

KNIFE DEFENSE SET

This routine was designed by Master Kaley Dysert to help you develop the necessary quick-reaction skills you will need to defend yourself against an attacker with a knife. The footwork and timing are key. Try it with a partner and build up to a realistic speed.

- 1) Start in Left Fighting Stance with High Guard Match.
- 2) Step-glide backward with Upward #4 Palm Block.
- 3) Step-glide backward with Upward #3 Palm Block.
- 4) Re-adjust your guard to a Low Guard Match.
- 5) Step-glide backward with #4 Parrying Palm Block. Quickly repeat this movement a second time.
- 6) Step-glide backward with #3 Parrying Palm Block. Quickly repeat this movement a second time.
- 7) Left Hook Punch to kidney, following through and sliding right foot clockwise, ending in Right Fighting Stance facing 6:00.
- 8) Left Mantis Kick to knee or body, then step down returning to your Right Fighting Stance.
- 9) V-Step into a Left Forward Leaning Stance. During the V-Step, execute #4 Palm Block mid-step, then finish the V-Step with Right Mountain Punch to head while pressing left arm outward at a downward angle.

- 10) V-Step into a Right Forward Leaning Stance. During the V-Step, execute #3 Palm Block mid-step, then finish the V-Step with Left Mountain Punch to head while pressing right arm outward at a downward angle.
- 11) Stand up to reset into Right Fighting Stance.

