

PED 129
Class 23 – Open-Hand Defense Against Weapons (I)

General Principles

Do as you are told, including giving up valuables

If told to put your hands up, do it

Do not fight if you can run (the “Nike” defense)

If cornered, don't fight unless you truly believe you are going to be hurt or killed

If you decide to resist, do so quickly, effectively, and with total commitment

Principles of Open-Hand Knife Defense

Resistance will get you cut

If you carry a firearm/baton, you likely won't have time to deploy it

The biggest obstacle to a successful defense is freezing up in response to a non-lethal cut

Protect vital areas and hands; absorb damage elsewhere

Principles of Open-Hand Handgun Defense

Effective handgun range in trained hands is about 7 meters (~ 23 feet)

Do not attempt resistance unless you are within striking range

Pull forward; don't push back