

KNIFE DEFENSE / ATTACK MANUAL 1



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Instruction manual for the Instructor Levels: 1,2,3 Tactical Knife Encounters

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Knife defense / attack manual 1

Introduction:

Running away and calling 112 (911) is what most people say they would do when answering the question 'What would you do when threatened by a person wielding a knife?' Of course, it's better if you can just get away safely, but that would be an ideal situation. Thus, an attack or threat by a knife-wielding person would be anything but ideal. Where would you run? Will the attacker run after you? Will you leave your child/partner/colleague or client behind? These are all questions with a clear answer. Are you someone with a certain profession like a cop or security guard? Then you can't even leave the location, since you're there to help and protect others in that kind of situation. How do you run away in a closed off area? A bedroom, a tram, a bus, or a public restroom? Is your first reaction to run away quickly, or do you freeze in fear? Knife defense is something you would hope you'll never have to use. So saying "just run away" is more fairy tale than fact. We never want to push someone in a direction they don't want to go to. We don't want to force someone to face their attacker. Realistically, you may find a moment in which you would need to take action. The situation and circumstances may vary and this calls for different responses. How do you act, and why? Does someone want to take your wallet? In this situation, it's best to cooperate. But if someone wants more from you, or attacks you immediately then you have to think quick. You will get hit, you will hurt yourself, but you will try to survive. Always help yourself first, before you help others. The meaning behind this publication is to give our students more theoretical knowledge about the exercises within the Dojo. This manual will be regularly updated and reissued and will be available to download for free at WWW.ASHIGARU.TK and WWW.TDCOMBATIVES.TK , Osu.

Preface 1:

The point of view from a security guard.

As a former security guard, I regularly came into contact with different forms of violence. From the beginning of the threat to the possible escalation of the situation to violence is very important. This could lead to the situation spiraling out of control. Defusing or regaining composure after the situation has reached an end is also critical. A lot can change between this area and the escalation graph (see the manual). Small conflicts can evolve, and greater conflicts can end quickly. Luckily, security guards can wear protective gear so their jobs become easier and safer, depending on the kind of guard and the specific task. Someone who protects an object is a different kind of guard than someone who needs to protect a person. People can wear stab and bulletproof clothing and gloves, use deadly or non-deadly weapons (bodyguards) and/or drive protective vehicles (cash transit/bodyguard). They can work individually, but mostly in teams while keeping in contact via communication systems. At the same time there's contact with the police/security services for support. As a guard you are the target for potential threads and attacks. For example, as a security guard at a music festival you could suddenly come face to face with drunk fans who want to storm onto the stage. Even though they probably don't mean any harm, they could still potentially cause

damage to other visitors or to the objects. Knives are unfortunately weapons that are sold everywhere. You don't need to buy a combat knife to stab someone, a knife from the butcher is pretty capable of doing the job too. People often carry chisels, screwdrivers, or craft knives: all deadly weapons in the wrong hands of someone who wants to cause harm. No law can forbid these items. Knife attacks happen quickly and cause a lot of damage. The only way to survive an attack of this kind is arming yourself with the proper tools to defend yourself.

Preface 2:

The point of view of a SF-soldier.

Violence is a part of us. Sometimes serving as a solution, other times sparking conflict. The Special Forces are a tool for different kinds of situations, some with high possible casualties but also in the lower ranges. A Special Forces operator needs to be physically strong, mentally stable, and trained in different forms of combat. From the most extreme weapons (guns, long range weapons) to non-lethal weapons (physical impact weapons like batons). The last one, in particular, requires a lot of discipline and training. Analyzing the situation in conjunction with the task that's assigned to you makes choosing the right way to act difficult: Am I going to escalate the situation to put an end to it how I see fit, or am I going to de-escalate it so there won't be any violence. This applies especially to Special Forces operators, because making the wrong choice has greater consequences. By training how to handle different situations, there's a greater chance that you will make the right choice in a real-life situation. Self-defense training with a good instructor is indispensable. This will not only help your mental and physical well-being, but helps boost your confidence. Learning how to deal with violence is for everyone; from Special Forces to shopkeepers, every person in their own way.



Tactical Defense Combatives:



TDC stands for Tactical Defense Combatives and is modern form of Bujutsu (warrior/defense system) that respects the past but also looks at the future and adjusts to new times and circumstances accordingly. It's both an armed and unarmed martial art. It's a standing form of defense, but also a ground form when the fights are brought to the ground. TDC is practiced by both citizens and professionals like guards, the police and the military: everyone at their own level with their own goals, rules, mandates, and uses. Inside the TDC we teach people how to handle a knife with the intention to educate them about what to expect when someone attacks them. If you understand both sides of the story, then you have a chance. We also teach the military to use a knife as an attack weapon when there's no other weapon available like a firearm. The training won't be the same for everyone. Security guards, police, and the military have the luxury of wearing protective clothing that gives them a greater chance of succeeding even though they face a greater threat of violence. With protective gloves they can hold the blade of the knife. A bullet and stab proof vest can protect them from several attacks. Within the TDC we also practice a sport version of the Tanto-jutsu knife fighting to help train motor skills and coordination.

Preventive acting:

Preventing a dire situation is always better. Even if that means you avoid walking through a dark alley late at night after going out or not going to a party that's extremely crowded. One way of self-defense is knowing how to act preventatively. But you can't avoid everything in your life. There might come a time when you need to defend yourself, by words or through physical force. See the escalation graph.

Active acting:

When you finally decide to, or when you are forced to act, then the anxiety of the situation strikes. The more you're trained, the better you'll react. Especially if you are able to stay calm. Being good at something doesn't exist. You are either trained, or you are not.

The knife and the dagger:

Since the Stone Age we've been using knives for hunting and battling. The first knives were made from stone and later from copper and bronze. Thereafter daggers and knives developed quickly for specialized activities like hunting, building, or preparing food. The dagger has but one purpose: which is stabbing and eliminating a person. The dagger still exists. It survived the Greek and Romanesque ages, the age of chivalry, and the modern age. One of the most known daggers is the commando dagger or the bayonet, a dagger that can be attached to a firearm. The dagger is used for eliminating a sentry. There are still a lot of stabbings on the street with a lot of victims. There are still wars happening in the Balkans and in Syria where a knife is still the weapon of choice.

On the left you can see an old Romanesque dagger. In the middle, a Spanish dagger, and on the right an AK-47 Bayonet.



Famous knives:

One of the most famous knives that's still being used today as an example for countless contemporary knives is the Jim Bowie developed Bowie-knife. This knife, originally for hunting and combat, is most famous for its wide blade and its characteristic end. Since the American war against Mexico and the American civil war is this type of knife unmistakable. Think about the Ka-Bar, the fighting knife of the American Marines. Then there is the Japanese Tanto, the distinguished blade of the samurai. Another famous dagger is the Fairbairn-Sykes commando dagger, represented in many logos, such as the Special Forces units of various countries.

On the left is the Bowie-knife. In the middle, a Tanto, and on the right a Fairbairn-Sykes Dagger.



Carrying a knife:

Knives can be hidden anywhere on the human body. Folding knives and pocket knives are little knives that you first need to unfold before using it. Fixed blades can be used immediately after drawing it. People carry their knives on their belts in places like their holsters, under their armpits, in their boots, on their back, or in their coats or pockets. Still, drawing a blade from any of these positions takes time, and this can be important to the defender.

On the left you see a few folding blades/pocket knives. On the right a fixed blade.



Knife practicing equipment:

*Safety goggles / helmet with bars, or both

*Gloves

*Wooden, rubber or plastic training knife of several lengths and types

*Gym clothing, karate / jujutsu gi, your professional clothing or casual clothing



Knife grips:

1 Sable grip / heaven grip

2 Icepick grip / earth grip

Support hand with the vein towards you.



The position of your thumb is very important for catching the stab and hit strength and for guiding the knife or dagger.

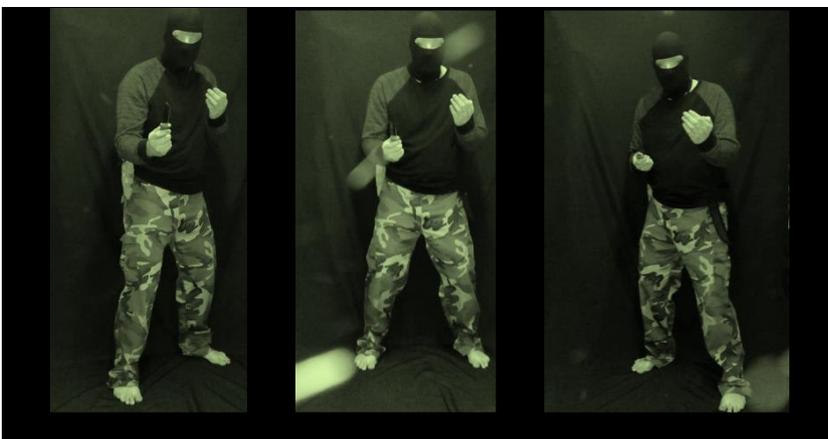
Knife stances:

1 Right up front / knife up front

2 Neutral / middle

3 Left up front / knife in the back

Support hand with the vein towards you.



The 3 E's:

***Escape:**

Try to get away in a safe manner. Don't leave others behind.

***Equalize:**

Try to level the playing field with your attacker or at least try to improve your own situation.

***Eliminate:**

If there's no other way, try to eliminate your opponent.

Escalation Graph:

***Blue:**

Presentation: How are you perceived? How are you in the situation? If you look like an easy target, then you are a potential victim in the eyes of a person with malicious intentions.

***Green:**

Verbal: How do you make something clear? If someone curses at you, do you automatically curse back or do you keep your cool? If you are a cop, for example, then you have to be concise in explaining what you're asking for from a certain person.

***Yellow**

There's taking, pulling, and pushing. In the yellow phase people will touch each other. You need to be aware of the switchover from verbal attacks to physical violence.

***Orange:**

People start to kick and hit. The situation is escalating because someone started to hit and kick, inciting violence thus defending becomes a must.

***Red:**

Weapons (knife/pistol) or choking comes into play. The moment that your life is in danger you use the red phase. Someone is trying to choke you or has drawn a weapon: You can't leave anymore or go back. A counter-attack must be deployed.

With the exception of the red phase, people can use every colour combination to try to de-escalate the situation.

Self-defense pointers:

- 1 Keep your hands up / defense
- 2 Hit weak points / crotch, eyes, throat, joints
- 3 Use full force
- 4 Be active instead of staying passive
- 5 Use your whole body
- 6 Keep it short and simple

Types of knives:

Even though every knife can slice and stab, there are special knives for different situations. Other objects that aren't really knives but can also stab eg. an awl, or screwdriver. *See the combat functions further down this manual.*

Bayonet / stab weapon



Multitool / cutting weapon



Military knife / stab and cutting weapon



Commando knife / stab weapon



Knife attacks:

- 1 The Committed Lunge Attack / Longstrike , the long stab
- 2 The Hit and Retract Attack / Short stab, the short repeat stab
- 3 The Diagonal Cut, the diagonal hits divided in slashing and slicing

Knife attacks consist of straight stabs, angular, and diagonal stabs; upwards and downwards attacks, and circular motions depending on the kind of knife being used. Two of the most dangerous are upwards and downwards stabs with the commando knife or awl.

The 16 Knife techniques:

- 1 Stab l/r
- 2 Reverse stab l/r
- 3 Inward slice l/r
- 4 Outward slice l/r
- 5 Reverse inward slice l/r
- 6 Reverse outward slice l/r
- 7 Hack horizontal / vertical / diagonal l/r
- 8 Reverse Hack horizontal / vertical / diagonal l/r

Position of the blade:

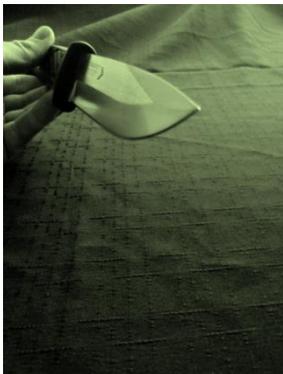
*Vertical



*Horizontal



*Diagonal



Order of defending against a knife:

*Block/single/multiple: Try to keep the knife a long distance from yourself. Put up a defense shield by raising your hands, turning your wrists towards your face.

*Take control: Try to get ahold of the armed hand/arm after you've blocked their move and try to keep it close to you.

*Reduce distance / up close: After you've gotten ahold of their hand/arm, try to keep the distance between you and the attacker as short as possible.

*Pain / hit / kick: From this short distance you try to punch or kick.

*Take down / finish / control: After you've hurt your attacker you need to try to control them even more. Try taking them down, or grapple them while standing. Make sure you know where the knife is at this point, and try to secure it.

Reminder: you're fighting the person, not the knife. Eliminate the person and you'll also get the knife.

Attack heights:

*Low / groin / knee pit / leg muscle / crotch

*Middle / stomach / lowerback / flanks

*High / chest / face

Knife injuries:

Knife injuries are scary wounds that can vary in size and depth. The number of injuries doesn't say much about your condition. One wound deep enough is sufficient to be fatal. There are tables that show how long a specific wound needs to be to cause death, but these are just guidelines. You can find this table at WWW.ASHIGARU.TK and WWW.TDCOMBATIVES.TK. Within this time the body can still function, and your survival instincts takes over.



4 Ways a knife can kill you:

1. External bleeding
2. Internal bleeding
3. Pneumothorax
4. Cardiac Injury

Injuries like **1** can be the direct result of a hit or slice tactic

Injuries like **2** can be the direct result of a stab or hit tactic

Injuries like **3** can be the direct result of a stab tactic

Injuries like **4** can be the direct result of a stab tactic

Self-defense and the law:

Self-defense is an action whereby an individual protects their body or dignity against threats. There are different forms of self-defense among which are physical, verbal, and educational self-defense. In the Netherlands, self-defense is laid down in article 41 of the criminal law. Physical self-defense includes applying violence to avert external threats. This violence can be applied armed or unarmed. When using armed self-defense you can use rubber bats, blackjacks, or firearms. In the Netherlands, these weapons are in the weapon and ammunition law and are prohibited. Unarmed self-defense can be practiced by applying fight or rescue techniques from different martial arts or self-defense courses. You are not allowed to use violence when it is possible to avoid it. Fleeing takes preference. Using force needs to be proportional, and you cannot draw a firearm for something like a push or verbal offense. Violence needs to be stopped when it can. The possession of a firearm is not specifically forbidden, but you need a permit to own one. Applying violence against someone is punishable by law. Self-defense in the Netherlands is laid down in article 41 of the criminal law. This article states that applying violence when “necessary defense against violence to protect one’s own or someone else’s body or dignity (rape etc.) or defense against immediate, unlawful assault” isn’t an offense. Applying violence is tied to proportionality and subsidiarity. In practice this means that using force is your last resort, and that the damage is in relation to the protection.

Situation ratio, types of attacks:

1 good guy vs 1 bad guy

2 good guy vs 1 bad guy

2 bad guy vs 1 good guy

Unarmed vs knife

Knife vs knife

Unarmed vs stick

Stick vs stick

Unarmed vs pistol

Pistol vs Pistol

Knife vs Pistol

Knife vs stick

Stick vs pistol

All the above combinations with a gun / bayonet

We spar with all these armed and unarmed combinations. More about this you can find at subject partner training.

Drills:

Practicing a drill (rehearsed exercise) is a must. Even though some say that's not true, drills will stay in your muscle memory. What you practice is what you will do. You can practice a drill alone, but also with a partner. Always practice both sides of the technique, so both the attack and defense. A drill is an exercise that makes you better at something.

Drill:

Both fighters stand with one foot (dominant leg) in a hoop. You alternate attacks or attack at the same time while the other person defends armed or unarmed combinations of the "Situation ratio / types of attacks" as described above. *See picture.*



Drill:

Both fighters (armed/unarmed) stand with both of their palms up against each other in front of each other in neutral position. One or both can pull their weapon or attack with a different technique. *See picture.*



Drill:

Left/Right hook with a knife vs palm. *See picture.*



Drill:

You hide the knife somewhere on your body. When the instructor claps their hands you quickly take the knife from its position and you quickly stand in an attack position. After another clap you hide it again.

Drill:

You walk up to your opponent with the knife in your hands. The opponent has to dodge your attack and try to not hit the knife/blade with its hands nor body.

Drill:

You stand in an attack position, with the knife in your hand while switching the knife between your hands. From left to right, from earth to the sky.

Drill:

Letter Drill.

You are standing in an attack position, with the knife in sable grip or skygrip. You point the blade to the front, as if there's an opponent. You then proceed to make big or small motions, like you're writing letters in the air.

Drill:

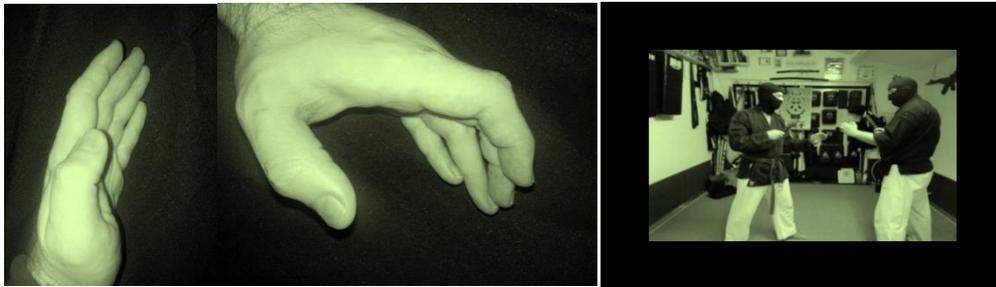
Pin.

When someone tries to hit you in the face with an attack from the right, you try to block it with your left hand from the inside to the outside. After that you take his arm from the outside with your right hand and then you pin it with your left hand.

Drill:

C-Clamp.

Both fighters are standing in front of each other, with their left leg in front and the knife on the right side on the back while using the sky or earth grip. Attacks between the sparring partners alternate while using a vertical technique going up, down and for the middle of the face. The drill is as follows: You try to avert the knife with your left hand, moving it from the outside to the inside. Keep doing this until you switch from blocking, to grabbing with your left-hand and using the c-clamp technique. *See picture.*



Drill:

Wooden Block.

Hang a big and long wooden block either vertically or horizontally on the ceiling at body height. Take a practicing knife or a real knife and cut and stab the block to practice strength and technique.



Drill:

Grab / Stab.

Take a pad, punching bag, or a real opponent and hold it/them with one hand. With the other hand you hit with your knife as fast and as much as possible the target. *See picture.*



Drill:

Hoop drill with a partner.

Take on a combat position. Your partner attacks with the knife held up high, in the middle, and low. When he attacks you from the higher standpoint, move your head back. When he attacks you from the middle you pull your belly in. When he attacks you from a low standpoint you pull your front leg back, or both legs back. You can also do this exercise alone in front of a mirror.

Training environment:

Even though we normally train in a Dojo (aka a gym) you can also try to train outside. The fact that you are in a different environment and wear different clothing and shoes the training feels very different. *Photo training at the Dojo.*



Fighting from the floor:

Every attack with and without protecting yourself against a knife, need to be practiced in a less ideal situation. Sitting and lying down are examples of that. What if the attacker is sitting on you with a knife drawn and you're lying down on your back? Giving up is no option. *Photo's shows someone kneeling with your right foot in front and a knife, neutral sit, kneeling with your left foot in front and a knife behind you, lying down on your side, lying on your back.*



Protection:

Cut resistant jackets and gloves can protect you against knives, screwdrivers, and needles. Now also available for citizens.



Weak attack points:

- *Eyes
- *Ears
- *Throat
- *Knee / joints
- *Crotch
- *Tailbone

Response moments:

- *Before the attack/ before knife is out
- *During the attack / knife is in play
- *After the attack (delay) / knife hold up / delay

The correct fight/defense position:

Almost every realistic system and full contact martial art knows that you need to stand slightly sideways with one hand behind you in reverse, and one hand in the contact zone. Preferably with your veins and wrists turned your way to protect them against knife attacks. Standing slightly sideways also makes your torso less widely visible and your body weight is evenly distributed on your feet. Still, there are amateurs who teach their students to stand with their chest facing straight to the front and with their arms stretched forward showing their veins and wrists. This nonsense is life-threatening. Besides, you can't be fast enough to protect yourself when someone kicks or stabs your stomach. You're also not protecting your head how you're supposed to. Look at how people stand in

modern contact sports and copy this in the streets. *Photo on the left shows how you're **NOT** supposed to stand. Photo on the right shows how to stand correctly.*



Firearm threats:

The chances to win a fight against a threat or attack with a firearm are slim. In the first instance we can't assume that when someone wants to shoot you they will succeed. But then we assume it's a 1 on 1 situation. What if the shooter walks through a mall and is shooting around and there's no direct help? Is it possible to surprise the shooter from behind and prevent more damage? Is it possible in case of emergency to smack the gun out of his hands to save your life? Of course, you need to be up close in that case. *Which situation is it? Are you wearing protective clothing and what are the surroundings? There will be a separate manual about firearm threats soon.*

Pistol threatening position:

Photos: Weapon, one hand in the back. Weapon, one hand in the front. Weapon, double handed.



Gun threatening position:

Photos: Magazine grip and scorpion grip with an AK model.



Double wing blocking:

Within our system we use a lot of the Double Wing blocking. This double blocking technique can be used inwards from left to right, outwards left to right, inwards right to left, and outwards right to left. *See picture for example.*



Solo training:

Solo training with a knife consists of taking stances and positions without an opponent. There are also a few knife-kata wherein you take preplanned steps and tactics in a certain order to train motor skills. Gripping and moving the knife from hand to hand also needs to be properly trained in this process.

Partner training:

Partner training can be done with one or more opponents while practicing different forms of sparring/contact. 1 against 1, 2 against 1 or 2 against 2, one armed and another one unarmed or both the same. When they're just a beginner, then they can start practicing static techniques and later go to sparring. The opponent can first stay passive and then act active later in the fight. When sparring with contact you learn a real way of moving and how to act. *See picture.*

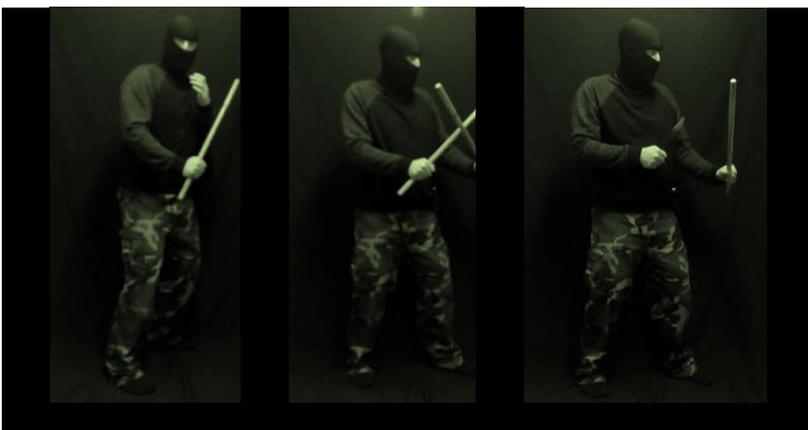


Other weapon threats:

*Stick

*Double stick

*Stick / Knife



Knife combat functions:

In this paragraph you'll see eight different combat knives. We describe them from left to right.

1. The English combat knife is sharp on both sides and has a sharp point for stabbing. It originated from WW2 and is pretty easy to use. The only downside is that the blade is very thin and can easily snap.

2. The German modern machete, a strong blade with a one sided cutting function. Heavy and handy to use to hack. The downside to this one is that you can't stab with it because of the rounded end. The weight is also a downside in close-combat.
3. The American bayonet/combat knife is a one sided blade with a sharp point. It's sturdy with its only downside that it's a bit too long for close combat.
4. The Russian AK bayonet with a one-sided blade and sharp point to stab. It's length makes it a good combat knife.
5. The modern close combat knife with a one sided blade and sharp point. Made from sustainable metal. Downside to this knife is that it has no hand protector, which permits the user to get their hand cut.
6. The traditional commando dagger type, Fairbairn-Sykes was originally made for the first Commander in WW2. The type here is a modern fake from the French Foreign Legion. This is the first non-knife, but a dagger that's mainly used for stabbing in close combat and eliminating a sentry by slicing their throat or stabbing in its heart. Downside to this dagger is that the small blade can bend.
7. The traditional Bowie knife is a heavy and wide one-sided blade with both a stab and hack function. It also has a good hand protector. The downside is that it's less useful for quick attacks.
8. The Swedish Bayonet is made for stabbing but also as a combat knife. It has a sturdy but a tad too long blade. It also has a good handprotector.



The following knife is a combination knife with a diverse type of stab and hit weapons combined, made by Croatian Dean Rostohar, ex-Special Forces that made his own system for fighting and defense, the SPECWOG. The knife has a tactical sheath that can be attached from different angles. The knife also has a cut and hacking function and is also for a small part double sided chiseled. On the back of the grip there's also a hit point. Because of the bent blade you can use more force with a hack and slice movement. Aside from that, the point looks like a spear, used for quick and powerful stabs.



Altogether there are 2 different groups of knives. The stabbing knives and the cutting knives. As a result of the further development of the above-mentioned knives you actually get a 3rd group of knives that can use both functions like the SPECWOG knife.

Instructor Levels 1, 2, 3: Tactical Knife Encounters

The 3 base levels of TDC are divided into their own knowledge and acquired knowledge within the TDC educations and seminars. Someone with a specific background in sports, martial arts, or police and defense teams, can go through the levels faster than someone who has never done something outside the TDC lessons and seminars. There are also exceptions where honorary levels get handed out. These certifications are distributed under the name honorary***.

Level 1: *Minimum of 5 years of training in a specific background. Besides diverse seminars/educations within the TDC organization. **Assistant Instructor.*

Level 2: *Minimum of 15 years of training in a specific background. Besides diverse seminars/educations within the TDC organization. **Full-scale Instructor.*

Level 3: *Minimum of 20 years of training in a specific background. Besides diverse seminars/educations within the TDC organization. **Full-scale Instructor.*

Violence spiral:

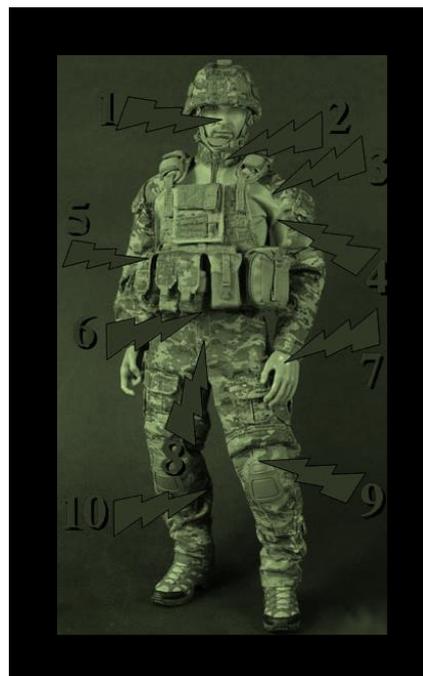
Violence takes place when the situation has escalated. In life-threatening situations you need to react with appropriate violence. Someone that hits you is a different situation to when someone with a knife pulls you close or tries to grab your throat. Is everyone capable of applying this extreme violence when they're the victim in a situation/attack? Extreme violence includes getting kicked in the groin, tailbone, gripping onto someones throat, pulling ears or hitting them, biting someone, breaking a joint, or trying to stab someones eyes out! *See the paragraph in the manual about what the law in the Netherlands says about this.*

It's clear that there are different rules for different groups. The police has a different mandate than a military unit in enemy territory.

Vulnerable places body with protection:

From the front. See picture.

1. Face, eyes, nose, mouth
2. Throat, cervix, neck
3. Shoulders, collarbone, chest
4. Armpit
5. Elbow fold
6. Lower belly
7. Hand, wrist
8. Crotch, groin
9. Knee joint, knee pit
10. Hamstring, calf



From the back. See picture.

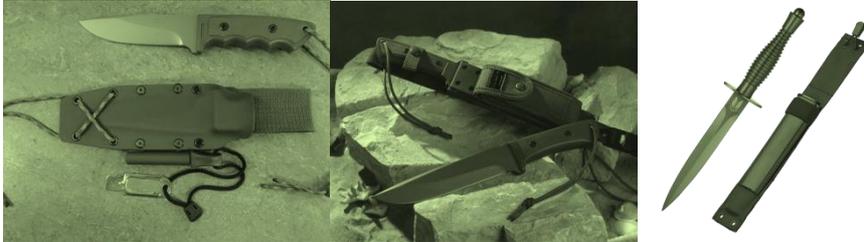
11. Neck, throat
12. High and lower back
13. Tailbone
14. Hamstring, calf
15. Heel



Buying knives:

When you're going to buy a knife then you'll see there's a broad market and a vast range in prices. Aside from that, what kind of knife are you looking for? A pocket knife, a tool knife, or a combat knife? It depends on who you are and what you are going to use it for. Once again, we don't recommend anyone carrying a knife in a normal citizen situation. In this manual we are talking about

a combat knife. In the Netherlands you can get a good military-grade knife named Hill-Knives. *Below you'll see 2 military knives and one dagger from the brand Hill-Knives.* A combat knife needs two sharp cutting sides and a sharp end. The rounder the end, the less of a stab you can make. A combat knife shouldn't be too light but also not too heavy. It needs to be a combat knife and not a folding knife. Even though folding knives are pretty sturdy, they CAN shut close and then you'll hurt yourself.



The knife test:

With the below listed knives we did a durability test per knife. We hit with it, we stabbed with it in wooden planks, trees, and the carcass of a dead animal. We have looked at the following criteria:

- *Does the knife get blunt?
- *Does the end bend?
- *Does the hand shoot over the blade when using a lot of force?
- *The weight and agility?
- *The stab and punch force
- *The overall use in close combat fights

The first combat dagger (WW2) met all the requirements. It doesn't get blunt, the end didn't bend and the dagger fit nicely in the hand as well as being used for hit and punch techniques. The second knife cut through everything, which at the same time describes a disadvantage, the weight, as stabbing being difficult with a round end. The third knife is a bayonet converted to a combat knife. It met almost all requirements, with as drawback the length and the round tip. The fourth knife was an AK bayonet from Russia. It was the best knife from the test. The weight was good, the maneuverability, the punch and stab force and the impact of the hit on the handle were also fantastic. Knife number five was also very pleasant, but the hand protector was missing which caused us to shoot over the blade. The sixth knife was a Fairbairn copy. It worked very well with quick sideways hits. Stabbing also went well because it was very sharp. However, the knife was a bit too light and it bent at the end after using it for a prolonged period of time on wood. It's still the best knife from this series when it comes to stabbing someone in the neck. But this is also very possible with the AK bayonet. Knife seven is the traditional Bowie. Nowadays this is one seen mostly as the Ka-Bar (knife 9) the combat knife for the American Marines, that's comparable to the AK bayonet. The

Bowie withstood all the tests without a scratch, the only downside being the weight and size. Knife number eight was the Swedish bayonet. It was a very good knife with its only downside being its length. Knife nine was the American Ka-Bar. Sharing second place with the Bowie knife except that the Ka-Bar is lighter and has a better stab function. Knife ten is a knife from the brand *Glock* and withstood all the tests quite well. After all these tests we concluded that the following three knives are the best: The Russian AK bayonet/combate knife (knife four), the American Ka-Bar (knife 10) and the Glock-Knife (knife 10). *See pictures under this paragraph.*



Improvised stab / Cutting weapons:

Besides all of the famous weapons in this manual when talking about stab and cutting weapons, there are also some others that we're going to name. The group improvised weapons that are made in places like jail or prisoner of war camps. These weapons can be created from literally anything. This doesn't make them less effective though. Knives can be made from old razors, a toothbrush, a nail, or a piece of wood. They are especially useful for the grab and stab attacks, and they often break inside of the victim. Often, only a little bit of fire or a file is used to make the weapon.



Push-dagger:

A push-dagger is a dagger with a horizontal grip that is used/can be gripped like a knuckle-duster. You can use it between your index and middle finger. With this dagger you can punch just like in boxing. Both ends are sharp and the whole forms together to create a sharp spearhead. These daggers are extremely dangerous. The weapon needs to be used from a short distance.

