



## CQC Knife Fighting

with Scott Babb from [www.LibreFightingSystems.com](http://www.LibreFightingSystems.com)

### Misconceptions About Knife Fighting Are Everywhere

Real world bladed altercations are not duels.

- They don't flow back and forth.
- Westerners don't duel; they come up on you, get close, and stab while controlling you from on top of you. It isn't pretty.
- People radically overestimate the stopping power of a knife. U.S. carry smaller knives, not the large blades of other cultures.
- Even if you do lethal damage, your opponent will be able to fight on for a time.
- People often train for ideal situations (level surface, good lighting, controlled environment, etc.). Real knife attacks happen in confined spaces and in the dark, where there's no room to take a step back and reassess. It will be chaotic.
- Criminals often use purpose-built or -chosen shanks, not bladed weapons. Intent and methodology is what matters. The knife is not the weapon!

### Real Knife Attacks Require You To Overwhelm The Opponent

If you're trading shots or dueling with someone who has murderous intent, you will lose.

- You must be willing to engage the opponent, put them on their heels on the defensive.
- As soon as the opponent starts fighting back, we're BOTH being injured.
- You must control the altercation and impose your will, nonstop, until it's over.
- In real attacks, it's common to use walls and attack in confined spaces. If you can trap the opponent while doing damage, you give them less chance to put you on your heels.

- Prisoners are proficient with bladed weapons because they get real world experience from other experienced murderers. They don't use refined weapons.

### What And How To Carry

Always check your local laws.

- A fixed-blade knife is ideal, but will look worse in court after the fact.
- Utilitarian knives are better than knives that look like weapons. Often these do more damage than "fighting" knives.
- The ideal carry method is horizontal on the belt line, in front facing your strong hand. It's very easy to conceal and can be accessed with either hand.
- Point down, edge in (icepick grip) utilizes your momentum instead of pushing the target away as a hammer-grip would.
- For folding knives, the Emerson Wave is a great feature because it allows you to deploy quickly with one hand.

### Targeting To Stop An Attack

The eye-stab is among the most powerful attacks with a knife.

- Westerners tend to punch with knives.
- Women are more likely to use an icepick grip. This grip tends to be more effective.

### Prepare Mentally For Knife Attacks

Watch real-life footage of knife attacks online.

- See real violence, its cues, its mechanics.
- Train to target human anatomy.

*Prepare. Train. Survive.*