
STUDENT CREED

KNIFE FLOW DRILLS

1. **Neck Attacks**-Partner #1 starts traditional and Partner #2 starts psycho. Traditional stabs neck, psycho blocks with free hand, cuts forearm and then stabs neck. Traditional blocks, turns palms up and cuts tricep then stabs toward neck. Psycho lowers knife hand to block with free hand. Then turns palm toward self, cuts tricep and stabs to neck. Traditional turns blade up and tip away slices under arm and stabs toward neck. Psycho blocks and slices up at bicep.
2. **Single Knife**-Partner #1 has knife and slices at Partner #2's stomach. Unarmed Partner #2 web locks at wrist with RT hand and LT hand backhands forearm of knife hand. LT hand circles arm to redirect then pops knife hand away at wrist. Partner #1 turns to stab neck, Partner #2 does inverted X block with the LT hand on the bottom. LT hand circles to redirect, RT hand pops away at back of hand. Partner #1 then slices toward neck. Partner #2 evades, Partner #1 rolls to attack for a slice at neck again. Partner #2 blocks with LT hand and hits Golgi tendon with the RT hand. LT arm circles while keeping hold of wrist and spins to pull arm across shoulder to break and takes knife away. Repeat with Partner #2 having knife and partner #1 unarmed.
3. **Stomach Stab**-Partner #1 starts traditional and Partner #2 starts psycho. Traditional stabs stomach. Psycho web locks with free hand, slices low forearm and hook wrist with knife. Traditional traps knife hand with free hand, slice arm while pulling knife out and goes to stab neck at opposite side of body. Psycho traps with free hand at thumb, cuts back of wrist, inside wrist, slides to standing key lock. Psycho uses key lock to take down traditional, then stabs chest.
4. **Chest stab**-Partner #1 starts traditional and Partner #2 starts psycho. Traditional stabs toward chest. Psycho parry's with free hand while cutting forearm with knife then pull back and hook wrist. Traditional pulls out cutting forearm and goes to stab traditional's neck on the same side. Psycho's free hand blocks wrist while knife goes to the bend of the arm. Bend arm, cut on the way out, roll traditional's arm down by a wrist lock, cut the bicep, hook the arm, swing arm away and disarm. Use their knife to cut the throat.
5. **Throat Stab**- Partner #1 starts traditional and Partner #2 starts psycho. Traditional stabs toward throat, psycho web locks up, slices wrist and pulls down to trap. Psycho wrist locks and slices on the way out, goes to stab same side of neck. Psycho slices under wrist, traps wrist to circle half way, then free hand finishes the circle. Psycho does upset knife to same side of head. Traditional blocks with free hand, slices ribs on both sides then stabs to stomach. Psycho blocks, cuts the bicep, hooks the neck, and pulls down for a knee.

TIP #3 - APPLICATIONS

*KIHAPS REQUIRED ON ALL ATTACKS AND DEFENSES

1. **ATTACKER** - STEP FORWARD/SLASH AT WAIST
DEFENDER - STEP BACK/EXECUTE A CIRCLE BLOW WITH WRIST FLEX CONTROL
2. **ATTACKER** - STAB AT STOMACH
DEFENDER - SPLIT FRONT STANCE WITH RT WEB BLOCK TON WRIST/LT BACK HAND TO FOREARM
DOUBLE CROSSOVER
3. **ATTACKER** - STEP FORWARD/SLASH ACROSS/SLASH BACK
DEFENDER - EVADE/MID X BLOCK LT HAND LOW RT HAND HIGH/REDIRECT ARM 360/LT HAND GRAB/RT LEG
STEP IN /RT RIDGEHAND STRIKES TRICEP/SPIN 180/PULL ELBOW DOWN TO SHOULDER
4. **ATTACKER** - STAB DOWN
DEFENDER - SPLIT FRONT STANCE/HIGH KNIFE HAND X BLOCK/WRIST FLEX
RIGHT FRONT KICK
5. **ATTACKER** - STAB AT STOMACH
DEFENDER - SPLIT MIDDLE STANCE WITH WEB BLOCK/WRIST FLEX CONTROL

KNOWLEDGE

NAME OF LEVEL: DEADLY FORCE

MEANING: DEFENSE AGAINST KNIFE ATTACKS

MOST IMPORTANT WHEN DOING LEVEL 3: FOCUSING ON THE KNIFE

QUALITY: GRATITUDE

MEANING: BEING THANKFUL