

Self Defense Technique

Armed Assailant - Knife Slash To Throat

Today, it seems that just about everyone is carrying a knife. Knives are easy to acquire and easy to conceal. The damage that can be caused with an edged weapon can be devastating and permanent. A knife can cut or stab from any angle and severe through clothing, flesh, muscles, tendons, internal organs, veins and arteries. An edged weapon can cause serious injury or death. Any attack with a weapon should be considered a threat on your life and dealt with aggressively.

The following self defense technique illustrates one simple way of defending against a knife slash to your throat. Notice that once the knife has been dropped, or the assailant can no longer use the attacking arm, we change to a less destructive mode for follow-ups or finish-offs. Once the weapon is removed from the equation, the threat level changes to that of an unarmed assailant and we should respond with reasonable force accordingly.

In the photos and video we are using a practise knife with a dull safety edge to prevent accidental injuries. Please use rubber or practice metal knives when you train. DO NOT use sharpened or semi-sharp "live" blades from training!



1. Assailant slashes at your throat with an edged weapon. Rock back to CLEAR your body from the path of the blade. Block the inside of the attacking arm with your left arm.



2. CONTROL the weapon by trapping the wrist with your left hand. At the same time, rock back in and COUNTER with a strike to the eyes with your right fingertips.



3. Spear under the attackers arm with your right hand.



4. Hyper-extend or break the elbow by thrusting your left hand forward and striking back towards you against the elbow with your right arm. This will cause the knife to be dropped or rendered useless.



5. Finish-off as desired. An easy way to get away from the attacker is to throw him backwards. Maintain control of the arm with your left hand. With your right hand thrust the attacker's head backwards with your palm and you step through.



REALITY BASED SELF DEFENSE

Watch the FREE video for this technique at:

www.cbma.ca

www.bojuka.ca