

KNIFE DEFENSES

To begin each attack, both defender and attacker step out into a ready stance (June – Bi) and then step back with the right foot into a fixed stance and Kiap.

Be careful with your partner. Do not use full power when training. If you injure your partner, this shows a lack of both mental and physical control. You can practice safely and still learn the moves effectively. Even a rubber knife can hurt your partner so show restraint and practice self-control.

1. Attack Number One: Step out to June – Bi and then step back with the right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and strike with the knife toward the solar plexus.
Defender steps out to June – Bi and then steps back with the right leg into a fixed stance and Kiaps. Block the knife with a reverse inside crescent kick using the right leg, striking partner's wrist, knocking partner's arm out of the way. Drop your leg to the ground and then do a single jumping side kick to partner's solar plexus.
2. Attack Number Two: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and strike with the knife toward the solar plexus.
Defender does a reverse outside crescent kick to block and deflect partner's arm, pushing the knife to the side. Single jumping front kick to partner's ribs.
3. Attack Number Three: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and strike with the knife toward the solar plexus.
 - A. Defender does a reverse high rising kick with the right leg to force the arm holding the knife up and out of the way. Drop leg and step forward into a front stance and do two middle punches.
 - B. Defender does a reverse inside crescent kick with the right leg to deflect the knife and then steps forward into a front stance and does two middle punches.
4. Attack Number Four: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and strike with the knife toward the solar plexus.
Defender steps back with the right foot and Kiaps. When attacker moves forward, Defender slide front foot forward and to the left to avoid the knife. Defender grabs the Attacker's wrist with his left hand and strikes the back of his partner's hand with a palm heel. This may cause the knife to fly out of the hand. If it doesn't, press your hand against partner's hand until the knife is released. Place your right hand on partner's wrist, while releasing your left hand. Do reverse roundhouse kick to the solar plexus.

5. Attack Number Five: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and strike with the knife toward the solar plexus.
Defender steps back with the right foot and kiaps. When attacker moves forward, Defender does a lead leg inside crescent kick to deflect the Attacker's arm, followed by a spinning hook kick, head high.
6. Attack Number Six: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and strike with the knife toward the solar plexus.
Defender steps back with the right foot and Kiaps. When attacker moves forward, Defender does a reverse inside crescent kick to deflect the knife, followed by a jump spinning outside crescent kick.
7. Attack Number Seven: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and do an overhand strike with the knife toward your partner's head.
Defender steps back with the right foot and Kiaps. When attacker moves forward, Defender moves forward and to the right side into a horse stance or modified front stance and does a rising block with the left hand, while at the same time doing an arc hand strike to the throat.
8. Attack Number Eight: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Do not step forward until partner starts toward you. When he does, step forward with the right leg into a front stance and do an overhand strike to partner's head.
Defender steps back with the right foot and Kiaps. Defender begins this sequence by sliding his back foot forward to meet his front foot, as though he is going to lunge at his partner. When the Attacker starts forward, slide your left foot forward and to the left, moving out of the way of the knife. Grab partner's arm as it descends and walk forward, pulling your partner with you so that he falls. Slam his arm on the ground to release the knife. If this doesn't work, place your left knee on his arm above the elbow to pin the arm and with your right hand bend his hand up to release the knife. Keep your knee on his arm and your right hand on his hand, and get the knife with your free hand.
9. Attack Number Nine: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and do an overhand strike with the knife toward your partner's head.
Defender steps back with the right foot and Kiaps. When partner moves toward you, step forward into a front stance and do a rising block. Grab partner's wrist with your right hand and move your left foot to the left, slide your right foot beside your left foot, move the arm in a circular motion so that it is in front of you and keeping hold of partner's arm, do a right side kick to partner's leg. Pull on partner's arm so he falls in front of you. Stomp on partner's solar plexus. You may first have to move closer to be in range. Grasp partner's hand with both of

your hands, straighten arm and twist to release knife. Keep hold of partner with one hand and get the knife with the other.

10. Attack Number Ten: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and do an overhand strike with the knife toward your partner's head.

Defender stands at June – Bi, then steps back with the right foot into a fixed stance and Kiaps. When partner moves toward you, step forward into a front stance and do a rising block. Grab partner's wrist and place your left hand in ridgehand inside of partner's arm. Swing your back leg forward and around so you land in a horse stance beside your partner. As you land, drive the ridgehand onto partner's inner elbow and push with the other hand on his wrist, forcing his arm to bend inward. If done correctly, this will force the knife into his body.

11. Attack Number Eleven: Step out to June – Bi and then step back with right foot into a fixed stance and Kiap. Step forward with the right leg into a front stance and do an overhand strike with the knife toward your partner's head.

Defender stands at June – Bi, then steps back with the right foot into a fixed stance and Kiaps. As Partner steps forward, slide your left foot forward and use a reverse arc hand to grab partner's wrist before he can drive the knife down. Step forward and past partner, raise a right ridgehand and strike on the inside of the elbow while pressing partner's arm back. Grab partner's wrist with your right hand grasping his arm with your left hand and step forward, bending partner's arm and lower arm to floor. Press back of partner's hand to the floor to force hand open, releasing knife. Grab knife with free hand and keep partner's arm pressed on ground and your right hand on the wrist. You can put your knee on partner's arm to increase pressure on the arm.

12. Attack Number Twelve: Step out to June – Bi and then step back with right foot into a fixed stance and kiap. When partner turns, place knife to partner's back.

Defender stands at June – Bi, then steps back with the right foot into a fixed stance and Kiaps.

Turn your back to your partner. When partner places the knife to your back, raise arms as if to surrender. Look over your right shoulder, swing the left foot around while doing a Knifehand block to partner's arm. Land in a front stance, grab partner's hand, placing both thumbs in the center of partner's hand. Step forward bending partner's wrist so that partner falls. Keep hold of partner's hand and strike to partner's neck with a right Knifehand. Raise partner's arm and twist hand to release knife. Keep hold on arm and get the knife.