

# Burton Richardson's

## Knife Defense For The Street

### Knife Defense 1

Log your rounds doing the following drills and performance games. When you have completed all the required rounds for a level, you are ready to test.

Each round is **2 minutes**. You must complete **50 rounds** of each drill and performance game to be able to take your test.

#### Drill:

#### Recognizing The Draw - Break Distance Part 4, Chapter 58 (Chapter 11 on DVD)

Start in a scenario where the aggressor is arguing. When he draws, break distance or shove and break distance. Escape or arm yourself, preferably with a chair or similar large object.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>
										<b>50</b>

#### Performance Games:

#### Switching Hand Defense - Hammer Grip Part 4, Chapter 58 (Chapter 11 on DVD)

Start with the baseball bat grip position and do your best to keep your partner from switching the knife to his free hand. No disarms. If your partner does switch hands, start again.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>
										<b>50</b>

#### Breaking Distance - Hammer Grip Part 4, Chapter 58 (Chapter 11 on DVD)

Start with the baseball bat grip position and look for the proper time to break distance. After you break distance, reset and start again.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>

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### Knife Defense 2

Log your rounds doing the following drills and performance games. When you have completed all the required rounds for a level, you are ready to test.

Each round is **2 minutes**. You must complete **50 rounds** of each drill and performance game to be able to take your test.

#### Drill:

#### Grip Transition Drill    Part 4, Chapter 62 (Chapter 15 on DVD)

Start in the inside or outside wrestling capture, inside or outside overwrap, or in the arm drag position. Practice making a smooth transition to the baseball bat grip position. Once there, reset and start in another position.

										10
										20
										30
										40
										50

#### Performance Games:

#### Baseball Bat Grip Against The Hammer Grip    Part 4, Chapter 58 (Chapter 11 on DVD)

Start with the baseball bat grip position and work for a disarm.

										10
										20
										30
										40
										50

#### Baseball Bat Grip Against The Icepick Grip    Part 4, Chapter 58 (Chapter 11 on DVD)

Start with the baseball bat grip position and work for a disarm.

										10
										20
										30
										40
										50

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### Knife Defense 3

Log your rounds doing the following drills and performance games. When you have completed all the required rounds for a level, you are ready to test.

Each round is **2 minutes**. You must complete **50 rounds** of each drill and performance game to be able to take your test.

#### Drill:

#### Defense Against The Wedge And Stab Drill - Hammer Grip

#### Part 3, Chapter 41 (Chapter 7 on DVD)

Drill defense against the wedge and stab against repeated hammer grip underhand stabs.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>
										<b>50</b>

#### Performance Games:

#### Enter, Control, And Disarm - Hammer Grip      Part 4, Chapter 57 (Chapter 10 on DVD)

Enter, control, and disarm against repeated **hammer grip** underhand stabs.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>
										<b>50</b>

#### Enter, Control, And Disarm - Icepick Grip      Part 4, Chapter 58 (Chapter 11 on DVD)

Enter, control, and disarm against repeated overhand **icepick grip** stabs.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>
										<b>50</b>

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### Knife Defense 4

Log your rounds doing the following drills and performance games. When you have completed all the required rounds for a level, you are ready to test.

Each round is **2 minutes**. You must complete **50 rounds** of each drill and performance game to be able to take your test.

#### Ground Bottom Drill    Part 4, Chapter 52 (Chapter 5 on DVD)

Start with your partner in your guard. Get the baseball bat grip on the knife arm, get to your knees, and disarm. Reset and start again.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>
										<b>50</b>

### Performance Games:

#### Recognizing The Draw – Kickboxing    Part 4, Chapter 59 (Chapter 12 on DVD)

Lightly play the open hand kickboxing game Your partner pulls a training knife at any time. Recognize the draw, break distance, arm yourself, or enter empty handed. Once you get to a safe distance or secure the knife arm well, reset and start again.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>
										<b>50</b>

#### Recognizing The Draw – Clinch    Part 4, Chapter 59 (Chapter 12 on DVD)

Lightly play in the clinch. Your partner pulls a training knife at any time. Recognize the draw, break distance, arm yourself, or enter empty handed. Once you get to a safe distance or secure the knife arm well, reset and start again.

										<b>10</b>
										<b>20</b>
										<b>30</b>
										<b>40</b>
										<b>50</b>