



PHYSICAL

## KNIFE SELF DEFENSE

- 4<sup>TH</sup> KUP:** Knife Self Defense (Poke Attack): “Superman” & Double Hand Slap
- 3<sup>rd</sup> KUP:** Knife Self Defense (One Underneath Attack):
- a. Underneath #1 - Step Back w/ Left Foot, “X” Block Down (Left Hand on Top), Swing Arm Out – Then Inward, Step Under w/ Left Foot (Stay Low), Break Elbow, Step Through w/ Right Foot, to Joint Lock Throw (Twist Wrist Away from You & *Counter with kick to head & disarm*)
  - b. T. Black (Lethal) Same as Above & “Gooseneck” and Slash Throat (Keep Posture Up)
- 2<sup>nd</sup> KUP:** Knife Self Defense (Two Overhead Strikes)
- a. Overhead #1 - “X” Block (Left over Right), Step Through With Right Foot, Finish With Koga Hold at the Angle (*Counter w/ kick to head/face area*)  
  
T. Black (Lethal): Same Block, Circle under and Behind with 3 Stabs to mid-section
  - b. Overhead #2 - Double Handed Block, Arm Roll Back, Take Down to Wrist Joint Lock, Finish with *Elbow to the Throat*  
  
T. Black – Lethal: Same as Above with Slash Throat
- 1<sup>st</sup> KUP:** Knife Self Defense (Two Slashes):
- a. Slash #1 - (Attacker Slashes with an Outside “Hidden Blade” Slash) Avoid First Slash (Superman), As the Knife Comes Back, Double Forearm Block; Wrist Grab (Koga Hold), Left Circle (Hapkido Take Down), *Stomp Fact and Dis-arm (Non-Lethal)*  
  
T. Black: Same as Above & Kneel & Break Elbow – Slash Throat
  - b. Slash #2 – (Attack is to Throat – Slash Follows Jaw Line) Lunge Away to avoid Attack Step in & Jam Attacker’s Forearm, Grab Knife Wrist (Koga Hold) with Right Hand, Left Elbow into Back of Knife-hand Shoulder with Forearm Extended along Attacker’s Tricep (to keep arm extended)...  
-Your Left Foot on inside of Attacker’s Right Foot...then Circle Step with Right Foot...as Shove Attacker to Ground (“Face Plant” with extended Arm with Tricep & Palm Up)  
- Your Left Knee on Attacker’s Tricep (pressure applied to loosen hand)... *Switch Wrist Grip to Left Hand & Disarm with Right Hand (Non-lethal)*  
  
T. Black: (Lethal) Same Take Down as Above...Keep Wrist Grip in Right Hand & Reach Across to Disarm (Left) and Slash Neck and Stab Back of Neck
- RED/BLACK:** Knife Self Defense (Two Pokes):
- a. Poke #1 - Step Forward to Left Angle with Left Foot, Right Hand Peels and Grabs Attacker’s Wrist, Step Under, Break the Elbow Over Shoulder (Disarm Knife), Right Foot Circles Out Wide – Elbow to the Ribs, Turn Attacker’s Wrist Outward, Step Back in and Behind Attacker’s Leg, *Elbow to the Throat (Non-Lethal)*  
  
T. Black (Lethal): Same as Above but replace Elbow to Ribs with Knife across Torso as Circle Out; Step Back in and Clothesline the Neck to Take Down
  - b. Poke #2 - Step Forward with Left Foot, Block with Left Hand, Both Hands Slide Down to Attacker’s Wrist, Left Circle Step (Right foot pivot) to Hapkido Take-down, Turn Attacker Over, Shoulder Bar with Shin & *Disarm (Non-Lethal)*  
  
T. Black (Lethal): Same as Above, Disarm and Slash Throat or Back of Neck (Killing Blow)