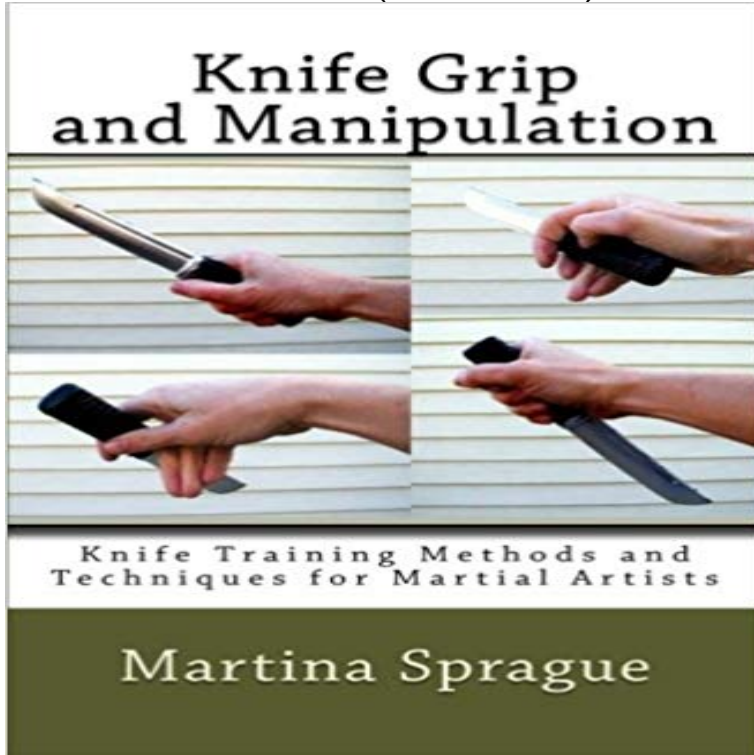


Knife Grip and Manipulation: Knife Training Methods and Techniques for Martial Artists (Volume 3)



The Knife Training Methods and Techniques for Martial Artists series gives the martial arts interested person a solid background on the importance of the knife as a combat weapon, inspires the reader about the benefits of knife training, and provides detailed step-by-step instruction in how to manipulate and defend against a knife with speed, proficiency, and confidence. Almost any martial art, traditional or modern, can be adapted to knife offense and defense without changing the basic principles of the art. Since the knife is a relatively small and lightweight weapon, many of the same moves and movement patterns you use in your empty-hand art are easily transferable to your knife techniques, and vice versa. The practical lessons you learn by adding knife training to your arsenal include quick reaction skills, physical and mental control, footwork and evasion tactics, distance control, and target precision. Knife training gives you a decided physical and mental edge and opens new dimensions that will deepen your understanding of the martial arts. Knife Grip and Manipulation, the third book in the series, covers different ways to grip the knife and the strengths and weaknesses of each grip, how to secure a good grip, how to switch between grips and when it might prove beneficial to do so, and the importance of cutting edge awareness. The book also introduces the reader to several knife attack and defense concepts and provides exercises for practice. The full series comprises the following books: 1. Knife Anatomy 2. Knife Carry and Deployment 3. Knife Grip and Manipulation 4. Knife Attacks and Targets 5. Knife Fighting Stance, Footwork, and Dynamics of Motion 6. Knife Defense Basics 7. Knife Defense Dynamics 8. Knife-on-Knife and Multiple Opponent Knife Defense Strategies 9. Knife and Empty-Hand Defenses Compared 10. Knife Training and Advanced Martial Arts

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