

Military Unarmed Combat Course



Phase Two

**AS WRITTEN BY GRANDMASTER GUS MICHALIK, BLACK
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WARNING:

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

Black Arts Military Unarmed Combat Course

Phase Two

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102.01

- Open hand defence against left side of the neck saber slash.
- Open hand defence against a reverse femoral artery slash.

102.02

- Open hand defence against a forward femoral artery slash.
- Open hand defence against a high backslash to the side of the neck.

102.03

- Open hand defence against strike to the heart with a straight saber slash.
- Open hand defence against a backslash to the lungs with a saber grip.

102.04

- Open hand defence against a forward saber slash to other lung.
- Open hand defence against a strike to the carotid sinuous with an inverted reverse stab.

102.05

- Open hand defence against strike to the left carotid sinuous with a forward regular stab.
- Open hand defence against a strike with a forward saber slash.

Dim Mak Points Chart

Knife Insertion Points Chart

EDO 102	LESSON	DATE
EC 102.01	EDO-01	AUGUST 2002

LESSON OBJECTIVE

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

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Open hand defence against left side of the neck saber slash. 2. Open hand defence against a reverse femoral artery slash. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Two Training Unarmed Combat (Basic Trg Manual) Vol 2 Chapter 1 & 2</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Training knives</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

WHAT : In this lesson, open hand defence against an attacker armed with a knife 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 two 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 LEFT SIDE OF THE NECK SABER 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 two training will give the soldier two basic defences for each type of armed attacks. The first defence is open hand against a left side of the neck saber 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) Inside block with your left hand.
- b) Simultaneously striking his throat with your right hand between CV-23, 24 at the connecting point between the bottom of the jaw and the neck.
- c) Simultaneously rotating your hips, collapsing the windpipe.
- d) No follow up required.

TECHNIQUE 2

- a) With an up and down block, move into the inside of the attacker, simultaneously blocking the strike.
- b) With your right hand strike his 3rd rib or LV-14 (quadrant 1) with the back of your hand.
- c) Continuous back hand movement from your left to right then trust forward with reverse ridge hand into LI-18 (quadrant 2).

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

Q1. In the first technique, when stepping inside to block to the left, which foot should be forward?

A1. The right.

Q2. In the second technique, what is the 3rd rib also known as?

A2. LV-14.

STAGE 2

DEFENCE AGAINST A REVERSE FEMORAL ARTERY 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 two training will give the soldier two basic defences for each type of armed attack. The next defence is open hand against a reverse femoral artery slash.

TECHNIQUE 1

- a) Lower block with the back of your left arm from the outside of the attackers body as you strike GB-1 (temple, quadrant 1) with a downward strike.
- b) No follow up required.

TECHNIQUE 2

- a) Lower block with the back of your left arm as you strike ST-9 (vagus nerve, quadrant 1) from the outside of his body with your fingers in the shape of a gun.
- b) Lower the blood pressure, slowing the heart.
- c) No follow up required.

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

- Q1.** In the first technique, where is the kill strike placed?
- A1.** The temple, also known as GB-1.

- Q2.** In the second technique, what type of strike is used?
- A2.** The fingers in the shape of a gun.

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. Open hand defence against left side of the neck saber slash.
2. Open hand defence against a reverse femoral artery 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.

EDO 102	LESSON	DATE
EC 102.02	EDO-01	AUGUST 2002

LESSON OBJECTIVE

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

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Open hand defence against a forward femoral artery slash. 2. Open hand defence against a high backslash to the side of the neck. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Two Training Unarmed Combat (Basic Trg Manual) Vol 2 Chapter 3 & 4</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Training knife</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

WHAT : In this lesson, open hand defence against an attacker armed with a knife 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 two 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 FORWARD FEMORAL ARTERY 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 two training will give the soldier two basic defences for each type of armed attacks. The first defence is open hand against a forward femoral artery 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) From the inside of the attacker's body strike with the back of your right arm to PC-6,7.
- b) Then we hit LV-14 (quadrant 1) with a back fist.
- c) We continue the motion from our left to right and then strike CV-22 (crushing the trachea).
- d) No follow up required.

TECHNIQUE 2

- a) From the inside of the attackers body strike with the back of our right arm with a up and down block to PC-6,7.
- b) Go to the right side of his body (quadrant 1) striking the neck from SI-16 to ST-5 then reverse your grip on the back of his neck from palm out to palm in digging into the opponents neck (GB-20, quadrant 2).
- c) Continue the circular motion snaking his head till he faces the sky, then drop on one knee.
- d) This will use the attacker's weight to break the neck.

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

Q1. In the first technique, what effect will striking PC-6,7 most likely have?

A1. Cause the attacker to drop the knife.

Q2. In the second technique, what will most likely happen when striking SI-16 and ST-5?

A2. The attacker will black out.

STAGE 2

DEFENCE AGAINST A HIGH BACKSLASH TO THE SIDE OF THE NECK

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 two training will give the soldier two basic defences for each type of armed attack. The next defence is open hand against a high backslash against the side of the neck.

TECHNIQUE 1

- a) From the outside of the attacker's body with a reverse up and down block strike the attackers arm.
- b) Reverse the up and down block, striking TW-11.
- c) Then with the right hand circle around the front of the attackers body striking LI-18 (quadrant 2) while supporting the back of the neck with the other hand.
- d) Then kick out the back of the attacker's leg (quadrant 3) with your left foot.
- e) His own body weight will break his neck

TECHNIQUE 2

- a) From the outside of the body with a reverse up and down block strike the back of the attackers arm.
- b) Reverse the up and down block, striking TW-11.
- c) Then with your right hand or elbow strike the back of the neck at C-2 C-3 (cervical vertebrae).
- d) No follow up required.

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"

"QUESTIONS TO CLASS"

Q1. In the first technique, what is the end position of the hands?

A1. A scissor lock around the attacker's neck.

Q2. In the second technique, where should the finishing strike be targeted?

A2. The cervical vertebrae at C-2 C-3.

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. Open hand defence against a forward femoral artery slash.
2. Open hand defence against a high backslash to the side of the neck.

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.

EDO 102	LESSON	DATE
EC 102.03	EDO-01	AUGUST 2002

LESSON OBJECTIVE

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

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Open hand defence against strike to the heart with a straight saber slash. 2. Open hand defence against a backslash to the lungs with a saber grip. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Two Training Unarmed Combat (Basic Trg Manual) Vol 2 Chapter 5 & 6</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Training knife</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

WHAT : In this lesson, open hand defence against an attacker armed with a knife 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 two 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 STRIKE TO THE HEART WITH A STRAIGHT SABER 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 two training will give the soldier two basic defences for each type of armed attacks. The first defence is open hand against a strike to the heart with a straight saber 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) From the outside of the attacker, strike LI-10,11 with your small fingers knuckle.
- b) Simultaneously strike the notch at the top of the eye with a fist palm up into the socket.
(BL-2, quadrant 1)
- c) No follow up required.

TECHNIQUE 2

- a) From the outside of the attacker strike LI-10,11 with your left hand.
- b) Simultaneously strike SI-16 with palm down, rolling it till the thumb hits ST-5 (quadrant 1).
- c) Rotate the palm in with thumb down grabbing the left side of his neck at GB-20 (quadrant 2).
- d) Now continue a circular motion in a clockwise direction till his face, faces the sky.
- e) Then drop on one knee breaking the neck.

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

Q1. In the first technique, what is the target for the finishing strike?

A1. The notch at the top of the eye known as BL-2.

Q2. In the second technique, what effect will striking SI-16 with palm down, rolling it till the thumb hits ST-5 have?

A2. Knock-out the attacker.

STAGE 2

DEFENCE AGAINST A BACKSLASH TO THE LUNGS WITH A SABER GRIP

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 two training will give the soldier two basic defences for each type of armed attack. The next defence is open hand against a backslash to the lungs with a saber grip.

TECHNIQUE 1

- a) From the outside of the attacker's body slap the back of the attackers arm.
- b) Simultaneously, with palm down, strike GB-20 (quadrant 1).

TECHNIQUE 2

- a) From the outside of the attacker's body strike LI-10,11.
- b) Simultaneously striking ST-3 (quadrant 1) in a downwards direction.
- c) No follow up required.

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

Q1. In the first technique, what will striking GB-20 do?

A1. Knock-out the attacker.

Q2. In the second technique, where is LI-10, 11?

A2. Near the elbow.

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. Open hand defence against strike to the heart with a straight saber slash.
2. Open hand defence against a backslash to the lungs with a saber grip.

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.

EDO 102	LESSON	DATE
EC 102.04	EDO-01	AUGUST 2002

LESSON OBJECTIVE

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

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Open hand defence against a forward saber slash to other lung. 2. Open hand defence against a strike to the carotid sinuous with an inverted reverse stab. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Two Training Unarmed Combat (Basic Trg Manual) Vol 2 Chapter 7 & 8</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Training knife</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

WHAT : In this lesson, open hand defence against an attacker armed with a knife 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 two 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 FORWARD SABER SLASH TO THE OTHER LUNG

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 two training will give the soldier two basic defences for each type of armed attacks. The first defence is open hand against a forward saber slash to the other lung.

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) From the inside of the attackers body with your right hand strike PC-2 with an upward flick with the back of your small knuckle simultaneously blocking with your left hand.
- b) Strike with the right hand a reverse shoto chop to SI-16(quadrent1), and then roll the hand up to till the thumb hits ST-5.
- c) Then with the right hand do a palm heal strike to ST-10 or 11(quadrant 1 part of the vagus nerve.)
- d) No follow up required.

TECHNIQUE 2

- a) From the inside of the attackers body block with your left hand while striking SI-16 (quadrant 1) with your right hand (a reverse shoto chop.) Then roll it till your thumb hits ST-5.
- b) Then perform a palm heal strike to CV-24.
- c) No follow up required.

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

Q1. In the first technique, what will striking PC-2 with the small knuckle most like accomplish?

A1. Cause the attacker to drop his knife.

Q2. In the second technique, where is ST-5?

A2. Side of lower jaw.

STAGE 2

DEFENCE AGAINST A STRIKE TO THE CAROTID SINUOUS WITH AN INVERTED REVERSE STAB

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 two training will give the soldier two basic defences for each type of armed attack. The next defence is open hand against a strike to the carotid sinuous with an inverted reverse stab.

TECHNIQUE 1

- a) From the outside of the attackers body strike the attackers arm with your left hand thumb facing upwards.
- b) Simultaneously striking the eyes with your right hand, driving the head back.
- c) Then with your right hand strike CV-24 (chin).
- d) No follow up required.

TECHNIQUE 2

- a) From the outside of the attackers body, strike the attackers arm with your left hand.
- b) Simultaneously strike CV-22 (lower throat) with your right elbow.
- c) No follow up required.

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

Q1. In the first technique, where is CV-24?

A1. The attacker's chin.

Q2. In the second technique, what is the finishing pressure point that is being applied?

A2. The attacker's lower throat.

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 unarmed attacker.

TEST

1. Practical demonstration with an opponent.

CONCLUSION

WEAK POINTS : As per practical test

IMPORTANT POINTS :

1. Open hand defence against a forward saber slash to other lung.
2. Open hand defence against a strike to the carotid sinuous with an inverted reverse stab.

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.

EDO 102	LESSON	DATE
EC 102.05	EDO-01	AUGUST 2002

LESSON OBJECTIVE

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

<p><u>TEACHING POINTS</u></p> <ol style="list-style-type: none"> 1. Open hand defence against strike to the left carotid sinuous with a forward regular stab. 2. Open hand defence against a strike with a forward saber slash. 	<p><u>METHOD/APPROACH</u></p> <ul style="list-style-type: none"> - Theory - Practice *
	<p><u>REFERENCE(S)</u></p> <p>Phase Two Training Unarmed Combat (Basic Trg Manual) Vol 2 Chapter 9 & 10</p>
	<p><u>STUDENT LEVEL</u></p> <p>All</p>
	<p><u>TEST DETAIL</u></p> <p>Practical</p>
	<p><u>TRAINING AIDS</u></p> <p>Training knife</p>

CAREER ADMINISTRATIVE ACTIONS

INTRODUCTION

WHAT : In this lesson, open hand defence against an attacker armed with a knife 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 two 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 STRIKE TO THE LEFT CAROTID SINUOUS WITH A FORWARD 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 two training will give the soldier two basic defences for each type of armed attacks. The first defence is open hand against a strike to the left carotid sinuous with a forward regular 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 with your left hand from the inside of the attackers body.
- b) Simultaneously with a reverse shoto chop strike SI-16 (quadrant 1) and roll the hand till the thumb strikes ST-5.
- c) Rotate the right hand so that the palm is facing inwards and striking GB-20(quadrant 1)
- d) Grabbing GB-20 (quadrant 2) pull the head downwards.
- e) Simultaneously kneeling SP-10 (quadrant 3) with your right knee.

- f) Then as the person falls forward elbow strike the spine between C-2 and C-3.

TECHNIQUE 2

- a) Blocking with the left hand from the inside of the attackers body.
- b) Simultaneously with your right hand strike HT-2 (quadrant 1).
- c) Then with your right elbow strike LV-14 (quadrant 1).
- d) Then with a right handed back fist strike TW-23 (quadrant 1) with a downwards motion.
- e) No follow up required.

CONFIRMATION OF STAGE 1

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

- Q1.** In the first technique, what effect will striking C-2 and C-3 have?
- A1.** It will cause death in the attacker.

- Q2.** In the second technique, what effect will striking HT-2 have?
- A2.** It will cause the attacker to drop the knife.

STAGE 2

DEFENCE AGAINST A STRIKE WITH A FORWARD SABER 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 two training will give the soldier two basic defences for each type of armed attack. The next defence is open hand against a strike with a forward saber slash.

TECHNIQUE 1

- a) Block with your left hand from the inside of the attackers body to the right side of the attackers neck, as you strike SI-16 (quadrant 1) with a reverse shoto chop and then roll your hand till the thumb hits ST-5.
- b) Continue holding the attackers arm with your left hand then perform a scissors block with your right hand breaking the attackers elbow
- c) Then grab his hair with your left hand while grabbing his elbow with your right hand and circling in counter-clockwise.
- d) Pull the attacker to the ground by his hair while pulling out his trachea with your right hand.
- e) No follow up required.

TECHNIQUE 2

- a) Block with your left hand from the inside of the attackers body.
- b) Simultaneously striking the left side of the neck to ST-16 (quadrant 2) with palm up and then rolling it into ST-5.
- c) As the attacker falls to the ground rip out his throat.
- d) No follow up required.

CONFIRMATION OF STAGE 2

"QUESTIONS FROM CLASS"
"QUESTIONS TO CLASS"

Q1. In the first technique, what will the initial strike of SI-16 and ST-5 most likely do?

A1. Knock-out the attacker.

Q2. In the second technique, where is ST-16?

A2. The side of the attacker's neck.

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. Open hand defence against strike to the left carotid sinuous with a forward regular stab.
2. Open hand defence against a strike with a forward saber slash.

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

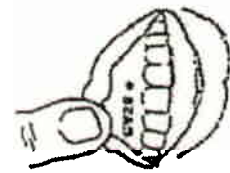
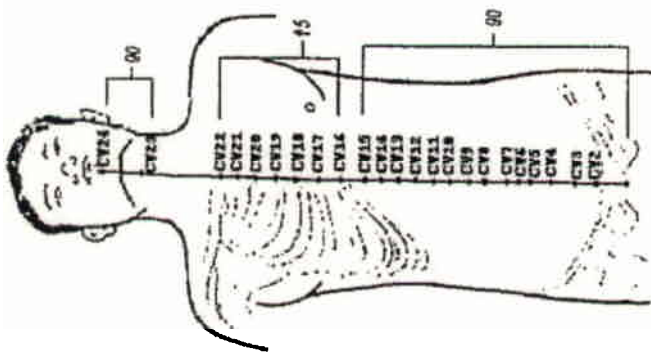
NEXT PERIOD : As per trg schedule.



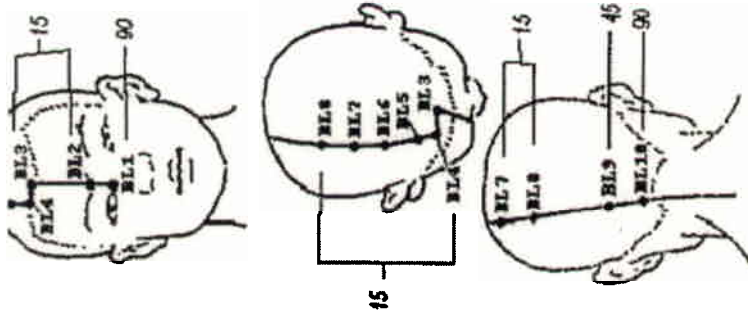
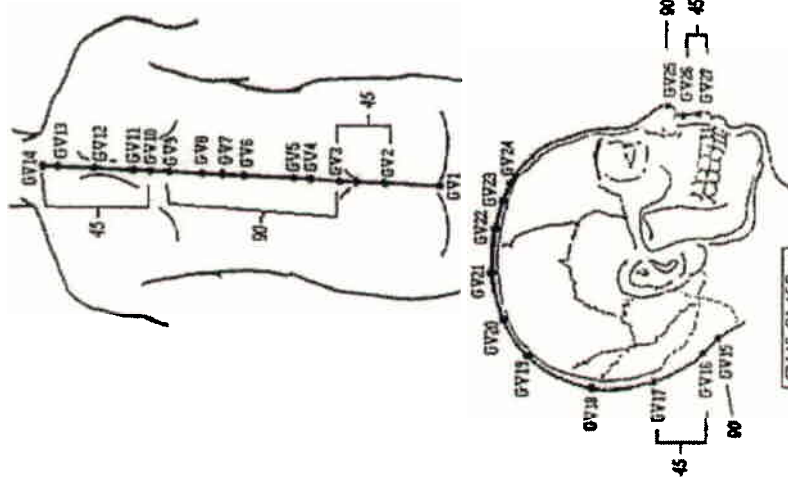
The Black Arts Society

Pressure Point Charts

Conception Vessel



Governing Vessel, Fire



Bladder, WATER *

Sheet2

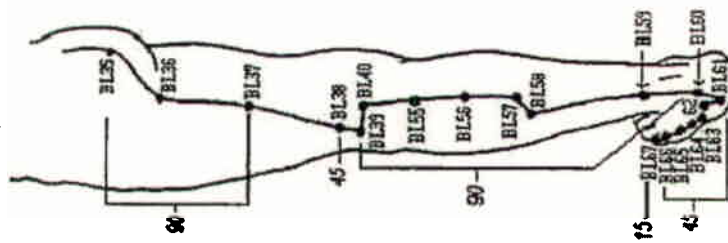
© Black Arts Society



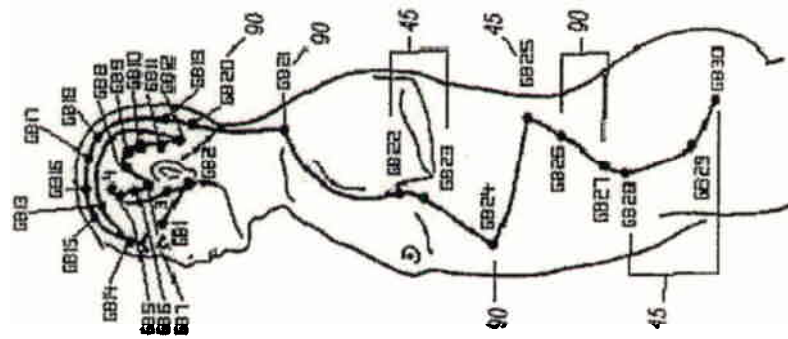
The Black Arts Society

Pressure Point Charts

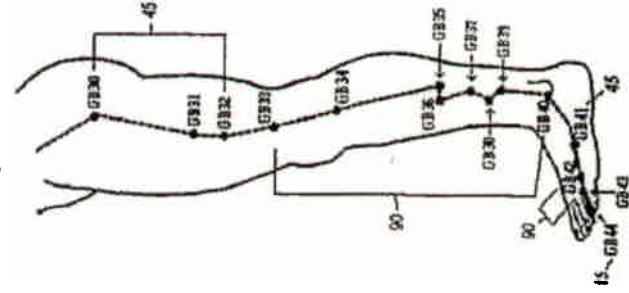
Bladder, WATER *



Gallbladder, WOOD *



Gallbladder, WOOD *



Bladder WATER *

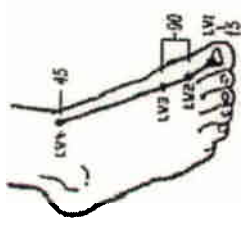
Sheet 3



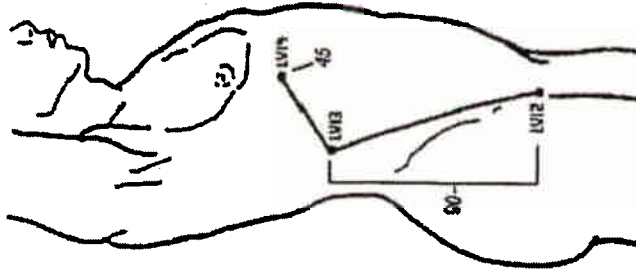
The Black Arts Society

Pressure Point Charts

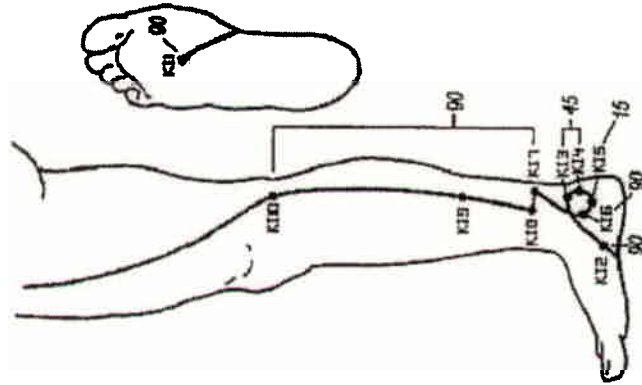
Liver, WOOD -



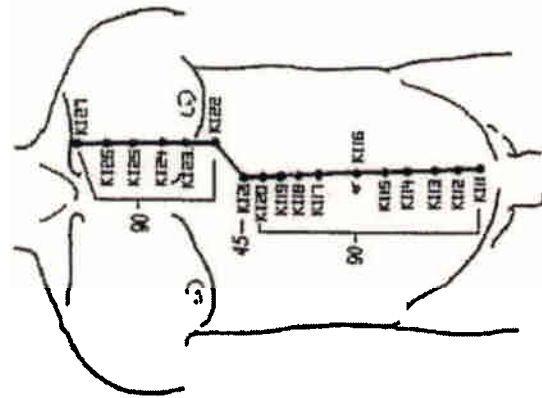
Liver, WOOD -



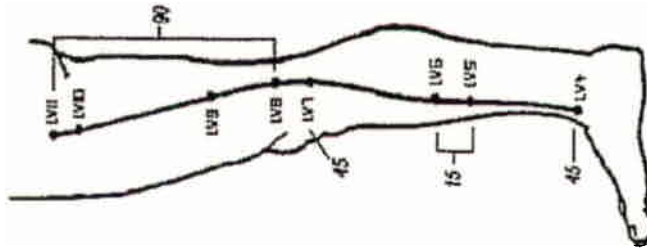
Kidney, WATER -



Kidney, WATER -



Liver, WOOD -

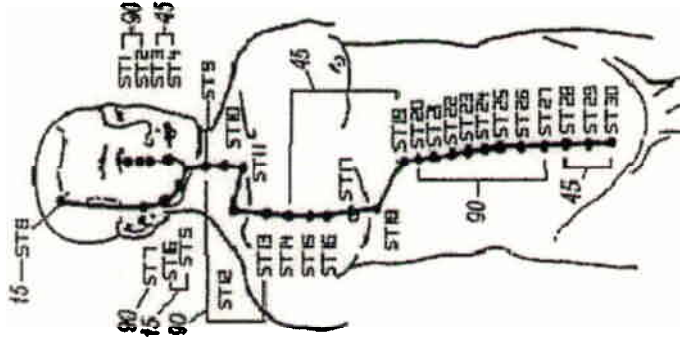




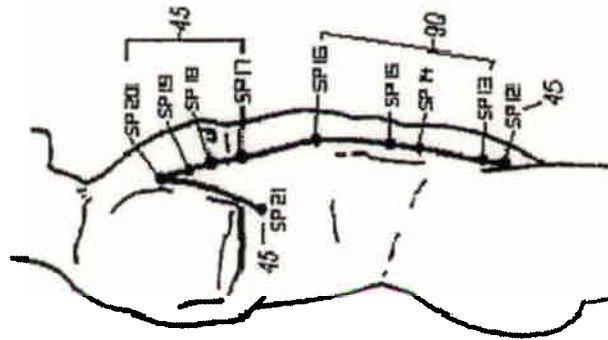
The Black Arts Society

Pressure Point Charts

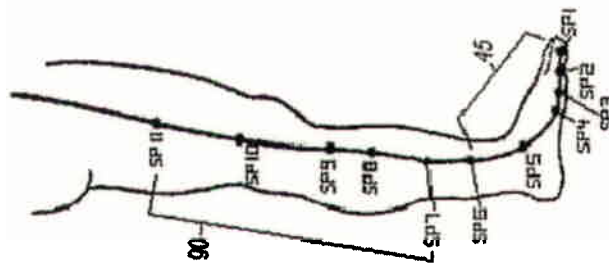
Stomach, EARTH +



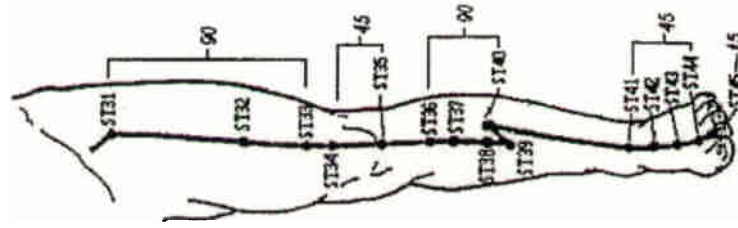
Spleen, EARTH -



Spleen, EARTH +



Stomach, Earth +



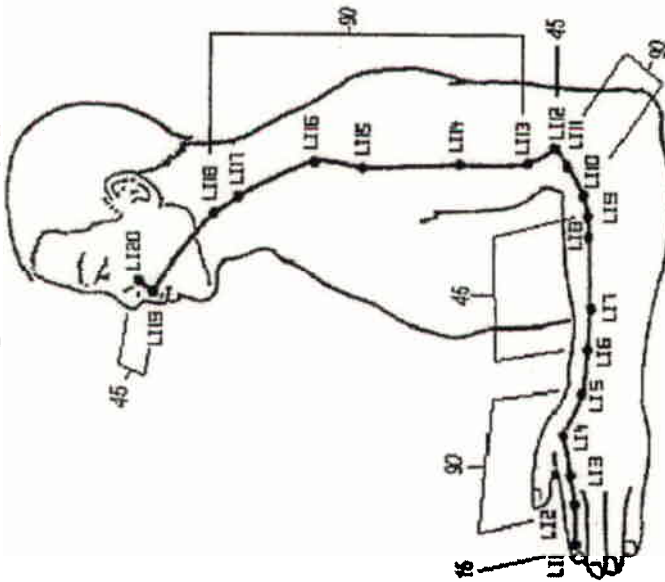
Sheet 5



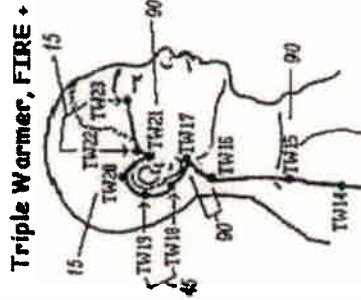
The Black Arts Society

Pressure Point Charts

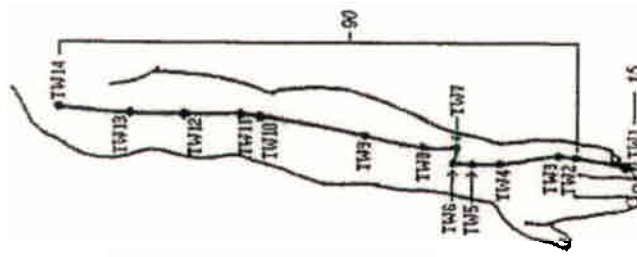
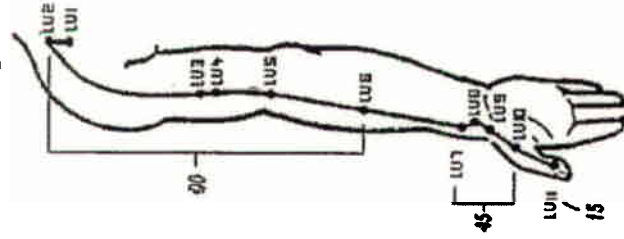
Large Intestine, METAL +



Triple Warmer, FIRE +



Lung, METAL -

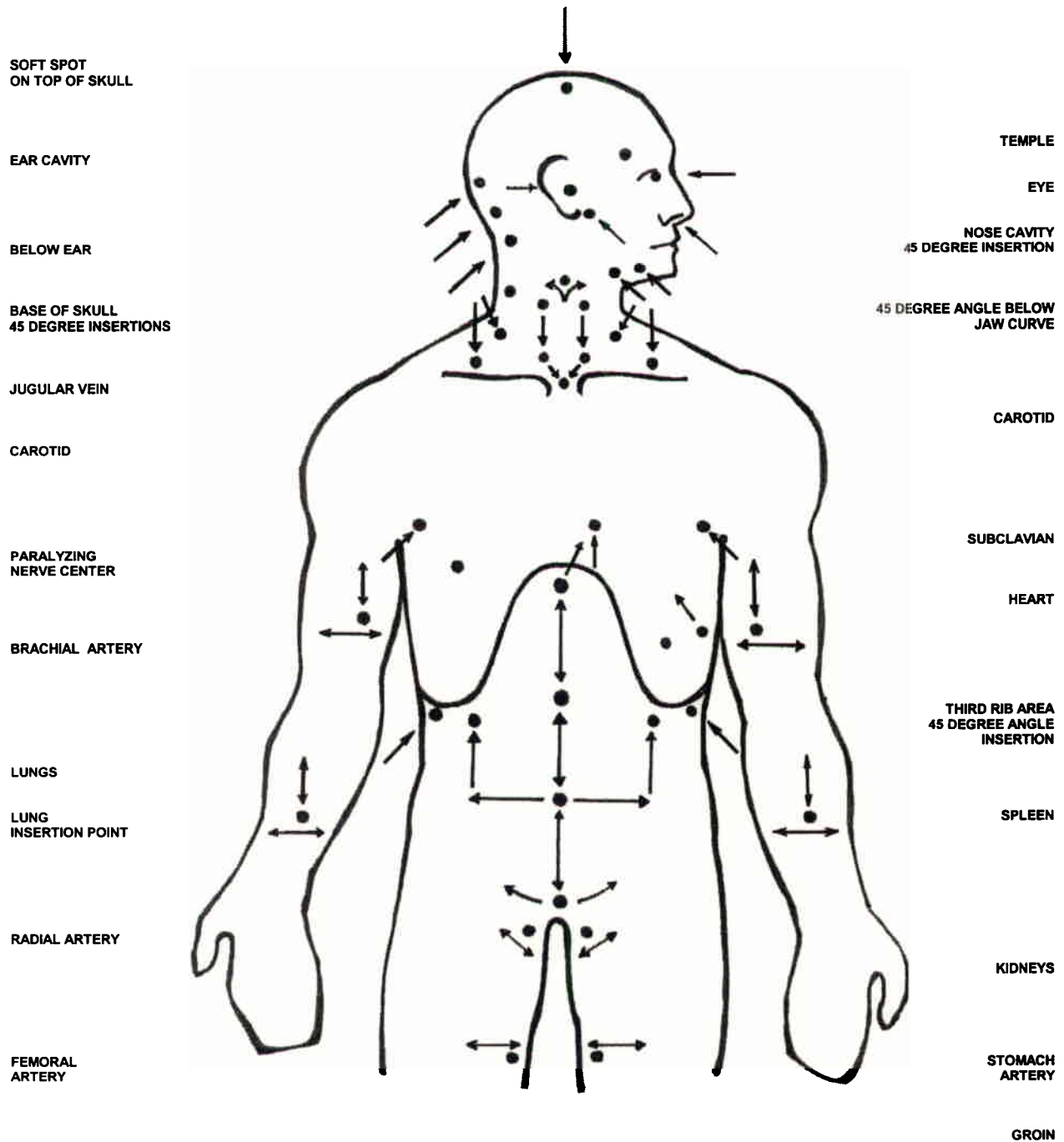


Sheet 6

REFERENCE MATERIAL

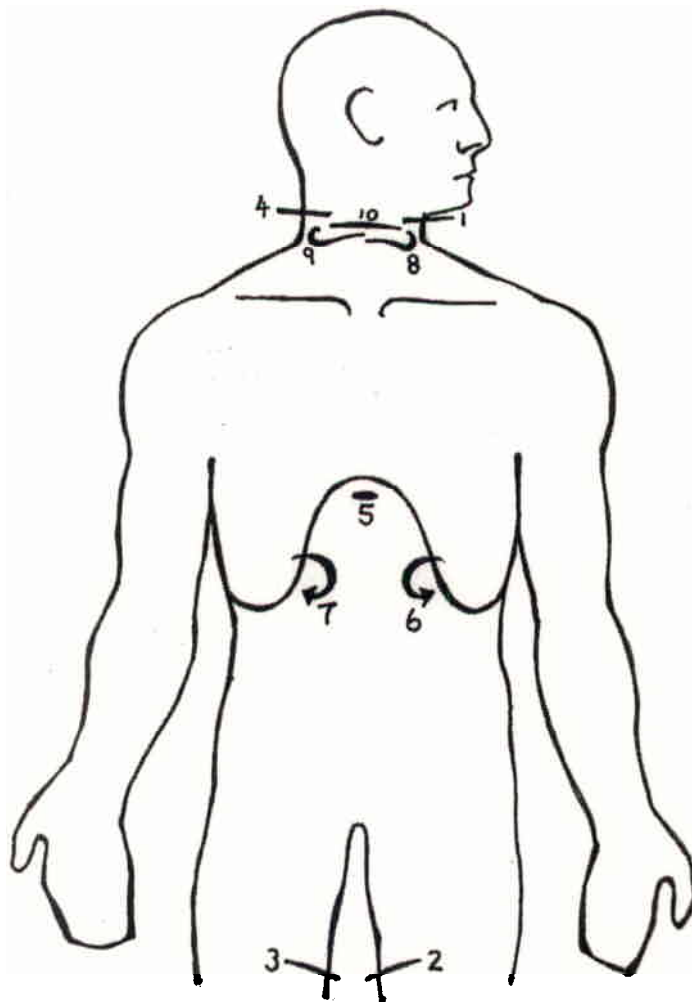
Provided courtesy of the Black Arts Society.

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

Name	Description	Target Size	Depth Below Surface (inches)	Loss of Consciousness (seconds)	Death
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