



SPETSNAZ  
ASSOCIATION  
training



spetsnaz GRU

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Knife Combat  
Version  
of  
Spetsnaz GRU



**Alexander Popov**

# **Knife Combat**

## **Version of Spetsnaz GRU**

self-defense with knife



**Spetsnaz Training Association, Moscow.**

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# Introduction

Special Forces of the MAIN INTELLIGENCE DEPARTMENT of the General Staff of the Russian (former Soviet) Army (or, in an abbreviated form, "Spetsnaz GRU") are intended for conducting secret combat operations at the rear of the enemy. Missions carried out by SPETSNAZ troops determine special character and basic lines of SPETSNAZ COMBAT training.

In a combat training of Spetsnaz soldiers a great attention is paid to their ability to engage in hand-to-hand combat and to use hand-held weapon as well as various expedients. The main mission of a Spetsnaz fighter in a Close Combat is to destroy the enemy with any available means as quickly as possible despite their arms and superior number. The fighter himself should not be seriously affected, otherwise he could jeopardize the achievement of a fighting mission by his reconnaissance/sabotage team. That's why the combat training of a fighter from the Spetsnaz is aimed at gaining a flawless proficiency in many types of fire arms and cold steel and traditionally a combat knife is of special importance among them.

Usually a fighter from the Spetsnaz has several knives: knife-bayonet for a Kalashnikov's submachine-gun (AK-74), combat knife, all-purpose "survival" knife, all-purpose clasp-knife, hidden knife, and (or) fling knife. If necessary, any can become an effective weapon.

The basic peculiarity of a knife combat is that it is the combat of short duration. After fighters have approached a striking distance, the result of a fight is at stake within fractions of a second; one or two exact lunges and you win or perish. That's why the main requirement to a fighter from the Spetsnaz



at the initial training stage in knife-combat technique is flawless acquiring of basic methods up to the automatic level: one has no time to ponder in a fight!

It is necessary to acquire naturalness of method execution through hard training. You must feel the knife as an extension of your hand. Your movements must be light and quick, one movement should smoothly transform into another one.

Peculiar features of a knife combat according to the version of the Spetsnaz GRU are many withdrawals, jumps, turns, sudden changes in levels and attack directions (the latter is especially actual in a fight against several enemies), wide use of feints. And all those are done in continuous motion! It is very difficult to follow even flutter of the knife in expert' hands, but to foresee the place at which a strike will be delivered... it is practically impossible.

It is hard to foresee expert's actions during a knife fight, because his stock of methods is very large. He is in a constant motion, trying to take an advantageous position for an attack, makes feint lunges, inducing you to engage. It is not enough to know the knife basic technique in order to outmatch an experienced enemy. You should be able to unite elements of the basic technique into fighting combinations ("bunches") and spontaneously use them in a fight depending on the situation.

Improvisation is important in any fight, in a knife fight as well, but an impromptu action should base on experience and knowledge. It is impossible to write without knowing letters. Letters are an element of the basic technique, words are fighting combinations. Randomly written letters do not mean a word. Hand-to-hand combat is governed by certain laws based on biomechanics of the human body and psychology. That's why a fighting

combination is not a casual, but a law-governed set of basic techniques that leads to success in certain situations.

The book presents the most effective knife fighting combinations and their use in different combat situations, including a combat against two armed enemies. Countermeasures against an enemy who is armed with a knife and uses those combinations against you are also considered.

The book serves as a training aid and it is designed for instructors in hand-to-hand combat of the Special Forces and for those who are interested in self-defense with cold steel.

# Conception of Knife Combat

The peculiar features of a fight against an enemy armed with the knife lies in that fact that you should approach him with great caution and foresight. Knife is a quite dangerous weapon and any false step can cost you life. It is impossible to predict which stroke will be used by your enemy. However, seeing the position he is standing at this or that moment, you can try to foresee his possible actions. Every position dictates its own conditions. If you do not know that, you'd better not fight at all. It is similar to the fight which is conducted blindfolded. It can be also compared to the car driving without traffic regulations knowledge. You will have an accident at once.

Real hand-to hand combat with "bare hands" is quick and transient, but a knife combat is still shorter. In a knife combat any well-aimed blow will be either mortal or disabling you. Unlike a combat with "bare hands" where you can beat off (block) enemy's blows with arms, it can not be done in a knife combat because you will receive a wound. Equally you can not shorten the distance to make enemy's blow weaker at the moment of an enemy's attack, as it is usually done in a hand-to-hand combat because in that case even if you weaken force of a blow, all the same you will be wounded. A knife slash, even not too strong, is very dangerous.

Therefore, the knife combat introduces some changes into the fighting technique. There should not be deceitful postures and movements, as the slightest mistake is fraught with a mortal danger. At no account one should thoughtlessly jump and caper before the enemy. While you are jumping or moving, the enemy can swiftly run up to you and deliver a mortal blow. If you are in a state of readiness, you will easily respond to enemy's movement and quickly move aside or back. If you are jumping up at one place, at that moment (at the moment of a jump) you are in a state of unreadiness; and can

not dodge back or aside. The same happens when you make unnecessary movements before the enemy. At that moment you are in a state of unreadiness too and become an easy prey of your enemy.

Dodges aside or back with a slashing blow, with a subsequent counterattack with a stabbing or slashing blow at vital points are very important in a knife combat. It is necessary to evaluate situation and clothing of your enemy. If the enemy wears thick and dense clothes, slashes will not harm him seriously. In this case arm blocks can be also used.

Judging by the fact how the enemy holds a knife and how he moves, one can say at once if he is a novice or professional. If the enemy holds a knife before him and makes various passes with it, one can say at once that he is a novice who saw a lot of cinema thrillers. The knife, even if it is before you, should not move too far from the torso, moreover, one should not make various figures with it, as at that moment you can allow to deliver a mortal blow. A genuine professional does not make unnecessary movements in a mortal combat, his movements are economical and simple. He will never brandish a knife before himself. A professional expects enemy's actions and acts depending on a situation. If the enemy expects your attack in a state of readiness, your thoughtless attack will look like a jump in precipice, and most likely you will perish.

If an enemy is in a state of readiness, it is necessary to bring him out of this state with various false actions. But at no account it means that a professional will run or jump before you, brandishing a knife. Not at all! A professional clearly senses the distance and knows where he will be safe and where he will become an enemy's target. If your enemy is jumping, bustling, brandishing a knife, he will be an easy prey of a professional. The only thing to do is to choose an appropriate moment and make a swift attack.



A combat against several armed enemies extremely aggravates the situation. In this case one must not stand motionless and wait for an enemy's mistake. You must move all the time to avoid hostile attacks from several sides. That's why you need to move toward one of the enemies, so that the other enemies could not approach you from the back or sides. While moving aside, it is necessary to watch enemies' actions all the time and choose a convenient moment for an counterattack. When moving aside, deliver strong slashing blows at enemy's vital points (important parts of the body) and extremities.

A combat against several enemies armed with knives is complicated by the fact that you can not always use a mistake or fault of one of your enemies, as during your counterattack the second enemy can deliver a mortal blow. In that case although you kill one enemy, the second one will kill you.

When you fight against the enemy armed with the knife, you should fix continuously all his positions (of arms, legs, body, weapon etc.). It is very important as all these details can help you predict your enemy's possible actions. Because every position dictates its own conditions and possible actions. However, your thoughts and ideas about these items must run in your subconsciousness. You should take the decision about this or that action at the instinct level. Your consciousness must be clear and sober at the fighting moment.

Consciousness is a thinker, a strategist, a programmer. Subconsciousness is a computer which gives you the momentary decision for the task known in advance. You should insert the algorithm of the particular solution beforehand. Only then it will be able to solve it. The algorithm is put by the programmer. If it is done incorrectly, the task will be solved incorrectly as well. The subconsciousness (computer) gives you the answer immediately. That is why you should use it when fighting against your enemies.

Consciousness (programmer) would search the definite answer much longer although it did insert the necessary solution into subconsciousness. That is why you must switch it off when fighting otherwise it will brake all your actions. The main task of training is to form that knowledge in your subconsciousness which will help you in real fights. Thus you will be able to find the right solution at once.

It is very important to know why you need these training and what exactly you want to put in your subconsciousness. If you obtain incorrect knowledge or that one you will never need in practice, you will not manage with all fighting tasks. Mover over, your subconsciousness will find wrong solutions. This may cause deplorable consequences, especially since we talk about enemies armed with knives. Any mistake can lead to the lethal outcome.

## **Warning!**

Before starting learning any technique, you should understand why you need. You have to imagine vividly what goals you want to reach and then search for different ways of the realization. If you want to achieve sport's results and become a champion, it supposes one way. If you want to strengthen your health – you will choose another way. If you want to get joy – this is the third way. If you want to master the self-defense methods, you have to choose the fourth way and so on.

The easiest way to start going in for martial arts is to find a club. It would help you realize the first three currents. If you want to practice self-defense, you will have to think twice before choosing this or that school. Before making choice, you should analyze and weigh everything thoroughly. You'd better visit several clubs in order you could make a comparative analysis of their methods.

How and what do they learn? How are they trained? Do the coaches verify the methods learnt by their disciples? How do they do that ? Do they tell you always the truth concerning your results? You can learn lots of good methods but in fact they will not work for you in real fights though they will look beautifully and striking. All these methods must be tested in real fights against skillful opponent so you will reveal their advantages and drawbacks at once. Never test this or that method in a fight against inexperienced enemy as any technique will look good in this case.

Never trust anyone even though people who surround you speak how wonderfully it is. You should verify it in person. Trainings with sparring-partner is not the verification of the technique you learn. It is nothing but the skill acquiring. It is far from the real fight as well as authentic flower is not that one drawn on paper.

Your technique must work in any situation that is why you should test it in full contact with different opponents. It is better to use protective equipment and work in full speed. Before starting training in a sports' club, find out whether hard real fights are practiced there or not. Leave it at once if they are not in use there. Secondly, find out whether disciples can apply those methods they learn in hard contact fights. If disciples fight ferociously but cannot use methods they already know, it means that they are taught incorrect technique. In this case you have nothing to do there. If you put unsteady basis, your building will crash sooner or later and you will be buried under the wreckage. In this case you'd better not build it at all.

# Fight combination analysis

## Combination 1.

This combination consists of two elements. First, you make a step backwards (with your back leg). At the same time you need to make a cutting move with knife in bottom-up direction from left to the right (pic. 1 – 3). Then step forward with your front leg and deliver a straight knife blow at the face or the throat of the enemy (“Spurt of a rattlesnake”) (pic 4 – 5). This combination has a defensive counter-attack character.



pic. 1



pic. 2



pic. 3



pic. 4



pic. 5

To perform it correctly, your body weight must be put onto your front leg. It will be easier to make a step backwards with your back leg. If your body weight is put more onto your back leg, it will be more difficult to retreat. That is why you will have to perform other actions from this position. So when you

step backwards you need to perform a cutting knife blow in a bottom-up direction and aside in circular move. This stroke fulfills a counter attack function. With its help you can damage your enemy's beating arm. Thus you abandon the reach zone of his stroke. At the same time you deliver your own stroke at his arm.

This is one of the main principles of a defensive strategy when you fight against the fighter armed with the knife. Trying to avoid his attack, you attack his arm yourself. As a result your enemy can be stabbed or cut seriously. He will not be able to perform further actions against you. However this tactic is not always effective in real fight. Your enemy can wear thick clothes which will prevent him from grave cuts. Here you must step forward with the help of a "shuttle" step quickly and deliver a thrust knife blow. Such strokes possess a great power and that is why you will be able to pierce his thick clothes. Pay attention to that fact that your body weight shifts onto your back leg. As a result of this position it will be easier to move forward but not backwards. The defensive position turns into the attacking one.

## Example 1.

Here you can see two fighters armed with knives. They are standing opposite each other in expectant position (pic. 6). What can we say about this position?

pic.6



pic.7



If we analyze both fighters' positions, we can say that the fighter from the right is standing in a more favourable position for the further attack actions than that one from the left. His body weight shifts onto his back leg and thus it is easy for him to make a quick lunge forward with his front leg. Secondly, he holds his knife with the direct snatch and locates it beside the hip. It is convenient to deliver thrust bottom-up strokes from this very position. As a rule, they lead to the lethal outcome or wound seriously.

While the opponent (from the left) is in the position destined for the defense. His body weight shifts onto the front leg. It is not very easy to move forward with the front leg that is why the fighter from the left is not going to attack. Secondly, he holds his knife that way which allows delivering cutting strokes only. They are not fatal as a rule.



pic.8



pic.9



pic.10

Now let's take a look at the further attack development. The fighter from the right makes a big front leg step forward. At the same time he delivers a sticking bottom-up stroke. Pay attention to the opponent's defensive actions. As soon as the assaulter starts moving forward, the opponent should make a step backwards. It is very important to catch the enemy's actions and be able to react to them. If you hesitate for a moment, you risk to turn yourself under the fatal stroke. At the same time the opponent performs the slashing stroke from left to right (pic. 7 – 9). This blow is aimed at the opponent's attacking arm. If your stroke hits the aim, it will cause serious trouble for your enemy.



As a result of this stroke, the fighter can dissect seriously the arm and injure artery. He can lose much blood.

pic.11



pic.12



However one must not concentrate too hard on the counter attack stroke and try to hit the aim at all costs. This stroke fulfills the protective function. It is of more importance to dodge the knife stroke and counter attack later on. If you try to hurt your enemy with the cutting knife stroke, you risk getting under the assaulter's knife as well. That is why the main task of the opponent is to avoid the assaulter's stroke and choose the appropriate moment for his own counter attack. You should use the "shuttle" step in this case.

You can see here the opponent stepping back a little bit and thus manages to avoid the enemy's stroke. Then he rushes forward and delivers a fast thrust blow aimed at the assaulter's chest. Pay attention to the opponent's second arm. It performs a safety knock of the assaulter's arm which holds the knife (pic. 10-12). He does not let him perform further actions. The assaulter cannot perform any attack actions from this very position.

And now let's take a look at the position which looks similar to that one described above. In this case the assaulter performs the same actions. He delivers a thrust stroke with the knife in bottom-up direction. The opponent's defensive actions are different. Instead of making a step backwards, he steps

aside. He approaches his enemy then and delivers a thrust stroke aimed at his heart or liver.

pic.13



pic.14



pic.15



pic.16



pic.17

Why did the opponent step back in the previous example but not aside as it is shown here? Just look attentively at the opponent's position (pic.13). In the previous situation his body weight shifted onto the front leg and that's why it was easier for him to make a step backwards. In this very situation, his body weight shifts onto the back leg and it was difficult for him to perform a step backwards with it. That is why here the opponent makes a step aside with his front leg (pic. 14 – 17).

In this variant the position is similar to that one taken by the assaulter. That is why the opponent could start the attack, that's to say to become the assaulter.

## Example 2.

pic. 18



pic. 19



Here you can see the position which is similar to that one described above (pic. 18). But in this very case the assaulter delivers a thrust forwarding stroke instead of a thrust-disemboweled one (pic.19). The opponent's actions are similar to his actions in the 1<sup>st</sup> example. The only difference between them is that in this case the opponent performs a safety knock with his spare hand either in top-down direction or from aside pic. 20 – 21).



pic.20



pic.21

The assaulter's hand is in the middle level (it was in the upper part in the 1<sup>st</sup> example). That is why you knock his arm in bottom-up direction. These are quite important actions when you fight against the person armed with the knife. With the help of this knock, even if it is not too strong, you can disable the enemy's beating arm and deprive him of a chance to continue any actions

at all. At the same time you should deliver a thrust blow which will help you put your opponent out of action.



pic. 22



pic. 23



pic. 24

Here you can see a position which demonstrates the body weight shifted onto the back leg of a fighter (pic. 22). That is why it is not easy for him to make a step backwards with his back leg. He avoids the assaulter's attack by means of a step aside. Having shifted the back leg to the assaulter's side, he delivers a thrust stroke (pic. 23 – 26).

pic.25



pic.26



## Example 3.

Let us analyze both fighters' position. The fighter on the right is ready to attack. He is holding the knife with the reversing snatch and locates it beside the right shoulder. Thus he is ready to deliver a top-down thrust blow. The fighter on the left: his knife blade looks aside. This is nothing but the defensive position which allows performing cutting strokes only (pic. 27).

Pay attention to both fighters' positions. They look similar at first glance. But



still there is a difference between them. The fighter from the left bends his body slightly forward, that is why his front leg is loaded. From this position it is not easy to attack with the help of a front leg step forward.

pic.27

The right from the right side keeps his back leg loaded. It is easier for him to perform the attack actions instead of defensive ones. What do we see in fact ? the fighter from the right starts attacking his enemy with the help of a front leg step forward. At the same time he delivers a thrust top-down stroke. To repulse these actions the opponent steps backwards with his back leg and thus he manages to avoid the assaulter's knife (pic.28).

This attack is quite easy and it is not difficult at all to defense oneself from it by means of a step backwards or aside. It is also possible to counter attack the enemy at once. To do that you need to step a little bit forward and deliver a knife blow aimed at the enemy's head or body. With your free hand you should bring the enemy's arm down. All these actions are possible in that case only, when you know for sure where the enemy's blow will come from.



pic.28



pic.29



pic.30



And now let's take a look at the very fight in this example. The fighter is trying to repulse the enemy's attack by means of making a jump backwards. At the same time he is delivering a cutting knife blow aimed at the internal part of the enemy's forearm (pic.29). This is a very guileful blow. There are big venous vases in this part of the arm. The cut will cause bleeding. If there is no chance to provide medical care, it may lead to the loss of blood or even to the lethal end. However, it is not always convenient to deliver this blow as you can get under your enemy's blow too.

Pay attention to both fighters' positions. That one from the left has his back leg loaded. He can easily move forward. His enemy has his right leg loaded and it is not easy for him to perform the attack.

As we can see here the fighter from the left passes on quickly to the attack actions with the help of "shuttle" pace. He completes his actions with the thrust knife stroke aimed at the opponent's heart (pic.30).





pic. 31



pic. 32



pic. 33

You can see a position which demonstrates the body weight shifted onto the



pic.34

back leg (pic.31). It is not convenient to make a step backwards with the back leg. The fighter avoids the assaulter's attack by means of a step aside. Having moved the back leg towards that one of his assaulter, he delivers a thrust stroke (pic. 32 – 34).

## Example 4.



pic.35



pic.36

Here you witness the position which is similar to that one described above.

There is a slight difference between them. The assaulter delivers a top-down trust disemboweled stroke instead of a thrust one. This is a very strong blow. Your beating arm must go behind your back in the final stage of the battle. The opponent's actions are the same (see example 3) (pic. 35 – 38).



pic. 37



pic. 38



pic. 39



pic. 40



pic. 41

Here you see a position that demonstrates the body weight shifted onto the back leg too. It is not convenient to make a step backwards with the back leg.



pic. 42

The opponent steps aside to avoid the assaulter's stroke. Having moved the back leg towards that one of his enemy, he delivers a thrust blow (pic.39-42).

## Example 5.

Here again you see the position similar to those ones describe in examples 3 and 4.

Here you see the position of a fighter from the right who's holding the knife in reverse snatch just in front of himself, on chest level. This position is appropriate both for attack and defensive actions. The second fighter from the left is in defensive position. His armed hand is located so that he is able to deliver cutting stroke only (pic.43).

We see that the fighter on the right starts the attack. He makes a step forward with his front leg and delivers a knife blow at the same time.

pic. 43



However the assaulter (on the right) performs a cutting blow from right to left instead of a thrust stroke in bottom-up direction. So again the opponent's actions remain the same as it were shown in a previous example. The opponent performs a step backwards with his

back leg and delivers a cutting move in bottom-up direction. His stroke is aimed at the enemy's beating arm (pic. 44 – 45).



pic.44



pic.45

However in this case it is necessary to act accurately and deliberately. It is easy to get under the enemy's knife blow. After the cutting move is performed the opponent's arm is lead behind the back automatically. You should do that in order you could counter attack your enemy at once with the help of a thrust blow.

Then he makes a front leg step forward and delivers a thrust knife blow aimed at heart (pic. 46). But you should be very cautious in this case as your enemy can answer with the thrust knife blow from left to right. That is why the opponent must perform a secure blow with his spare arm. It must perform a strong beating blow with the palm. At the same time you should perform a thrust knife blow.

pic. 46



If the assaulter performs his cutting stroke too hard or he is turned with one side towards the opponent, you should aim your counter attack stroke to his body side. Thus he won't have time to turn back.

pic.47



pic.48



pic.49





pic.50



pic.51

pic.52



Here you see the position which demonstrates the body weight shifted onto the back leg (pic. 47). It is not convenient to make a step backwards with his back leg. He avoids the assaulter's attack by means of a step aside and then moves his back leg towards the enemy and delivers a thrust stroke (pic. 48 – 52).

## Example 6.

In this very example a fighter who is on the right is in a attack position. He is holding a knife with the reversing snatch from the right side and is getting prepared for the attack actions. The opponent who is standing on the left is in



defensive stance. He is holding a knife in a direct snatch just in front of himself. He is ready to repulse the assaulter's attack actions (pic. 53).



pic.53



pic.54

So the fighter on the right is making a pace forward with his front leg. At the same time he is delivering a cutting (disemboweling) bottom-up blow. The opponent makes a step backwards with his back leg and thus he manages to avoid the assaulter's knife stroke (pic.54-55). A second later he is moving forward with the help of a shuttle pace (pic. 56 – 57). At the same time he delivers a thrust blow aimed at the assaulter's chest. The opponent fulfills a beating move with his spare arm in a bottom-up direction and thus he prevents a possible top-down blow made by the attacker.

pic.55



The moment when the assaulter lets his armed hand down or leads it behind is a very dangerous one. At this second the opponent could attack him immediately by means of delivering a thrust knife blow forwards. However this opening could become a trap. Then to repulse his attack the fighter on the

right can retreat quickly and perform a cutting knife blow from aside. Such traps are applied quite often in fights. You show your enemy your intention to open yourself but instead you prepare your own counter attack. When he starts his attack, you counter attack him at once. That is why being



cautious about such trap the fighter from the left does not hurry to start the attack.

pic.56



pic.57



## Example 7.



pic.58



pic.59

Here you can see two fighters. The one from the left is armed with the knife, another one is armed with the police baton.

The fighter on the left is holding a knife in direct snatch just in front of himself. He is ready to deliver a thrust blow at any time, as soon as his opponent commits the mistake. The fighter on the right is holding a baton near the right shoulder. From this very position, he can make both the attack and defense actions (pic. 58).



pic.60



pic.61

Despite the fact that the fighter from the left is ready to attack his opponent, he doesn't want to be the first. If he starts the attack blindly, the fighter from the right will step backwards and deliver a chop blow with his baton.



pic.62



pic.63

In this case, the fighter armed with the baton strives eagerly to start actions. He makes a step forward with his front leg and delivers a chop blow slantwise from right to left and top-down direction. To repulse these actions, the fighter armed with the knife makes a step backwards (pic. 59 – 61). With the help of “shuttle pace” he returns to the original position and delivers a thrust knife blow aimed at the assaulter's neck (pic. 62-65).



pic.64



pic.65

# Combination 2.

When you perform this combination, the first move you should do is a step forward with your front leg. At the same time you should deliver a thrust disemboweling blow in bottom-up direction. After that you need to step aside with your front leg and deliver a cutting top-down blow at the same time. Then make a step forward with your back leg and deliver a thrust blow from the right to the left (pic. 66 – 73).



pic. 66



pic. 67



pic. 68



pic. 69



pic.70



pic.71



pic.72



pic.73

Here you can see the previous combination development. After the thrust blow is delivered, one must perform a thrust blow through the head. This stroke is performed in that case, if your enemy attacked you suddenly from behind (pic.74-85).



pic.74



pic.75



pic.76



pic.77



pic.78



pic.79



pic.80



pic.81



pic.82



pic.83



pic.84



pic.85



Look at this combination application against the unarmed fighter (pic. 86 – 92). In this case it is not necessary to step aside when deliver the second cutting blow. The attack must be continued with the step forward with the front leg and the knife blow must be aimed at the enemy's neck.

pic. 86



pic. 87



pic. 88



pic.89



pic.90



pic.91

Here you can see that the assaulter is stepping deeply forward with his front leg. At the same time he's delivering a thrust (disemboweling) blow in bottom-up direction. The fighter jumps backwards and thus avoids the thrust blow. The assaulter keeps on pursuing his enemy and makes another step forward with the front leg.



left. pic.92

At that he delivers a cutting blow from left to right in top-down direction. If the enemy managed to avoid the cutting blow, the assaulter continues his attack by delivering a thrust blow from right to the

When you are attacked by a fighter armed with the knife, you must be passive when step aside or backwards. The assaulter will get you with his weapon in any case. That is why when you are attacked with the knife, you must perform active defensive actions. It would be fine, if you could arm yourself with a thing at hand. If there is not such a possibility, you must counter attack your enemy immediately just after the first knife blow is delivered.

A question can emerge here. Why can't we attack the enemy at the moment the first blow is delivering or even earlier? I can say that it is a rather dangerous undertaking. If the enemy commits a mistake and opens himself in a fight, you can attack him at once without wasting the time. But if the enemy does not make errors, it's better for you to counter attack him just after the first blow is delivered. After he performs his first stroke, you will be able to predict where the next blow will come from. All the following blows are delivered in antiphase to the first one. Let us presuppose that the first blow was a thrust blow delivered in top-down direction. The next one will be a cutting blow delivered from the top or side-down direction. But it is rather hard to predict where the first blow will come from.

## Example 1.

pic.93



pic.94



Here you can see a fighter on the left who's holding the knife in direct snatch near the right hip. His enemy on the right is holding the knife in reverse



snatch in front of himself at the stomach level. Both fighters are standing in a rather universal position which lets them both attack and defense themselves (pic.93).



pic.95



pic.96



pic.97



pic.98

The fighter on the left starts the attack. He makes a deep step forward with his front leg. At the same time, he draws his hand behind the back and delivers a thrust bottom-up blow. The enemy on the right steps backwards and thus avoids the assaulter's thrust blow (pic. 94 – 95). However he commits a mistake. He doesn't draw his hand behind the back and that is why he is tardy with his counter attack.

When the fighter on the right starts his counter attack, that one from the left side is already ready to react to it. As a result, the enemy's blow doesn't hit the aim. The fighter on the left repulses his opponent's attack with the help of a cutting blow aimed at his body (pic. 96-97). If it is not enough to end the battle, you can complete it with the help of a thrust blow aimed at the enemy's side (pic. 98).

## Combination 3.

When you perform this combination, you should step forward and aside with your front leg and get down at the same time. While getting down you should deliver a cutting blow aimed at the enemy's abdomen or popliteal joint. Then you have to step with your back leg in your enemy's direction and then you can end the combination with the help of a thrust elbow from left to right (pic. 99 – 104).

pic. 99



pic. 100



pic. 101



You should pay attention to where the enemy's knife is located. If the knife is beneath, the blow can be delivered in bottom-up direction. That is why, when you step forward, be ready to put your free arm under the beating hand of your opponent. With your second arm, you can deliver a cutting blow aimed at the enemy's beating arm.

pic. 102



pic.103



pic.104



# Example 1.

If you enemy hold his weapon overhead, the blow will be delivered in top-down direction or from aside. Take a look at this combination against the enemy who attacks the fighter with the help of a thrust blow form right to left (pic. 105). To repulse this attack, you should step aside and forward immediately in your enemy's direction and get down in a lower position at the same time. Thus you will be able to avoid your enemy's knife. While getting down, you must deliver a cutting blow from right to left aimed at the opponent's abdomen (pic. 106 – 107). Then you should step forward with your back leg and complete the combination with the thrust blow from left to right (pic. 108-109).



pic.105



pic.106



pic.107



pic.108



pic.109

It is a rather dangerous and risky combination. You must have a good experience and should feel well the distance. It's very important to choose

properly that very moment, which will allow you to approach your enemy. If you start approaching him earlier than you have to, the opponent will definitely change the direction of his blow. In this case his attack will hit the aim. If you are tardy with the move forward, his attack will be certainly effective again.

## Example 2.

Now let's take a look at this combination against two armed fighters. The first assaulter, armed with the knife, is standing just in front of another fighter. The second assaulter, armed with the police baton, is standing at the side (pic. 110). Both fighters start the attack simultaneously. The first opponent delivers a side cutting blow from right to left. The second opponent delivers a blow with this baton in top-down direction. The second fighter makes a step forward and aside in the first assaulter's direction (pic.111 – 113).

pic. 110



pic. 111



pic.112



pic.113

While getting down he delivers a cutting blow from right to left aimed at the enemy's abdomen. The second assaulter, that one with the baton, manages to deliver one more blow (pic. 114-115). But it is quite awkward to deliver the second blow and that's why he makes a blunder. Firstly, his baton was down after the first blow had been delivered. That is why from that very position the blow can be delivered in bottom-up or side direction only. But here the first assaulter is standing and there is a probability to hurt the mate. The fighter who tries to repulse the assaulters' attacks, jumps towards the second assaulter and delivers a thrust knife blow aimed at his abdomen (pic. 116).

pic.114



pic.115



pic.116



# Combination 4.

When you perform this combination you should make a step forward with your back leg and deliver a thrust blow from right to left at the same time. The arm is in circular motion for 360 degrees, the body turns back (pic. 117 – 121). Then it turns forward and a cutting blow from left to right is delivered at the same time (pic. 122-123).



pic.117



pic.118



pic.119

pic.120

pic.121



pic.122



pic.123

Depending on the situation the second move can be performed both on the spot and with a step forward with the front leg. If it is necessary, you can make a step backwards with the back leg to avoid the enemy's counter attack.

Now you can see the further development of this fighting combination (pic. 124 – 130). After the cutting blow is delivered, you should turn back at 180 degrees. Now the front leg becomes the back one. Make a step with this leg in the back direction, that's to say forward and then backwards. This method is necessary for the purpose you could fight against several opponents at once who attack you from different sides.



pic.124



pic.125



pic.126



pic.127

This combination can be performed with the attack forward (to beat one enemy) and backwards (to beat the second enemy who attacks you from behind).



pic.128



pic.129



pic.130



# Example 1.

Now you will see the application of this combination against the fighter armed with the knife (pic. 131 – 134). Perform a thrust blow from right to left and make a step forward with your back leg at the same time. If the enemy avoids your blow by means of a step backwards, step towards him with your front leg and deliver a cutting blow aimed at his neck and namely the carotid artery. If it is necessary, you can end the combination with the thrust blow aimed at the opponent's abdomen.

pic. 131



pic. 132



pic.133



pic.134



## Example 2.



pic.135



pic.136

Here you can see the position which shows two armed enemies preparing to start the fight (pic. 135). The fighter on the left is holding a knife in direct snatch near the right hip. He's standing at that position which allows him both to defend himself and attack. The enemy on the right is also holding a knife in direct snatch but a bit higher, at the chest level. The edge of the knife looks upwards. From this very position a man can deliver cutting blows only. We can say that it is up to defensive actions but not attack ones.

pic.137



pic.138



The opponent on the left starts the attack. He makes a step forward with his front leg and delivers a side thrust blow aimed at his enemy's head. To repulse it, the fighter on the right makes a step backwards and thus manages to avoid the enemy's attack (pic. 136 – 138). After that he begins his counter attack at once. He steps forward with this front leg and delivers a top-down

thrust blow (pic. 139 – 140). Together with the body turn, he performs a cutting blow aimed at the beating arm of the enemy and then delivers a thrust blow aimed at his abdomen (pic. 141).



pic. 139



pic. 140



pic. 141

# Combination 5.

When you want to perform this combination, you need to make a step forward with your front leg first. And deliver a cutting (disemboweling) bottom-up blow at the same time (pic. 142 – 145).

pic.142



pic.143



pic.144



pic.145



Then you step again with your back leg and deliver a cutting blow from left to right (pic. 146 – 147). Pay attention to the left hand. It is always moving and never stands still. It is an obligatory condition so that you could perform different props and avertings when counter attack your armed enemy.



pic.146



pic.147

# Example 1.

And now let's take a look at this combination against the unarmed fighter (pic. 148 – 153). Perform an attack of the unarmed opponent with the help of a disemboweling blow in bottom-up direction. If your enemy avoids your knife blow by means of a step backwards, you should continue the attack with the cutting blow from the left to the right aimed at his neck. You can end the combination with the thrust blow aimed at the enemy's abdomen.

pic.148



pic.149



pic.150



pic.151



pic.152



pic.153



## Example 2.

This combination can be applied both as an attack one and a counter attack. It was used as an attack in a previous example, but now it's used as a counter attack (pic. 154 – 159).



pic.154



pic.155

Here we can see this combination applied against the enemy armed with the knife. We see a position which the fighter on the left is taking. He is holding a knife in a direct snatch in front of himself at chest level. The second fighter on the right is holding a knife in reverse snatch in front of himself at chest level too. Both fighters are standing in that very position which allows them both to attack and defense themselves.



pic.156



pic.157



The fighter from the right starts the attack. He makes a deep step forward with his front leg and delivers a side blow from right to left at the same time. The opponent on the left tries to repulse the first fighter's attack by means of a step backwards. And thus he manages to avoid his blow. The arm is drawn back. When the fighter from the left starts his counter attack, he delivers a disemboweling bottom-up blow. With another hand he delivers a cutting blow aimed at the opponent's neck. At the same time he steps forward with his back leg. If it is necessary, you can beat your enemy with the thrust blow.



pic.158



pic.159

# Combination 6.

This combination consists of two blows. The knife is held in direct snatch and is located near the right side.



pic.160



pic.161



pic.162

When you perform this combination, you should step forward with your front leg first. At the same time you have to deflect your arm aside in order you could make a wave. When you step forward with your back leg, don't forget to deliver a thrust top-down blow from right to left (pic. 160 – 162). When this blow is performed, your body is turned for 180 degrees (pic. 163). A thrust blow is delivered through the head (pic. 164-165).



pic.163



pic.164



pic.165

This combination is applied in that case, when you have to fight against several enemies at once. Let us presuppose that you attack a fighter who's standing in front of you. At the same time another enemy can attack you from behind. After you beat your first opponent you turn back and repulse your second enemy's attack. If the first assaulter tries to attack you from behind, you can deliver a thrust blow through your head.

## Example 1.

Now take a look at this combination against the unarmed fighter (pic. 164 – 167). Make a step forward with your back leg and deliver a thrust blow from right to left simultaneously. If your enemy jumps backwards and avoids your blow, then jumps towards you very fast and grasp you from behind, you should deliver a thrust blow through the head.



pic. 164



pic. 165



pic. 166



pic. 167

## Example 2.

Here you can see another variant. It demonstrates the tactics of correct actions of an unarmed fighter against that one armed with the knife. The armed enemy makes a step forward with this back leg and delivers a thrust blow from right to left at the same time. When he performs this stroke, he turns his body for 180 degrees. To repulse his actions you should step backwards and try to avoid the blow (pic. 168 – 171).



pic.168



pic.169

pic.170



pic.171



Then jump towards the enemy and intercept the enemy's arm with the knife. With your second arm, you should grab the opponent's neck from internal side and pull him harshly. Neck-bones break and the fight ends with the lethal outcome (pic.172 – 174). You can also grab your enemy's neck with external side (pic.175). In this case you should bend your forearm on your opponent's

throat and break it sharply when draw him towards yourself. Both variants are performed according to the situation and your enemy's state and position.



pic.172



pic.173



pic.174



pic.175

### **Example 3.**

Do not forget to control and intercept the armed hand of your enemy. If you are not able to do that or miss that moment, you will definitely get under your opponent's sharp knife (pic. 176 – 181). Here you can see the unarmed fighter has committed a mistake when tried to grasp the enemy's hand. As a result he was stabbed. You should grab your enemy's armed hand by the forearm or wrist. Otherwise you won't be able to hold the arm.



pic.176



pic.177



pic.178



pic.179



pic.180



pic.181





# Combination 7.

Here you can see a fighter (on the left) holding a knife in direct snatch in front of himself at the stomach level. The second opponent (on the right) is holding the knife in reverse snatch. The weapon is on the right above the shoulder (pic. 182). Both fighters are in the attack position. Each of them can start the attack at any moment.

pic. 182



pic. 183



pic. 184



pic.185



pic.186

The fight from the right starts the attack. He makes a deep step with his front leg and delivers a thrust bottom-up blow. The fighter on the left jumps backwards immediately and thus delivers a thrust bottom-up blow (pic. 183 – 184). But when the fighter steps back he commits a mistake. His arm was not drawn back for the purpose of further counter attack. That is why he loses several instants in order to draw the arm behind (pic. 185 – 186).



pic.187



pic.188

Pay attention to the opponent's position. He's standing on the right. After the thrust blow is delivered, his arm stands at such position which will let him deliver the next blow immediately. His whole position demonstrates his readiness to react to his enemy's attack. Pay attention to his free hand. It is ready to avert the enemy's beating arm at any moment.

Here you can see that the fighter on the right goes aside very easily. At the same time he beats the enemy's armed hand with his free arm. With another hand he slashes his enemy's neck with the knife (pic. 187 – 188). If the blow does not hit the aim, you can deliver quickly a thrust blow aimed at his neck or hip (pic. 189-190).



pic.189



pic.190

## Combination 8.

Here you can see the situation which shows the fighter (from the right) in his attack position. He is holding the weapon with the direct snatch beside the right shoulder. The opponent (from the left) is in defensive position provoking the enemy to the attack actions (pic. 191).



pic.191



pic.192

The fighter from the right makes a step forward with his back leg. At the same time he performs a cutting-chop stroke in top-down direction. To repulse this action, the opponent steps backwards with his back leg avoiding the assaulter's knife stroke (pic. 192 – 193). The assaulter continues his attack by delivering a back leg kick with the turn. To repulse this action the opponent makes a step backwards with his front leg. He continues also his counter attack by means of delivering a thrust stroke aimed at the assaulter's body side or neck (pic. 194 – 197).



pic.193



pic.194



pic.195



pic.196



pic.197

It is important to predict the assaulter's actions and accept them correctly. So if the opponent had tried to pass on to the counter attack with the help of a "shuttle" pace, he would have got under the assaulter's back leg kick with the turn.

That is why you should calculate your enemy's actions at once. So if the assaulter (as it is shown in this very example) performs a knife stroke with the body turn, it means that he is going to perform other actions at once. The most real thing he can do is to perform a back leg kick with the turn. The opponent has to predict at once these actions but not follow blindly to the trap. That is why here the opponent did not rush into attack immediately but waited for the best moment to start.

# Combination 9.

pic. 198



Here you can witness the situation which demonstrates the assaulter's attack actions. He is holding the knife with the direct snatch beside his right body side. The weight of the trunk shifts onto the back leg and he performs his attack actions quite easily. The opponent on the right is holding the knife with the direct snatch too. However the weapon blade looks upwards and the hand is just in front of himself at the chest level. That is why you can state at once that he is in defensive position (pic. 198).

The fighter on the left makes a step forward with his front leg. At the same time he performs a side thrust blow from right to left. To repulse this stroke, the opponent makes a step backwards with his back leg and thus manages to avoid the assaulter's attack (pic. 199 – 201).



pic.199



pic.200





pic.201



pic.202

He passes on to the counter attack at once with the help of an attached step. At the same time he delivers a side thrust stroke. Now the assaulter steps back and moves backwards. He manages to avoid his opponent's counter attack. At this he performs the cutting stroke from left to right against the beating enemy's arm (pic. 202 – 203).

However you should not accent your attention at the cutting stroke. It will be good if you manage to hit the aim. There is nothing too serious if you miss it also. The main thing is to retreat and avoid the enemy's attack. The assaulter gets quickly towards his opponent delivering a thrust stroke aimed at his stomach. At the same time he performs a knock down block with his spare arm. He does not give him a chance to use the weapon (pic. 204).



pic.203



pic.204

Readers sometimes ask: why did the enemy from the right lose the fight. To answer this question, I offer you to take a look at pictures. Let's look at the initial position of a fighter on the right (photo 198). His body weight is shifted more at his front leg. As a result this is a defensive position and he is going to work on counter attack. However there is a mistake in his position. He is holding the knife in his right hand. His left leg is in front of him. That is why it is not very easy for him to perform defensive cutting knife strokes. The damage area decreases. So the fighter on the right makes his martial abilities narrower.

This is the first mistake. Let's view other situations. Compare fighters' positions showed at pictures 201 and 203. If you take a look at picture 201, you will see that his body is bent a little bit forward after a side thrust knife blow is delivered. His position lets him perform further actions. If we look at picture 203, we will see the difference. The right fighter's body is bent backwards after a thrust blow is delivered.

As a result he loses his balance for some time and he is unable to perform further actions from this very position. So he becomes defenseless for a couple of seconds. The opponent on the left grabs this mistake at once and delivers a thrust blow aimed at his enemy's stomach.

# Combination 10.

Now you see the position which demonstrates the best way to attack for the fighter who is on the left. However he is holding his knife that way which allows performing defensive (cutting) strokes only. The fighter from the right is standing with his side towards the second fighter and is ready to perform the attack. He is holding his knife with the back snatch beside his stomach. Thus is is about to perform thrust strokes (pic. 205).



pic.205



pic.206

The fighter from the right makes a step forward with his front leg and delivers a thrust blow. To repulse this action the opponent makes also the step forward with his front leg. At the same time he performs a cutting stroke against the enemy's beating arm (pic. 206-208). The knife stroke or knock against the beating arms of the enemy is the defensive counter attack action.



pic.207



pic.208

From the position which was held by the assaulter, the range of actions was limited. That is why the opponent was at the better position. He had a chance to foresee the assaulter's actions and perform the appropriate attack. As we can see the opponent performs the cutting stroke just after the first one had been delivered. The second one is aimed at the enemy's body side (pic. 209-210).

Having analyzed this situation, we can say that the position occupied by the assaulter in the beginning of his attack, was not very good. You'd better not use them in fights with knives.

pic. 209



pic.210



# Combination 11.



pic.211



pic.212

In this example both fighters are in that position which let them both start the attack. The fighter on the left is holding the knife with the reversing snatch beside the right shoulder. His body weight shifts onto the back leg. It is easier for him to move forward or aside. The fighter on the right is holding the knife with the direct snatch beside the right hip beneath. His body weight shifts also onto the back leg. He is also ready to step forward or aside with his front leg (pic. 211).

pic. 213



pic. 214



The fighter on the right starts the attack. He steps forward with his front leg and delivers a thrust stroke at the same time. To repulse this action the fighter on the left makes a pace aside with his front leg. He delivers a thrust-disemboweled stroke in top-down direction against the enemy's beating arm



(pic. 212 – 214). He steps towards the assaulter with his back leg and performs a cutting stroke aimed at his throat (pic. 215-216).



pic.215



pic.216

## Combination 12.

Here you witness the situation which lets both fighters start the attack. They are holding the knife with the reversing snatch beside the right shoulder. The fighter who is on the left spreads his body weight equally, right on both legs. The fighter on the right shifts his trunk weight onto the back leg. There is a significant difference between them and their positions. The fighter on the left is holding the knife in the hand which coincides with his front leg. The fighter on the right is holding the knife in the hand which coincides with his back leg (pic 217).



pic.217



pic.218

The fighter on the right rushes into attack. He makes a step forward with his front leg and delivers a thrust stroke in top-down direction at the same time. To repulse this action the fighter on the left steps aside immediately. At the same time he delivers a thrust knife stroke aimed at the enemy's neck or nape. He finishes his combination with another stroke aimed at the enemy's stomach (pic. 218 – 220).



pic. 219



pic. 220

Pay attention to the opponent's actions. He steps aside in the opposite direction. Thus he gets into the "dead space". After the move forward the assaulter deprives himself of the possibility to perform the further attack actions from the left side. His front leg is the hindrance. As a result the opponent gets into the "dead space". He seizes the chance to finish the battle for his own good.

Other foreshortening (pic.221-225):



pic.221



pic.222



pic.223



pic.224



pic.225

# Combination 13.

Here you can see the opponent resists two armed fighters. One of them is armed with the club and the second one has a knife. How should one act in this situation?

There is no single meant recipe for this very situation. Everything depends on the particular circumstances (both fighters' postures and positions). Here we can see the position which demonstrates both fighters ready for the attack actions. The first

assaulter armed with the club is standing in front of his opponent. He is preparing to deliver the chop top-down stroke with his club. The second one is standing on the side. He is also ready to rush into attack and deliver the thrust knife blow (pic. 226).



pic.226



pic.227

In this situation the opponent must not be the first with attack actions. If he tries to start the attack against any of his opponents, another fighter will deliver a stroke (with the knife or a club) from behind. How should he act then ?



pic. 228



pic. 229



pic.230

His primary task is to wait for the appropriate moment to start the counter attack. In this case one must wait for the moment when the assaulters pass on to their attack actions and open themselves. You have to start the counter attack actions as soon as this favourable moment comes.

Here you can see both fighters rush into attack at the same time. The first one delivers a chop top-down stroke with the club. At the same time the second fighter rushes also into attack and delivers the thrust bottom-up blow. To repulse this action the opponent steps aside and performs a cutting stroke aimed at the first fighter's arm. Thus he managed to avoid both fighters' attack. Then he starts his rapid counter attack. He jumps up towards his enemy holding a club in his hand and delivers a thrust blow aimed at throat. Without ceasing the move, he performs a straight leg kick aimed at the second enemy's groin (pic. 227 – 231).





pic. 231



pic. 232

Pay attention to this episode. We can see that at the moment the thrust stroke is delivered, the opponent starts performing a straight leg kick with the jump. When the knife stroke is finished, the opponent performs a leg kick (the jump was made at the moment the knife stroke was delivered). That is why there is no breach in the opponent's actions. Afterwards, the opponent does not stop in his actions and continues the counter attack. The enemy was not still disabled but just lost for a second the possibility to resist. If you don't beat him completely at his moment, he will be able to stand up again and pass on to the attack actions. That is why the opponent comes close to him and delivers a thrust stroke aimed at the assaulter's throat (pic. 232 – 233).



pic.233

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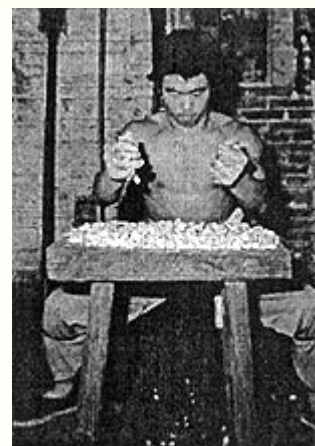
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