practiced a lot together.

Keith: I am sure you learned oodles from him. But I am positive you didn't get your reputation as the greatest knife fighter in the world from practicing with one guy.

Could you tell us about any of your real encounters? I am sure you have been in some fights against skilled opponents.

Blur: Let me start with the tale of my very first knife fight. It wasn't as glamorous as you might imagine — even with several months of knife training under my belt....

When I first started knife fighting, I somehow believed that the quality of knife had something to do with how well I'd defend myself in a real fight.

So, I spent a lot of time down at my favorite knife and archery shop.

I knew all of the best weapons in the store. I had picked out just the right knife for me . I planned on buying it as soon as I had the money. While I was admiring my future possession, I overheard two guys talking about knife fighting.

They were arguing whether you should make a major stab from below or above as your initial attack.

After hearing them debate back and forth, I decided to add my own comment. I told them that they both had it wrong. Neither the ice-pick stab or the gut from below were appropriate for initial attacks. I told them that such large motions would commit too much.

I told them that there were ways to *test the waters*, without committing everything to one overt strike....

Keith: How long did you say you had been studying with your knife fighting teacher?

Blur: You got it. I had only been knife fighting for about five months, and I was already giving advice. Big mistake.

Keith: You don't seem the bragging type. You are calm, cool, and definitely collected.

Blur: You learn with age.

Keith: Please continue. I didn't mean to interrupt....

The guys went back to their discussion, and I left the store.

As I turned the corner of the sidewalk, I saw both of the guys from the knife shop. Before I could change direction, they had caught up with me.

There we were, at the mouth of an alley. You know how when you watch movies, you see the innocent go into the alley. You practically want to scream at the movie or TV screen, "Don't go down the alley!"

Well, if I could have avoided being herded into the alley, I would have. These guys had already drawn their knives...

"You think you're a knife expert, eh?" taunted the guy closest to Blur. "Let's see how our little expert does in a little street game of *cut-the-expert*."

The other guy laughed.

Blur had already reached into his pocket for his cheap pocket knife. In fact, by the time he had first glimpsed their knives, he was almost ready with his own.

He had learned his lesson well about getting his blade ready early.

“I think we scared the voice right out of him. He’s absolutely silent,” said the first guy.

Both bad guys attacked at once. The first guy stabbed straight in for Blur’s midsection. The second guy stepped to the side and then stabbed down from above.

Each attacked in the way they had debated in the knife and archery store.

Blur’s heart was in his throat, he was so afraid. He was afraid, but he reacted....

Blur: My first fight didn’t last very long. I was nicked by the tip of the knife swinging downward. But in exchange for a nick, I had slashed the arm of the first guy, and *almost* dodged the second guy’s stab too.

Keith: Any tips or conclusions you’d like to share with us about this fight? How did you survive? What would you do differently if you could replay the fight?

Blur: Sure. Actually, I analyzed that fight over and over again in my mind. And I made several conclusions...

- 1) My mouth was too big. I needed to keep my thoughts to myself.
- 2) I was eager to share knowledge with anyone. I gave hints to the enemy. Not a good idea.
- 3) All the welts I had received in practice actually toughened me for the real fight. Before my training a nick to the arm would have sent me home crying. But I was able to continue in the real fight. Maybe it was the rush of adrenalin flowing through my body, too.
- 4) No matter what the books say, if you are dealing with multiple attackers, you don't want to be against the wall. The side of the alley was dangerous. I had much more room to maneuver once I was in the center of the street.
- 5) My best response was the first slash on the attacker's arm.

Even though it wasn't a super serious cut, it still put the guy out of commission for the rest of the fight. And when I started running after the second guy, he turned tail and ran away. Anyway, the more direct the better, from a defense point of view.

Legally, it's weird, but it seems to me that the law favors the person defending, if the person is already cut -- a victim.

Keith: So, did you now take your instructor's advice and buy the ebook download of **10 Days to Better Knife Fighting**? Or need I ask?

Blur: To be honest with you, I never did buy the *download* of that ebook. I'll talk about that the next time we are together.

Keith: Sounds interesting. I have also heard that you have a great way to practice shadow boxing with a knife.

Blur: Yes. As far as I know, I am the only person practicing this way.

Positional Pushing

Let's end Part 2 with a quick tip:

Whenever you push someone in a fight, know why you are doing it.

Do you need to gain distance?

Do you need a little more time to react?

Do you push to intimidate?

Sometimes, I have my students practice an exercise where they push their partner into position for a kick or a punch.

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-continued-

You know exactly where you'll be punching. So, you shove your opponent backwards. As he or she reaches that predetermined position, you let your punch fly.

The same can be said for a kick. You shove your attacker — completely out of range of your punch. But, you have pushed your opponent into the perfect spot for a kick.

Now, how could you apply this to knife fighting? You have to be especially careful. If you are in a conflict with someone competent with a knife, making contact isn't always a good idea.

Linger too long, and you'll get cut. Still, a push with a coordinated slash or stab could be a very effective technique. Work on your timing, in order to make this move effective.

Also, low kicks are easier to get in. Try tagging your opponent in the shin, knee, or calf. How about a combination -- a push to set up your kick, and as you kick, you also stab. Dangerously effective.