

PSP 9: ECQ Knife Defense

Most knife defense sequences are taught at range against attacks that always have nice long, clean angles. This is usually not the case against an attack that comes in close where you have no room to zone.

Your initial response at ECQ should be to do whatever is necessary to keep that blade from being sunk into your body. There are two options; jam it or pass it.

Jamming means to intercept the blade's momentum with your arm and the forward drive of your body. "Jamming" connotes a more active, aggressive posture than blocking and that's why I like to use this term. Jamming usually occurs on the inside of the attack.

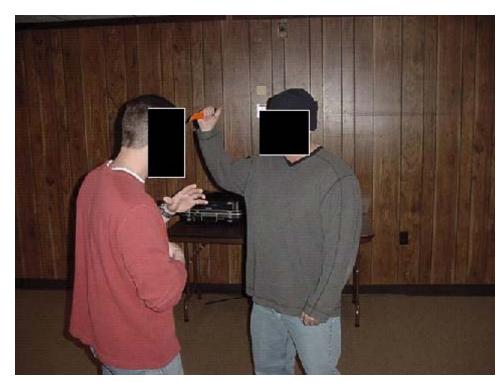
The other option which is preferred but not always available is passing. Passing doesn't interrupt the blade's momentum but redirects it away from your body. Passing usually occurs on the outside of the attack, but you can (and should) pass after you jam.

You can jam or pass with either arm.

So what dictates what you do? Simple.

The closest tool responds to the attack and whether you jam or pass is dictated by your relative position to the arc of the attack.

That's my opinion on knife defense. How does it work? Well let's see.



In this first picture I'm getting a forehand attack. I'm at close quarter and I can't zone. My left foot is leading my right just slightly (that's where I happen to be), which has pivoted my hips to the right. This puts my left hand slightly ahead of my right, thus it is the closest tool.

Because of my relative position to the arc of the attack, I'm caught on the inside. Because I'm caught on the inside and I have no room to zone I have no other option but to...



...jam it. Jamming is done simultaneous with an attack of my own, in this case a palm strike.

Followed by a knee strike.





The palm strike/knee combo has rattled him sufficiently to break his forward drive so I'll quickly improve my position by passing the knife to the outside. This starts with an edge of hand blow to the arm holding the blade...



...which follows through, passing his knife across my body. Now I'm in a better position.



The last thing I like to do with a guy is attack the low-line. I feel like this is very important because it destroys his mobility, and with very little area to work with at ECQ, mobility is critical. So we'll end this with an inside edge of boot kick to the knee which drives the knee cap into the ground.

After destroying his mobility, pummel and stomp until he doesn't get up.



In this attack my left foot is again slightly leading my right which makes my left hand the closest to the attack. The arc of the attack this time is tighter so now I'm not caught on the inside. So I initiate a pass by striking the outside of his arm with an edge of hand blow.



After my left-handed, edge of hand blow I'll drive forward and hit his knife hand again with a right handed edge of hand blow, which has allowed me to grab his sleeve. I'll keep that control and continue to drive, hitting him with an edge of hand/forearm blow in the throat.



Once again, I'll attack his mobility with an inside edge of boot kick. Stomp and pummel afterwards.



Okay this time my right foot is leading my left a bit which has pivoted my hips to the left slightly. Now my right hand is the closest to the attack. My relative postion to the arc (which is tight and straighter) is to the outside so I'll initiate a right handed pass with a right handed edge of hand blow.



I'll drive forward and hit him with a palm strike to the head, keeping that knife hand to the outside. Whether you've grabbed it or just deflected it doesn't really matter as long as the knife is to your outside. I'm grabbing in the pictures but you may miss it.



I could hit him again with something but from where I'm at I can go ahead and attack the low-line. Pummel and stomp again after you've destroyed his mobility.



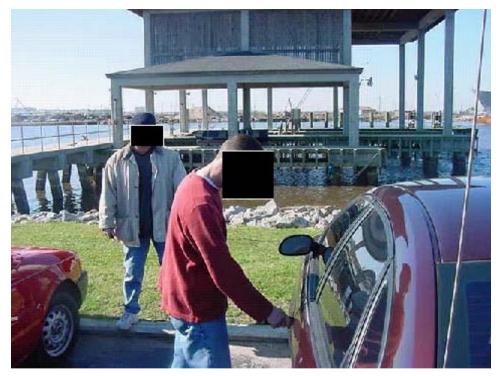
I'm somewhat neutral here but his attack (a tightly arced, upward thrust to my gut) makes my left hand the closest tool. I'm caught on the inside of it, so I jam and hit with a palm strike just like before.



After the palm strike, I'll hit his knife arm with an edge of hand blow which again follows through with a pass to the outside.



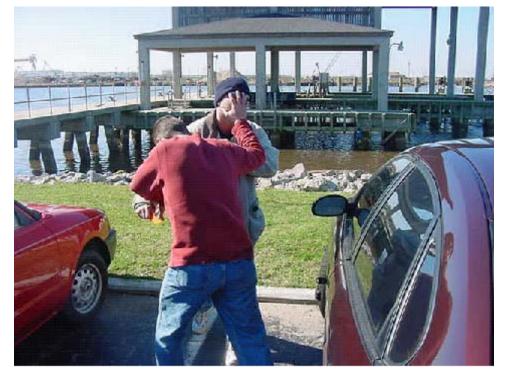
I'll hit with a knee strike and follow that with the inevitable low-line destruction.



Let's change the environment up a bit. I have an attacker who I don't see ('cause I've got my head up my ass on this day), off to my left.

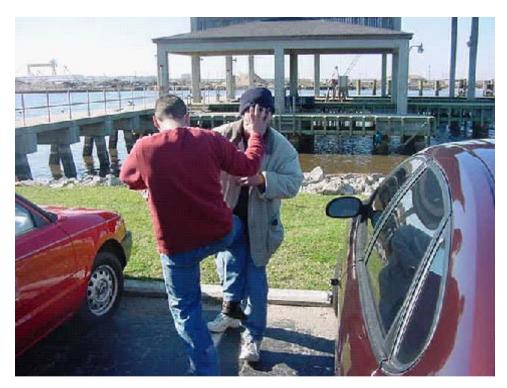


He moves in with a hooking thrust. I'm caught on the inside and my left hand is the closest tool.



I jam it and hit him with a chin jab.

Followed with a knee strike...





...followed with an edge of hand blow pass which puts me on the outside.



Forward drive allows me to follow the pass into a slam into the car. A knee strike afterwards is right there.



Again I've got my head in my ass and miss the skel off to my right.



The attack this time is a wide hooking forehand which I'm caught on the inside of. My right hand is the closest so I jam on the inside with an edge of hand blow.



I'll take that edge of hand blow's momentum into a pass to the outside, pivoting my hips as I drive forward and hit him with a heel of hand (palm) blow.



Followed with a knee strike that drops him to the deck.



And a finishing edge of hand blow to the back of his neck.



Attacker to my right gives me an arcing overhand. My right hand is closest and I'm not caught on the inside.



Pass is initiated with an edge of hand blow to the outside of his knife arm.



Forward drive into the palm strike.



Edge of boot kick/stomp to the knee, driving into the concrete.

In summary.

- 1) When you can't zone you can either jam the attack or pass it.
- 2) The closet tool responds to the attack.
- 3) Whether you jam or pass is dictated by your relative position to the arc of the attack. Passing is preferred as it puts you on the outside of his body, but don't try and pass when you can't.
- 4) After jamming or passing (preferably simultaneous with) attack viciously.
- 5) Destroy his mobility.
- 6) Pummel, stomp, stab, shoot, or haul ass.

That's it. Remember it's not the way just a way.

Enjoy!

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