

# STATIC KNIFE THREAT: OVERHAND THROAT

*Defense against: **Static knife threat to throat with palm facing down.***

Start in Neutral Stance. Assume Submissive Guard. Grab opponent's wrist with your left hand, pressing to the right and down with a stiff arm, while fading your head back slightly. Step toward 10:30 with your left foot and deliver 3 Right Mountain Punches to the face.

