



Modified Pangamut South Bay FMA Club Blade Fighting and Defense Curriculum

- Introduction to blades, types of blades, sizes & usage, parts of knives
- Knife concepts-three classes of blades: pocket/tactical, hunting/skinning/fishing, garden/farm blades
- Types of cutting motions- slash, thrusts, slicing, shaving and nicking
- Types of grips- methods of holding a knife the five basic overlapping, straight thumb/foil grip, side thumb, ice pick and reverse blade grip.
- Blocking with Blades the movie Myths & reality –the How & Why
- Targets of the body-small blades, medium blades and garden work blades
- How to cut, thrust, carve, shave and slice with a blade
- J-Hook method of cutting, how and why
- Introduction to range with an small knife-the bad breath range concept
- Basic foot work- V-stepping concepts
- The basic targets of the body why and the how to cutting and thrusting
- Methods of opening a tactical folders/pocket knives, & the introduction to Butterfly knives-trainers- the romantic knife myths
- Methods of drawing a sheath knife
- Ethical cutting- cutting to disable not kill
- Knife fighting & defense pattern #1 Cinco Terros
- Knife fighting & defense pattern#2 Ono, Doce Tress
- Knife fighting & defense pattern#3 Sese Terros
- Knife fighting & defense pattern#4 Jungle Eskrima-Cinco Terros method
- Knife fighting & defense pattern#5 Modified Pangamut
- Knife fighting & defense pattern#6 Gunting-Bram Frank Method
- Introduction to cutting and checking back hand method and reasons
- Learning rule #1 steel beats flesh
- Introduction to knife tapping method- Felix Valencia/Lameco style
- Introduction to disarming, dispelling the myths and practical methods-blade size issues
- Knife fighting & defense pattern#7 Curving & reversing patterns Ocho Terros Lofler family system
- Knife fighting & defense pattern #9 Guro Mels method
- Knife fighting & defense pattern #10 Christo
- Knife fighting & defense pattern # 11 Kali method
- Songa & Wakli Method Defense and Counter for knife attacks
- Use of a Bolo Cutting-cutting verses striking
- Blocking with a Bolo or Machete- parts used and not used and why
- Bolo/Machete parrying methods-parts used and why
- Double Knife concepts
- Defense against knife attacks, front rear & side
- Footwork V-stepping, step & parry, run by method, circling, cross stepping, sliding & shuffle step methods

- Footwork & ground angles
- Body angles attack and defend zones Full, Partial and Low Angles
- Zone Defense Method Where they are not
- Cut Check Cut methods
- Kick, Check, Cut Methods
- Knife Hooking Methods
- Knife Punching Methods
- Bolo Disarm-Flat back grab methods
- Defanging the snake Method
- Unlocking the Stalemate Grab to grab
- Thrusting attack methods and how to survive the attacks
- Cutting Methods How to survive the attacks
- Sheath draw disarms and blocks
- Use of distractionary injuries when fighting the how and why methods
- Small blade verse large blade defense methods
- The use of the live hand in knife fighting and knife defense
- The use of clothing with knife fighting & defense- jackets, sweat shirts, hats and shoes/slippers
- Defending against "Prison" style attacks
- Defending against "gang hit" methods
- Methods of using the knife body as a striking weapon
- Introduction to Combat flow #1 Knife to Knife method, closed to open tactical folders
- Cutting practice-stress draw, after being assaulted, off the ground, when surprised. The Dummy trainer method.
- Legal Issues of using a knife in self-defense.
- Disarming using side blade method
- Disarming using thumb stripping method
- Defense with improvised weapons against knives
- Surviving a hostile knife attack on the street, angry boyfriend/girl friend & prison style
- Using a knife against a stick or club methods
- Using a knife against a gun-close work methods
- Using kicks, check and cutting against a Rifle with a bayonets
- Knife verse grappler stand up and on the ground
- Switching hands when fighting with knife-how, why and why not's
- Methods of grabbing, cutting shaving & thrusting and defense from these
- Defense methods against USMC knife system
- Defense methods against US army knife system
- Defense methods against American bowie knife
- Defense methods against Fairburn-Sykes system
- Defense methods against the Piper system
- Defense methods against CCPS system