

# STABBING KNIFE #2

*When practicing Knife Techniques, remember the Shaolin Motto. It is our job as Martial Artists to assess each situation and only use as much force as necessary to diffuse a situation, but not too much. That being said, if someone is trying to hurt you with a knife and you can't escape, you have the right to protect yourself fully, even if you must break their bones or cause other serious damage. This technique assumes the worst, that the attacker is threatening your family and won't give up, and the only realistic option is to end the assailant's life.*

Start in Horse Stance with hands on guard. As opponent attacks, step toward 9:00 with your left foot, draw into Right Cat Stance facing 3:00, and execute #1 Helping Hand Block. Grab the wrist. Step in with right foot and break the arm with your left forearm. *(This may be plenty to end the attack, but if not, the technique continues.)* Wrap your left arm over opponent's arm and bend it to position the knife near their right shoulder. Pull downward on opponent's arm to cause him to cut his own neck.