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Chapter 27

Defence Against an Armed Rapist with a Knife When You Are on the Ground

"Never let fear decide your future."

—Unknown

It is imperative that your defence against a knife attack while on the ground be accurate and effective because you may not get a second chance, and there might not be an opportunity to escape the attack. When threatened with a knife, it is important to be calm. You should be able to identify how your assailant is holding the knife. When taking action, it is important to be 100% committed. Sort out the situation as quickly as possible.

Scenario: You are lying on the ground, and the attacker is threatening you with a knife and holding you with his other hand

Case A

1. Deflect and grab the hand with the knife with your left hand.
2. Instantly counter-attack with a tiger claw to the eyes.



3. Grab the hand with the knife with both your hands. Your thumbs should be at the back of his wrist.
4. Apply a wrist lock by turning his wrist anticlockwise.
5. Continue twisting his wrist until you have thrown him to the ground and he has released the knife. Continue twisting even after he releases the knife to break his wrist.

