

# STUDENT NOTES

## FORCE OPTIONS COMBAT KNIFE LV-1 ANGLES & DRILLS



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FORCE OPTIONS SELF-DEFENSE 400 block Muskegon Ave Whitehall, Mi

# Force Options Combat Knife LV-1

## Learning about the Edged Weapon:

This will include learning different grips, concepts for defending and striking for each angle.

Combat Knife Basics		
Concepts	Knife Grips Forehand Reverse	Break Down - Slashes and thrust
Stances, and Foot work	12 Angles-Regular Grip	12 Angles-Reverse Grip

Combat Knife Basics- Drills				
Solo Slashing-Regular Grip				
X Pattern	+ Pattern	Thrust Drill	Thrust & Slash	Combine all add footwork
Solo Slashing-Reverse Grip				
X Pattern	+ Pattern	Thrust Drill	Thrust & Slash	Combine all add Footwork
Combine all and practice switching hands, and grips				

Combat Knife-Defense			
Regular Grip			
Angle 1	Diagonal-Downward right side	Angle 7:	Inverted thrust palm up Chest or neck
Angle 2	Diagonal-Downward Left side	Angle 8:	Diagonal forehand slash downward LT
Angle 3	Diagonal-Upward right side	Angle 9:	Forehand cross body slash
Angle 4:	Diagonal-Upward left side	Angle 10:	Backhand cross body slash
Angle 5:	Palm down thrust chest or neck	Angle 11:	Vertical slash down the center mass
Angle 6:	Palm up downward slash	Angle 12:	Thrust to mid-section

Combat Knife-Defense			
Reverse Grip			
Angle 1:	Diagonal-Downward Thrust-Right side	Angle 7:	Palm down horizontal throat slash
Angle 2:	Diagonal-Downward Thrust-Left side	Angle 8:	Palm Up horizontal throat slash
Angle 3:	Diagonal-Upward right-side Slash	Angle 9:	Vertical cut across the body palm down
Angle 4:	Diagonal-Upward left-side Slash	Angle 10:	Vertical cut across the body palms up
Angle 5:	Palm up trust to Neck\temple RT	Angle 11:	Upward slash vertical stomach to face
Angle 6:	Palm down trust to Neck\temple LT	Angle 12:	Rear backhand thrust to stomach

# Force Options Combat Knife LV-1 Straight Edged

## Introduction to the Knife or Edged Weapon

The knife is a very common weapon, and it is easy to carry. This is something that can be carried for work purposes, or common everyday task.

Knives come in a very assortment of styles, sizes, and blade styles.

- Fixed Blades
- Folding Blades

Folding Blades: should be used more for slashing, and not thrusting

Fixed Blades: can be used for slashing and are better for thrusting

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**Folding knives are probably the most common and easy to carry in a day-to-day function.**

Blade edges come in many different styles as well and have may have specific functionality depending on the blade. I have given examples of three types below.

- Straight Edge: This applies a smoother more precise cut. They are easy to keep sharp, but have more difficulty cutting through tougher material
- Serrated Edge: It is also known as a dentated, sawtooth, or toothed blade. The saw-like teeth make quick work of material that is tougher to cut through like rope, fabric (even things that are thick and durable, like seatbelts). The Serrated edge also stays sharp for a much longer time and does not need sharpening very often.
- Combo Serrated straight Edge: This is the best of both and what I would prefer with everyday use Self-defense, and common task

### Folding Blade



### Fixed Blade



- **Tip:** Stabbing end of the Knife
- **Blade\Serrated Blade:** Used for slashing
- **Guard:** used to hold to steady the blade and keep your grip
- **Butt Pommel:** Used for striking

# Force Options Combat Knife LV-1 Straight Edged

## Concepts

- **Concept One:** Knives are for close quarters fighting and lack range.
- **Concept Two:** Never throw your blade unless you are sure to hit your target or have a backup.
- **Concept Three: Knife is Live** - The knife is always **Live and never stops!!** What do I mean by that? When you commit to a slash or thrust and deliver it, the knife does not stop at the impact point, it immediately flows into the next strike or the next counter position.
- **Concept Four: The Free hand is live** - Use the free hand or the live hand. When we are using a single stick to strike with, remember that the other hand is live and can check strike and grab. Don't get fixated on the stick as being the only weapon or defensive tool you have.
- **Concept Five:** When slashing sink the strike into the slash or contact point.
- **Concept Six:** Defang the Snake. In the Filipino Martial arts, they have a saying, (Defang the Snake). Without fangs the snake is no longer dangerous to you. This means that disarming and removing the weapon should be the number one priority.
- **Concept Seven:** Knife seeks soft tissue areas, and vital spots.
- **Concept Eight:** Always follow up or what's called the double tap. You could miss or hit something that is not flesh.
- **Concept Nine:** Use distractions, like throwing a hat, wallet, bottle of water, or garment to give yourself time to draw your weapon.

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## Knife Grips

The grip we use is called the Filipino grip as you can see illustrated below

**Forehand Grip-** Make sure to hold the knife firm with thumb placed on the (Thumb Guard). This will help to control the blade, and apply force when slashing.



**Reverse Grip-** Make sure the grip is tight, and thumb is secured at the butt of the knife. If the blade is not double edged keep the sharp edge of the blade facing away from your self.

**Ranges:** Close quarters, and has even less range than holding it with a forehand Grip.



**Range:** Is close quarters but slashing does give you reach.

# Force Options Combat Knife LV-1 Straight Edged

## Slash and Thrust

The main strikes with a knife consist of slashes and thrust. These can be applied with a forward strike and a reverse grip.

### Slashes:

- **Horizontally:** Forehand and Backhand.
- **Vertically:** Upward and downward
- **Diagnolly:** Downward and upward

### Thrust:

- **Horizontally:** Forehand and Backhand
- **Vertically:** downward and Upward
- **Diagnolly:** Downward and upward

### Stance and Foot work Understanding

Since the Knife will be our defense and our main tool for attacking and countering, we will stand in a dominant or what is called a strong side forward stance. If you are right-handed you will hold the knife in your dominant hand such as your right, and if your left hand then that would be your dominant hand. Your other hand should stay behind the blade close to your chest. This puts your hand in a position where the free hand can be used to disarm, or strike without being in a dangerous extended position. The only time you would hold the knife back if you are using a shield. Such as briefcase, or even a heavy jacket wrapped around your arm.

**Example:** Right-handed means right foot forward or what is called a right lead, and your knife will be in your right hand out in front. Left-handed means left foot forward or what is called a left lead with your stick on your left hand out in front.



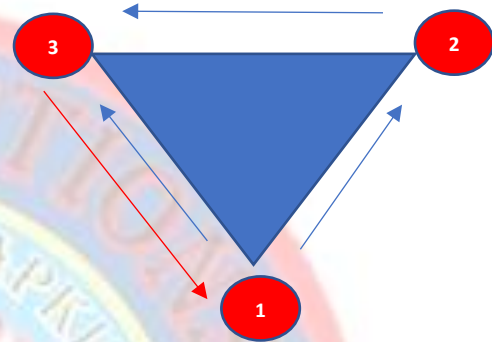
# Force Options Combat Knife LV-1 Straight Edged

## Foot Work Patterns:

**Female Triangle:** From a basic neutral stance slid upward to the right into a right lead. Then slide your back leg back and then slide your left foot forward into a left lead and back

### Reverse Triangle (Or Female Triangle)

1. For training start in a strong side stance
  2. Step or shuffle right into a right lead and deliver an angle one
  3. Side-step left and deliver an angle 2
  4. The step back into a right lead back to position 1
- (Repeat on the other side with you left lead)**

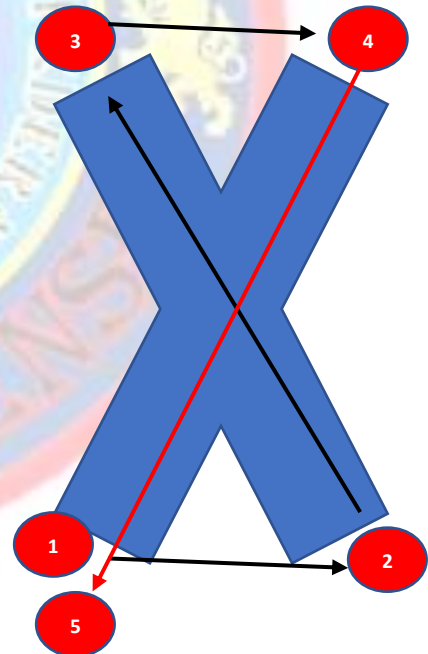


**X- Pattern:** Slide up to the left forward and upward to the right and back

### X-Pattern Movement (Or Hourglass)

- From right lead: start at 1
2. Step right and deliver an angle 1
  3. Double shuffle diagonal up Angle then angle 1
  4. Step to your right: Angle 2
  5. Double shuffle back Angle 1 and angle 2

**(Do Both Sides)**



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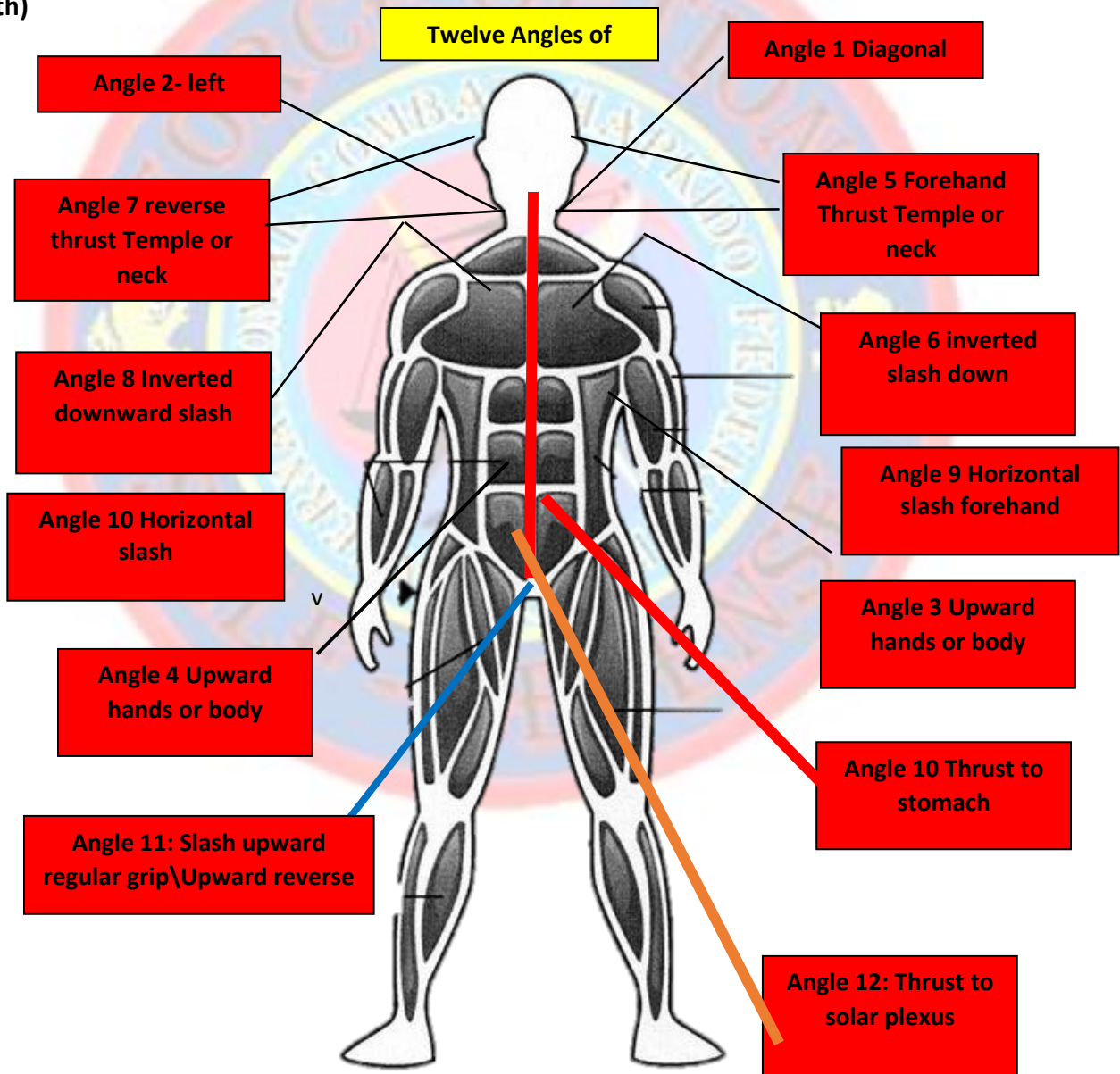
## Concepts: Angles of Attack

When we slash, or thrust with our knife we will refer to these as angles of attack.

There are many different angles of attack and combinations that are used, but varies depending on the teacher or system.

We are using an 11 count. This does not mean that I feel the other angles are not useful or reliable it is just a personal choice, and simplicity.

This is based on what I feel will work the best and incorporate with slashes and defenses (Starting position in your lead with your stick chambered on your dominant shoulder for both)



# Force Options Combat Knife LV-1 Straight Edged

## Basic Drills Solo

Learning basic knife flow!

X Flow Drills: 2 Count (Use both hands)

X Pattern Downward Drill:

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X Pattern Upward Drill:

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X Pattern Combine both:

Plus, Flow Drill: 4 Count:

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**Thrust Flow Drill: 3 Count (both hands, do with a flow and with a broken thrust)**

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**Thrust and Slash flow Drill: 4 Count**

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**Combine all drills at the end, and use foot work and movement**