



KNIFE DISARM FLOW DRILL

PARTNER HAS KNIFE IN R FENCING GRIP (NOTE ADDS 3" ONTO REACH, AS OPPOSED TO ICE PICK GRIP)

REMEMBER TO PRACTICE ON BOTH SIDES!

ALWAYS GRAB/CONTROL PAD OF PARTNER'S THUMB

WHEN STRIPPING ALWAYS PLACE FOREARM ON FLAT OF KNIFE FIRST & THEN STRIP – IF YOU TRY TO PERFORM ALL IN ONE MOTION THEN GREATER CHANCE OF GETTING CUT.

- 1) PARTNER ATTACKS #1 ANGLE WITH HIGH THRUST OR SLASH
INSIDE CROSS HAND MEET WITH BACK OF WRIST + PASS DOWN ACW
L HAND GRABS PAD OF THUMB (OVER TOP OF R)
STRIP WITH BACK OF RIGHT FOREARM WITH KNIFE AT 12 O'CLOCK
- 2) SWITCH HANDS – R HAND GRABS PAD OF THUMB
TURN KNIFE TO 6 O'CLOCK + STRIP WITH BACK OF L HAND
- 3) DRAG DOWN ON PARTNER ARM WITH L FOREARM
LIFT PARTNER CHIN WITH L HAND (OR THUMB TO EYE)
COLLAPSE PARTNER ARM AT ELBOW WITH L HAND + DRIVE KNIFE INTO PARTNER CHEST
WITH R
- 4) PULL PARTNER ARM STRAIGHT WITH KNIFE AT 6 O'CLOCK
STRIP WITH WEB OF L HAND PALM UP
- 5) SWITCH HANDS
STRIP WITH BACK OF R FOREARM @ 2 O'CLOCK
- 6) TURN TO 10 O'CLOCK + STRIP WITH BACK OF R FOREARM
- 7) STRIP BUTT END OF KNIFE WITH WEB OF R HAND (PALM DOWN) INTO ICE PICK
*FINISHING MOVE – STRIP BUT KEEP HOLD OF PARTNER HAND AGAINST YOUR CHEST.
KNIFE HAND OVER PARTNER ARM + STAB CHEST, HOLDING PARTNER L SHOULDER WITH L HAND*
- 8) NO BUTT OR SLIP OFF – LEAVE R ARM ACROSS
L HAND OVER TOP TO GRAB ARM + SLIDE BOTH HANDS DOWN
WITH KNIFE AT 6 O'CLOCK GRAB THUMB + STRIP WITH R FOREARM
- 9) TWIST PARTNER ARM ACW, GRAB BUTT END + PULL TOWARDS YOU WITH R HAND
- 10) TURN UP WITH L HAND TILL KNIFE @ 4 O'CLOCK
STRIP WITH BACK OF R FOREARM (NOT STRONG GRIP)
- 11) PARTNER TRIES TO TWIST OUT OF GRIP
GRAB WITH R HAND AS CIRCLE CW, THEN RE-GRAB WITH L + R ELBOW PUSHES DOWN ON
PARTNER'S ELBOW (STRAIGHT ARM BAR)
R HAND GRABS FLAT OF BLADE+STRIP
- 12) STEP R LEG BACK + BEND PARTNER WRIST UP WITH BOTH HANDS (REVERSE WRIST LOCK)
STRIP WITH R THUMB ON FLAT OF BLADE, TOWARDS PARTNER