Burton Richardson's

Knife Defense For The Street

Knife Defense For The Street Instructor Preparation

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.

Drills

Shield And Grab Against Switching Hands Drill - <u>Hammer Grip</u> Part 4, Chapter 61 (Chapter 14 on DVD)

Drill using the shield and grab to enter against repeated **hammer grip** underhand stabs. Feeder alternates between **right and left hand grips**.

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Drive Entry - <u>Icepick Grip</u> Part 4, Chapter 61 (Chapter 14 on DVD)

Drill using the dive entry against repeated **icepick grip** overhand stabs. Feeder alternates between **right and left hand grips.**

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Performance Games:

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

Start with your partner in your guard. Your partner draws immediately (hammer or icepick grip) and starts stabbing. Do your best to defend yourself. Don't quit until you have the arm secured. If you get a disarm, reset and start again.

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Ground Top Part 4, Chapter 54 (Chapter 7 on DVD)

Start in your partner's guard. Your partner draws immediately (hammer or icepick grip) and starts stabbing. Do your best to defend yourself. Don't quit until you have the arm secured. If you get a disarm, reset and start again.

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Full Game - Hammer Grip Part 4, Chapter 57 (Chapter 10 on DVD)

Start at a distance. Partner comes in aggressively, but maintaining safety. Defend yourself. If there is a disarm, reset and start again. If you get stabbed repeatedly, keep trying. Never quit.

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Full Game - Icepick GripPart 4, Chapter 57 (Chapter 10 on DVD)

Start at a distance. Partner comes in aggressively, but maintaining safety. Defend yourself. If there is a disarm, reset and start again. If you get stabbed repeatedly, keep trying. Never quit.

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