

## Burton Richardson's Knife Defense For The Street Instructor Test

### Questions:

- 1 Explain and demonstrate in **1 minute or less** the basic goal in a knife defense situation.
- 2 In **1 minute or less**, discuss the type of mindset needed to successfully defend yourself against a knife-wielding attacker.
- 3 Explain and demonstrate in **1 minute or less** the defense against the **wedge** and repeated underhand stabs from **hammer grip**.
- 4 Explain and demonstrate in **1 minute or less** the defense against the **wedge** and repeated underhand stabs from **icepick grip**.

### Drill:

- 1 For **1 minute**, drill using the shield and grab to enter against repeated **hammer grip** underhand stabs. Feeder alternates between **right and left hand grips**. **Part 4, Chapter 61 (Chapter 14 on DVD)**
- 2 For **1 minute**, drill using the dive entry against repeated **icepick grip** overhand stabs. Feeder alternates between **right and left hand grips**. **Part 4, Chapter 61 (Chapter 14 on DVD)**

### Performance Games:

Do a **1-minute round** of each of the following. Be sure to use appropriate safety equipment and work at moderate intensity. The primary concern is to keep the games safe while working against a resisting partner.

I am looking for skillful application of technique, not perfection. These games are extremely difficult. Remember that the feeder should be aggressive, but should maintain a moderate intensity. Do your best. Regardless of what happens, do not quit.

- 1 Ground bottom, **partner in your guard**. 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.
- 2 Ground top, **in partner's guard**. 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.
- 3 Full game versus **hammer grip**. 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.
- 4 Full game versus **icepick grip**. 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.