

Knife Fighting Techniques

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Knife fighting techniques encompass a wide array of skills and strategies essential for self-defense, martial arts practitioners, and security professionals. Mastering these techniques requires understanding proper stance, grip, attack and defense maneuvers, and situational awareness. Whether for sport, self-protection, or law enforcement, learning effective knife fighting techniques can significantly enhance safety and confidence in high-risk scenarios. This article explores the fundamentals, advanced tactics, and safety considerations involved in knife fighting.

Understanding the Basics of Knife Fighting

The Importance of Proper Stance and Grip

A solid stance provides stability and balance, allowing swift movement and effective defense. Typically, fighters adopt a balanced, slightly bent-knee stance with feet shoulder-width apart. Hand positioning is crucial; a firm grip on the knife ensures control, while a loose grip may lead to slips or loss of weapon control.

Types of Knives Commonly Used

Knowing the characteristics of different knives influences fighting techniques:

- Fixed-blade knives:** Sturdy, with no moving parts, ideal for close combat and self-defense.
- Folding knives:** Compact and portable but may have slower deployment.
- Combat knives:** Specifically designed for martial use, often with ergonomic handles and reinforced blades.

Core Knife Fighting Techniques

Attack Strategies

Effective attacks aim to incapacitate or disable the opponent quickly. Some common attack methods include:

- Thrusts:** Linear attacks directed at vital areas such as the throat, abdomen, or 1. groin.
- Slash/Cuts:** Lateral movements intended to cause bleeding and disorient the 2. opponent.
- Stabs:** Deep penetration aimed at vital organs for maximum impact.

3.2 Defensive Techniques

Defense in knife fighting is about avoiding attacks and countering effectively:

- Blocking:** Using the forearm or blade to intercept incoming strikes.
- Parrying:** Redirecting the opponent's blade away from vital areas.
- Disarming:** Techniques to safely remove the opponent's weapon, often as a last resort.

Advanced Knife Fighting Tactics

Footwork and Movement

Good footwork enables quick positioning and evasion:

- Circling:** Moving around the opponent to find openings.
- Angling:** Stepping to the side to avoid strikes and set up counterattacks.

Close-quarters combat

Engaging at very short distances for control and immobilization.

Counter-Attack and Counter-Disarm Techniques

Countering an attack effectively requires precision:

- Counter-strike:** Immediate attack after a successful parry or block.
- 1. Disarm techniques:** Using leverage and timing to neutralize the attacker's 2. weapon.
- Control holds:** Holding the attacker's wrist or arm to prevent further aggression.

3. Safety and Ethical Considerations

Learning knife fighting techniques involves inherent risks. It's crucial to:

- Practice under qualified supervision to avoid injury.
- Use training weapons such as rubber or wooden knives during practice sessions.
- Understand that these skills are for self-defense and should not be misused.
- Be aware of legal implications in your jurisdiction regarding knife use and self-defense.

Training Tips for Effective Skill Development

To effectively learn and apply knife fighting techniques:

- Start slow:** Focus on proper form and technique before increasing speed.
- Practice drills:** Repetition helps develop muscle memory.
- 3. Learn from experts:** Attend classes or workshops led by experienced martial artists or law enforcement trainers.
- Simulate real scenarios:** Use controlled sparring to build reaction skills under pressure.
- Maintain physical fitness:** Strength, agility, and endurance are vital for effective combat performance.

Legal and Ethical Aspects of Knife Fighting

Understanding the legal context is vital:

- Self-defense laws vary by jurisdiction;** always be aware of local laws regarding the use of weapons.
- Knife fighting techniques should only be used in life-threatening situations.
- Training should emphasize de-escalation and avoidance whenever possible.

Conclusion

Mastering knife fighting techniques involves a comprehensive understanding of offensive and defensive

maneuvers, proper stance, footwork, and situational awareness. While these skills can be invaluable for personal safety and martial arts practice, they must be learned responsibly and ethically. Proper training, practice, and adherence to safety guidelines are essential to develop proficiency and confidence in knife combat scenarios. Remember, the ultimate goal is to protect oneself and others with minimal harm, always respecting legal boundaries and moral responsibilities.

QuestionAnswer What are the fundamental knife fighting techniques every beginner should learn? Beginners should focus on basic stances, proper grip, simple strikes like forward cuts, and defensive blocks. Learning footwork and maintaining distance are also essential foundations for effective knife defense and attack. How can I improve my speed and accuracy in knife fighting? Improvement comes through repetitive drilling of techniques, practicing with a partner or training tools, and focusing on precision rather than power. Incorporating shadow drills and timed exercises can also enhance speed and accuracy.

What are common defensive techniques against a knife attack? Common defenses include controlling the attacker's weapon hand, redirecting the blade, using blocks or parries, and creating distance. Training in disarmament techniques and situational awareness are also crucial for effective defense.

4 Are there specific training drills to simulate real-life knife fighting scenarios? Yes, drills like controlled sparring with protective gear, scenario-based simulations, and using training knives or rubber blades help practitioners develop reaction time, decision-making, and adaptability under pressure.

What safety precautions should I take when practicing knife fighting techniques? Always use training weapons, wear protective gear such as gloves and pads, practice under supervision, and ensure a controlled environment. Never practice with real knives or in unsafe settings to prevent injury.

How important is timing and distance in knife fighting techniques? Timing and distance are critical; proper distance allows for effective strikes and defense, while good timing ensures you can land your attacks or defend at the right moment. Mastery of these elements is key to effective knife combat.

Can martial arts like Kali or Escrima improve my knife fighting skills? Absolutely. Kali and Escrima specialize in weapon-based combat, emphasizing fluid techniques, disarmament, and weapon retention, making them highly effective for learning knife fighting skills.

What are the legal considerations when practicing knife fighting techniques? Practicing knife techniques should be confined to controlled environments like martial arts classes. Using or displaying knives in public can be illegal and dangerous. Always adhere to local laws and prioritize safety.

How do I choose the right training knife for practice? Select training knives made of safe materials like rubber or plastic, with realistic weight and grip. They should be durable, non-sharp, and appropriate for the training intensity to prevent injury.

What are the key mental attributes needed for effective knife fighting? Focus, situational awareness, calmness under pressure, quick decision-making, and confidence are vital mental attributes. Developing these helps maintain control and adapt during high-stress encounters.

Knife Fighting Techniques: An In-Depth Exploration of Strategies, Skills, and Safety

Introduction

Knife fighting techniques encompass a range of skills, tactics, and strategies developed for self-defense, martial arts competitions, and historical combat scenarios. This discipline requires a combination of agility, precision, mental acuity, and an understanding of weapon dynamics. While the prospect of engaging in knife combat is inherently dangerous and should always be approached with caution and respect for safety, studying these techniques provides valuable insights into defensive strategies, awareness, and the importance of proper training.

In this article, we will explore the fundamental concepts, specific techniques, and safety considerations associated with knife fighting, providing a comprehensive overview for enthusiasts, students, and professionals alike.

The Fundamentals of Knife Fighting

Understanding the Weapon: The Knife as a Tool and a Weapon

Before delving into techniques, it's essential to understand the nature of the knife as a fighting tool. Unlike firearms or blunt instruments, Knife Fighting Techniques 5 knives are close-quarters weapons characterized by their sharp edges,

pointed tips, and versatility. Their advantages include: - Portability: Small size allows easy concealment and quick access. - Lethality: Sharpness and pointed tips enable precise strikes. - Speed: Rapid deployment in close-range encounters. However, these advantages come with limitations, such as limited reach and the necessity of proximity to the opponent, which demands agility and tactical awareness. Basic Principles of Knife Defense and Attack Effective knife fighting hinges on core principles: - Distance Management: Maintaining appropriate distance to avoid being cut while closing in or evading. - Control of the Weapon and Person: Aiming to control the attacker's weapon or hand to prevent injury. - Speed and Precision: Quick reactions combined with accurate strikes. - Situational Awareness: Recognizing threats early and responding appropriately. --- Essential Techniques in Knife Fighting 1. Defensive Techniques a. Evasion and Footwork Proper footwork is fundamental. Techniques include: - Lateral Movement: Moving sideways to avoid strikes. - Sidestepping and Stepping Back: Creating space or repositioning. - Angling: Moving diagonally to position oneself advantageously. b. Blocking and Parrying Given the speed of knife attacks, blocking is often risky but necessary. Methods include: - Vertical and Horizontal Blocks: Using the forearm or blade to deflect incoming strikes. - Counter-Parries: Redirecting the attacker's blade away from vital areas. c. Disarming Techniques Disarming involves controlling or removing the attacker's knife. Common methods: - Entry and Control: Closing the distance safely, controlling the wrist or hand holding the knife. - Redirection: Using the attacker's momentum against them to disarm. - Leverage and Joint Locks: Applying pressure to joints to force surrender or disarmament. Note: Disarm techniques are highly advanced and carry significant risk; proper training and safety measures are critical. --- 2. Offensive Techniques a. Strikes and Thrusts Effective attacks aim to incapacitate or neutralize the threat quickly. Techniques include: - Stabbing Thrusts: Targeting vital areas such as the eyes, throat, or midsection. - Slashing Motions: Using the knife's edge to cut limbs or vulnerable spots. - Multiple Rapid Strikes: Overwhelming the opponent with a series of quick attacks. b. Targeting Vulnerable Areas Effective knife attacks focus on exposed or sensitive areas: - Eyes: Critical for disorienting or blinding. - Throat: Lethal area, requiring careful aim. - Groin: Sensitive and often exposed in close combat. - Inner Arms and Legs: To disable mobility. --- Advanced Techniques and Tactics 1. Close-Quarters Combat Strategies When in close proximity, fighters employ: - Clinch Fighting: Controlling the opponent's head or limbs to limit movement. - Body Locks: Using leverage to immobilize or manipulate the attacker. - Simultaneous Defense and Offense: Defending against strikes while launching attacks. 2. Patterned Movements and Flow Drills Practicing movement patterns enhances reflexes. These drills include: - Shadow Fighting: Simulating combat scenarios without a partner. - Reaction Drills: Responding to visual or auditory cues. - Flow Training: Moving smoothly between defensive and offensive actions. 3. Psychological and Situational Awareness Knife Fighting Techniques 6 Effective knife fighting also involves mental preparedness: - Situational Awareness: Recognizing threats early. - De-escalation Strategies: Avoiding conflict when possible. - Controlled Aggression: Knowing when to fight or retreat. --- Safety Considerations and Ethical Use Training with knives demands strict safety protocols: - Use of Training Blades: Practice with dull or rubber knives. - Protective Gear: Gloves, pads, and masks to prevent injury. - Supervised Training: Always learn under the guidance of qualified instructors. - Legal and Ethical Boundaries: Understand local laws regarding weapon use and self-defense. --- The Role of Martial Arts in Developing Knife Skills Various martial arts emphasize knife defense and combat: - Kali/Eskrima/Arnis: Filipino martial arts renowned for weapon training. - Systema: Russian martial art emphasizing fluid movement and control. - Krav Maga: Israeli self-defense system focusing on real-world scenarios. - Fencing and Modern Combatives: Incorporate principles relevant to knife fighting. Training in these disciplines often combines techniques, drills, and sparring to build proficiency and confidence. --- Conclusion Knife fighting techniques are complex, demanding, and potentially dangerous

skills that require disciplined training, respect, and an understanding of their applications. Whether for self-defense, martial arts practice, or historical interest, mastering these techniques involves a deep appreciation of weapon dynamics, body mechanics, and psychological factors. Proper training, safety, and ethical considerations are paramount, ensuring that these skills are used responsibly and effectively. As with any martial art or combat system, continuous practice and education are essential to develop proficiency and confidence in handling knife encounters—always with safety and legality at the forefront. --- Disclaimer: The information provided in this article is for educational purposes only. Engaging in knife fighting or self-defense training should be done under professional supervision and in accordance with local laws and regulations.

knife combat, blade combat, edged weapon tactics, knife self-defense, martial knife skills, close combat knife, knife attack defense, tactical knife training, combat knife techniques, knife fighting drills

Knife Fighting The 10 Best Knife Fighting Techniques Knife Fighting Techniques Knife fight. Street fighting style. Urban survival protocol. Knife Fighting Targets Complete Vortex Control Self-Defense Put 'Em Down, Take 'Em Out, Knife Fighting Techniques From Folsom Prison Practical Escrima Knife Defense Put 'Em Down, Take 'Em Out! Put 'Em Down, Take 'Em Out! The Complete Book Of Knife Fighting Vortex Control Self-Defense Bundle Black Belt Black Belt Tantojutsu Black Belt Black Belt Bowie Knife Fights, Fighters and Fighting Techniques The 10 Best Stick Fighting Techniques Master of the Blade Sammy Franco Sammy Franco Raymond H.-A. Carter O. Nashchubskiy Sammy Franco Sam Fury Don Pentecost Sam Fury Don Pentacost Don Pentecost William L. Cassidy Sam Fury Thomas H Fletcher Paul Kirchner Sammy Franco Richard Ryan

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be prepared for the fast furious and fatal world of knife fighting written by world renowned martial arts expert sammy franco knife fighting a step by step guide to practical knife fighting for self defense prepares you for the deadly world of knife fighting complete and comprehensive knife fighting instruction with over 200 photographs and easy to follow instructions this comprehensive book cuts through the guess work and teaches you the most practical and effective knife fighting techniques for real world survival knife fighting will teach you how to choose the best combat knife knife carry quick draw and concealment strategies knife grips stances ranges and footwork how to control fear during a knife fight knife targeting and reaction dynamics knife cuts and angles of attack franco s knife fighting blueprint knife fighting defensive skills knife fighting training drills and exercises and much much more 35 years of real world knife fighting experience whether you are a beginner or seasoned knife fighting expert knife fighting a step by step guide to practical knife fighting for self defense teaches you battle tested knife fighting skills that will get you home alive and in one piece

the street knife fighting style presented in this textbook is distinguished by its straightforwardness pragmatism and strict emphasis on practical application this style is

not focused on sports competitions or demonstration of complex techniques but on simple but real self defense in the city or survival where the price of a mistake is your life main features and differences 1 adaptation to street conditions the style was developed taking into account the specifics of urban conditions where the enemy can behave dishonestly attack from an ambush suddenly without warning the main goal is to teach how to defend yourself in situations where there is no time to think and the threat can come from several attackers or be hidden until the last moment 2 survival as a key principle this style takes into account scenarios where fighting is not a choice but a necessity in a survival situation any mistake can be fatal therefore the techniques are designed to minimize the likelihood of misses using natural body movements simple but effective strikes and the most pragmatic approach 3 this style is suitable for ordinary people not masters of sports the textbook is created for those who do not strive to become a master of martial arts but want to survive in a dangerous situation this is a practical guide for those who are not looking for spectacular combinations but real skills that can be quickly mastered and used effectively 4 focus on realistic scenarios here you will not find idealized techniques that work only on the training ground we consider the real world limited space elements of surprise the possibility of using improvised objects and the variability of the enemy's actions this style of martial art is not for the arena not for spectators and not for demonstration this is a style that will become your support in a situation where the question is about life and death we believe that the knowledge presented here can help you protect yourself your loved ones and survive if life puts you in front of this need

knife fighting targets the ultimate knife fighting targeting system for self defense is a concise book designed to teach you the most practical and useful knife fighting targets for real world self defense the knife fighting techniques featured in this book apply to both fixed blades as well as fighting folders and can be readily used by young and old regardless of size or strength most importantly you don't need to be a martial arts expert to understand and ultimately master these effective knife fighting skills no gimmicks no nonsense unlike other knife fighting books knife fighting targets is devoid of complicated impractical and gimmicky techniques that can get you injured or possibly killed during a deadly knife fight instead this book arms you with an efficient effective and practical knife fighting system that work in the chaos of life and death edged weapon encounter 30 years of real world experience in this unique book world renowned martial arts expert sammy franco takes his 30 years of training and teaching and gives you the ultimate foundation for knife targeting he's taught these unique knife fighting skills to his students and he's confident they can help protect you and your loved ones during an emergency situation ideal for civilians law enforcement military martial artists self defense students preppers and survivalists security personnel executive protection agents a must have knife fighting book knife fighting targets the ultimate knife fighting targeting system for self defense is a must have book for anyone who needs the knowledge skills and mindset required to win a deadly knife fight

your 3 in 1 self defense training manual discover the skills you need to defend yourself because traditional martial arts don't work on the streets get it now

the paperback and ebook are books paperback is not a journal put em down take em out knife fighting techniques from folsom prison was originally published in 1988 and hasn't changed since that date other than some people changing the cover and selling it as their own work using my content and photos without any financial compensation this is a revision of my original booklet read through it for some additional nuggets of truth that could keep you alive or at least motivate you to train to stay alive when the shit hits the fan in the real world

discover highly practical knife defense techniques practical escrima knife defense defending yourself against knife attacks is the second volume in the vortex control self defense series the focus of this book is on knife defense knife defense is the ability to defend yourself against an attacker that has a knife when you are un armed written with the approval of peter sunbye the creator of vortex control self defense practical escrima knife defense covers everything you need to know in the knife defense portion of vortex control self defense practical escrima knife defense includes 40 knife disarming techniques knife training flow drills so you will be able to apply the techniques instinctively disarm induce pain break his limb and or make him stab himself techniques for all angles of attack and much much more excerpt from vortexcontroldefence com there is an ongoing debate about the efficiency and real usability of different defenses against knives and sharp objects also there are different opinions on the focus of the defense our system vortex control self defense vcsd attacks the attacker as well as the knife wielding hand the block grab knife defense system by gm larry alquezar is the foundation of our system it has been shown to be very effective in the use against other objects this foundation is instilled into the practitioner through flow drills retention drills and extension into realistic use end of excerpt get your copy of practical escrima knife defense now and be ready for any knife attack read practical escrima knife defense and you will learn everything you need to be able to train in apply and progress in this highly practical method of modern knife fighting defense clear and simple instructions easy to follow diagrams suitable self defense for women men young and old practical escrima self defense bonuses get access to all the latest survive travel publications free bonus chapters vortex control self defense principles and knife attack learn the best way to attack when you are the one with the knife the use of power angles for an unbreakable defense simple yet devastating fighting strategy following military principles of warfare the concept of weaponizing to get the most damage out of all your movements harnessing gravitational forces to maximize power in all your strikes and much much more get your copy of practical escrima knife defense now and be ready for any knife attack

forget what you've seen in movies and on television a knife attack is usually fast furious and often fatal when it comes to increasing your chances of surviving even the best martial arts schools are no match for the hard lessons learned in brutal institutions like folsom prison folsom alum don pentecost's no nonsense guide cuts through the hollywood myths and covers valuable information like defending yourself against an attack going on the offensive training methods to maximize your chances of survival if it's true that as a poet once said prison is like high school with knives then facilities like folsom are the ivy league of violence serving a sentence at folsom is like earning a phd in staying alive don pentecost has done the time so you don't have to d

this is the classic book on knife fighting from one of the world's foremost experts from it you will learn all the facets of the art assassination methods history and development of knife design and in depth reviews of the techniques perfected by fairbairn biddle applegate and others rare photos and never before published info on oriental techniques

discover a complete effective and easy to learn self defense system inside the vortex control self defense bundle hand to hand combat knife defense and stick fighting you will discover a complete self defense system like no other peter sunbye the creator of vortex control self defense traveled the world for more than 20 years seeking lost martial arts techniques to develop this highly effective yet easy to learn system of close combat self defense the vortex control self defense bundle combines the three vortex control self defense training manuals into one volume so that those who wish to have all the information can do so at a considerable discount as opposed to buying each volume

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the oldest and most respected martial arts title in the industry this popular monthly magazine addresses the needs of martial artists of all levels by providing them with information about every style of self defense in the world including techniques and strategies in addition black belt produces and markets over 75 martial arts oriented books and videos including many about the works of bruce lee the best known marital arts figure in the world

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this book serves as a comprehensive guide to tantojutsu the traditional japanese art of knife fighting it introduces readers to the fundamentals of this martial art offering insights into its unique aspects the text explains why mastering tantojutsu is essential for martial artists who seek to expand their skills and knowledge the book delves into the rich history and origins of tantojutsu tracing its development over centuries readers will learn about the role of this martial art in samurai culture and how it has been preserved through generations this section highlights the cultural and historical significance of tantojutsu in japan providing context for its importance exploring the core philosophy and principles of tantojutsu the book explains the mental and spiritual aspects of the art it emphasizes the

discipline respect and mindset required to master tantojutsu ethical considerations and the warrior's code are discussed helping readers understand the moral framework that practitioners follow the book guides readers through the foundational stances and movements essential for tantojutsu detailed descriptions and illustrations help to master the basic postures footwork and body mechanics that form the building blocks of effective knife fighting techniques understanding these basics is crucial for developing more advanced skills various grips and techniques used in tantojutsu are covered in detail different ways to hold and manipulate the knife are explained with step by step instructions on executing fundamental techniques this section helps readers gain a solid understanding of how to wield the knife with precision and control the defensive maneuvers essential for protecting oneself in knife combat are presented clearly techniques for blocking parrying and evading attacks are taught emphasizing the importance of a strong defensive strategy mastering these maneuvers is key to becoming proficient in tantojutsu offensive strategies that make tantojutsu a formidable martial art are uncovered from thrusts and slashes to advanced combinations various offensive moves are broken down readers will understand how to effectively attack and counterattack integrating these strategies into their practice insights into the training methods used to develop tantojutsu skills are provided the book outlines different training routines drills and exercises designed to enhance strength speed and precision it also covers the importance of consistent practice and dedication to improve sparring and drills that simulate real combat scenarios are discussed how to safely engage in sparring sessions and the role of drills in skill development are explained applying learned techniques in controlled environments is crucial for practical understanding advanced techniques in tantojutsu are introduced for those looking to take their skills to the next level more complex maneuvers specialized tactics and the integration of knife fighting with other martial arts disciplines are covered helping readers push their boundaries the relevance of tantojutsu in contemporary martial arts is explored how traditional knife fighting techniques are adapted and incorporated into modern self defense systems and competitive martial arts is examined this section shows the ongoing evolution of tantojutsu safety and ethical considerations in practicing tantojutsu are discussed the importance of practicing responsibly respecting training partners and adhering to moral principles is emphasized ensuring safety and ethics in training is vital for a positive martial arts experience the book concludes with a reflection on the journey of learning tantojutsu and its future

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in 1827 james bowie carved his way into american history at the sandbar fight and soon every fighting man of the south and west had to have a knife like his the bowie knife could cut like a razor chop like a cleaver and stab like a sword and many considered it deadlier

than a pistol at close range so great was the dread it inspired that by 1838 it was banned in several states a ban that did little to stanch the flow of blood bowie's story is well known but what of the other cutters and stabbers of his day gunfighters have long been celebrated but those who fought with the bowie knife have been largely ignored until now unearthing accounts from memoirs court records regional histories and newspaper archives paul kirchner author of the paladin bestsellers the deadliest men and more of the deadliest men who ever lived presents their stories for the first time in bowie knife fighters and fighting techniques kirchner identifies and profiles the four greatest bowie knife fighters of history as well as numerous other wielders of the blade he details the weapon's use in the texas war of independence the mormon exodus the mexican war the slave system the gold rush bleeding kansas the civil war the lincoln assassination the indian wars and the western frontier the book describes bowie knife fighting tricks and techniques and provides numerous accounts of knife against knife and knife against gun encounters its final chapter surveys the continued use of the bowie and other fighting knives in modern warfare

devastating stick fighting secrets the 10 best stick fighting techniques is the fourth installment in sammy franco's 10 best book series this unique book offers you the most practical and useful methods for using a combat stick for real world self defense ideal training for all combat sticks the 10 best stick fighting techniques is an excellent source for learning how to use some of the following weapons kali and escrima stick police baton collapsible steel baton nightstick side hand baton the 10 best stick fighting techniques is based on world renowned martial arts expert sammy franco's 30 years of research training and teaching reality based self defense mr franco has taught these unique stick fighting techniques to thousands of his students including law enforcement agents military personnel and civilians and he's confident they will help you in a desperate time of need no previous training necessary regardless of your training background or level of experience the stick fighting techniques and strategies featured in this book are straightforward and will work seamlessly with your current martial arts self defense or survival program if you're a student of the filipino martial arts fma or just a recreational enthusiast you'll also find the 10 best stick fighting techniques a welcome addition to your library best of all you don't need any previous training to master these devastating stick fighting techniques for beginner and advanced student or instructor whether you are a beginner or advanced practitioner student or instructor the 10 best stick fighting techniques teaches powerful street oriented techniques and proven fighting methods to get you home alive and in one piece

written by one of the world's foremost authorities on martial arts and weaponcraft master of the blade is an instructional manual on the realistic use of the knife in self defense based on the tactical edged weapons system of richard ryan's dynamic combat method it offers priceless insights into a world shrouded in mystery hype and mystique and dispels common myths about knife fighting ryan covers the various types of blades and how to choose one that's right for you knife fighting stances grips targets striking patterns and types of cuts the basics of defense and counterattack blade tactics and strategies against different types of weapons and attackers deadly mistakes such as overcommitment and hesitation dealing with fear and the importance of mind set carry methods and tactical concealment and realistic training methods master of the blade explores the deadly art of knife fighting in a refreshing and often humorous manner presenting the stark realities of knife fighting in a way we can all understand and digest the old adage don't bring a knife to a gunfight won't have the same meaning for you once you've read this book for academic study only

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