

# EAST SUSSEX - COMMANDO KRAV MAGA

## - EVADE THE KNIFE -

Awareness, avoidance and threat evaluation are essential, prior to any physical response.

-Once under threat, try to answer yourself the following questions:

-Who is it..., professional, punk or psychopath?

-What does he want: Money, car, my family or me?

-Assume he is not alone!

### **Avoidance:**

- Do not take any shortcuts or walk through dark abandoned areas.
- Do not carry any valuables on display, the list is endless.....

### **Facing a knife:**

- Keep distance and run for your life!
- If indispensable-throw the money, watch, etc. away from you to distract.
- Use the very same moment to escape into the other direction!

### **If you can't escape (e.g. no escape, etc):**

- Trust your intuition and do not resist if you have a chance of survival!

### **If you have to resist:**

- Try to draw attention to your misery with shouting (e.g.: *Stay there-don't move!*).
- If you can get hold of something to protect you against a stab (e.g. stick or jacket).

### **Under imminent attack:**

- Observe how the attacker is holding the knife, ice pick, oriental or slash hold.
- Turn your body sideways to the attacker and protect your vital organs.
- Stay on the move, do not be an easy target!
- Be prepared to get cut-this will anticipate an eventual shock, shall it occur.
- Remember a knife never jams or runs out of ammunition.
- Does not need an expert to become an efficient killing tool.
- And is difficult to grab due to its small surface.
- Do not focus on the knife alone but scan also your environment for other accomplices!
- Let him 'close the distance' and use his momentum to redirect & evade the attack.
- Protect your throat all the time!
- Disarm him only if you are trained to do so and there is no other way around it.
- Do not hesitate-hesitation kills!

### **Escape:**

- The attacker might work with accomplice.
- The attacker might have a second weapon.

**WARNING!** The information above is only a mere guideline and not a complete guide. Therefore it has to be treated with precaution. It takes more than just reading a text to be prepared. Each situation is different and requires an individual assessment. We do not take any responsibility for your actions. Any mistaken decision could result in prosecution, injury or even death.