US Fighting Systems

"Knife Defense Tactics"
Real-World Based
For
Real-World Encounters

Welcome

"Train today to prepare for your opponent tomorrow!

Short Bio – Dave Young

- Over 30 years of personal and professional experience in law enforcement, corrections, military and martial arts – and has survived numerous life threatening encounters
- Former Corrections person in Naples, FL; Former Law Enforcement person in Ft. Myers, FL, and Former SSgt in the USMC
- Chairs and sits on several Professional Advisory Boards – PoliceOne.com, CorrectionsOne.com, Police Magazine, Force Science Research Institute
- Featured in several professional publications – Police Magazine, Black Belt Magazine, SWAT, Police Marksman, Corrections Forum
- Featured and has hosted several National Geographic Channel Shows on Police Technology and person Survival
- Featured on CNN on person Survival and Training

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Introduction to ARMA Training

- Focuses on **Technical information** needed for **Product Liability & Tactical Information Needed for Street Application** on **Field Proven Strategies.**
- ***Trains over 3100 instructors yearly***
- ***Has 30 adjuncts instructor living all over the U.S.***

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What is the BEST Technique?

- The best techniques if the one you remember when your life depends on it the most

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Soundness

- Means your program has been **reviewed and documented** to ensure the **welfare, safety and security** of the individual who is being taught in the topics contained within the certification is protected.

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Legal Soundness

- Reviewed by legal professionals to ensure the courseware and actions presented can be articulated, defended and supported in a court of law for civil and criminal defense; and are field proven – **NOT THEORY BASED!**

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Medical Soundness

- Reviewed by **MEDICAL** professionals to ensure the courseware and actions presented can be articulated, demonstrated and defended in a court of law for civil and criminal defense

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Tactical Soundness

- Reviewed by **Tactical** professionals to ensure the courseware and actions presented can be articulated, defended and supported in a court of law for civil and criminal defense; and are **FIELD PROVEN!**

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Estimated Skill Level of your attacker

- Unprovoked/Spontaneous Threat
- Provoked Threat
- Pre-planed and Practiced

Based on research from UCR, FBI, ACLU

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YOUR Skill Level

- Not Trained – False Confidence (They watch others)
- Not Trained – Well Read (Not practiced)
- Practiced and Ready – NOT Challenged
- Highly Trained – Never Challenged
- Highly Trained – Always Challenged

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Type of Knife Fighters

Who do we look for?

Inexperienced/Untrained Knife Fighters:

According to the UCR over 83% of knife attacks against law enforcement persons are from;

a. Usually telegraph their attack, stands behind the blade.

b. Physical signs of possessing a blade.

c. Usually overly aggressive, spontaneously without a plan or thought.

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Experienced Knife Fighters:

1. Usually **prior service** or other discipline type training.
   a. Attacks quickly usually with a **pre-plan or thought** (In and out volleys)
   b. Usually displays NO signs of possessing a blade
   c. Will try to **close the reactionary** gap with target

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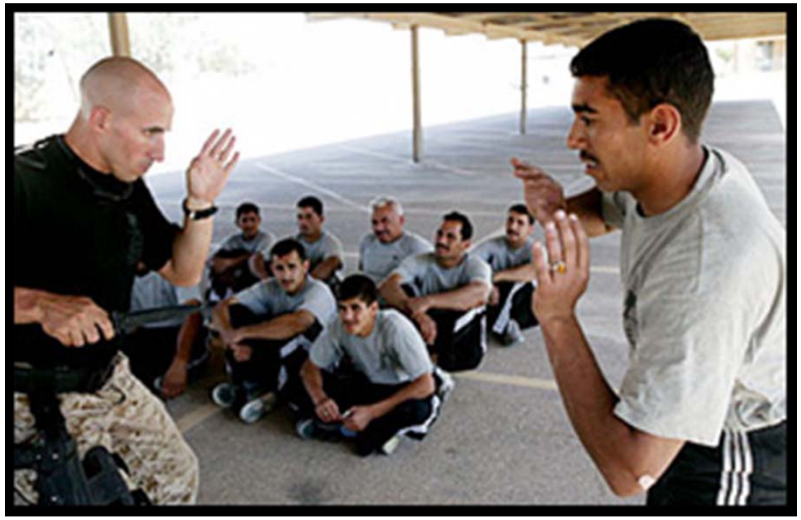
Trained Knife Fighter:

1. Attacks with a plan and thought out response
   a. A **professional with a purpose**
   b. **Will attack anything that extends** from his body
   c. **Will utilize hand and feet tactics** with the blade



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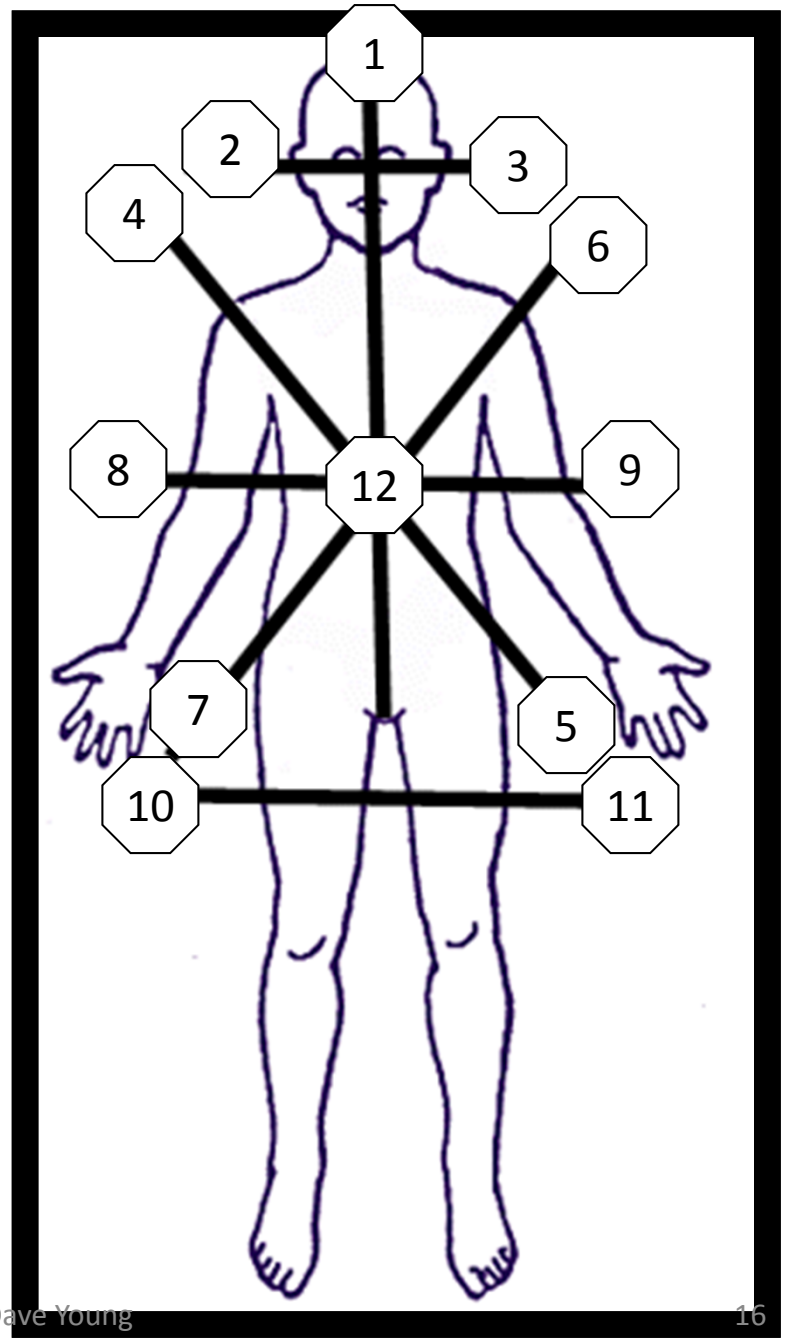
12 Angles of Attack



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Types of Knife Attacks

What is their plan?

Lunge

The attacker stands behind his blade making physical commitments, attempts to puncture victim.

YOUR Actions

a. Stop the Motion of the Blade
b. Control the movement of the Subject
c. Disarm the subject

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Over Head

The attacker will commit themselves, attempting to quickly incapacitate or kill their victim.

YOUR Actions

a. Stop the Motion of the Blade
b. Control the movement of the Subject
c. Disarm the subject

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Slice/Side-Side

Slice: The attacker quickly moves the blade from right shoulder left hip of victim, attempting to cut major veins and arteries.

1. **YOUR Actions**
   a. Stop the Motion of the Blade
   b. Control the movement of the Subject
   c. Disarm the subject

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Controlled Attack

Controlled Attack: Attacker will use their free hand surgically place the blade in a designated target area.

YOUR Actions

a. Stop the Motion of the Blade
b. Control the movement of the Subject
c. Disarm the subject

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Types of Cuts

"Different levels"

Level-1 Cuts

a. Surface only - H**urts more than life threatening**
b. Blade scraped/raked across skin
c. Minor cut

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Level-2 Cuts

a. Into skin soft tissue
b. Blade enters skin
c. Moderate cut

1. **Slash Wounds -** These are wounds where the length is greater than the depth, e.g. a slice wound across the skin. If the wound involves major blood vessels, it can be life threatening, but in general, they are not as serious as stab wounds. –

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Level-3 Cuts

a. Into skin soft tissue, muscles, tendons, nerves, arteries, organs

b. Blade enters skin

c. Major/Sever cut

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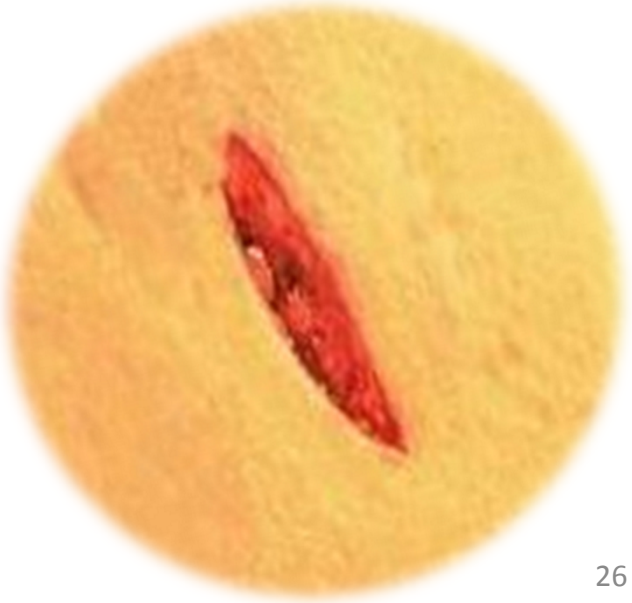
1. **Stab Wounds -** These are wounds where the depth of injury is greater than the length. They penetrate more deeply than slash wounds and tend to come into contact with vital organs in the chest and abdomen.

2. Stabbing is the most common mode of homicide in the UK, due to the strict control of guns.



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Stabbing Wounds

Stab wounds are caused most obviously by knives, but are also caused by bayonets and swords, as well as scissors and even blunter instruments such as screwdrivers. These types of wounds have the following features,

They are usually slit-like, but when the object is removed the skin contracts slightly, leaving a wound that is slightly shorter than the blade width. The center of the wound often widens.

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Warning
Following Slides are of graphic nature

Actual time of incident-photos of a person who SURVIVED a knife attack!

Right Side Wound

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Chest Wound

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Back Wound

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“Novice to Trained”

A. Novice Grip – (Blade can be either up or down)

1. One Hand Novice Grip; Knife handle centered in the palm of the hand, with blade facing the threat.

a. Standard Feet separated
b. Ears, Hips, Ankles aligned
c. Shoulders squared and elbows into body

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B. Standard Fighting Grip

1. One Hand Standard Fighting Grip; Knife handle centered in the palm of the hand, with blade facing the threat, and thumb is on the top portion of the blade.

    a. Standard Feet separated
    b. Ears, Hips, Ankles aligned
    c. Shoulders squared and elbows into body

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C. Enhanced Standard Fighting Grip

1. Enhanced Fighting Grip; Knife handle centered in the palm of the hand, with blade facing the threat, and extended forward in the palm supporting the base of the knife for thrusting power and extended range of striking.

   a. Standard Feet separated
   b. Ears, Hips, Ankles aligned
   c. Shoulders squared and elbows into body

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D. Reverse Grip (Blade can be either facing threat or facing away from threat)

1. One Handed Reverse Grip; Knife handle centered in the palm of the hand, with blade downwards facing away or towards the threat

a. Standard Feet separated
b. Ears, Hips, Ankles aligned
c. Shoulders squared and elbows into body

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Direction and Movement

Where to go and why?

Forward Momentum

- Using the initial attacking movement
- Advancing movements
- Sign of aggressiveness

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Backward Momentum

- Using the return attacking movement
- Retreating movements
- Sign of weakness or baiting

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Guided Momentum

- Using the redirected force from an attacking movement.
- Force meeting resistance
- Always use the positive force to override negative force

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Verbalization

What to say and how to say it!

Purpose

- The purpose of issuing verbal commands will help lay the verbal foundation for any use of force that is chosen by the person.

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Compliance Commands

- Ending every verbal command with a direct command will help the person justify their use of force.
- Show me your hands
- Drop the Knife!
- Do it now!
- Get down!

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Attitude \ Voice

1. Voice tone and attitude are very essential

   for the person issuing commands.

   – Authoritative and Positive
   – Be Clear and Concise
   – Be confident and in control

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Attitude \ Voice

- Avoid hesitation
  - Know what you are going to say
  - Use Non Verbal
  - Change Language if possible

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Standing Position – Close Carry

Knife is close to body

Front foot facing attacker

Free Hand for Checking

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Standing Position – Open Forward Carry

Knife is in front of body

Front foot facing attacker

Free Hand for Checking

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Standing Position – Reverse Carry

Knife is close to body

Front foot facing attacker

Free Hand for Checking

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Standing Position – Open Attack Carry

Knife is close to body

Front foot facing attacker

Free Hand for Checking

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Standing Position – Open Rear Carry

Knife is in hidden behind body

Front foot facing attacker

Free Hand for Checking

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Use of Force

When do I use what I have?

Questions the Courtroom will ASK!

- Was the technique a trained technique?
- Was it dynamic application of a trained technique?
- Was the technique justified under special circumstances-*Meaning would another person with like training would have done?*

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Types of Injuries

- Primary Injury is the direct result of the use of force tool used.
- Secondary Injury is the indirect result of the use of force tool used.
- Environmental injury is the injury caused directly from the environment

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Primary

- **Primary Injury** is the direct result of the use of force tool used.
  - Example: You strike the subject with knife in the shoulder.
  - *Subject received 3 inch puncture wound* in left shoulder, sprained right wrist, broken knee cap

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Secondary

- **Secondary Injury** is the indirect result of the use of force tool used.
  - Example: You strike the subject with knife in the shoulder.
  - Subject received 3 inch puncture wound in left shoulder, *sprained right wrist – when he fell to the ground while trying to punch me in the head*, broken knee cap

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Environmental

- **Environmental Injury** is the direct result of injury from the environment, and highlights the subjects level of resistance.
  - Example: You strike subject with knife in the shoulder.
  - Subject received 3 inch puncture wound in left shoulder, *sprained right wrist – when he fell to the ground while trying to punch me in the head*, *broken knee cap – while falling to the ground grabbing me, because he failed to let me disengage from him.*

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WHEN?

- The force used must be objectively reasonable based on the **FACT**S and **CURCUMSTANCES** known to the Person at the time the force is used.

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- Person should take into consideration
  - –The severity of the crime involved,
  - –The actions of the subject,
  - –Does the subject poses an immediate threat to the safety of persons or others,
  - –And person/Subject factors.

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Introduction

- persons' decisions are often made in circumstances that are stressful and ever changing, thus persons are not required to determine the least intrusive measure of force that might resolve the situation.

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Introduction

- persons are required to select an objectively reasonable option given the totality of the circumstances known to them at the time.

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OBJECTIVELY REASONABLE

- Determining whether the force used is objectively reasonable requires a careful balance of factors including, but limited to,
  - –The probable severity of injury to persons,
  - –The Subjects,
  - –Others as a result of the application of force.

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Use of Force Equation

Perception of Threat + person
Risk of Injury=

Use of Force Selected by person

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Documentation

What, where, why, when and how!

Helpful Hints

- Then explain to someone who was not present what they have done
  - Prepares person for testifying in a courtroom!

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Movement

Forwards, backwards, laterally, where to go!

"Cycles of motion,"

- Are a continuous string of movements that blends together and is in harmony with one another.

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"Cycles of motion,"

- These cycles are needed to complete a motion and prepares the body to continue through another single movement.

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“Cycles of motion,”

- The key, during a multiple suspect encounter is to break up these cycles, which will cause pauses and breaks during the subject’s movements and thought patterns.

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Purpose of the “Tactical “L”

- The Tactical “L”, is to provide a pattern of movement for the person who is being attacked either by single or multiple suspects.

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Purpose of the “Tactical “L”

- It is also important, because it will give the person an effective response to aid the person in escaping an attack, and to give the person time to react to the attack.

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Purpose of the “Tactical “L”

- The Tactical “L”, is also easy to remember, as the response to the attack is based on “First person Instinct.”

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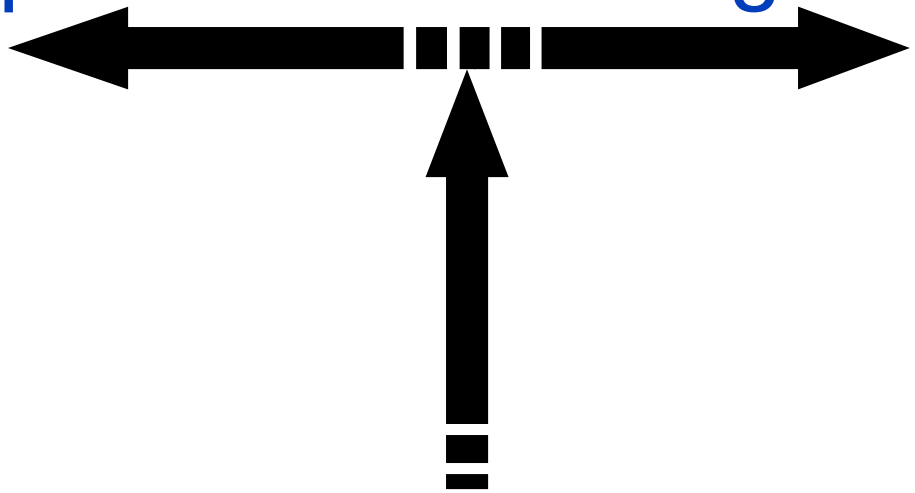
TACTICAL "L"

4-5 Steps lateral to change direction



person

(2-3 Steps to the

Rear to create distance)

Subject

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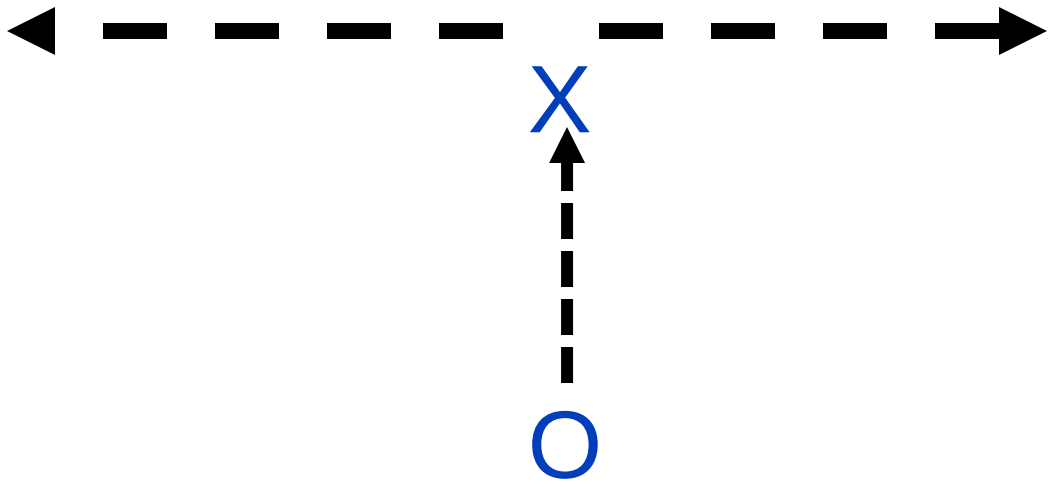
Getting off Line

In order to get someone off line you first have to get them on the same line you are on!

X= person / O= Subject's)



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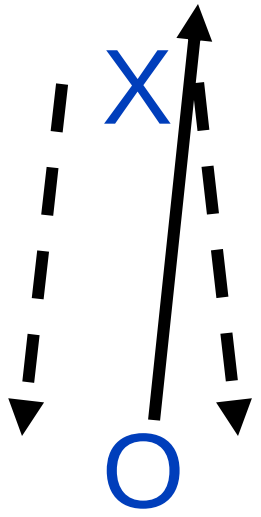
To take the line you move towards the subject diagonally!
X= person / O= Subject's)

Taking the Line



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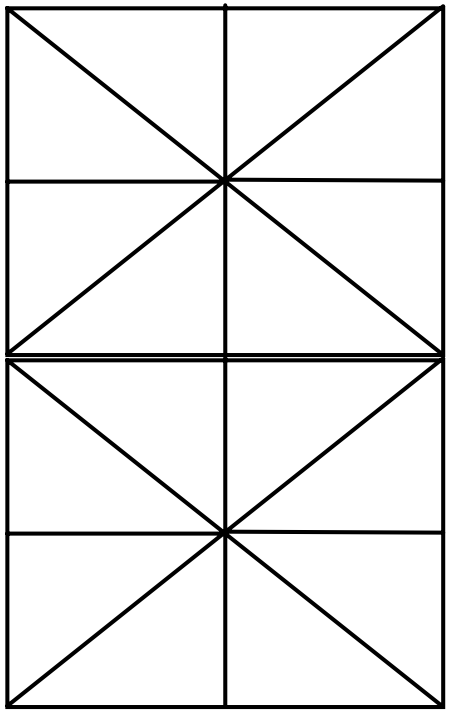
Universal Movement Matrix



By: Gary T. Klugiewicz

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Edged Weapons Defense Formula

Stop – Control – Disable!

Awareness

- Knowing their might be edged weapons on person or near by
- Eye shifting and focus point
- Breathing patterns
- Observing body posture
- Observing marks on body
- Foot placement
- Clothing
- Hand placement
- Subject's Movement
- Mannerisms

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Avoidance

- Distance
- Hands in
- Palm facing you
- Slightly leaning back
- Quick front kicks to shin area
- Sharp diagonal and lateral movements

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Defending

- Distance
- Movement
- Stop motion of blade
- Disable limb or subject
- Disengage – Control or Escalate
- Disengage Tactical “L” – Access Firearm if possible
- Short Phrase developed by Gary T. Klugiewicz is;
- “G.U.N. Principal”
  - Grab
  - Undo
  - Neutralize

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Force Options

- Distance
- Empty Hands
  - Head Guard or Shields
  - Hand and Elbow Strikes
  - Knee and Kicks
  - Front Neck Support Technique/Slip Knot
  - Impact weapons
  - Firearm – Contact Shot
  - Weapons of opportunity

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Dynamic Assault Drills

Edged weapon attacks can be spontaneous, pre-planned, or thought out in detail.

- Most common knife attacks (Standing/Ground)
  - Single front lunge left handed attack
  - Single front lunge right handed attack
  - Single front slash left handed attack
  - Single front slash right handed attack
  - Overhead left handed attack
  - Overhead right handed attack
  - Overhead both hand attack

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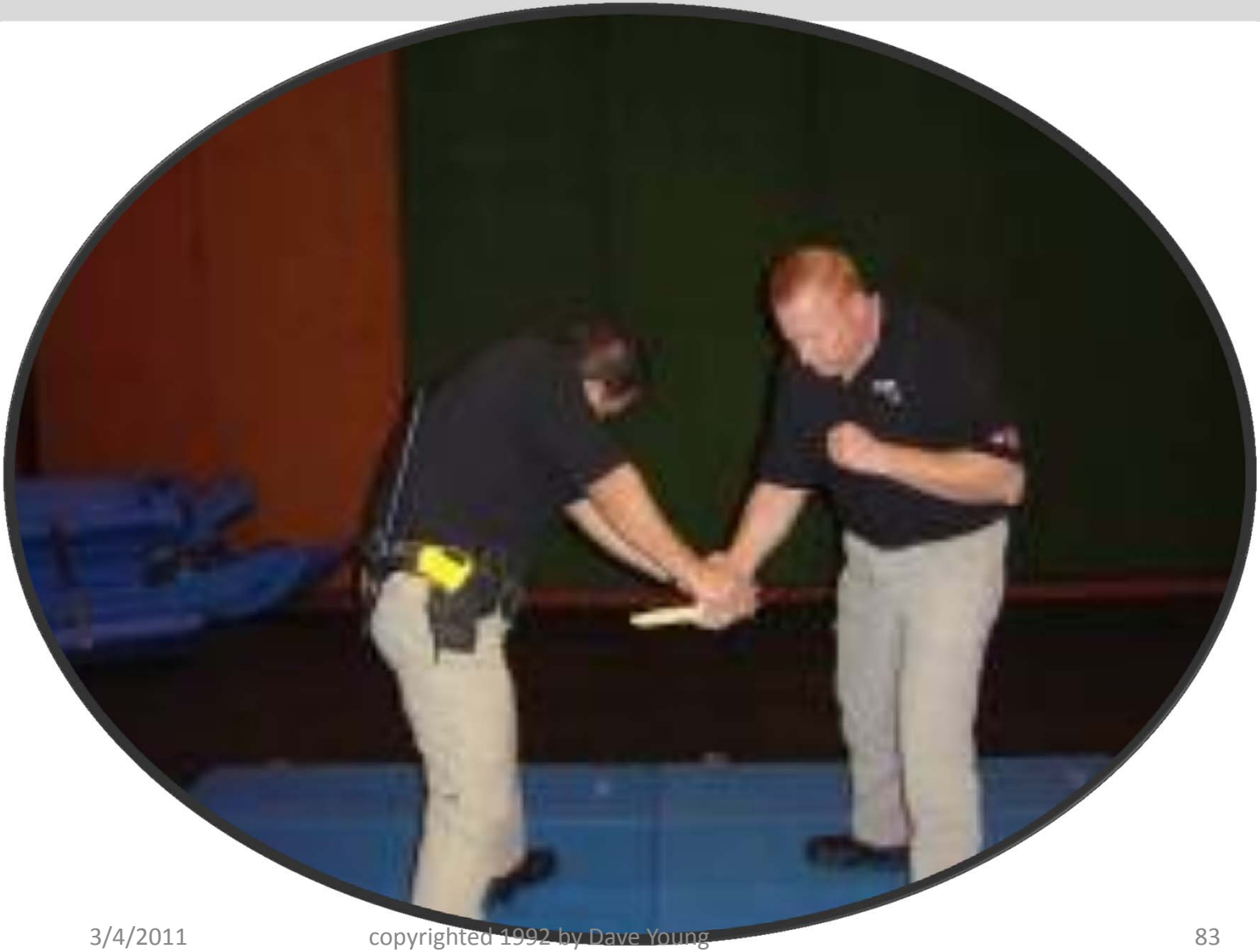
Lunge-Step 1 – Stop Motion of Blade



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Lunge-Step 2 – Control Movement of Subject

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Lunge-Step 3 – Disable/Disengage/Escalate

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Over Head 1 – Stop Motion of Blade

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Overhead-Step 2 – Control Movement of Subject

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Overhead Step 3 – Disable/Disengage/Escalate

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Disable/Disengage/Escalate

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Slice Head Step/ 1 – Stop Motion of Blade

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Slice Head Step/– Control Movement of Subject

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Slice Head Step/ Step 3 – Disable/Disengage/Escalate

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Lunge-Step 3 – Disable/Disengage/Escalate

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9 Levels of Simulations

1. Shadow – Maximum repetitions – Quick Recovery Time
2. Prop – Wearing or holding items
3. Partner – First Distraction learning 3-Dimensional
4. Movement – All Attacks happen while doing something
5. Environmental – Hot/Cold Weather/Stairways/Parking Lots, Crowd etc…
6. Low Level – Dynamic application of single technique - THEY KNOW THE TECHNIQUE
7. High Level – Dynamic application of single technique - THEY **DO NOT KNOW** THE TECHNIQUE
8. Dynamic Level - Dynamic application of single technique - THEY DO NOT KNOW THE TECHNIQUE – Outcome
9. Life Confrontational – Start to finish simulation in various environments – Student dictates outcome - Consequence for actions

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Take a fast 5 minute

Remove your watches, get a pair of safety glasses and ONE training gun between 3 people