

Jim Wagner Reality-Based Personal Protection

KNIFE SURVIVAL

LESSON 3

Student Course Outline: Revised March 2014

Eye protection must be worn at all times when training with a partner who is armed with a training knife

Section 1. Knife Attack Scenarios

1.01 Knife Attack on Unarmed Victim (common situations)

- A) **Subject Contact**
- B) **Preemptive Strike**
- C) **Demonstration of the Jim Wagner RBB Training Tool**

1.02 21 feet / 7 meter Rule (minimum reaction distance)

- A) **Firearm deployment**

Section 2. Knife Attack Avoidance

2.01 Basic Principles

- A) **Instinct Initiation Response**
- B) **Hand Shielding** (5 second window rule)
 - 1) **Defense wounds**
- C) **Tactical "L"**
- D) **Escape / Counterattack / Go to Weapon**
 - 1) **Deadly Force**

2.02 Knife Survival Drill

- A) **5 Second Survival Drill**
- B) **Full Scenario Knife Attack**

Section 3. Self Triage & First Aid / Victim Triage & First Aid

3.01 Head-to-Toe Self Pat Down (Knife Fights, Shootings, & Explosions)

3.02 Request Help (Bystanders, Cell Phone)

3.03 Partner Pat down

3.04 Tend to Injuries

- A) **Weapon Removal Near Victim**
- B) **Lodged Item** (If the knife is protruding from the body keep it there as a plug, and wrap in place)
- C) **Stop Bleeding** (Direct Pressure)
 - 1) CPR shield
 - 2) First Aid/Rescue Knife
 - 3) First Aid Bandana
 - 4) Tourniquet (the Golden Hour)

3.05 Victim Shock Prevention

- A) Have victim lay down (bleeding from mouth place in recovery position)
- B) Feet up, injury elevated (head wound up, feet down)
- C) Maintain normal temperature (Hot – cool down, Cold – warm up)
- D) Comfort & Quiet

Section 4. Mental Preparation (lecture)

4.01 Knife Conflict Realities

- A) You will get cut
- B) If injured, you will continue until threat is stopped
- C) You will survive your injuries
- D) Everybody is a knife expert
- E) Close conflict mentality

4.02 Weapon Deployment Cycle

- A) **Pre-Deployment** (Reactionary Time)
- B) **Deployment** (Waistband, Pockets, Other) 90% of all weapons in waistband
- C) **Post-Deployment** (Sheath or Disposal)

Section 5. Knife Conflict Stance (standing, armed)

5.01 Alert Knife Stance

- A) **Body bladed** (primary side back) (step forward)
- B) **Weight distribution** 50%-50% for mobility
- C) **Primary Hand on Weapon** (concealed)
- D) **Neutral facial expression**

5.02 Imminent Knife Conflict Stance

- A) **Body bladed**, knees bent (step forward or back for preparation)
- B) **Secondary Hand Guard Position** (guard the center line)
- C) **Chin down**
- D) **Eyes on attacker's chest**

E) **Aggressive facial expression**

5.03 Knife Side Forward Stance

- A) Primary side forward for extended reach
- B) Equally matched opponent

Section 6. Primary Striking Directions 1 – 10 (Primary and Secondary hand strikes)

6.01 Primary Striking Directions

- A) Forward, 1 direction
 - B) Backward, 1 direction
 - C) Horizontal, 2 directions (left and right)
 - D) Vertical, 2 directions (up and down)
 - E) Diagonal, 4 directions (“X”)
- Total = 10 directions

6.02 Weapon Distance Familiarization (partner contact)

- A) Momentum Assisted Strikes
- B) Torque Assisted Strikes
- C) Security hand

Section 7. Directions Combinations

7.01 Combination Efficiency

- A) Side-to-side for cuts
- B) Same side of body for stabs

Section 8. Medical Implications of Knife Injuries (demonstration)

8.01 Cuts v. puncture wounds

- A) 1¼ “ or 3 cm stab can induce instantaneous shock
- B) Permanent cavity (internal bleeding)
- C) Multiple stab effectiveness
- D) Stopping power (size of weapon)
- E) Vital Area Targets

Section 9. Improvised Edged Weapons

9.01 Limited Blade Length (broken bottle)

- A) Target area will be soft tissue areas: neck and eyes

Section 10. Knife Blocks

10.01 Primary Knife Block Directions

- A) Forward (push or jam), Backward (lean back, step back, retreat)
- B) Horizontal Blocks (Inside, Outside)
- C) Vertical Blocks (Up, Down)
- D) Diagonal Blocks (“X”)

10.02 Specialty Knife Blocks

- A) Pass & Cut (inside, outside)
- B) Improvised Shield (defense with cloth)
 - 1) Visor Charge – shield eyes and watch suspect’s feet
- C) Block Kick (long distance distraction tactic)
- D) Handcuff Blocking Drill

Section 11. Fakes

11.01 High to Low Fake

- A) Horizontal Circling
- B) Close proximity

11.02 Low to High Fake

- A) Vertical Circling
- B) Close proximity

Section 12. Static Block & Counter

12.01 Block and Counter

Section 13. Feeding Movement Drill

13.01 Three-second feeding Drill

13.02 Two-second feeding Drill

Section 14. One-for-One Rapid Response Drill

14.01 Block-Counter-Block

Section 15. Freestyle Drill (No conflict rules)

15.01 Knife-to-Knife Freestyle Drill

Section 16. Jim Wagner Knife Disarm Rule

16.01 Confined Space Principles

- A) Grab (Secure weapon hand regardless of injuries)
- B) Close (Close the distance)

- C) Takedown (Takedown or attacker off balance)
- D) Counter (Escape or Disarm)

16.02 Confined Space Conflict Drill

- A) Stage Blood Usage
 - 1. Physical factors
 - 2. Psychological reasons

Section 17. Freestyle Ground Drill

17.01 Armed Suspect Mounted

- A) Jim Wagner Knife Ground Disarm Rule
 - 1. Grab
 - 2. Secure
 - 3. Rotate
 - 4. Counter (Escape or Disarm)

Section 18. Hostage Situations at Knife Point

18.01 Knife to Throat from Front Escape

- A) Collar grab or pinned to the wall

18.02 Prevention Turn Before Contact (knife to throat)

18.03 Knife to Throat From Rear Escape (suspect to the rear)

- A) Fingers between knife and throat
 - 1) Blade and tip can be at different contact points
- B) Grab weapon hand and blade
- C) Turn into the direction of the pull
- D) Counter (escape or counterattack)
 - 1) Use blood to splash into attacker's eyes

18.04 Knife on Stomach Escape

- A) Butt strike to pelvic
- B) Push knife forward and away
- C) Turn while pushing knife away
- D) Escape