



Technique 8 Knife attack; front stab

1. Identify the situation



2. Go into a non-threatening position



3. Catch the knife hand



4. Hold it tight



5. Then hold it with both hands



6. Twist it beside the ear of the attacker and down wards



7. Guide the attacker all the way to the floor in a spiral movement



8. Hold the knife in the neck area of the attacker

