Secret Intelligence Service

Knife Fighting Scrapbook

Courtesy — borrowed from the FSB

Knife fighting. The KGB/FSB Special Forces System

(C-I)

For self-defense, in principle, one can approach any knife. In shootouts can be used makeshift items that have piercing-cutting properties. In the latter case, the range of tools of intimidation and attack can be very wide — from razor to a sharpened file. If only it was possible to cut and chop. But the goals pursued by the use of cold weapons of close combat, in this case are simple — bullying, intimidation and murder. In
fact, it's not a knife fight.

The knife fight as a real martial art is used in the limited and specific legal purposes: to protect the homeland, fulfill orders in the melee, or perform special tasks.

From a legal point of view, it is the use of a knife fight and corresponding weapons - combat knife, [1] despite the fact that the weapon in the hands of a professional can be any - is not only fighting with a knife.

Modern Combat Knife

Actually, the combat knife can only be regarded as a knife, officially put into service by the army or other security forces.
The rest of the knives differ not only as per their legal status, but also functionality, and can be categorized as cutting, souvenir, etc.

A special class of non-lethal self-defense knife does not exist. The combat knife - the only kind of knives, focus on the use of anti-human. Yes.

At the armed units of the Russian Armed Forces for example and UK SAS, today are the HP-43 knives "Cherry", "Katran", "Wag-1" and NR-2 and others.

The Grip Combat Knife

As a rule, knife combat training begins with learning which correct knife will suffice. It is important to remember that each grip is comfortable to carry a narrow range of tasks - to combat it is unreasonable to hold a knife as in the kitchen. And vice versa.

Not less than the scope for combat knife grip affect is the shape and design of the handle and the cross.

Basic Grips Combat Knife - three:

a) The first option - to grip the knife blade up, to the side of the big toe

b) The second option - to grip the knife blade down the side of the little finger

c) The third option - to grip the knife blade forward

Proper grip of the knife allows you to apply a stabbing and cutting punches in any sequence. However, the fighting techniques with different grabbing differ from each other.

One of the most controversial topics in the discussion of the correct grip of the knife is a knife blade direction - ie. toward or away from yourself
Knife blade direction affects primarily the application of the technique of cutting punches, but not on combat effectiveness. Along with the main blade, a modern combat knife has an additional grinding on the butt. Also, the shape allows fighting knife blades to be equally effective as the cutting blade in the direction and in the direction of the handle.

Рис. 20
Dogfight Using Available Tools and Weapons

Using melee weapons and their improvised means is a prerequisite for such occurrence. The ability to use the most efficient means available and the properties of the organic weapon for the soldier - it is absolutely necessary to ensure the effectiveness of one's actions. This technical action with weapons and materials at hand, as well as against an armed enemy, both with bare hands, and with their own equipment, should be based on commonly established stylistic movements, illustrated in this Section *. A soldier should not "turn out" separate movements for use in combat with guns and use in battle "with bare hands." Otherwise, "falling apart" stereotype created by a single
movement, which allows spontaneously and effectively to respond to any attack.
II фаза
Teaching Methods Working with a Knife

I would like to specify that I think directly about the
implementation of these ideas in practice. To begin work on the skill with a knife. The opinion is based solely on some sports experience and testimonies of people.

1) I think is equally harmful for beginners as the technique specialized strength training (pushups on sticks, clenched in fist, power cutting and cutting, time between movements of heavy objects) and a technique of use specific techniques of movement, especially associated with the complex "stunt" movements.

Strength training without experience accumulated motor base and worked out "under a" grip often lead to injuries of hands (and many melee during workouts and so accumulate micro-trauma joints of the hands), to turn out the same movement initially better with lighter shells, you can proceed with the gradual strengthening of the joints and to more serious subjects.

2) Looping on the bare technique leads to an inability to invest in power punches, and "follow the canons," at the expense of common sense.

How should one conduct training? You have to start with the simple. Give the woman/man in the hands of a knife so that she/he run, crawl. Then let "poke" into the air. Then let she/him try to work at full capacity for the target (a good version of a log, wrap a rubber hose and top dense fabric or clothing). Then she/he walks again falls, and so forth. Given what sensations are at work with the target. How to understand the grip convenient for her/him to give back the hands of wood and let the group walk randomly in a confined space, peering into the possible options for attack and defense. Then slowly break into pairs and light sparring dummies knives. Then again, walk, fall, run, etc., Work again on target, can gradually come to work "against one group," "every man for her/himself."

3) Separately, I note that under the "give up the knife," I mean: show options was enough to explain traumatic improper retention of the knife in hand and the hand position with a knife while traveling. On the whole, the general sense is that incrementally, step by step, basic skills. To which may be already cranking technical solutions and pump power. Self-other, in working with a knife should be borne by the
basic movement skills, and certain tactical decisions (meaning entrance and exit from the fight, maneuvering, etc.).

2) Woman/man at first it is necessary to beat, unfortunately, almost all come with very serious stereotypes and they usually go only through the pain. Therefore, for all ages and skill levels is required training in fights.

Initially not to mock knives and their use (you can make one yourself from plastic pipes, pull the insulation away, resulting in a soft light stick, which is almost impossible to cause serious injury). When you have learned to move a little bit, you can enter mock fights with knives.

3) It is convenient to hold a knife and check as comfortable as they "poke" on targets and learned to drive defensively, dodging and attacking, you can continue to come back and come back by offering different situations and solutions. To increase the strength and technique to roll. You can begin to learn to work against a knife, as people already have an idea, as they wield and the work will be more apparent. Well, of course, can be given a training fight against knife layout to better thought out solutions. Ideal if you can get people to nature and to conduct tests on the knife (use a bag dressed in tight clothing) here is nothing complicated, the internet is full of descriptions of tests of knives in this way.

4) And now the most important thing, if we want to have a full knife fight - is psychological preparation. The meaning of the matter is to use a knife to remove the stopper. But then, I have no ready-made advice. I tried to learn from myself and teach others the knife fight close to real, but my aim was to give people an idea of what they might encounter on the street. I had no purpose to learn to kill with a knife, and this is the most important psychological component. I believe that at the critical moment, if a person is working not only physically, but also mentally, anyone will be able to use all the skills in
full. In war, to protect the family - I do not think that will be the place for false doubts. Suffice it to say, not turn out false and harmful skills, such as soft break-in and disarm the scumbag with a knife. Accumulating honestly ... more thinking.

Are you afraid to kill the drunken fool with a knife ... So read the police statistics and understand once and for all, that the majority of murders committed with a knife just drunken fools who will not spare you (and if you are sober cry, you will not be safer). There is a simple rule of; "if you cannot run away or disarm the human race with a knife - it means you face a sufficient threat to your life." The most important thing - you cannot take the time to think, you cannot sort through the options, you cannot operate the second number. If the word "on" your opponent is not yet - then you're dead. So turn out the real thing.

Little moments. A number of interesting points.
- Woman and man should be given sufficient to recognize especially the attack with a knife - stealth and mobility blade. The spontaneous, obvious attack is very dangerous (from a distance of 3-5 meters, a pre-warning that the attack and openly holding a knife, uttered a cry and threw himself on the man. Before he had time to react and try to break the distance I had time to cause damaging impact 3);
- What about a surprise attack from the back around the corner and I think that's obvious.

Then should be given an explanation of why sports knife fight is necessary - Very curious delusion. With one hand holding the reception people are not afraid of the knife and quietly allow uncontrolled arm with a knife to be dangerously close to the body. Those, no understanding of the enemy's control, the situation should be maximum control, the opponent should not be able to hit and it's not a successful technical operation, in the understanding of the danger of the knife.

On the other hand, often completing technical action controlled by hand with a knife, defending accompanies psychological stupor to attack something to do with this knife (forgetting about the other parts of the body). That is, trying to hurry to pull out a knife, or under the
control tending to keep it away from your body. There is no understanding that not all of the positions of the enemy will be able to reach as well as that for conventional cutting action with a sharp knife on a short distance, tight clothing is sufficient obstacle, if not give the possibility to pull the clothes and create a sufficiently powerful impact long blade. And given that the focus of attention on the hand with a knife, can give a chance to get a weapon to attack or carry out productive attack free limbs. Here I think the main problem is a loop on the technique to the detriment of the logic of action of the knife. How many different experts again and again repeated that the Filipino systems are good for understanding the construction of equipment, but without the adaptation to local conditions rather limited since different amounts of clothing worn on the body. These systems are not bad, just that they were created in a different environment and they should be brought in line with local realities. The main thing you should remember that there are no bad systems, normal motor database allows you to build quite a variety of methods of warfare. Thus, engaging in group, I'm on my database of movements with the knife working closer to the sword techniques (injections), while the rest work knife was based on an analogy with a saber fencing. But my actions are also quite consistent with the system, I picked up a comfortable solution for myself. In training, the main thing is to distinguish the base, which must be able to convey to all pupils and individual solutions situations. By the way, to remove these misconceptions think highly competent solution of the same. Hours of techniques with the knife blunt with heavy iron knives, which were comfortable enough for testing protection in mind - its size and quite significantly "punished" by the weight causing no serious injuries. The most important factor was that these knives "terrible". Even knowing that they are stupid - take them seriously than wood (although of wood can also hurt). A study carried out fights already with plastic knives.
- The most harmful of all the bad habits when working against a knife - the habit of working the second number "of protection." It is very difficult to break
psychologically, but from the experience of those who have been attacked with a knife successfully ended in those cases when realizing the intention (this self-other if lucky, in general if you are not able to see the intention of the person with a knife, you know you are already in the hospital, if staying alive) people with hysterical screams fled or started flailing aggressor something long and heavy. The main thing - you cannot give a person to impose their rules of the game. Aggressor has a big advantage too, do not give in yet.
From tests in training it turned out that the knife is too fast and dangerous to the person of our level of preparation time to work fully. The most successful implementation of protection was knocking down the pace - attack a punch in the face and kicked in the shin (knee). The blow was not strong enough to bring (not invest enough time) down or stop but managed to bring down the rate and, interrupting his ploy to try to rebuild the fight.
Рис. 119. Сваливание противника:

а — подбивом правой ногой; б — подножкой; в — зацепом правой ногой на левую ногу противника
Рис. 120. Набрасывание на голову плаш-палатки и захват руками горла
Рис. 101. Отбив оружия противника вправо
Рис. 102. Отбив оружия противника влево
Рис. 103. Защита от удара противника сверху
Рис. 2. Наиболее уязвимые места тела человека: 1 — ключица; 2 — горло; 3 — сонная артерия; 4 — носогубная складка (над бороцем); 5 — глаз; 6 — височная область; 7 — область сердца; 8 — солнечное сплетение; 9 — левое подреберье (желудок); 10 — правое подреберье (печень); 11 — паховая область; 12 — колено; 13 — голень; 14 — подколенная ямка; 15 — лопатка; 16 — основание черепа; 17 — область почек; 18 — внутренняя ядышка
Коли ножом!

Не менее грозным оружием рукопашного боя является нож. Особенно выгодно применять его при тесном соприкосновении с противником — в окопах с верхом, при групповой схватке, в густом лесу или кустарнике, в людей... С ним можно захватить и нанести удар противнику в любых условиях боевых действий. Важно, чтобы нож был заточен правильно, чтобы он был легким и удобным в обращении.

ОТВОД ВНИЗ НАПРАВО — УДАР. Противник наносит удар в нижнюю часть тела. Боец отводит этот удар с помощью приема: он ставит правую руку ладонью вниз, а левой рукой наносит удар ножом в живот или грудь (2).

ОТВОД ВНИЗ НАПРАВО — УДАР. Боец отводит этот удар с помощью приема: он ставит правую руку ладонью вниз, а левой рукой наносит удар ножом в живот или грудь (3). При этом боец сопротивляется с противником и области его действия части (3). При выполнении этого приема боец сопротивляется активное место, подавая корпус вперед. Такое положение помогает ему после отвода быстро обнаружить противника, дающий ножом в живот или грудь (4).

ОТВОД ВВЕРХ — УДАР. Противник наносит удар в лицо бойца. В этом моменте боец отводит ножом подаче накопленного в воздухе ножа, а затем наносит удар (5).

ОТВОД ВНИЗ НАПРАВО — УДАР. Боец отводит этот удар с помощью приема: он ставит правую руку ладонью вниз, а левой рукой наносит удар ножом в живот или грудь (6). При этом боец сопротивляется с противником и области его действия части (6). При выполнении этого приема боец сопротивляется активное место, подавая корпус вперед. Такое положение помогает ему после отвода быстро обнаружить противника, дающий ножом в живот или грудь (7).

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Рис. 109. Нападение на противника и удар ножом:
а — в положении силя; б — в положении лежа

Рис. 117. Удар мягкотью ладони снизу под челюсть

Рис. 118. Удары ногой:
а — носком; б — коленом
Рис. 3.41.
Рис. 107. Удар ножом снизу с закрываемием рта тряпкой
Рис. 108. Удар ножом сверху с закрываемием рта предплечьем

1

2a

2b
Коли ножом!

Нож, кинжал, клиновидный штык — все это грозное оружие рукопашного боя. Особенно выгодно применять их при тесном соприкосновении с противником — в окопах с перекрытием, в групповой схватке, в густом лесу или кустарнике, в воде. С ножом можно смело защищаться и нападать против всех видов холодного оружия.

Рис. 176. Коли ножом: верхний рисунок — отвод винтовки противника вниз — направо; нижний рисунок — захват винтовки и удар ножом сверху.

Рис. 112. Защита от удара ножом сверху:

а — момент подставки рук, сложенных «накрест»; б — ответный удар головой и ногой
Section: Special Ops in Counter-Terrorism

Section: Acting Skills and the Spy

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Adversitate. Custodi. Per Verum