



# COMBAT KNIFE THROWING (YEAH, IT'S A THING!)

with Jeff Anderson from [www.WarriorLife.com](http://www.WarriorLife.com)

## 1. "Throwing" Is A Skill

- In self-defense, we talk about using objects in your environment as weapons.
- It could be anything, from a beer bottle to a pair of scissors, from a rock to your keys to your pocketknife, thrown at your attacker to give you an advantage.

## 2. Knife Throwing Can Teach You To Throw MULTIPLE Objects, Accurately, In Rapid Succession

- This is why it's best to have 4 or more throwing knives for your practice sessions. You can get used to how your body moves to throw knife after knife, one after another.
- In an attack, just like having a handgun, the more projectiles you're sending downrange, the better your chance of stopping the attack.

## 3. How Effective Is It?

- A thrown knife has MORE force and power behind it than a knife used to stab someone, and you can test this yourself.
- Thrust a knife and stab it into a target. The knife travels only a short distance at relatively low speed.
- A thrown knife, like a baseball, moves farther and faster, so it goes deeper into the target.

## 4. Timing And Distance

- Throwing a knife takes advantage of reading a situation in order to take advantage of timing and distance to land the pointy end.
- Practicing knife throwing teaches you throw to strike a target at varying distances, getting your

timing down to CLOSE the distance if that's the best option.

## 5. Buys You Time

- Even just pretending to throw something can cause someone to react, buying you time to consider your next move.

## 6. "Knife Fighting"

- "Throwing your weapon away" might actually give you the vital first strike you need to follow up more effectively.

## 7. But... Guns?

- Having a knife to throw makes a great backup to your gun.

## 8. Even If You Have A Gun...

- If your gun malfunctions or you run out of ammo, your knife becomes your go-to weapon. You can take advantage of the opening it creates to follow up.

## 9. Disarms

- Throwing your knife and charging your attacker might be the only "disarm" that works for you.

## 10. It Might Just Freakin' WORK

- If you can throw a knife and strike your attacker, you can do serious damage, even taking the momentum of the fight psychologically. [Learn more here.](#)

*Prepare. Train. Survive.*