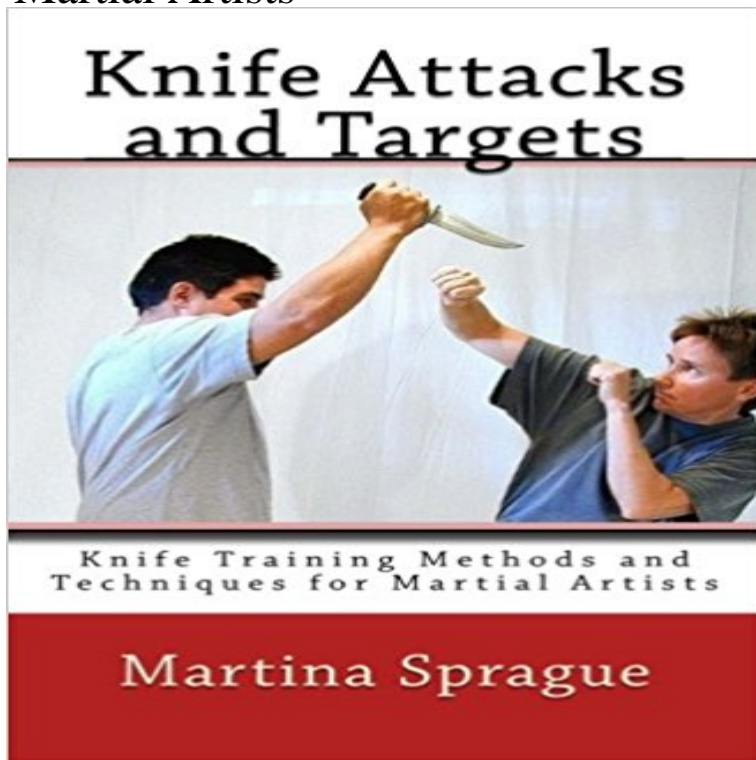


Knife Attacks and Targets: Knife Training Methods and Techniques for Martial Artists



The Knife Training Methods and Techniques for Martial Artists series gives the martial arts interested person a solid background on the importance of the knife as a combat weapon, inspires the reader about the benefits of knife training, and provides detailed step-by-step instruction in how to manipulate and defend against a knife with speed, proficiency, and confidence. Almost any martial art, traditional or modern, can be adapted to knife offense and defense without changing the basic principles of the art. Since the knife is a relatively small and lightweight weapon, many of the same moves and movement patterns you use in your empty-hand art are easily transferable to your knife techniques, and vice versa. The practical lessons you learn by adding knife training to your arsenal include quick reaction skills, physical and mental control, footwork and evasion tactics, distance control, and target precision. Knife training gives you a decided physical and mental edge and opens new dimensions that will deepen your understanding of the martial arts. Knife Attacks and Targets, the fourth book in the series, covers the benefits of training in knife offense and target precision, the effects of striking primary and secondary targets, and the ethical considerations of using an edged weapon against an adversary in combat. The book also includes a number of training exercises designed to enhance your assertiveness and timing when attacking with the knife. The full series comprises the following books: 1. Knife Anatomy 2. Knife Carry and Deployment 3. Knife Grip and Manipulation 4. Knife Attacks and Targets 5. Knife Fighting Stance, Footwork, and Dynamics of Motion 6. Knife Defense Basics 7. Knife Defense Dynamics 8. Knife-on-Knife and Multiple Opponent Knife Defense Strategies 9. Knife and Empty-Hand Defenses Compared 10. Knife Training and Advanced Martial Arts

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