



## Combat Knife Throwing

with Ralph Thorn of [www.NoSpinKnifeThrowing.com](http://www.NoSpinKnifeThrowing.com)

### Is Knife Throwing Really Practical For Self-Defense?

Why would you "throw away your weapon?"

- You can carry more than one weapon (including throwing spikes, etc.).
- Throwing is a supplement to knife fighting skills, a secondary or "bail-out" emergency last-ditch skill. It doesn't replace knife fighting skills.
- Knife throwing for self-defense is more for distraction, etc.; it is not theatrical throwing.

### The Challenges Of Knife-Throwing

Not all systems are created equal!

- You can't use a "challenging" skill under stress. Fine motor skills degrade in this type of situation.
- Knife throwing must be low-skill, low-manual dexterity if it will work for self-defense.
- Many systems, especially those that involve spinning the knife, require high levels of manual dexterity to make the knife "stick." This won't work in self-defense.
- Some systems use a half-spin or full-spin, throwing it from the blade or handle respectively. Timing these spins against an attacker/moving target is very difficult. (This is why throwing stars have multiple points.)

### The No-Spin Method

This is like a "cheat code" for knife throwing.

- The equipment used is similar to "Western" knife throwing.
- There is no spin; there is no need to judge distance. The knife flies straight like an arrow to the target.

- Natural throwing mechanics allow you to throw harder and change angles to hit a moving target.
- Traditional knife throwing involve specially balanced throwing knives, typically; no-spin knife throwing can be done with a variety of pointed objects.
- Practical knife throwing MUST have a "tactical" perspective to work in self-defense.

### Choosing A Throwing Knife

The principles of no-spin combat knife throwing apply to just about any object, but when you are choosing a knife for throwing, consider this:

- You don't have to get anything fancy.
- Rural, survival-oriented throwers gravitate to bigger knives; urban throwers tend to prefer smaller, portable knives and improvised weapons.
- Larger knives are easier to learn with.
- Smaller knives are quicker to release but have less range and stopping power.
- Larger knives have range and power, but are slower to release.

### Training For No-Spin Knife Throwing

Live instructions is best, but lots of people train on their own. When doing so, consider this:

- Start with larger blades so you can correct obvious errors more easily.
- Ralph Thorn's Combat Knife Throwing And Street Knife Throwing videos can help.
- Film yourself to spot details in your form.
- Seek feedback from online knife throwing communities to get more in-depth with your solo training.

*Prepare. Train. Survive.*