

Hill's Martial Arts, LLC

Knife Flow Drill

Person 1 – blade out front, right step forward arc jab.

Person 2 – blade down, left hand block, right hand slice bicep, jab to face.

Person 1 – left hand block, jab to face with left inside slice to bicep, strike to face.

Person 2 – left outside parry, slice up wrist, outward jab to face.

Person 1 – left inside parry, lower slice to tricep.