

GUN THREAT DEFENSE



1. The bad guy has somehow gotten up close and placed a gun to the rear of your head. Feign compliance by slowing raising your hands and “shrinking”.

2. After making yourself small and appearing compliant, pivot (in this case to the right) keeping your head close to the weapon to get out of the line of fire. As you pivot bring your right arm over the attackers arms in a smooth motion. Drop your Center of Gravity to lower the muzzle of the gun toward the floor. This will assist in reducing collateral damage. Keep your right hand close to your ribs to “catch” the weapon and prevent the aggressor from realigning the gun on you. Grip his hands tightly between your left arm and your body.

3. “Catch” the gun thumb up and pivot to the left being careful to avoid muzzling your own leg with the gun. Keep the muzzle pointed at the ground or the bad guy as you pivot. Once you have gotten the gun high enough to make the aggressor’s grip loose, strip the gun by pulling his arms back and punching him with the muzzle of the gun. Quickly step back and do a clearance of the weapon with a tap on the magazine and rack the slide. This will ensure you have a functional weapon to prevent being retaken by the bad guy. Be sure to step far enough to give you both the time and distance to clear the weapon.

Gun Threat to the Head from the Rear

COTTONWOOD COMBAT

What We Do:

Cottonwood Combat is the Verde Valley’s ONLY source for Krav Maga, the Official System of Self Defense for the Israel Defense Force. Our Chief Instructor has nearly 10 years experience teaching Israeli Self Defense systems. Cottonwood Combat is an affiliate of Israeli Krav International founded by Moshe Katz and headquartered in Maaleh Adumim, Israel. Itay Gil (from the Human Weapon episode on Krav Maga) is the President of IKI.

See our Krav Maga Video page to watch the Human Weapon episode for Free!

KNIFE THREAT DEFENSE



1. The attacker has gotten in close behind you and has either chosen to use a shallow knife threat (closer to the shoulder his arm is over or around) or he is shorter than you are and cannot reach any further. Feign compliance by slowly raising your hands and “shrinking”. The action of lowering you center of gravity will load the muscles in you legs for motion.



2 When you are ready to act do so explosively. Raise your arm on the side of the knife (in this case the right arm) and drop your head toward the arm. Bring your bicep and head as close to one another as you can. Shift your hips in the direction of the arm holding the knife to clear a path out. Notice this immediately changes the angle of the knife and clears the edge of the blade from your neck.



3. Step backwards and through the hole you just created with the foot farthest from the knife wielding arm (in this case with the left foot). As you step through use your other hand (in this case the left) to “trap” the hand with the knife against your neck. Then drop your right hand to further secure the knife.



4. Stand up keeping the butt end of the knife against your abdomen. Should it be necessary to use lethal force to finish the conflict, step forward with all of your weight and strength driving the knife into the attackers body.

(SHALLOW OPTION) Knife to Throat From the Rear

Business Specialties:

Self Defense, Dealing with Gun Threats, Dealing with Knife Threats, Other Violent Crime and Rape Prevention, Military and Law Enforcement Applications, Weight Management/Fitness Consultation, Civilian Taser Training, Handgun Training.

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