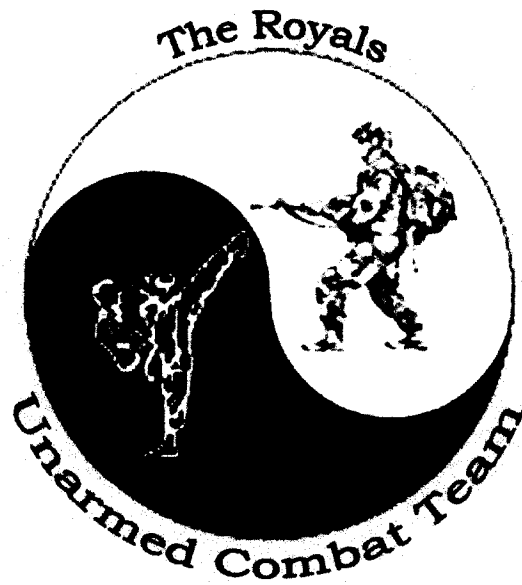


# **Military Unarmed Combat Course**



## **Phase Three**

**AS WRITTEN BY GRANDMASTER GUS MICHALIK, BLACK  
ARTS SOCIETY**

**PREPARED BY SGT KOLAR J.J., 4RCR**

**WARNING:**

**THESE LESSONS ARE INTENDED FOR MILITARY  
APPLICATIONS THEREFORE THESE TECHNIQUES ARE TO  
THE EXTREME AND CAN BE MODIFIED TO A LESSOR DEGREE**

<b>EDO 103</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 103.01</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Knife to knife defence against an armed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an armed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Knife to knife defence against high side circular slash.</li> <li>2. Knife to knife defence against a high backhand slash.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <p>- Theory - Practice *</p>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase Three Training Unarmed Combat (Basic Trg Manual) Vol 2 Chapter 11 &amp; 12</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Training knives</p>

# CAREER ADMINISTRATIVE ACTIONS

## INTRODUCTION

- WHAT** : In this lesson, knife to knife defence against an attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase three trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

## STAGE 1

### DEFENCE AGAINST A HIGH SIDE CIRCULAR SLASH

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase three training will give the soldier two basic defences for each type of armed attacks. The first defence is knife to knife against a high side circular slash.

All inside blocks are conducted by stepping forward with your right foot and outside blocks are conducted by stepping forward with your left foot.

An up and down block refers to a block where your left hand is up and your right hand is down, and the striking part is the back of the forearm.

#### TECHNIQUE 1

- a) Block from the inside.
- b) Saber slash his arm downwards with your right hand.
- c) Slash his thigh from your left to right.
- d) Thrust to mid section, rupturing the heart with a stab ( palm facing down).

## TECHNIQUE 2

- a. Reverse saber slash upwards across his arm.
- b. Torque into an overhead thrust into Sub-Clavian artery.
- c. Circular slash neck from your left to right.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

- Q1.** In the first technique, which three points are being cut?  
**A1.** The arm, thigh and heart.
- Q2.** In the second technique, what is the result of the initial cut?  
**A2.** The attacker will likely drop his knife.

## **STAGE 2**

### **DEFENCE AGAINST A HIGH BACKHAND SLASH**

#### **INTRODUCTION**

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase three training will give the soldier two basic defences for each type of armed attack. The next defence is knife to knife against a high backhand slash.

#### **TECHNIQUE 1**

- a) Saber slashes his right arm downward with your right knife hand as you step to the outside of his body.
- b) Trap his right arm with your left hand as you cut across his gut with your knife hand from the front to the back of your opponent.
- c) Then with your right hand stab into the kidney with the knife.

#### **TECHNIQUE 2**

- a) Block from the outside with your left hand.
- b) Slash his hand simultaneously with a reverse saber slash upward stepping behind him.
- c) Slash his throat/neck from front to back.
- d) Then with your knife hand thrust into spine.

### **CONFIRMATION OF STAGE 2**

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, what is the initial point struck?

**A1.** The attacker's arm.

**Q2.** In the second technique, what technique is used to complete the attack?

**A2.** Thrust into spine with your knife.

## **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.

## **TEST**

1. Practical demonstration with an opponent.

## **CONCLUSION**

**WEAK POINTS :** As per practical test

**IMPORTANT POINTS :**

1. Knife to knife defence against high side circular slash.
2. Knife to knife defence against a high backhand slash.

**FINAL MOTIVATION :** This information will be useful in protecting your life and the life of others throughout your career and beyond.

**NEXT PERIOD :** As per trg schedule.

<b>EDO 103</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 103.02</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Knife to knife defence against an armed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an armed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <ol style="list-style-type: none"> <li>1. Knife to knife defence against a low straight thrust.</li> <li>2. Knife to knife defence against a high straight thrust.</li> </ol>	<p><b><u>METHOD/APPROACH</u></b></p> <ul style="list-style-type: none"> <li>- Theory</li> <li>- Practice *</li> </ul>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase Three Training Unarmed Combat (Basic Trg Manual) Vol 2 Chapter 13 &amp; 14</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Training knives</p>



## CAREER ADMINISTRATIVE ACTIONS

### INTRODUCTION

- WHAT** : In this lesson, knife to knife defence against an attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 2 stages, with 2 techniques per stage.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase three trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

### STAGE 1

#### DEFENCE AGAINST A LOW STRAIGHT THRUST

##### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase three training will give the soldier two basic defences for each type of armed attacks. The first defence is knife to knife against a low straight thrust.

All inside blocks are conducted by stepping forward with your right foot and outside blocks are conducted by stepping forward with your left foot.

An up and down block refers to a block where your left hand is up and your right hand is down, and the striking part is the back of the forearm.

##### TECHNIQUE 1

- a) Block with your left hand from the outside of the opponent's body.
- b) Saber slashes his bicep from your right to left.
- c) Slash side of his neck from back to front.
- d) Then thrust the knife into the solar plexus rupturing the heart.

## TECHNIQUE 2

- a) Block/trap to the outside with your left hand.
- b) Reverse slash his forearm.
- c) Circle into the wrist takedown.
- d) Slash the outside of his hand on the way down.
- e) Knee drop , thrust into throat.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

**Q1.** In the first technique, what is the final strike?

**A1.** Thrust the knife into the solar plexus rupturing the heart

**Q2.** In the second technique, what is the purpose of slashing the hand while conducting the wrist takedown?

**A2.** To force the opponent to drop the knife.

## STAGE 2

### DEFENCE AGAINST A HIGH STRAIGHT THRUST

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase three training will give the soldier two basic defences for each type of armed attack. The next defence is knife to knife against a high straight thrust.

#### TECHNIQUE 1

- a) Side step outside while saber slashing his bicep.
- b) Slash along the side of his neck (back to front).
- c) Reach behind grabbing the back of his head with your left hand.
- d) Jerk his head back as you slash his throat.

#### TECHNIQUE 2

- a) Step to the outside of the attackers body, chopping his hand with your left hand with thumbs up, then do a small rotation with your thumb down simultaneously grabbing his wrist.
- b) With your knife hand in a reverse saber grip, sever his femoral artery (quadrant 3) then continue the upward motion till you get to his clavicle artery (quadrant 1) at this point stab into the clavicle artery .
- c) Then continue a left to right motion across the neck.

### CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

**Q1.** In the first technique, what is the purpose of pulling the head back?

**A1.** To expose the attacker's neck for the final strike.

**Q2.** In the second technique, where is quadrant 3 in this attack?

**A2.** The femoral artery.

## **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.

## **TEST**

1. Practical demonstration with an opponent.

## **CONCLUSION**

**WEAK POINTS** : As per practical test

**IMPORTANT POINTS** :

1. Knife to knife defence against a low straight thrust.
2. Knife to knife defence against a high straight thrust.

**FINAL MOTIVATION** : This information will be useful in protecting your life and the life of others throughout your career and beyond.

**NEXT PERIOD** : As per trg schedule.

<b>EDO 103</b>	<b>LESSON</b>	<b>DATE</b>
<b>EC 103.03</b>	<b>EDO-01</b>	<b>AUGUST 2002</b>

**LESSON OBJECTIVE**

1. **PERFORMANCE** : Knife to knife defence against an armed attacker
2. **CONDITIONS** : Given: Classroom instruction.
3. **STANDARD** : IAW references, the trainee shall demonstrate techniques to defend against an armed attacker
4. **DATE REVISED** : Aug 2002                      **TIME** : 1 X 40 min period.

<p><b><u>TEACHING POINTS</u></b></p> <p>1. Knife to knife defence against an overhead thrust.</p>	<p><b><u>METHOD/APPROACH</u></b></p> <p>- Theory - Practice *</p>
	<p><b><u>REFERENCE(S)</u></b></p> <p>Phase Three Training Unarmed Combat (Basic Trg Manual) Vol 2 Chapter 15</p>
	<p><b><u>STUDENT LEVEL</u></b></p> <p>All</p>
	<p><b><u>TEST DETAIL</u></b></p> <p>Practical</p>
	<p><b><u>TRAINING AIDS</u></b></p> <p>Training knives</p>

# CAREER ADMINISTRATIVE ACTIONS

## INTRODUCTION

- WHAT** : In this lesson, knife to knife defence against an attacker will be presented.
- WHERE** : This lesson is an Educational Objective and you will use the subject matter throughout your military career.
- WHY** : You must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.
- ORGANIZATION** : This lesson consists of 1 stage, with 2 techniques.
- TEST** : There will be a quiz at the end of this lesson. The contents of this lesson will also be tested at the end of Phase three trg.
- CONTROL STATEMENT** :
- a. If you have any questions, raise your hand; and
  - b. When I ask a question, no group answers.
- 

## STAGE 1

### DEFENCE AGAINST AN OVERHEAD THRUST

#### INTRODUCTION

1. In the CF, there are times when you may be confronted by an armed attacker. Different types of attacks will require different types of defences. Phase three training will give the soldier two basic defences for each type of armed attacks. The first defence is knife to knife against an overhead thrust.

All inside blocks are conducted by stepping forward with your right foot and outside blocks are conducted by stepping forward with your left foot.

An up and down block refers to a block where your left hand is up and your right hand is down, and the striking part is the back of the forearm.

#### TECHNIQUE 1

- a) Step outside while reverse slashing side of abdomen.
- b) Stab into kidneys with reverse saber slash.

## TECHNIQUE 2

- a) Block from inside of his body.
- b) Reverse saber slash diagonally across neck/chest area.
- c) Reverse saber slash upwards across same path.
- d) Throw his arm as you circle his arm with your knife to the outside of his wrist.
- e) Step to the outside of his body and reverse stab to his groin.

### CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"  
"QUESTIONS TO CLASS"

**Q1.** In the first technique, what is the final strike?

**A1.** Reverse saber slash to the kidneys.

**Q2.** In the second technique, what is the final strike?

**A2.** A reverse stab to the groin.

## **SUMMARY**

1. In conclusion, you must be familiar with these different techniques as they are tools that can be used any time to protect life from an armed attacker.

## **TEST**

1. Practical demonstration with an opponent.

## **CONCLUSION**

**WEAK POINTS** : As per practical test

**IMPORTANT POINTS** :  
1. Knife to knife defence against an overhead thrust.

**FINAL MOTIVATION** : This information will be useful in protecting your life and the life of others throughout your career and beyond.

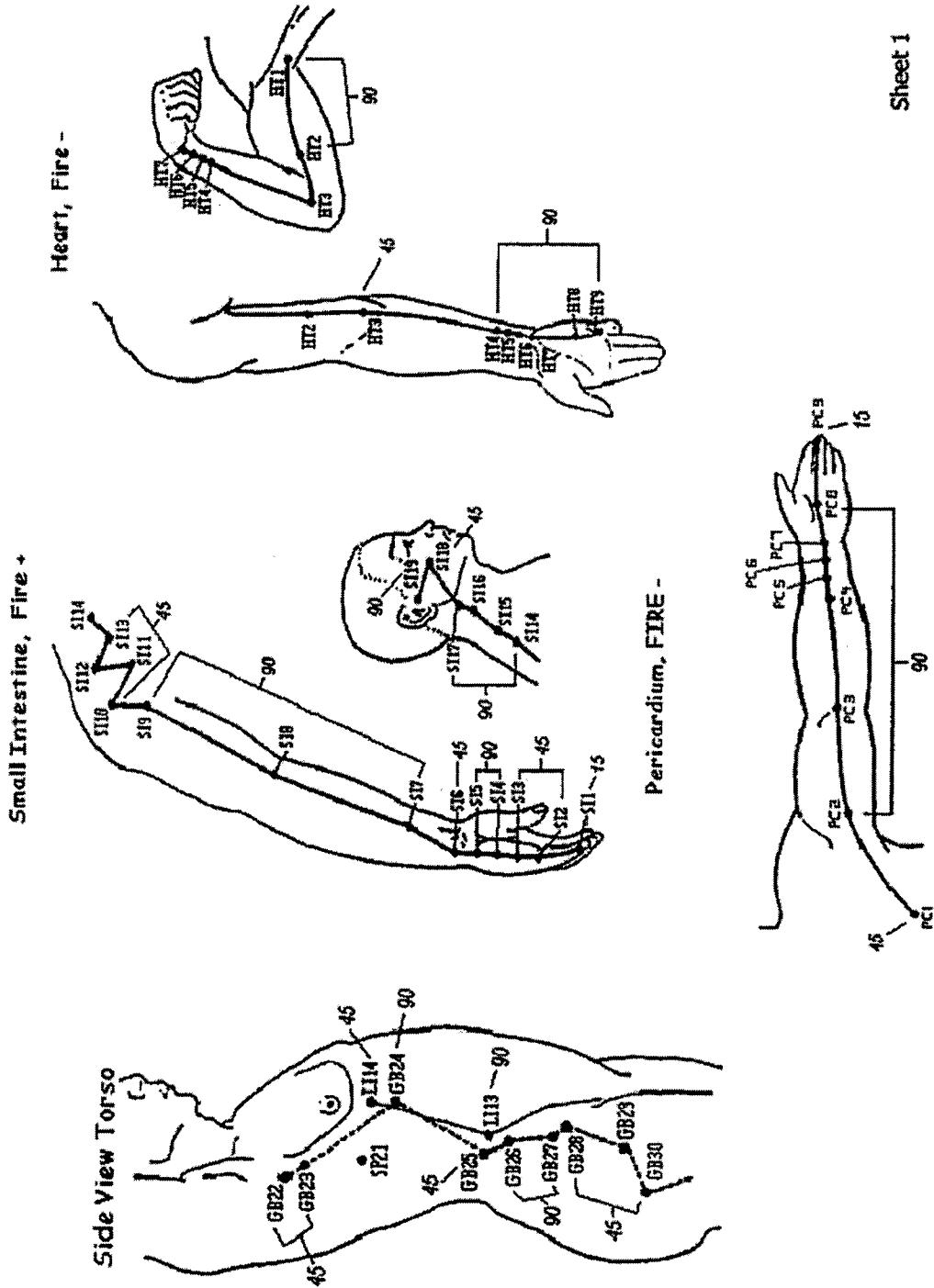
**NEXT PERIOD** : As per trg schedule.





# The Black Arts Society

## Pressure Point Charts



Sheet 1

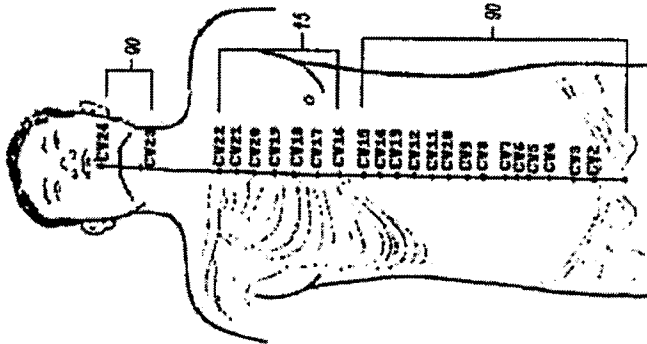
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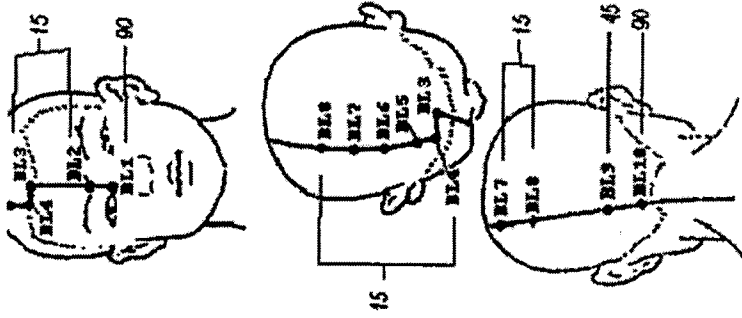
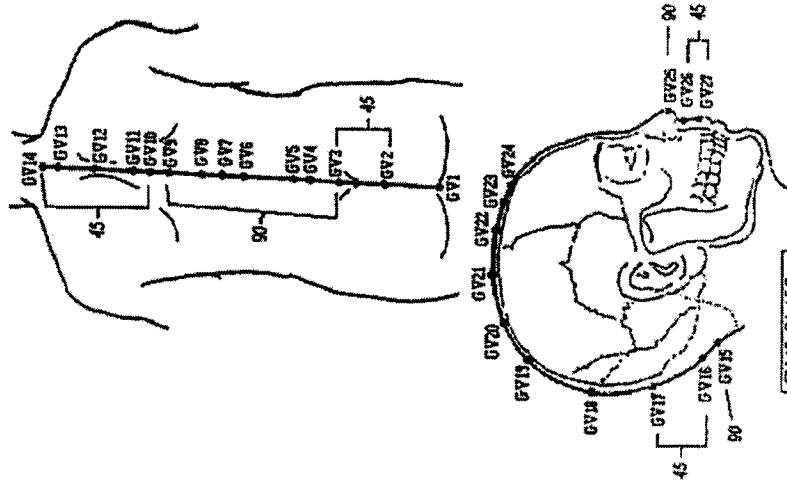
# The Black Arts Society

## Pressure Point Charts

Conception Vessel



Governing Vessel, Fire



Bladder. WATER +

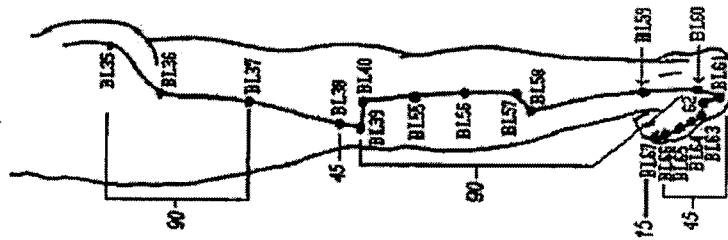
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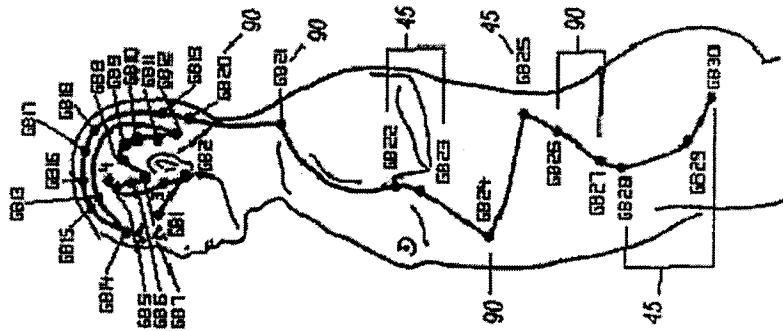
# The Black Arts Society

## Pressure Point Charts

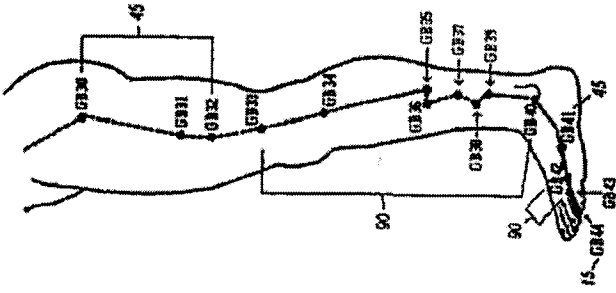
Bladder, WATER \*



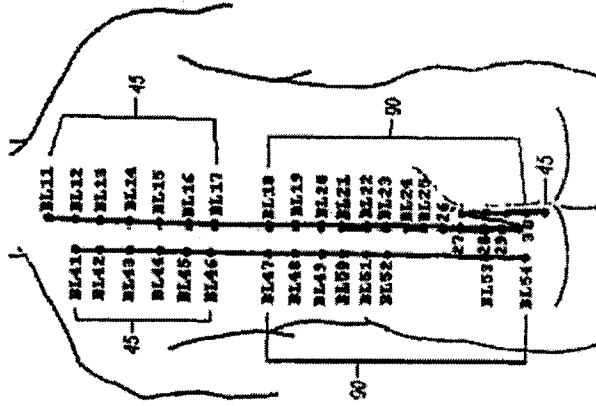
Gallbladder, WOOD \*



Gallbladder, WOOD \*



Bladder WATER \*



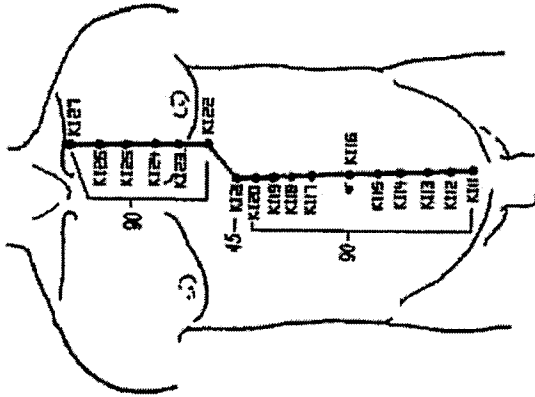
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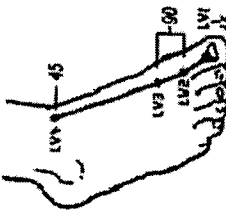
# The Black Arts Society

## Pressure Point Charts

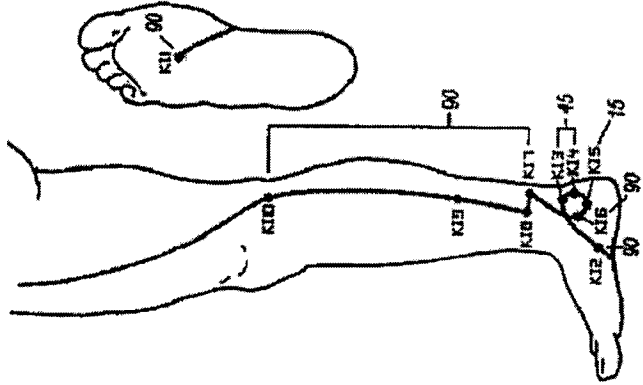
Kidney, WATER -



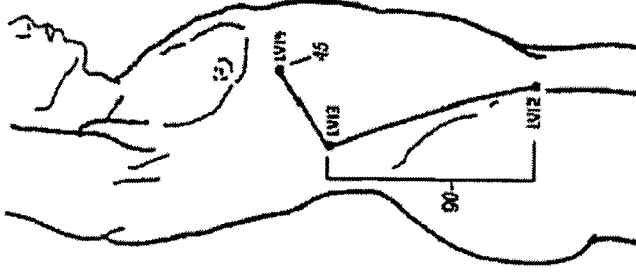
Liver, WOOD -



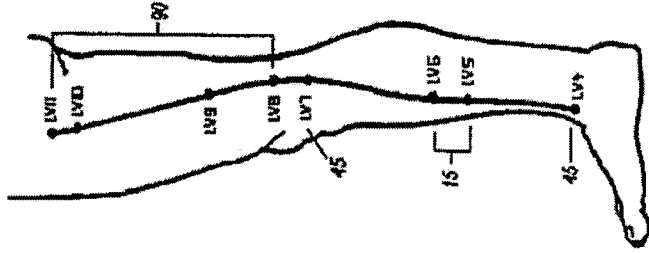
Kidney, WATER -



Liver, WOOD -



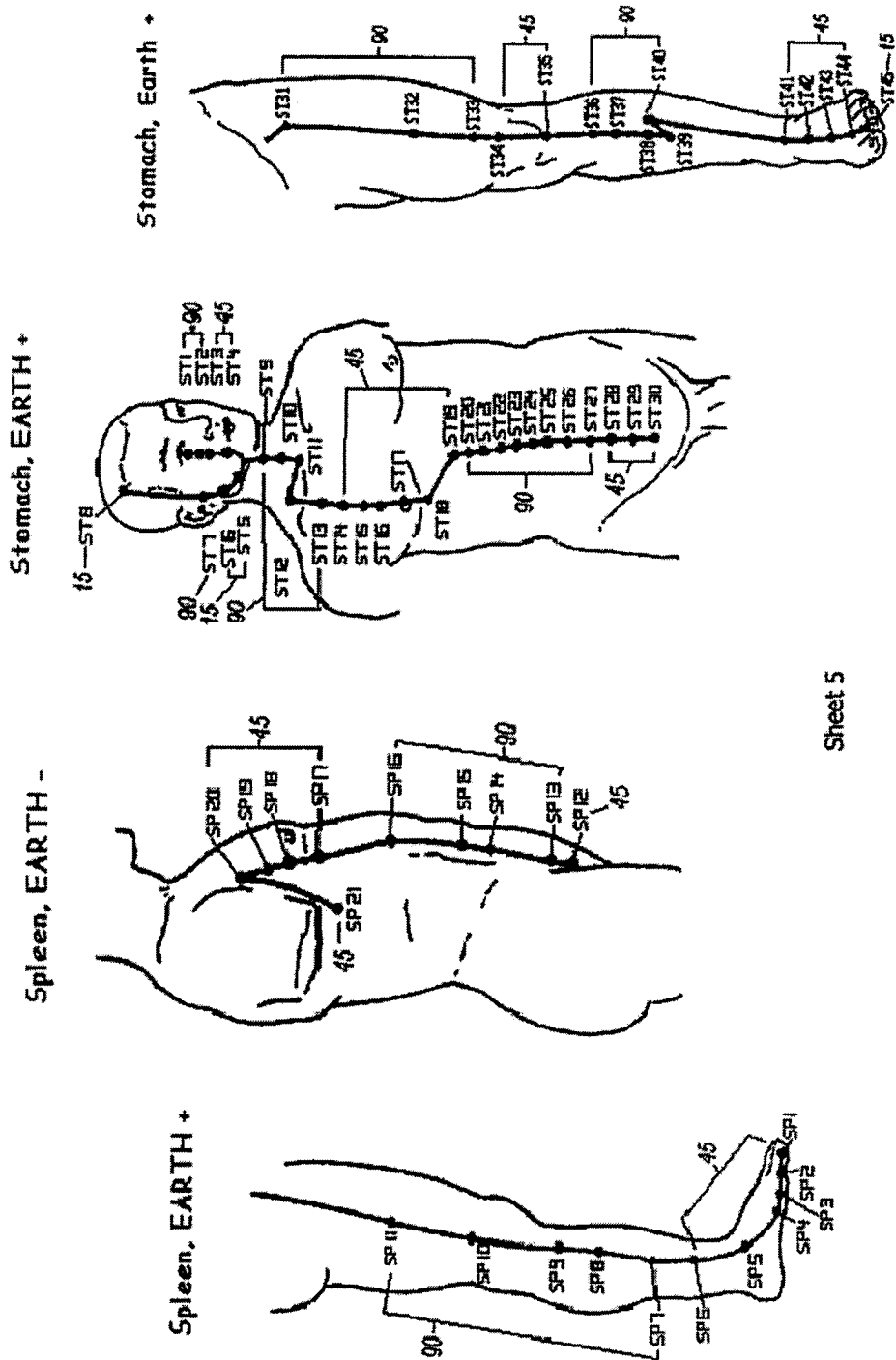
Liver, WOOD -





# The Black Arts Society

## Pressure Point Charts



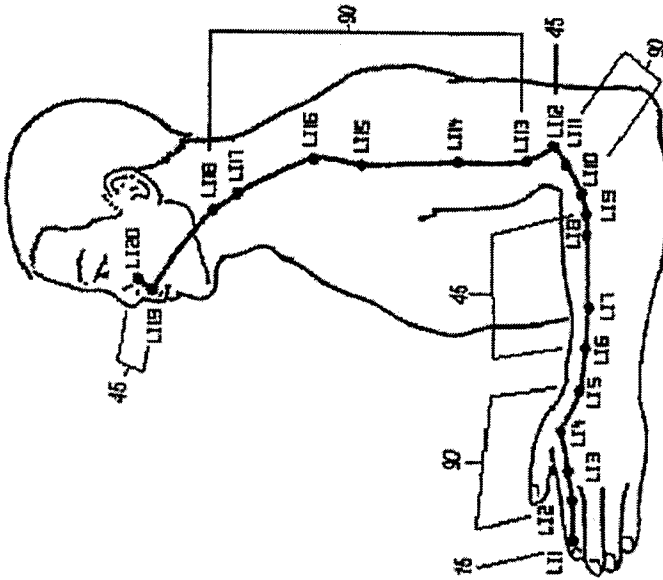
Sheet 5



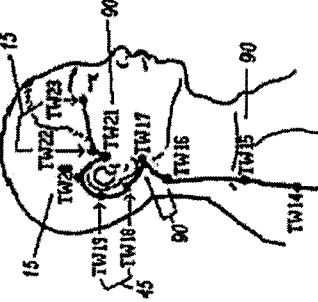
# The Black Arts Society

## Pressure Point Charts

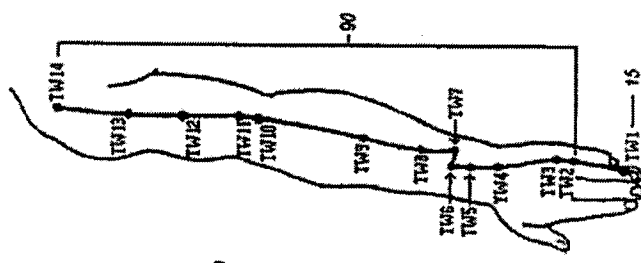
Large Intestine, METAL +



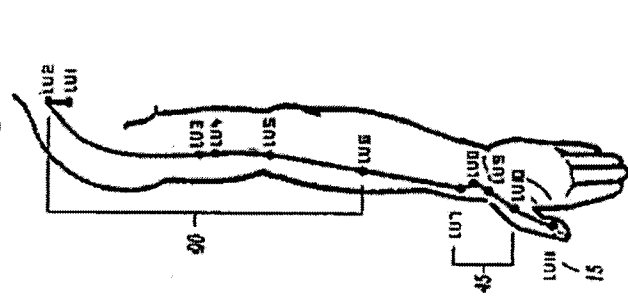
Triple Warmer, FIRE +



Triple Warmer, FIRE +



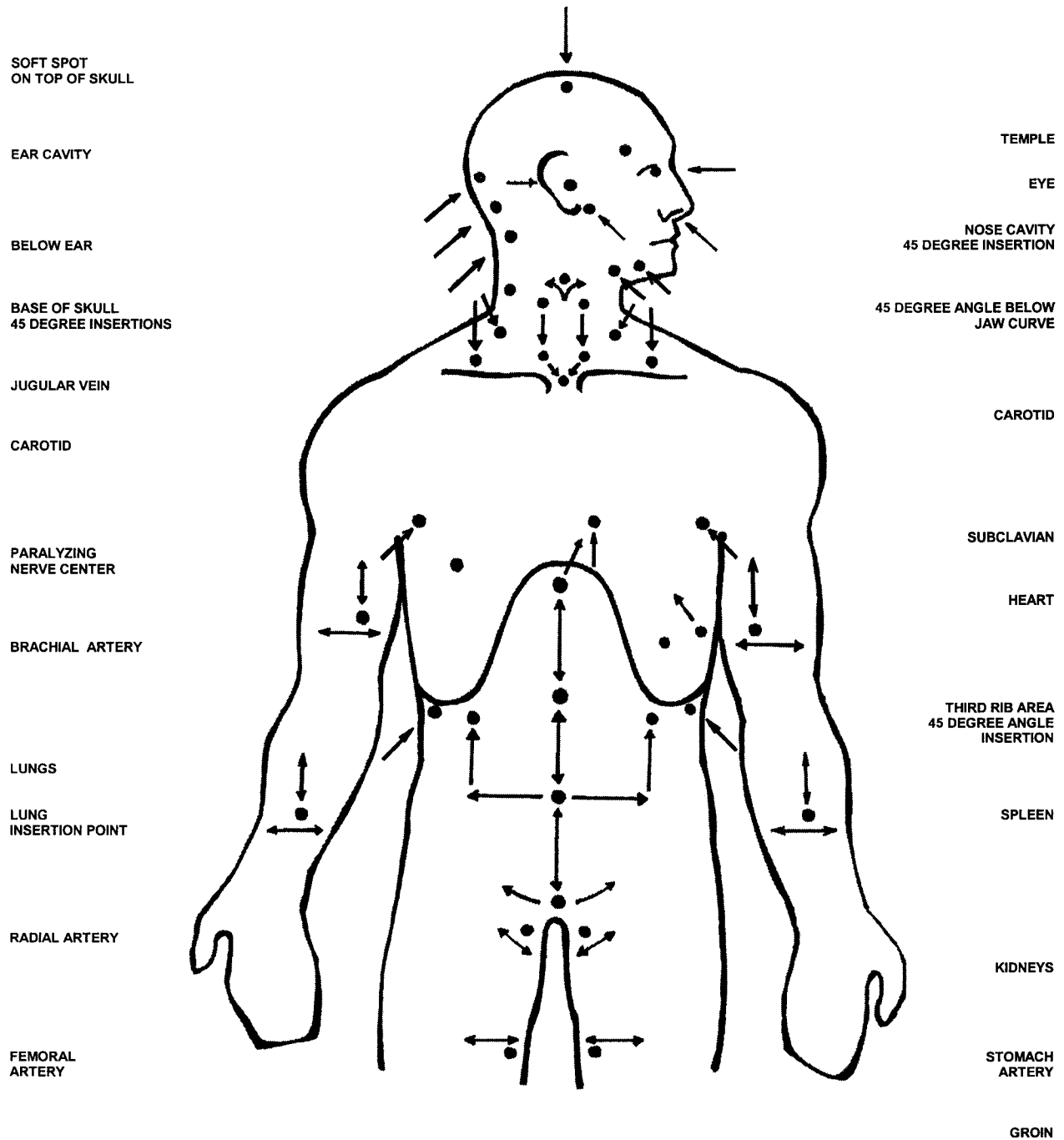
Lung, METAL -



# **REFERENCE MATERIAL**

Provided courtesy of the Black Arts Society.

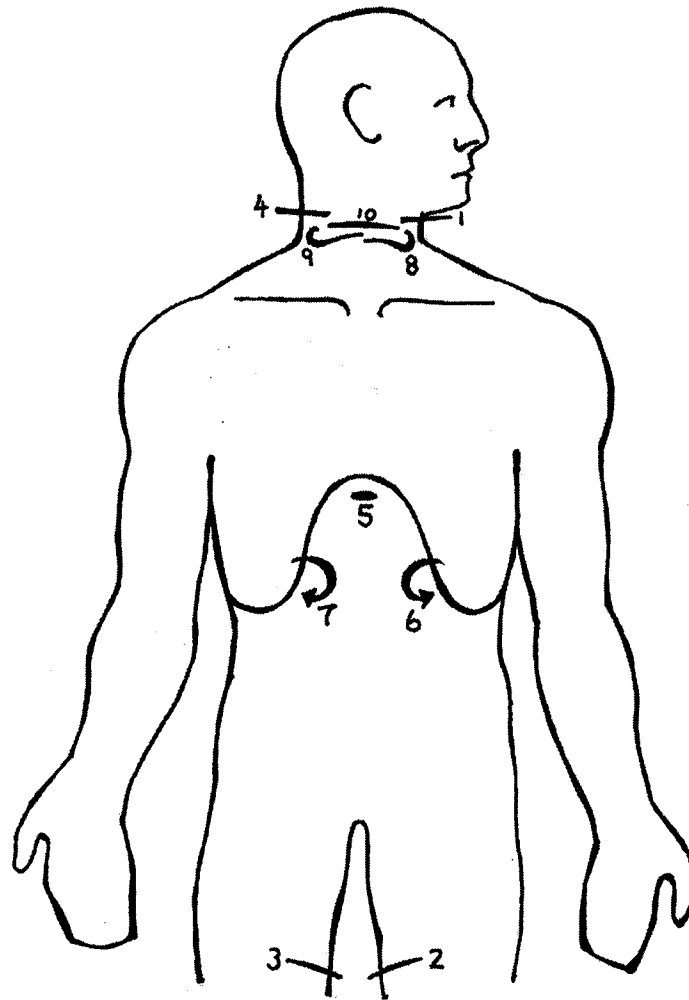
# VITAL STRIKING/VITAL INSERTION CHART FOR KNIFE FIGHTING, KNIFE THROWING AND SILENT INTERDICTION



- Arrows show the angle of the knife insertion and areas considered vital during a slashing attack. Primarily 45-degree angle cuts are utilized in the use of any cutting edged weapons.
- The most important factor in the use of the knife, is focused attack, slashes and stabs directed at vital targets of opportunity that appear in the enemy's defense. Bear in mind the length of the knife of the blade in proportion to the to the depth of the artery or vein during the knife insertion.



**VITAL STRIKING/VITAL INSERTION  
CHART FOR KNIFE FIGHTING, KNIFE  
THROWING AND SILENT INTERDICTION**



1. Saber slash your opponent's left side of neck on a 45 degree angle downward, cutting the carotid artery.
2. Back slash your opponent's femoral artery on the left leg, cutting on a slight angle upward from inside to outside.
3. Saber slash your opponents femoral artery on the right leg, cutting on a slight angle upward from inside to outside.
4. Saber slash your opponent's right side of neck on a 45 degree angle downward, cutting the carotid artery.
5. Stab your opponent in the sternum, on a 45-degree angle upward, striking the heart.
6. Slash your opponent's lung on the left side of the body, cutting under the rib cage.
7. Slash your opponent's lung on the right side of the body, cutting under the rib cage.
8. Stab your opponent in the left side of neck, twist blade and in a circular motion draw the blade around the neck.
9. Stab your opponent in the right side of neck, twist blade and in a circular motion draw the blade around the neck.
10. Back slash your opponent across the throat making a horizontal cut.

**VITAL STRIKING/VITAL INSERTION  
CHART FOR KNIFE FIGHTING, KNIFE  
THROWING AND SILENT INTERDICTION**

**Knife Targets and Results**

<b>Name</b>	<b>Description</b>	<b>Target Size</b>	<b>Depth Below Surface (inches)</b>	<b>Loss of Consciousness (seconds)</b>	<b>Death</b>
Brachial	Inside elbow	Medium	0.5	14	1.5 min
Radial	Wrist	Small	0.25	40	2 min
Carotid	Neck	Large	1.5	5	12 sec
Subclavian	Collar	Large	2.5	2	3.5 sec
Heart	Chest	-	3.5	Instantaneous	3 sec
Stomach	Lower abdomen	-	5	Depends on depth of cut	-

- When heart or stomach are not protected, choose them as primary targets because they have the greatest impact psychologically