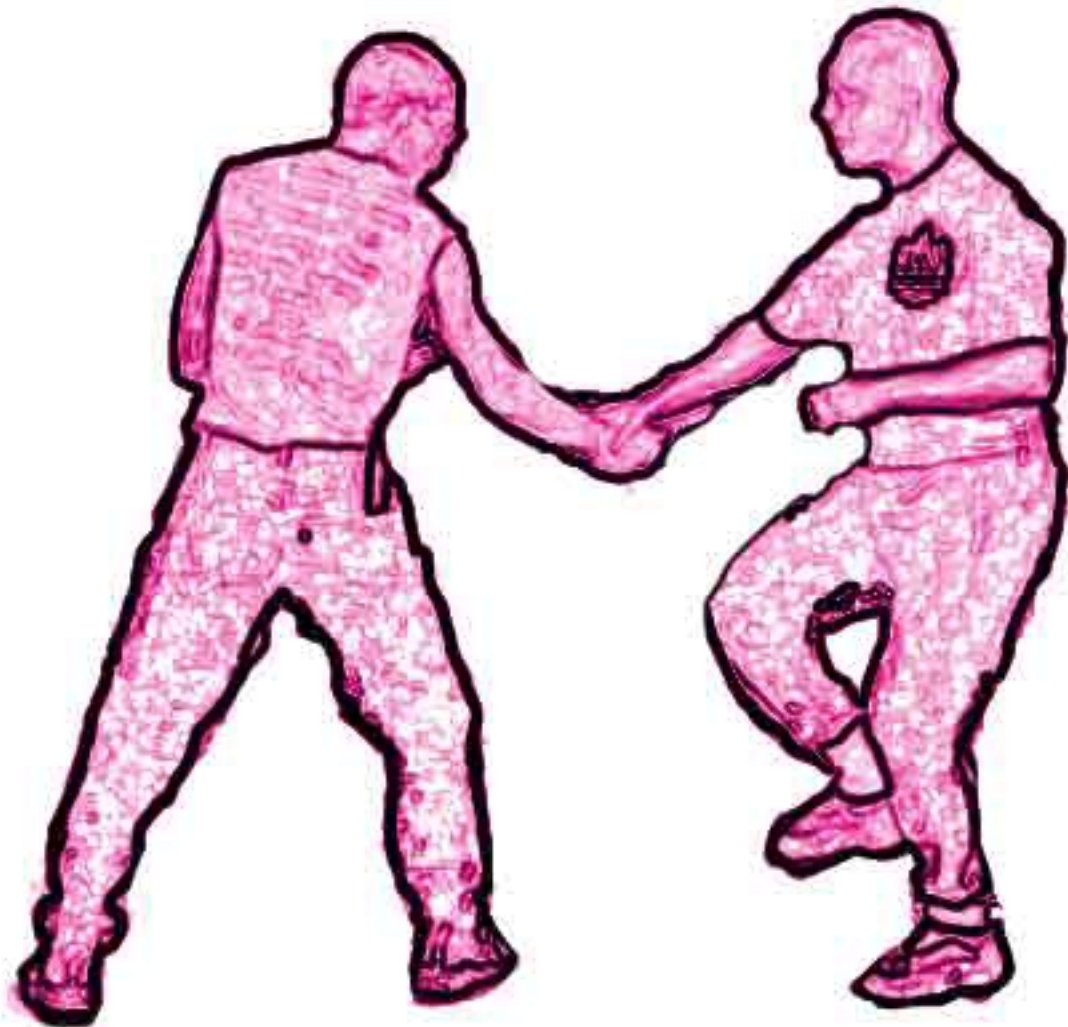


# **Pass-Kick, Kick-Pass, Or ..**

**Brief Thoughts on Defending Empty-Handed Against a Knife Attack**



**by Keith Pascal**

Facing someone with a knife when you are empty-handed can be a scary thought. We could discuss impromptu weapons, items to throw, and other first-line-of-defense tactics.

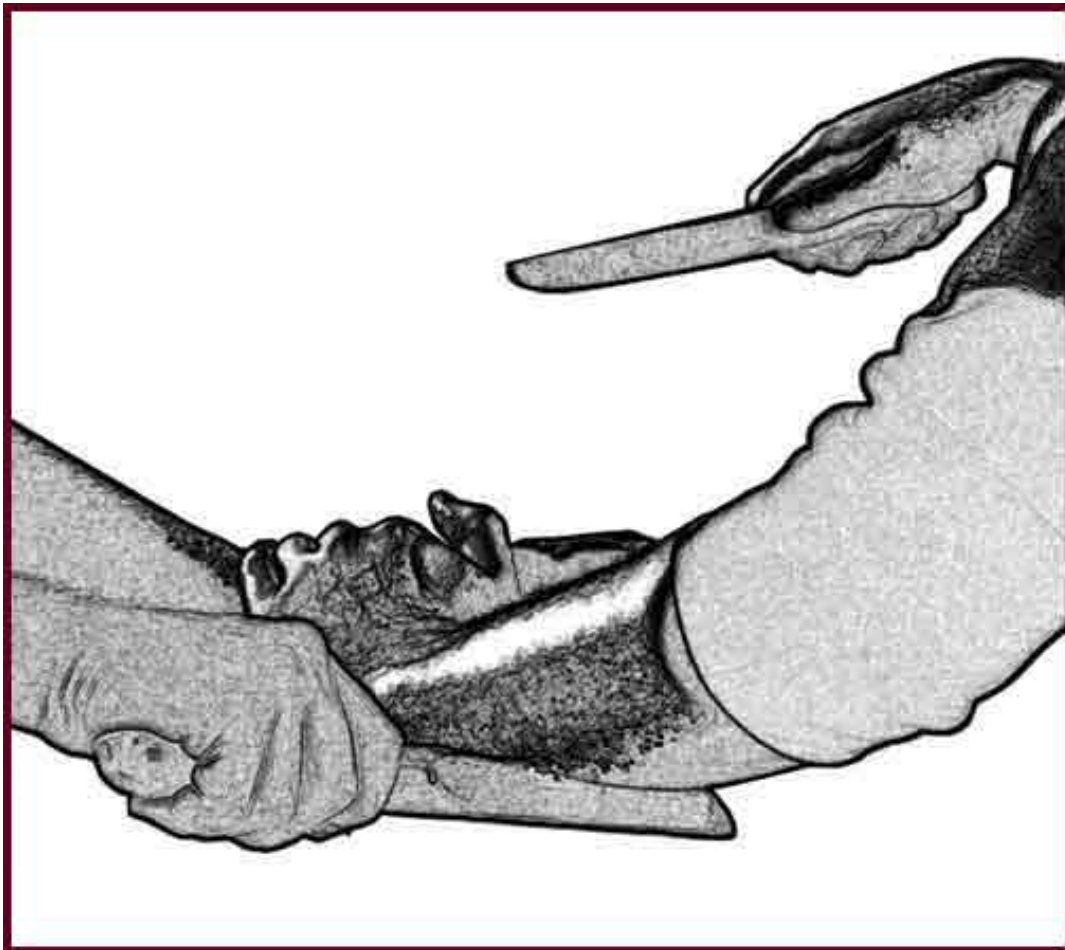
This article explores only one strategy for first contact.

Let me set up the scenario for you: You face an opponent (safety glasses and a practice knife, when learning defense moves, please).

The opponent is slightly out of range. He or she holds a knife. At some point, in order to reach you, your opponent enters your range with a committed stab. The stab heads right toward your midsection or chest.

## **What do you do?**

You know you can't just block, check or pass the knife stab. From reading my ebook *10 Days to Better Knife Fighting*, you have learned that in a knife attack, passing or blocking a knife exposes your own wrist and forearm to a quickly retracted slash from your attacker.



(Note: [10 Days to Better Knife Fighting](#) emphasizes *knife against knife* defenses. It teaches you how to be an expert with a knife. This article assumes that you don't have a weapon of your own.) So, just checking the knife isn't a sufficient defense. You need some sort of a hit or a kick to go along with passing the knife past the side of your body. Logic dictates that you have a longer reach with a kick than with a punch.

## Kicks and Checks

For this article, we'll practice taking the stab at you with a low stop kick. You kick to the knee or shin with a solid thrust kick.

To make this an effective exercise, you need to practice varying the order of the techniques.

Spend most of your time practicing stopping with the kick first, and then passing the knife, if the attacker still leans in for the thrust.

Also practice the reverse. The attacker manages to stab, before you fire off your low kick. So, you are forced to pass the knife first. You kick as soon as you are able, but the surprise forces you to start passing the knife even before your foot stomps on your attacker's leg.



And finally, practice executing both techniques 'almost' simultaneously. Your kick starts at just about the same time as your hands deal with the knife stab. Hand and foot react independently of each other, yet they still seem to work in concert. Practice kicking and passing at the same time.

What's your follow-up after your initial pass and kick? For suggestions, try:

[Wrist Locks: From Protecting Yourself to Becoming an Expert](#)  
and  
[The Punch Papers: Punch Harder, Faster, and More Efficiently](#)