OLEG MALTSEV



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I will describe in this book theses of our first acquaintance with Mr.Lloyd and an overview of our talks about South African criminal knife tradition.

Theses will be like side notes of how we went through, later I will describe same things, but the way how I understand it and how I see it in the book. Also, I will ask some questions that were evoked from our discussions.

So, I am writing about this for the first time, I write about how it was, meaning I will include content of my notes and notes which were made during our classes with Mr.Lloyd, our trainings and analysis of my movements and prior practice with a knife.

Maltsev Oleg



Main criteria is based on the system of perception, the way person perceives. To be more exact, task is to deceive and fool. In other words, he reacts to not what is actually happening, for this reason all technical elements which I do, are based particularly on this method. Person reacts, acts towards what he sees, but he sees not what I am doing.

Conclusion - South African criminal knife tradition is based on deception, how to fool him so that he absolutely does not understand what is going on.

In South Africa, reverse grip is the only natural way to hold a knife, you will never see other ones.



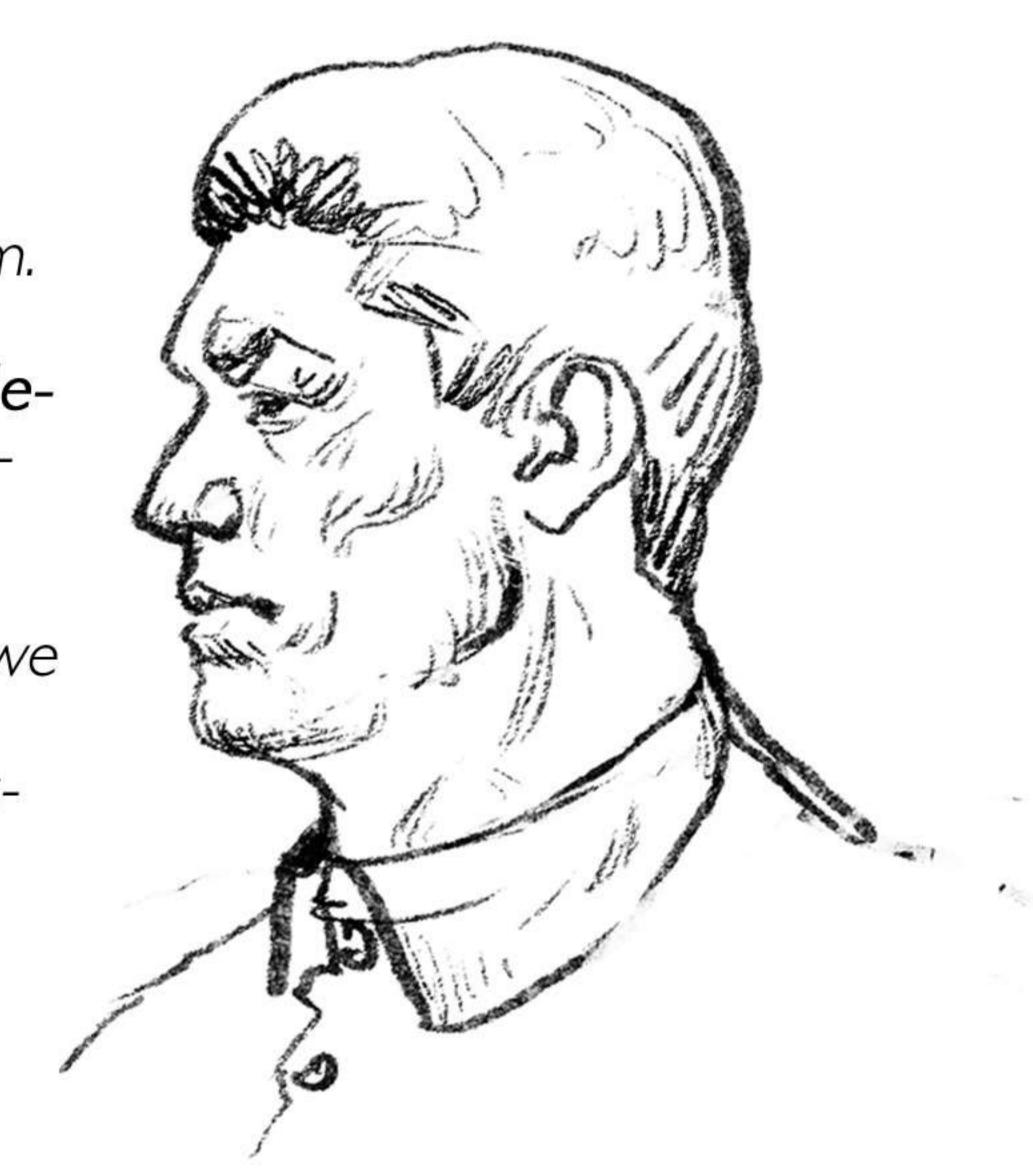
Blows is almost always an improvisation. While moving with a knife, we always create certain gaps, like holes. Person tries to keep up with you, to focus before doing something, but at that time you are already gone. And when he changes his position from one to another, you strike him and fight finishes.

There are no certain technical elements, they are all constructed on the go, technique is created momentarily. Quite often moves are strong enough. Here is one of them. It is a direct strike. In whole system there is only one direct blow. It is a piercing knife blow. In overall this, so called, "technique", there are 7 main elements. Most important is the birth of this technical approach in the combat. In fact, we do not call certain technique a "technique", instead we have a think in term of a flow. As a river, it has first, second, third flows, currents... There is a fundamental flow, a middle one, and flows of a higher level. Initially there are 7 elements in the foundation.



I. In the beginning we looked at the system of moves, and Mr.Lloyd told that in the very beginning he teaches how to walk. Our first talk basically a certain overview of the system.

2. Further, we talked about strike angles, about technical elements of rotation of the blade, as a clock, which lets to determine a target point and choose an angle of a strike according to Lloyd. We looked at how to hide a knife, Lloyd showed a technical element called shimmering blade, later we looked at different knife swaps from one hand to another, while making a blow and different ways of swap without hitting.





First thing we start from in training, is reeducation of how to walk. We look at how he walks, and teach him how to walk differently, because it is correlated with balance and coordination. This is one.

Second, concepts for better understanding. Standard reverse grip hit is not a technical element. Person focuses on the hand with a knife, but in fact blow comes from the back hand. Everything is based on deception. Why is it so? Because it is a best way to disguise your intentions.

Person is deceived by means of rotating the knife, by means of the angle of the stab, changing an angle of a stab; we can deceive an opponent anytime, we can move the knife and not stab, or change the trajectory and the depth of the cut itself. We may attack in the eyes, neck, or even a shoulder. In other words, an opponent looks at the knife, and what he sees happens to be not what is happening in reality.

Even if an attack will fail, I will be always able to use my other hand to cut him. Main thing is that, opponent directs all of his attention towards a knife, and all strikes that we do, are done notably to control his attention. We keep track of our knees, our feet movements, torso movements, shoulders and other things. We can make an attack by means of our body, and if we fail, in case our hand did not land as we planned, still, it will be possible to finish knife attack from this distance.

In African criminal tradition there is only one blow.



- 3. Furthermore we reviewed three kind of blows, from above, lateral one, and from the other side.
- 4. Further, Mr. Lloyd outlined second stage of the training articulation, wrists, and a skill of hiding a knife.



First – we start wrist training. When a person learned how to walk, we teach him how to work with his own articulations, wrists. That is, movements should "flow", flow from one into another. Main task will be carried out by hands. Basically, to the most part hands do the work. It is what is perceived by one, which is also lets us perceive. On the second stage I learn how to feel – sensory worldview. I start understanding what is going on, what goes to one and what goes from one.



5. Further, we learned section of how to correct motor reactions and how to break impractical habits.

I frequently work with individuals that are engaged in the sphere of security. And I allocate not all, but substantial amount of attention to things that let one to avoid, smoothen, or solve problems of motor skills and ineffective habits, which impede the learning process. To state it briefly, main thing is that we cannot build something sophisticated, something that works on the basis of nonfunctional motor base. For this reason, we ought to look at the thing that does not work first, and only after that we should work on what is functional.

6. Mr. Lloyd described how we learn to vest full mass into a blow via different ways, by means of turns, feet and twists.

turns, feet and twists.

What I am using is not related to elbows, hands, and other parts. We use whole mass of the body, and there is a reason for doing this. When I punch someone, I do it based on the reason. Same thing if you are pulling out a gun. You do not do it in order to scare people. You pull it out in order to shoot, and hit the target.

Again, if you are using your hand but your body stands still, then your opponent will spot you, because your hand is moving. But if I act as follows: my body is in motion, he moves towards me, and my mass moves towards him, it is going to stop him. However, if I stand still he will bring me down. My mass thrusts on him, I throw it towards him. Wherein a strike is done by means of a mass or by means of feet motion depending on a situation. It depends on what an opponent is doing, depends on what I am doing.

Going further.

Approach is the following, after we looked at wrist work, we move to an elbow... We work on these parts in order to be able to deliver powerful strikes onward.





7. Later on we looked at tactics of taking actions in extreme situations, how to avoid getting hit, about importance of legal preparation. Also we discussed about different specializations that involve using a weapon: civil person, policeman, military.



Next thing, after a work with a knife, we put it aside. We should work with an opponent - what comes towards us. We learn how to evade, receive, stop, deceive, in order to understand that we are capable of coping anything: with and without a knife. It should not matter what us coming towards us, because when we see a knife, we understand that it is a danger.

Motion and perception must not be separated from each other. What we see turns into what we do. While what we do, impacts our actions. Basically, on the first stage I teach people that they have to react when they are attacked. It us sudden for anyone when he sees an armed person while being unarmed himself. And in this very first second, when all this happens, one has to know what to do: create a distance to have some time, pull out a weapon, pull out a knife, there has to be a reaction. And all this is needed in order not to get him at that time.

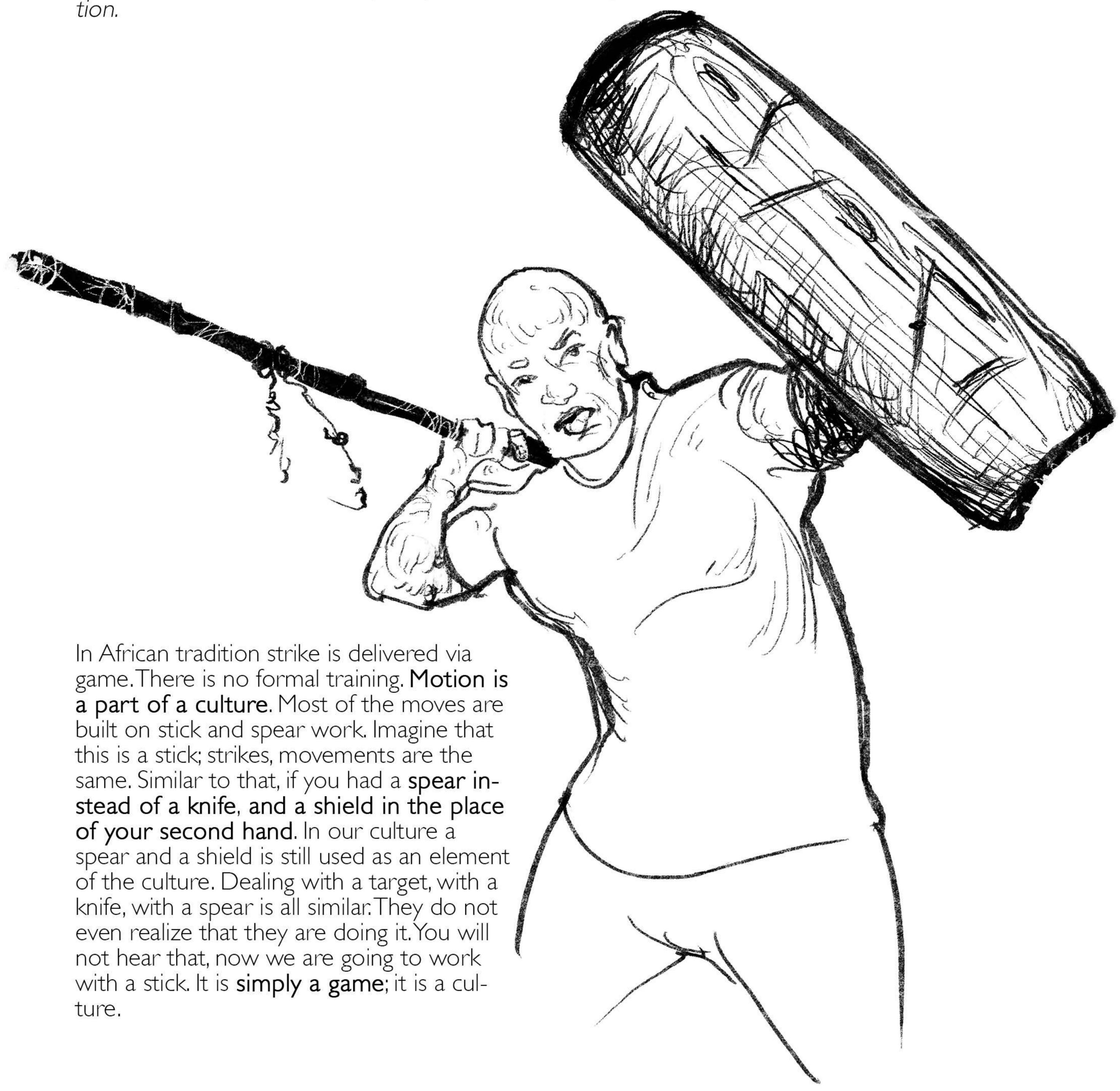
Needless to say, speed and way of pulling out a knife is important, but the most important thing is to gain time. To cease his attack by means of your own actions and to gain time. Legal preparation is highly important. Person who pulls out a knife, or any other kind of weapon has to know that he is acting in a right way, including from a legal point of view. There are 3 categories of people: civil person, military person, and policeman. These 3 categories act differently, for this reason everything depends on the training's standpoint, which weapon is available and where it is stored.

Having said this, type of the knife does not matter, usually, cheapest one, two-dollar knife is used. They attack face, attack is delivered with a tip of knife, as knife itself is not sharp. If you have a good knife, it is even more dangerous.

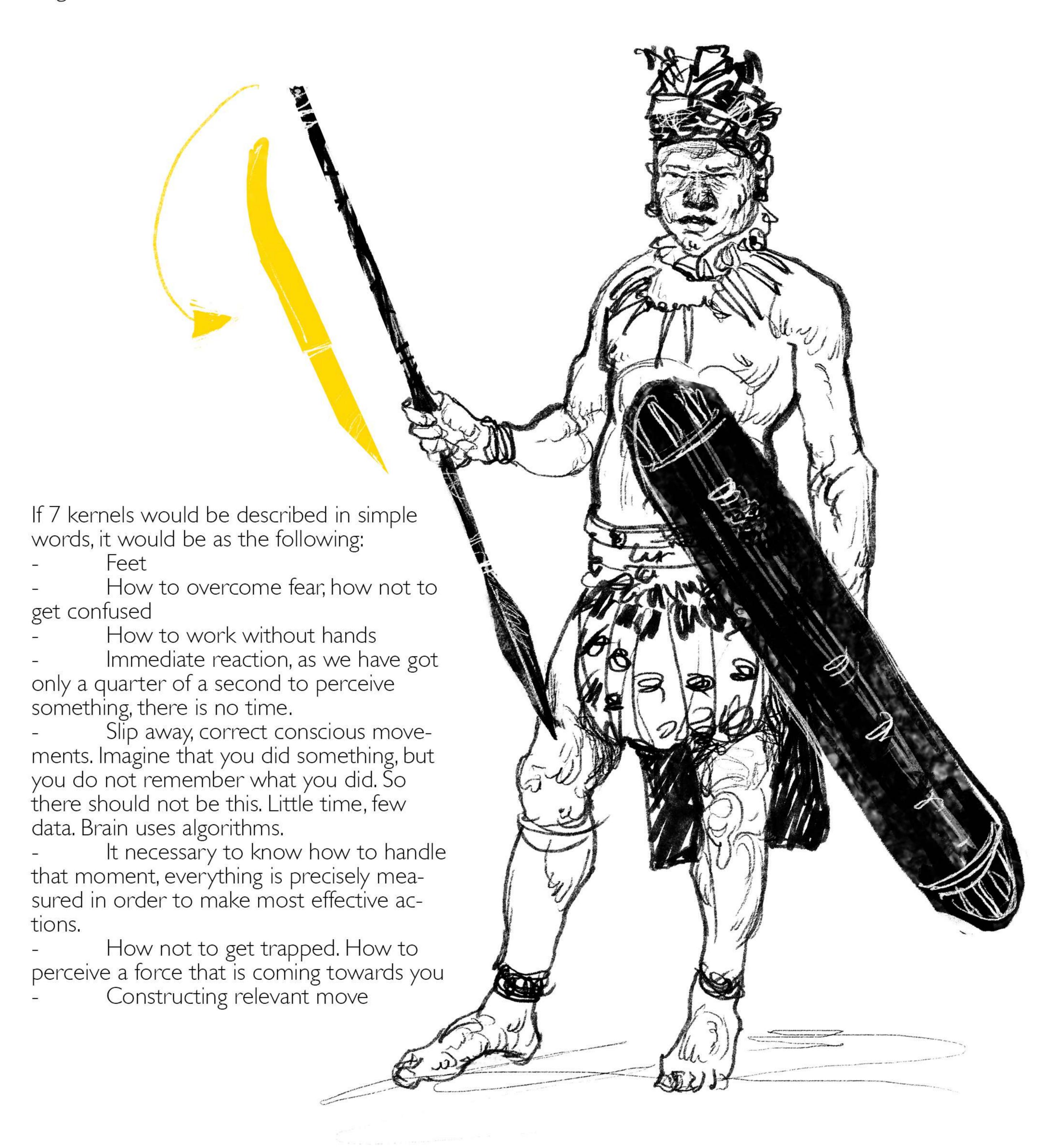
I can be using even a remote controller. I am more interested in motion perception, I should see your eyes, control your perception. It is important for me how I move in order to stop your attacks. That's what is important.

8. Next we talked about working with a stick, in order to learn knife work (logical model); first, one has to understand stick strikes, since movements in South African criminal knife tradition imitate stick strikes as well.

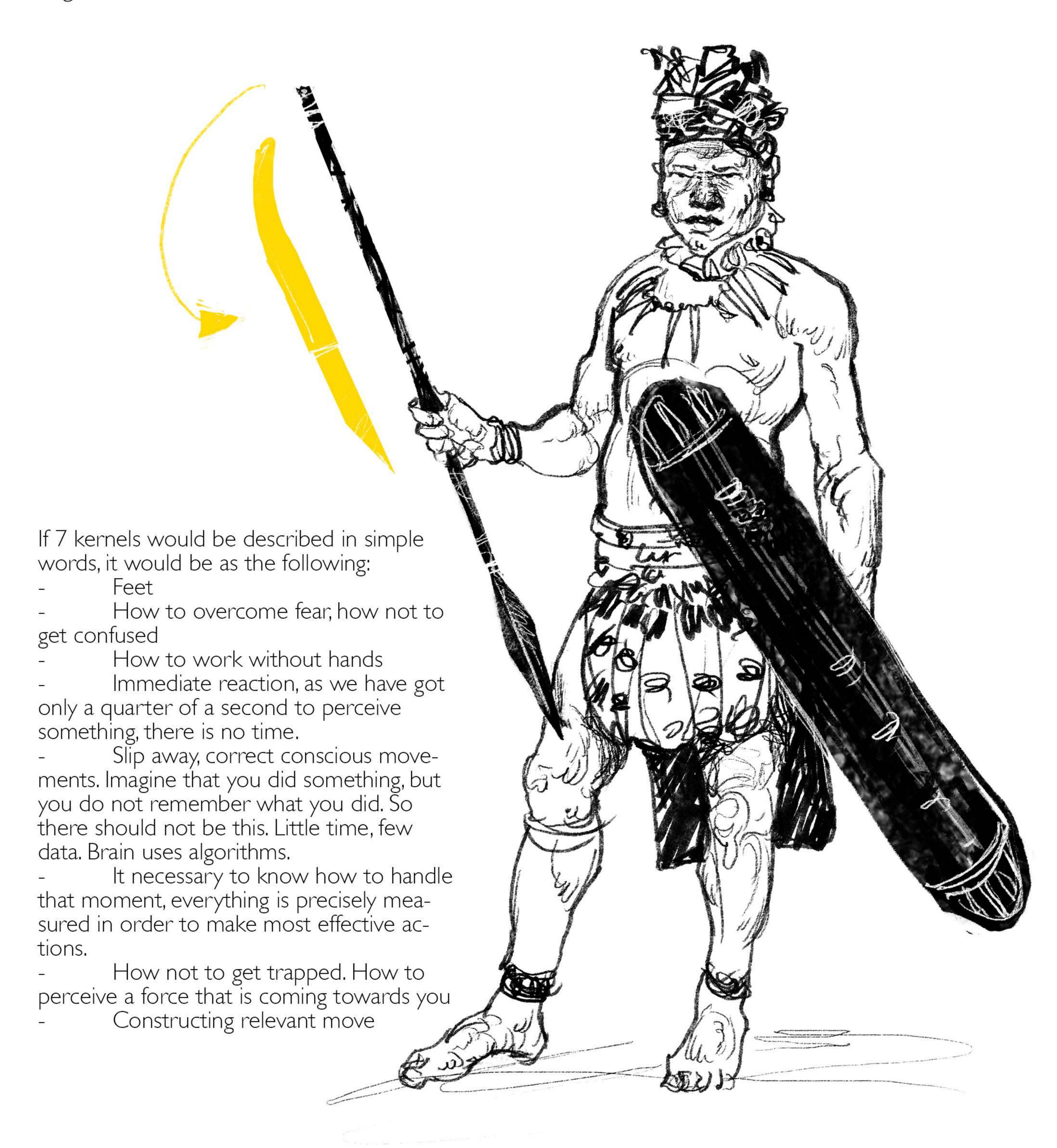
Further we looked at logical model of working with a shield and a spear, which had also turned, consequently, into knife techniques in knife tradi-



I. Concluding first talk we covered target work, decision making, and what is the special tactic of south African knife criminal tradition. Besides, we mentioned this theme for the first time: what is spontaneous cognition.



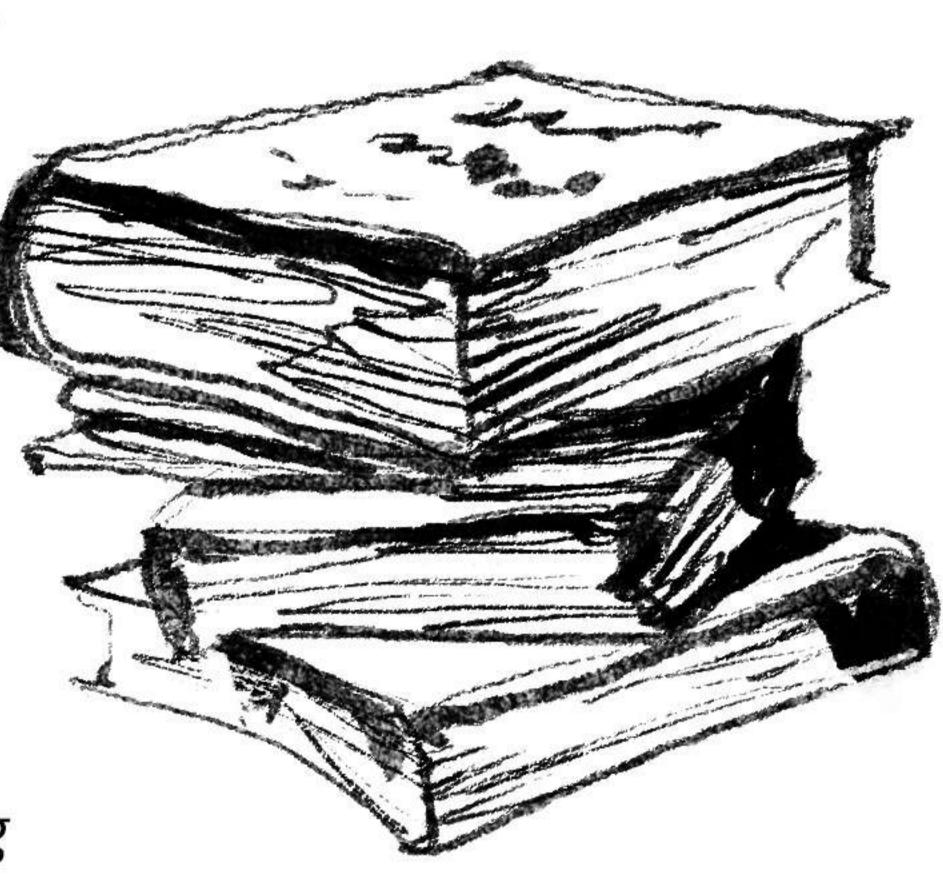
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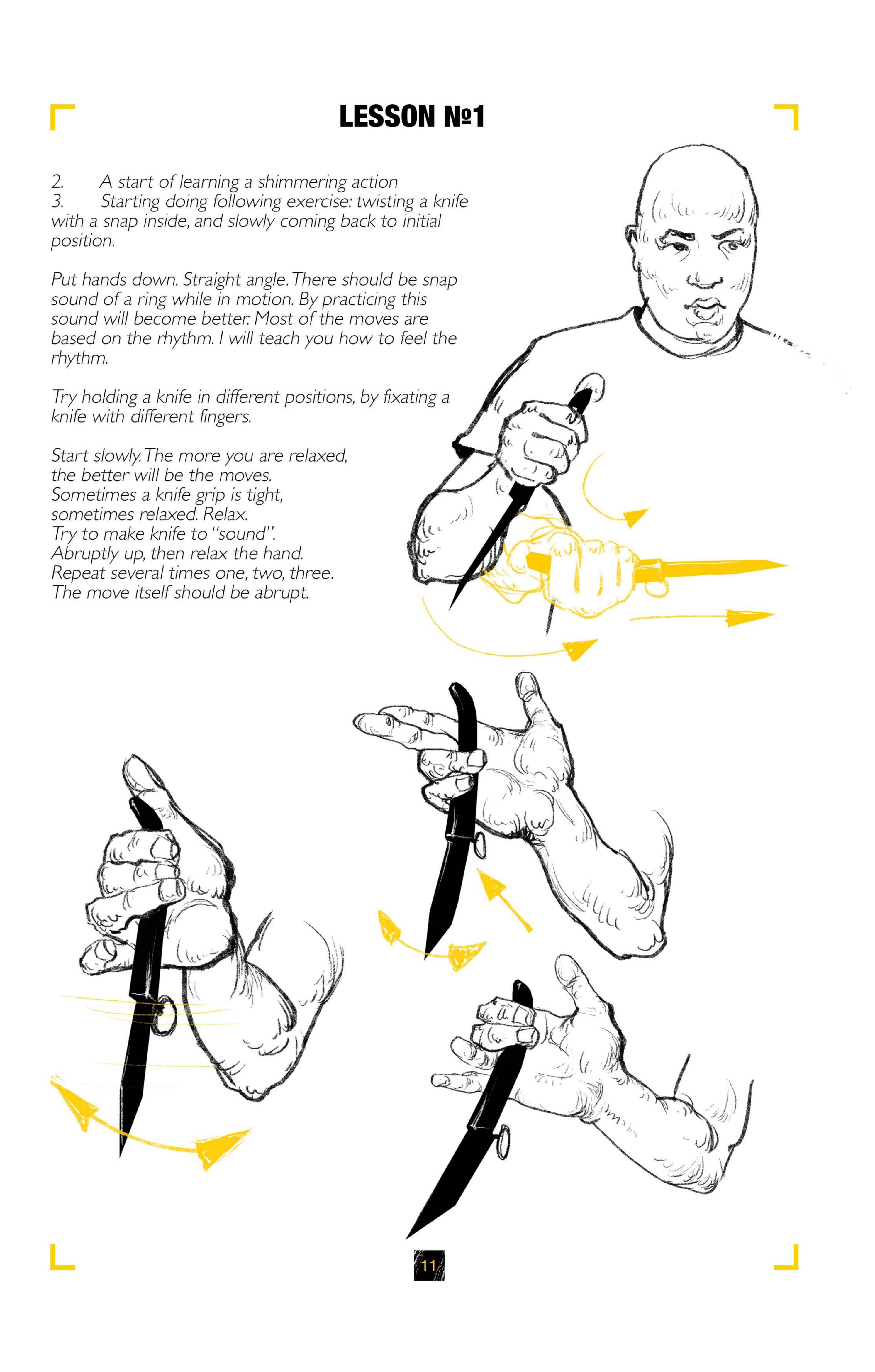


I. First thing I was recommended to do in the second block, is to study a book and a film made on the bases of this book, author of which is a German colleague. Contents of the book and the film:

- 1. Shimmering blade
- 2. Double flip movement with a knife outlining a square
- 3. Twirling blade
- 4. Two logical models of rattlesnake and a cobra, a stance which is aimed at keeping feet together, resembling a snake.
- 5. Opening and closing stance exercise with a shield and a spear
- 6. Shoulder movements, for training purposes we keep our hands down, then we exercise with hands up
- 7. Wave move with a torso
- 8. Gimbal
- 9. Model of the tiger haunting a prey when moving shoulders
- 10. A frame exercise, model of training with a stick, shield and a spear
- 11. Two main stabs from upside down and from a side
- 12. Knife swapping
- 13. When we move back and forward predominantly it is a stab from the top (maybe an angle one) this is my conclusion, it is not in the book. When there is a rotation, strike is delivered predominantly from the side, but things can be the other way around too, in here, I have qualified first stage of deceiving an opponent.
- 14. Upside down strike rotating two shoulders
- 15. Also I made a conclusion for myself, that stick strikes are usually side ones or under angle ones. Since model of a shield and a spear usually carries out an idea of upside down or under an angle strike, things can be other way around, introducing one more logical model with a stick, I think is an additional system of disorienting an opponent (which does not add simplicity and optimism)
- 16. Model of gravitating to earth, in the moment of stabbing becoming a spring and attacking like a snake
- 17. Further in the film, there was provided training equipment to work out strikes. A stick to exercise the precision of the blow, a tire to exercise strength of hand blows, pads for training technique in motion, a partner training with not sharp metal tip blade.
- 18. Also at the end, there were shown methods and peculiarities of ways creating a space when there is such in a combat





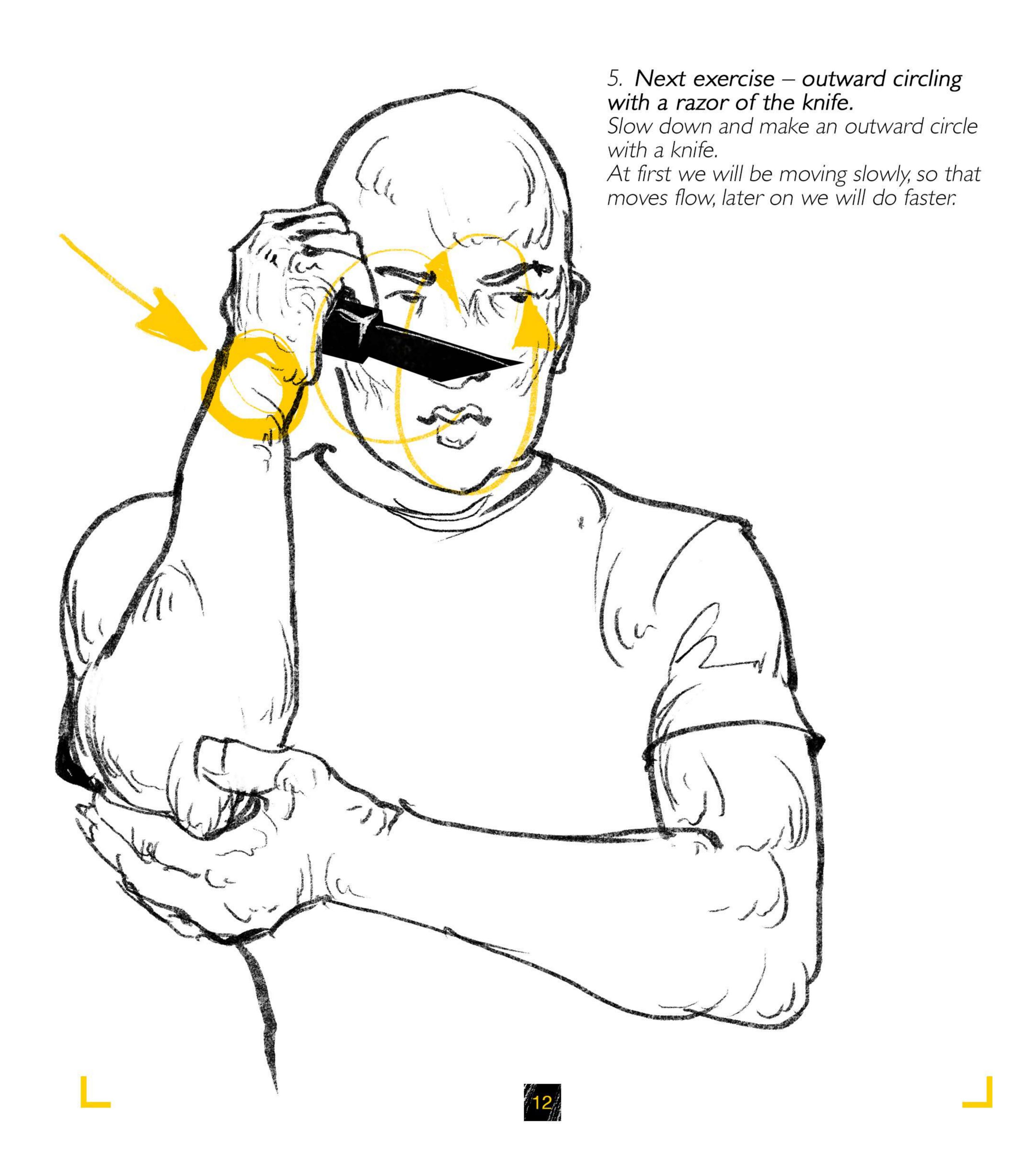


4. Later we did exercises to get an idea that stabs can be delivered with a wrist, using forearm and a shoulder

Twist your wrist, while moving an elbow close to your body. It needs to be simply moving to a side along twist. Rotate not only the body but a wrist and an elbow too.

Wrist execrises should be worked on.

We start from a wrist, then an elbow, shoulder, and afterwards we will move on more extensive moves. But first thing is a wrist.



6. Afterwards we studied the difference between European and African traditions. (We discussed the model, whether knife is hidden in the back or on the side)

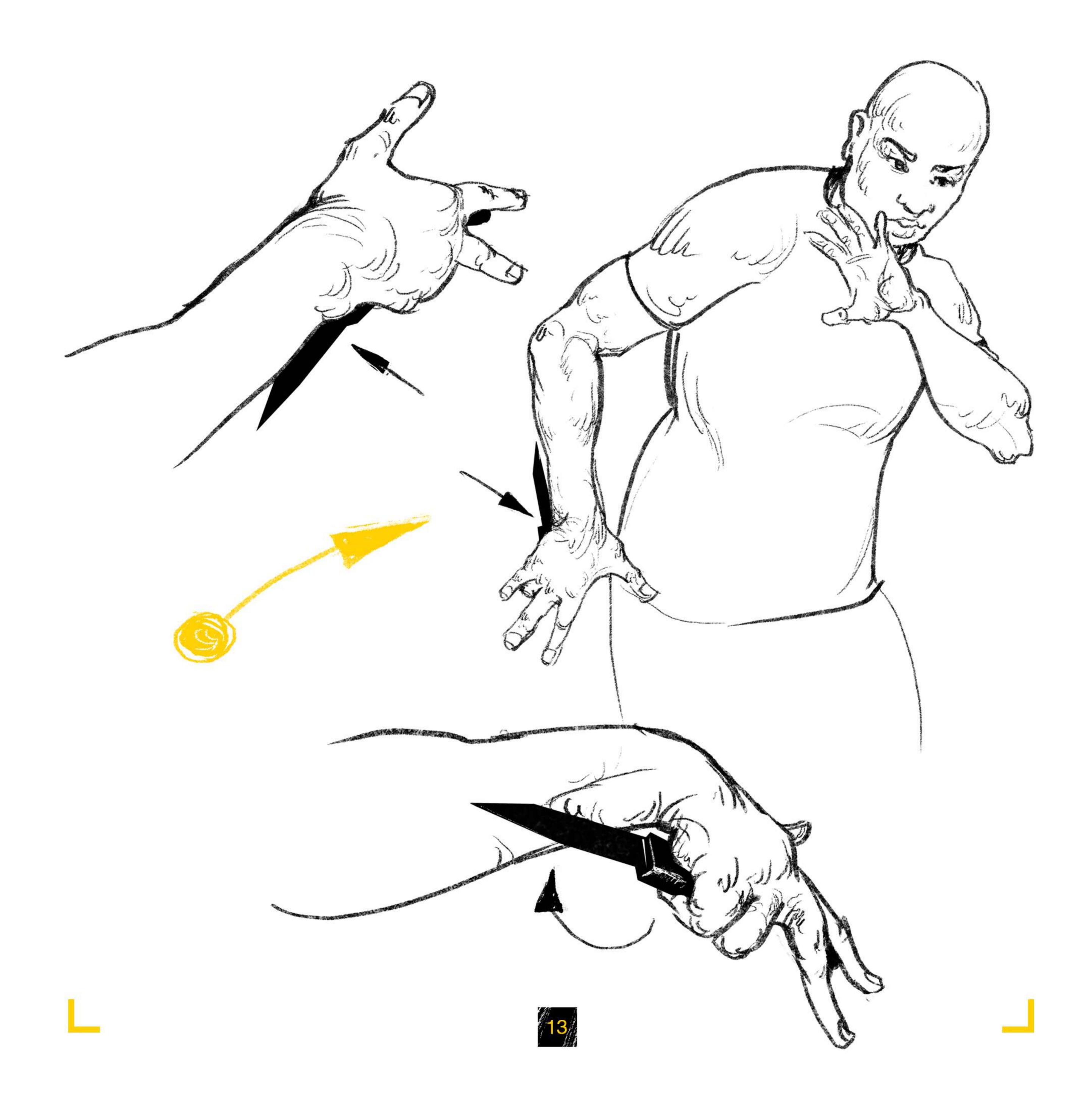
In the East people are used to stand behind a knife – knife is first, then a person. In African system you defend the knife. It is a different way of treating a knife.

In South Africa the key difference is in deception and confusion of your opponent, by hiding and

protecting your knife.

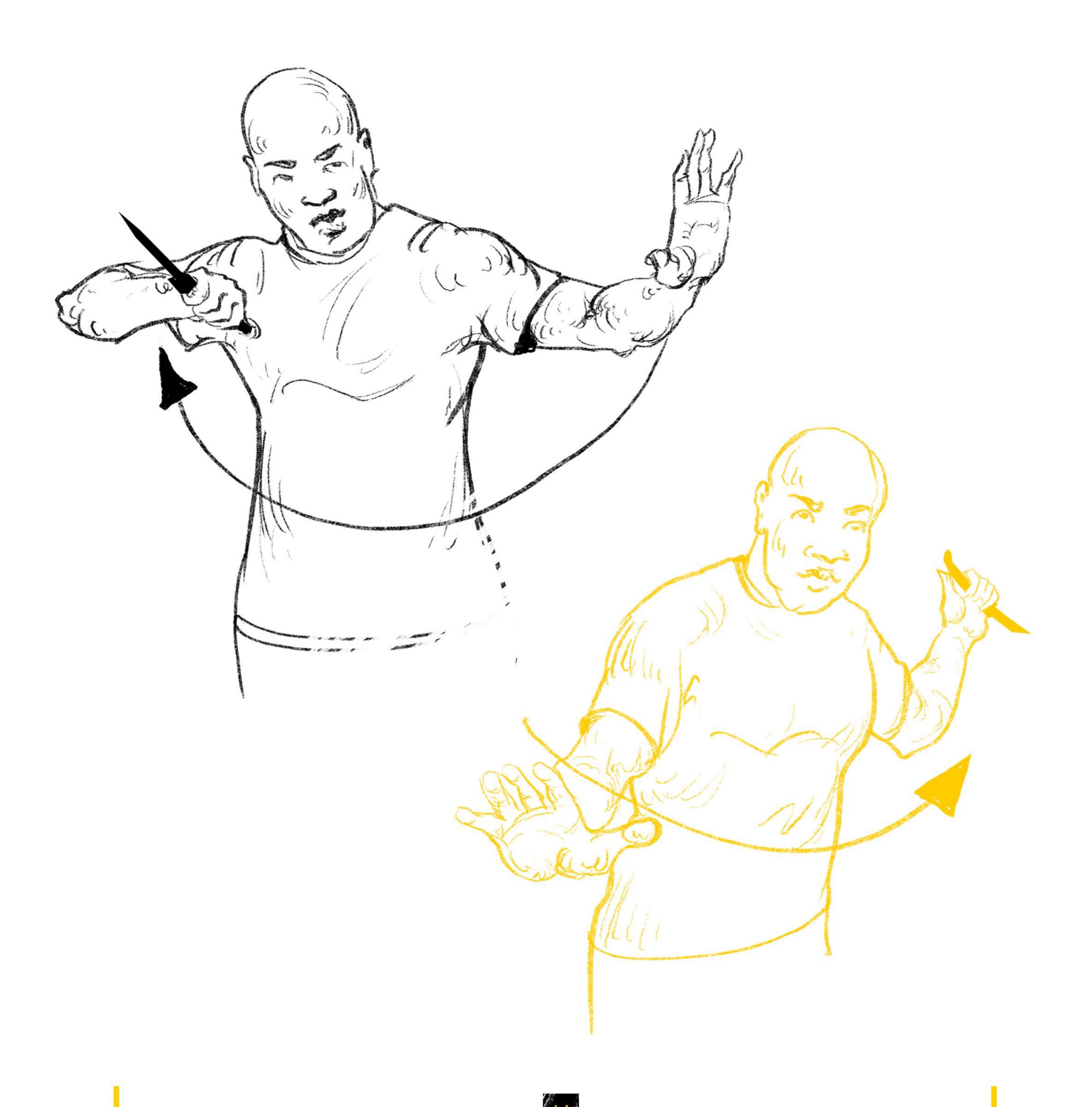
One has to learn to move, usually by hiding a knife. We will learn how to quickly swap knife in hands.

There are different stabs, but no matter what kind of it is, most important thing is an ability to control your wrist. We will learn this kind of movements. This movement is called a twist. It can be turned into more extensive one with bigger amplitude. A move is from outside to inside.



7. Later on we learned implementing the model of a shield and a spear. Difference between European and African traditions is in knife swap from one hand to another and substitution in different hand of shield to a spear and a spear to a shield.

You will understand that movements with a knife are basically same ones as if you would be working empty handed.

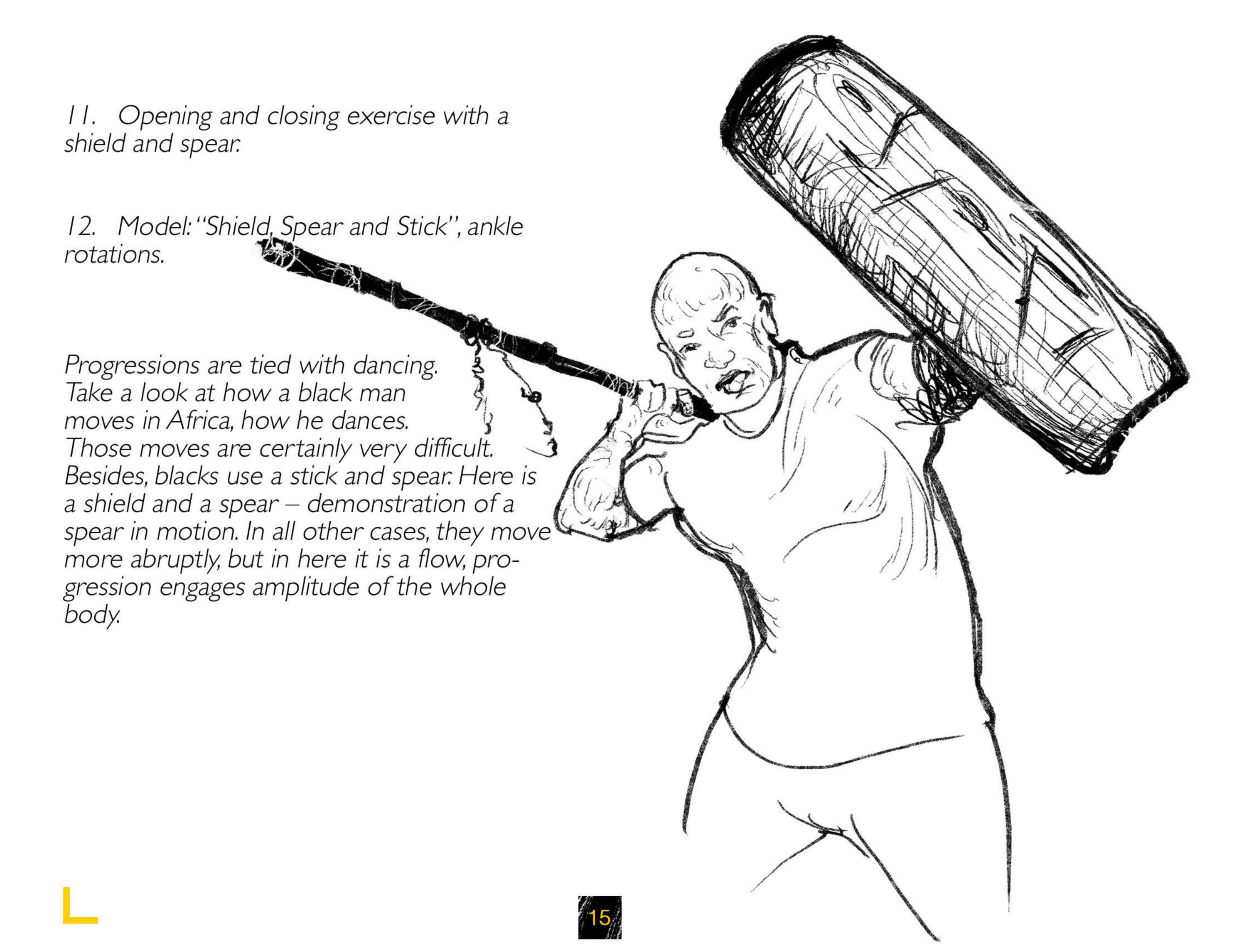


9. Next we discussed that everyone has his own technique in south African criminal knife tradition, and I will have certain distinctions based upon my build and psychophysiological characteristics. And only thing which unites people is a common understanding of the technique and nature of the movements.

It all depends on height and physiological characteristics of a person. If you were a boxer, then your movements will resemble more the box. If you did karate, correspondingly this system would get mixed with the basis of karate. In other words, two persons will not have two identical movements. Every person works our his own perception system, he has own construction, own system of thinking and so on...

If we take some random Cape Town gang, on average there will 10 people. Each one has 3-4 movements in the basis, some of them are similar. I had spent 12 years in order to gather and structure the whole system. For this reason, on the stage you are at we are learning the most clean and simple moves, ones we have started from. Nevertheless, you should understand that every person will have certain distinctions in relation to his build, size.

10. Then we discussed training with a stick, one has to imagine himself in a very strangulated space and correlate stick moves to knife ones. Size of a stick is about one meter, from the other side you may use any kind of a stick. We will learn to move from extensive moves to more strangulated space ones.



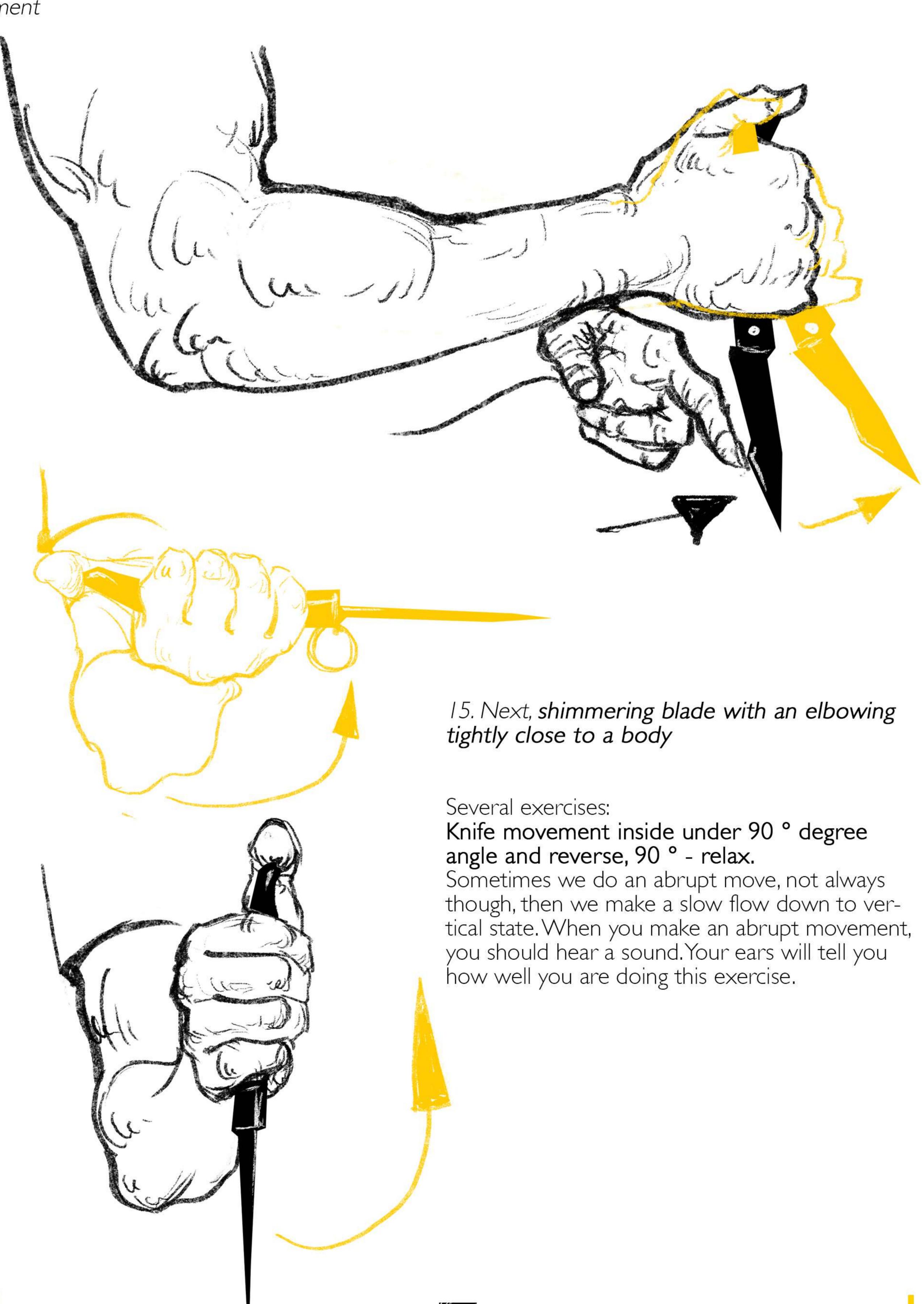
13. Later Mr. Lloyd told me going back into history, that in overall theory there are three things that got blended: box, knife and stick, and a logical model was a stick, a spear and a shield. There is an opinion that all this was influenced by "Silat" – a form of Philippine martial art, and possibly by other Indonesian lines.

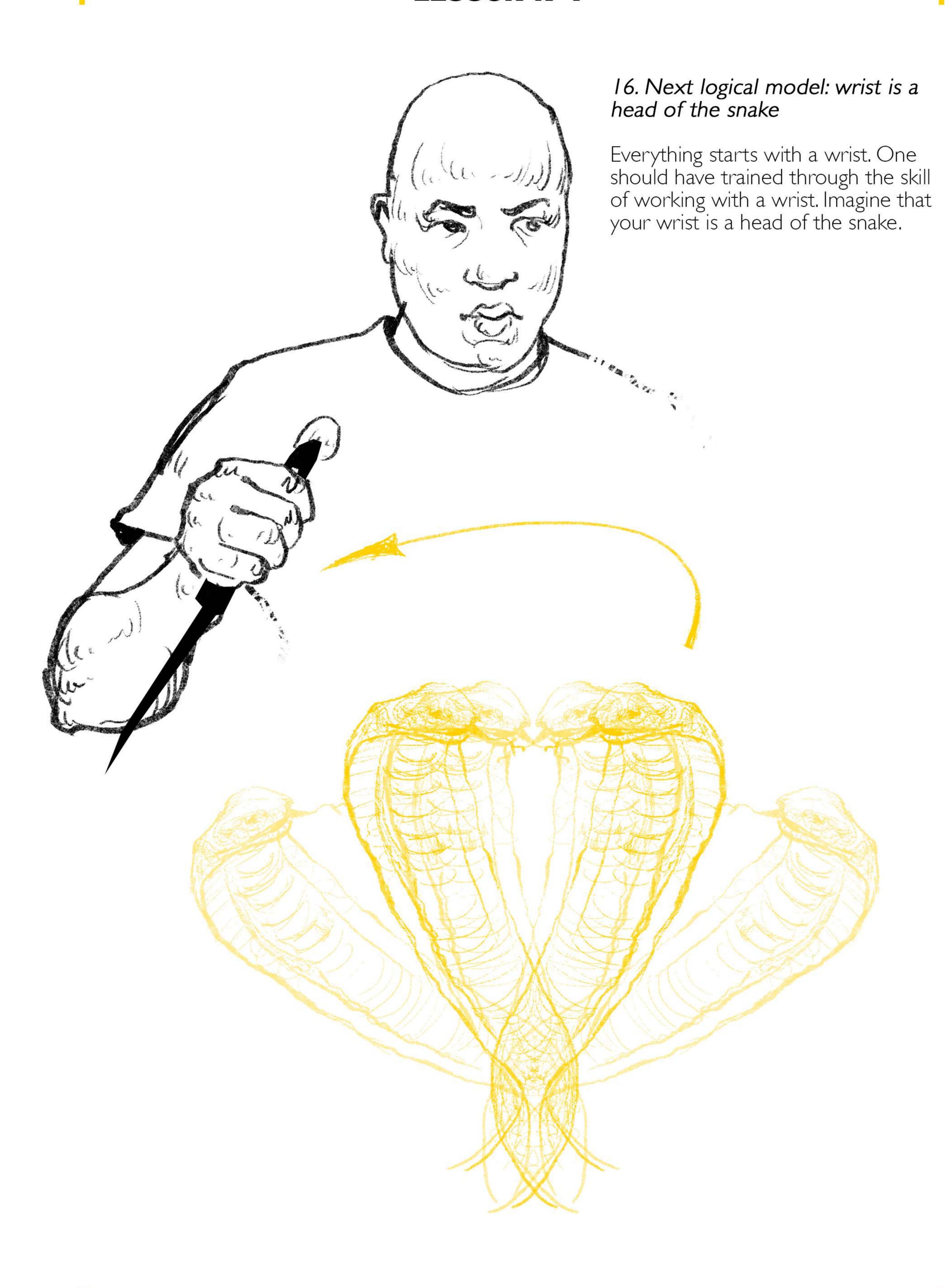
When Blacks in Africa were defeated by British, Indonesian slaves were brought to Africa by Dutch. They met in the prison. If we talk about African system, then Indonesians that practiced "Silat" brought in something of their own. Africans had a stick tradition, and box was also popular in the prison. This way, 3 things blended into one.

"Silat" is a form of Philippine combat. Blacks had in terms of weapons a shield, stick and spear, they never had knives. Whereas, Indonesians had knives. All things got mixed and a stick became one with a knife. You hit someone as if using a stick, but at the same time, you try smashing one with a stick.



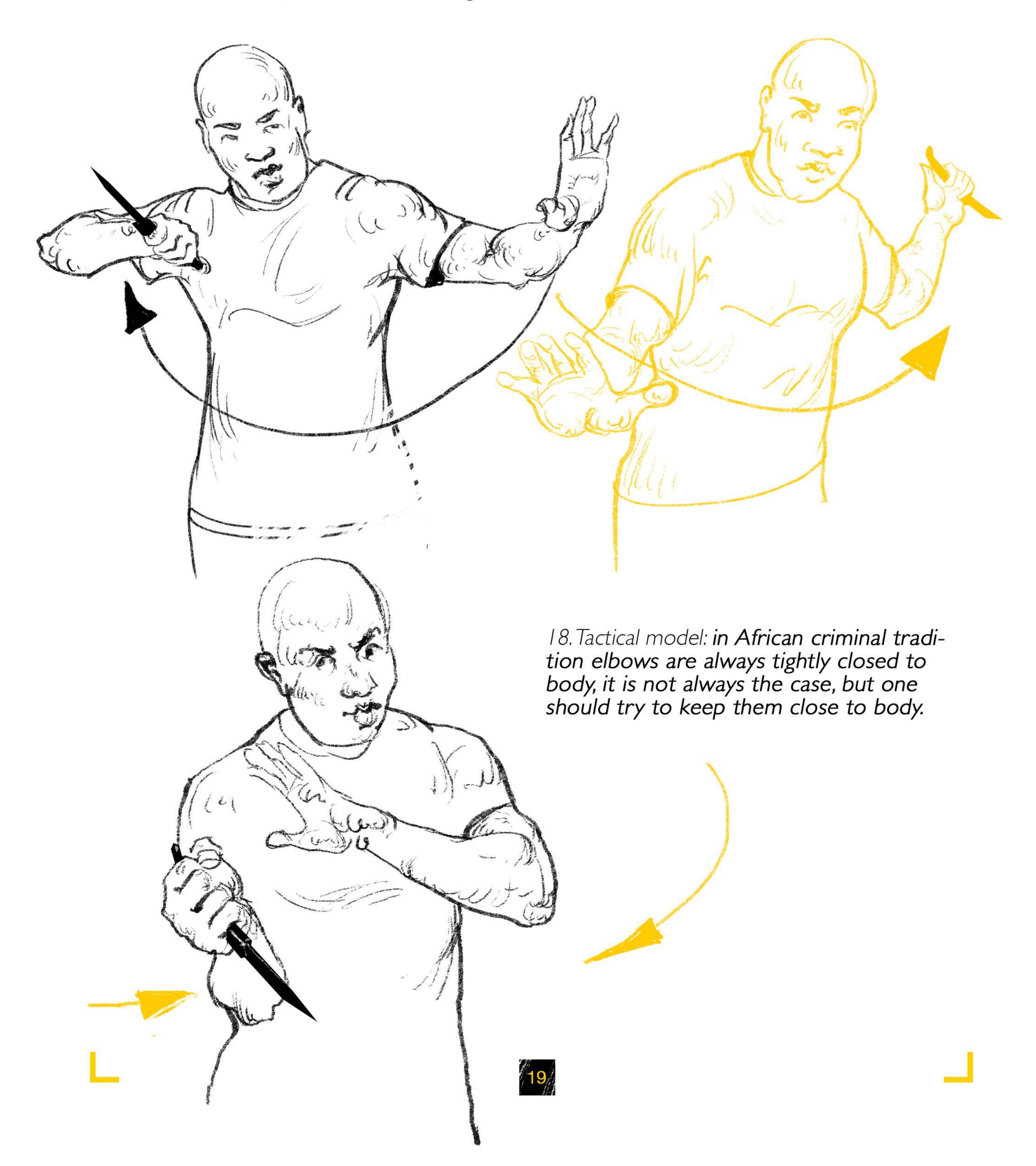
14. Next exercise – wrist back and forth movement





17. Knife swap from one hand to another while rotating a blade from left to right hand. Also Mr.Lloyd told that 25% is a left hand work, and the rest 75% is right hand.

It is not necessary to trying with one hand, hands should be changed and it is useful to try swapping a knife from one hand to another. If you are left handed -25 % of training time should be done with a left hand, and the rest with right one.



LESSON 2

Theses of third block:

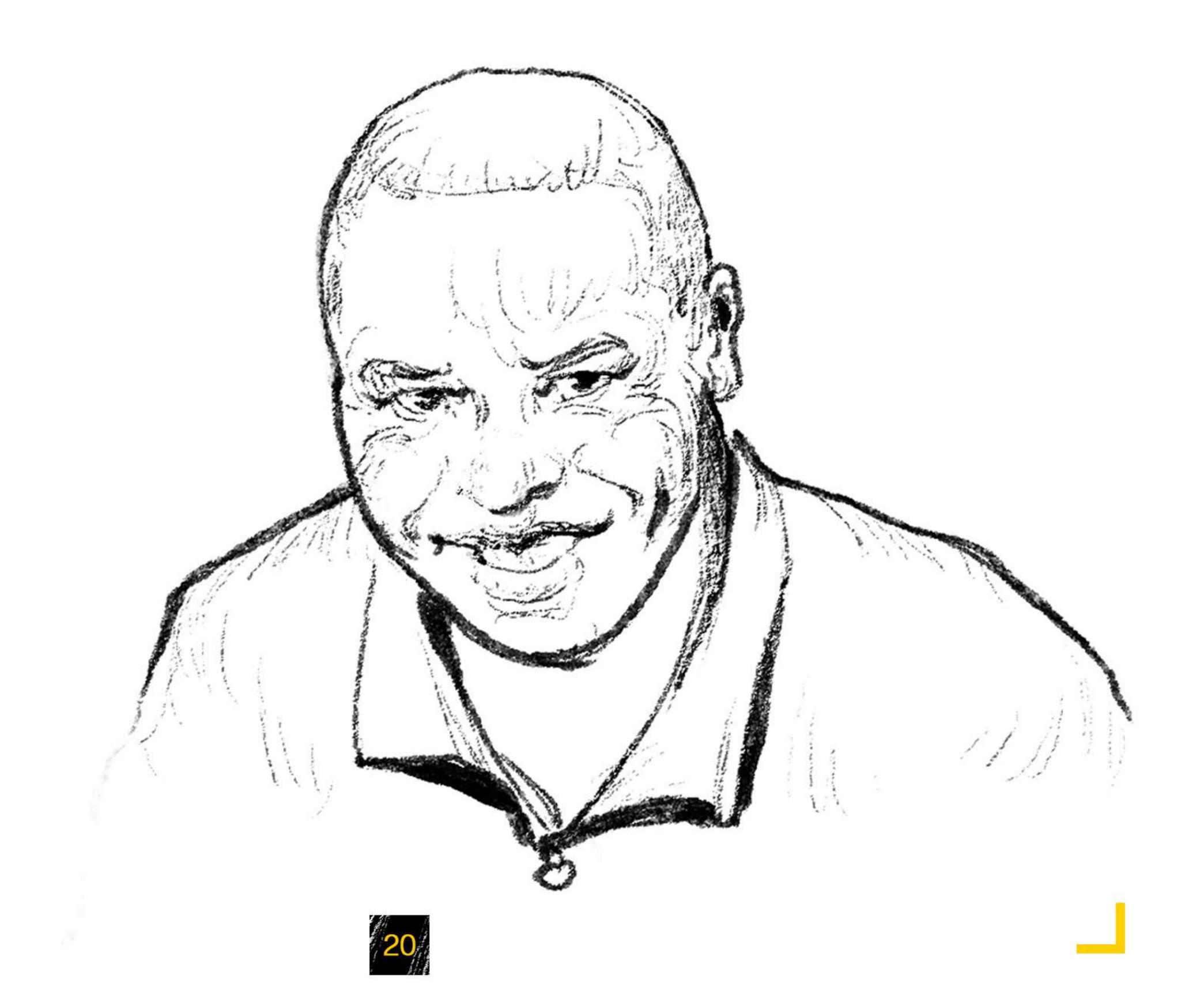
I. We started our talk from a certain 'flow' system (there is a book and a playlist in YouTube), Mr. Lloyd said that it is very important to have strong and flexible wrists to be effective with a knife. This system also solves many different tasks, frees one from injuries, etc.

When I was training to become an instructor, I had injuries in the beginning. But when I was introduced to this system, I was able to eliminate difficulties and owing to this system my moves became more smooth. I got rid from injuries and pain using this system.

It is necessary to achieve more flow and "mobility" in wrists. For instance, finger work, we should exercise in such a way that each finger can move independently from other ones. If you would be playing on piano, the more you had sensitive fingers, the more your moves would be soft and thought-out.

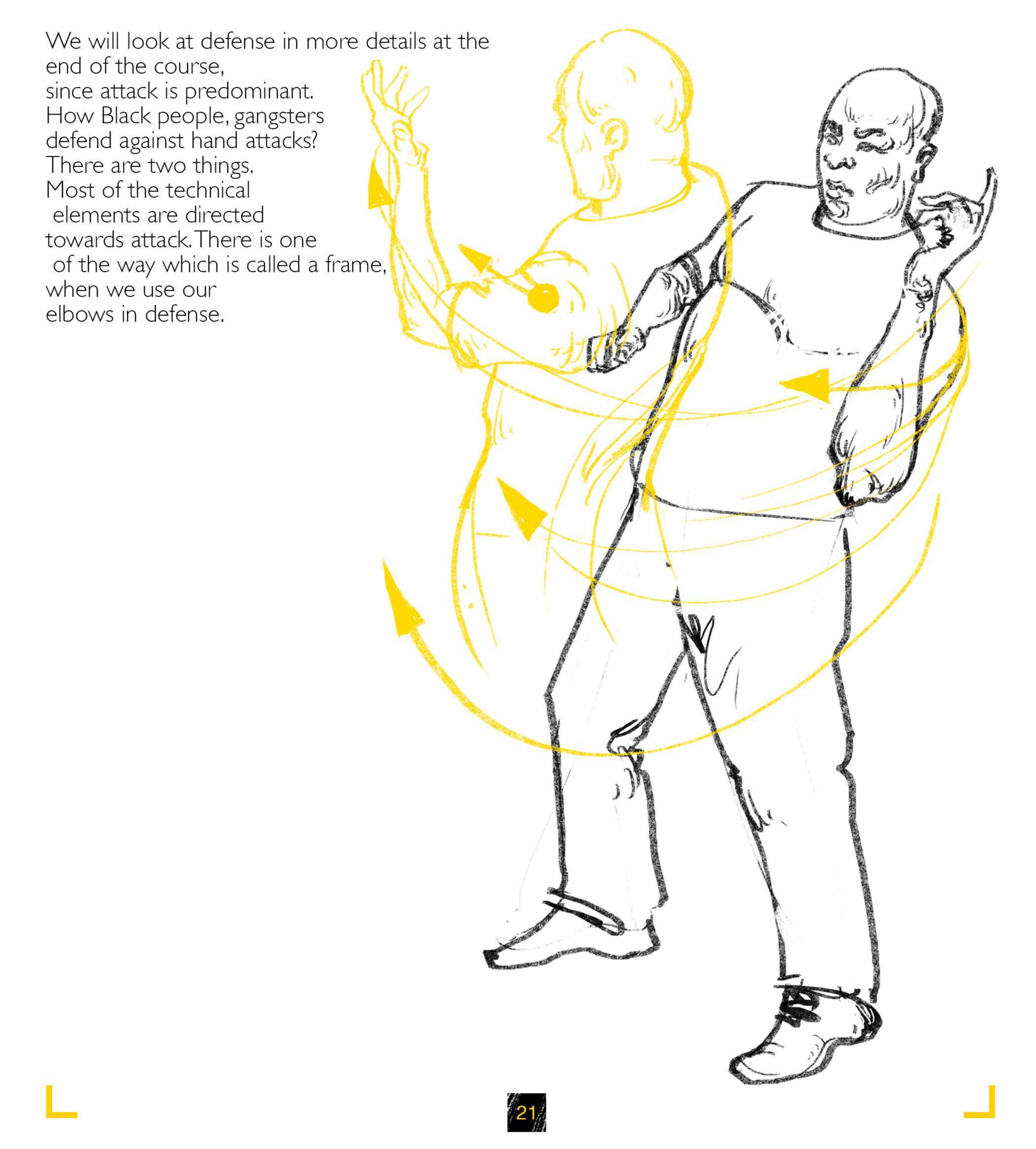
The more mobility you have in your wrists; the more amplitude will be in your moves. I teach my students how to move better, and this system, is the one that will let you learn it.





2. We discoursed on how to defend against hand attacks and knife attacks. Attack is a defense, defense is an attack, no defense – no attack. We intent only to attack.

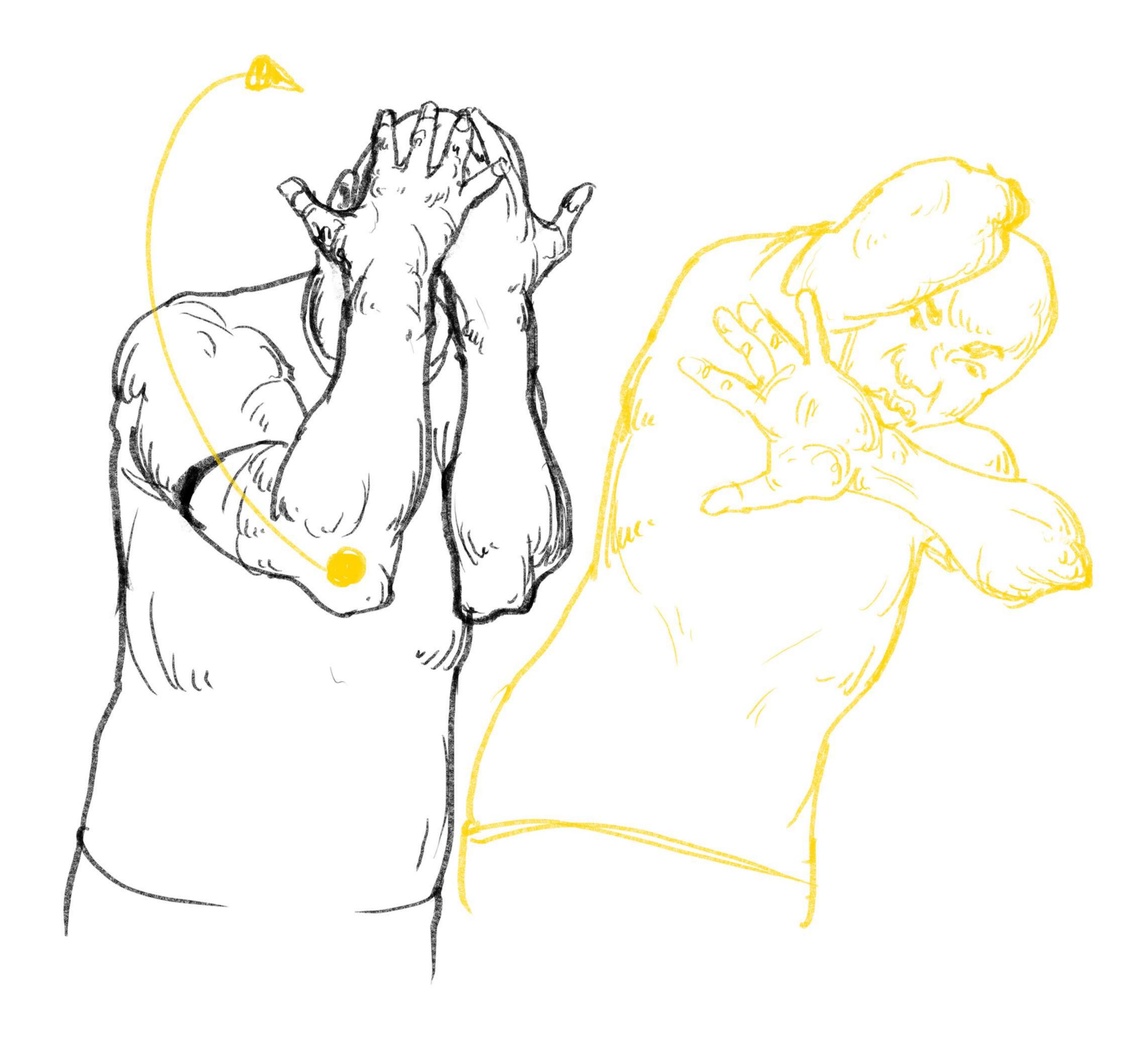
There is a first principle, which is an offence, **defense** is an offence. There are few movements that are defensive in their nature, and they resemble an attack. When attack is coming, you slip away from attack and block it. Back part of our shoulder as if hits and pushes out an opponent. We should "twist in" and "twist outwards".







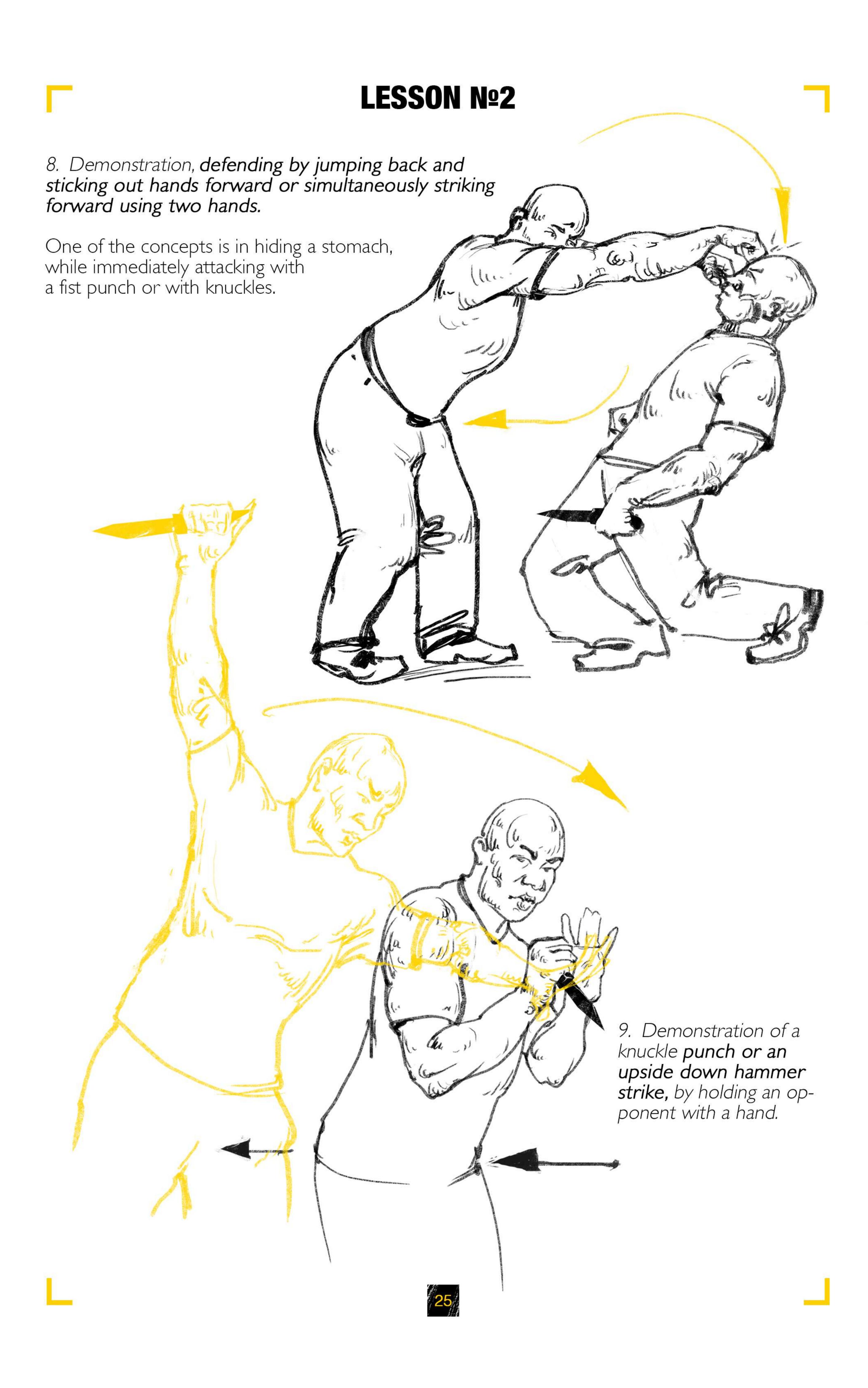
- 3. Demonstration, black style variant of the direct hand strike.
- 4. Demonstration of cross hands defense, as well as sticking out an elbow.
- 5. Demonstration of forearm pushes into torso and points that easily misbalance an opponent.



- 6. Demonstration of defense by **making pendular jumps from side to side**, simultaneously searching for something that can be grabbed; clapping and trying to disorient an opponent.
- 7. After this, Mr.Lloyd explained that in order to defend, one has to trust his ability to move and deceive an opponent.

If you remember, I mentioned that for the most part we **keep the knife in the back**. We trust our ability to move in such a way, that it confuses an opponent. We make him to become nervous, to worry, to doubt, and deceive him. We do not focus much of our attention on the blade, we think more about moving. Everything is based on moving in a way, which makes it hard to see what we are doing.





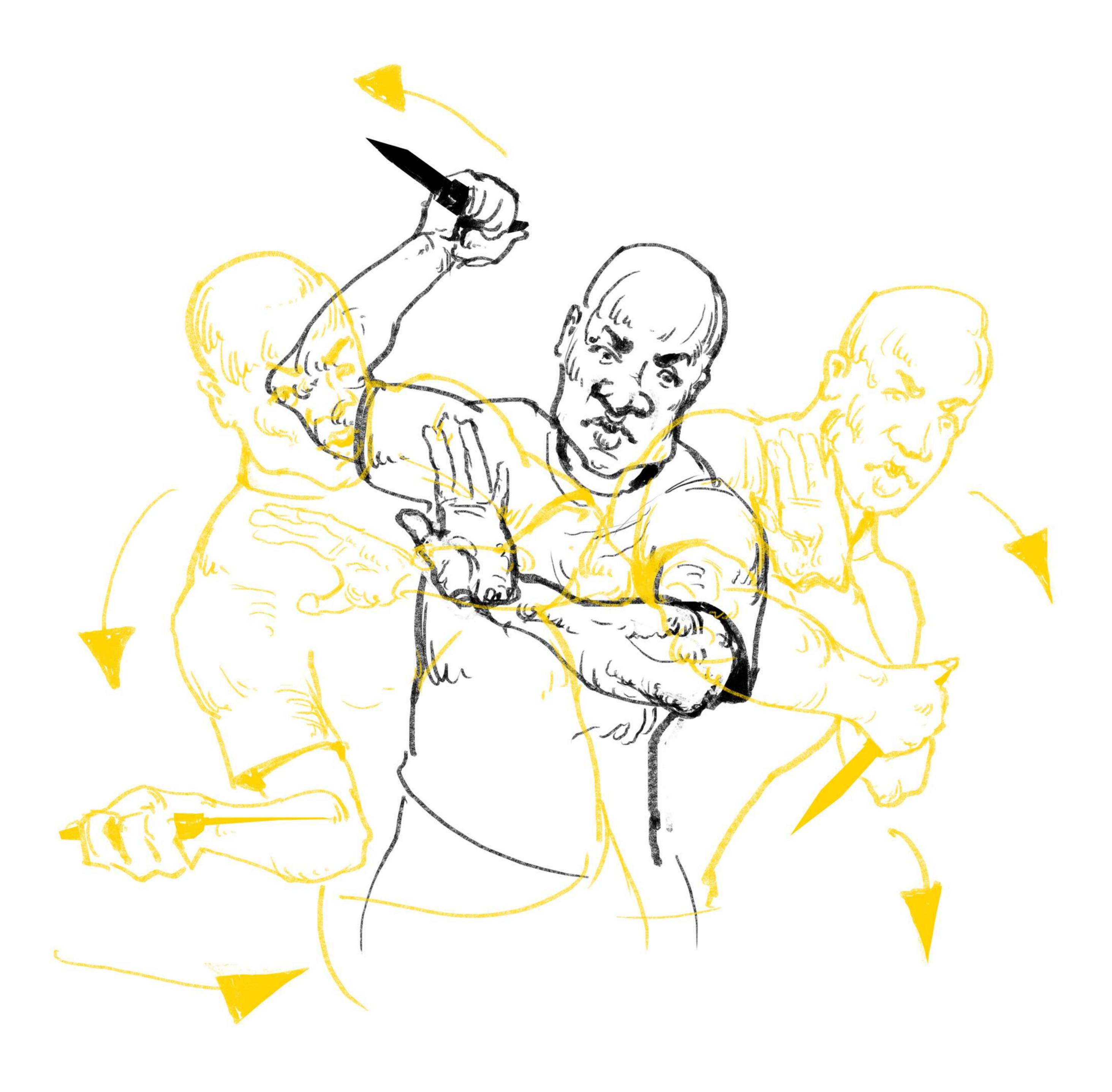
10. Typical position, elbows are tight to body, one hand with a knife, second one is parallel to it. Almost like in boxing, as if slightly hiding a knife, shoulders forward, thighs back.

11. We push an opponent's forehead or face with two hands.



- 5. Upside stab and stabs from sides.
- 6. In south African criminal tradition there are almost no slashing stabs, most of them a piercing ones with a tip of a blade.

Talking about cutting stabs, usually cuts is a coincidence. Generally, knife is not very sharp. If you are going to cut, you won't get much. For this reason one should thrust and pierce through.



14. We poke through an opponent, and can continue with a slashing move (as in Russian tradition, there is an element called "razmandyrit" (ru. размандырить, trans. disembowelment), which rips of the flesh.

They use a cheap, lightweight knife, it does not cut, it goes through and rips of the flesh. First – there is a strike that batters, then, gangster rips it off with a piece of flesh. They do not even try to cut. If I cut you, the wound will heal fast.

Logical model resembles to that if you would be hitting with a hammer. One can break bones with a hammer. While withdrawing a knife, you can break apart outer layer, rip out flesh and wound becomes an open one, torn apart.

15. Hand attacks (wrists, shoulders, forearms) is a model of a lion who bites and rips of pieces

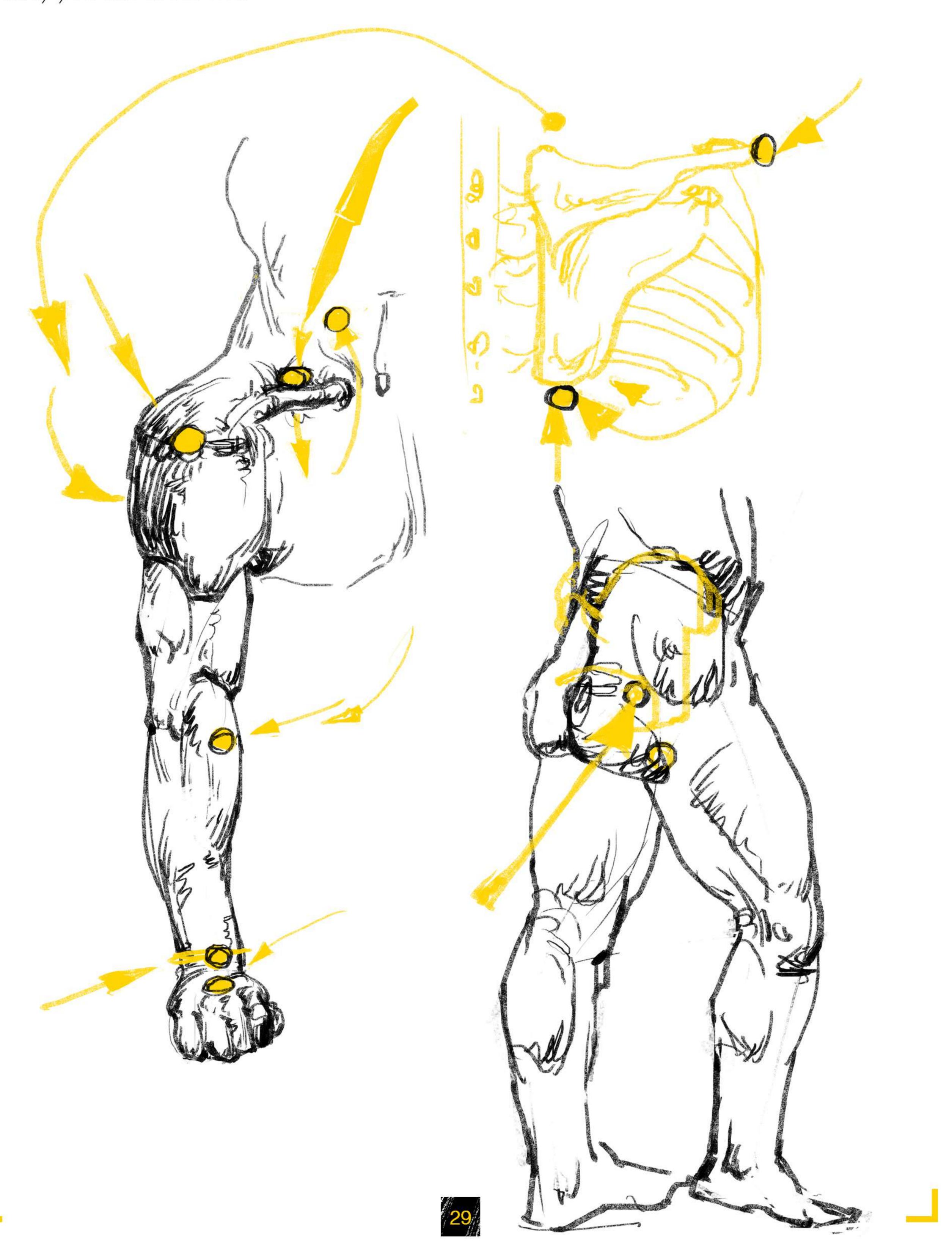
While striking you will try to stab and rip off a piece of flesh.

Imagine a lion with tusks. He bites and tears flesh apart. As a rule he bites a neck. A knife will not cut quite well,



17. Looking through knife attack targets: bones of an opponent, nervous spots, one can just stab, or he can stab and rip off, right hand stabs in the neck and trapezes on body, rib cage stab, side stabs (you find a bone and stab).

Imagine a lion with tusks. **He bites and tears flesh apart.** As a rule he bites a neck. A knife will not cut quite well, for this reason we almost do not do cutting. But if you have a good knife, then certainly you can cut as well.



18. One has to change an angle in order to pull out a knife, otherwise it will break and stay in the body. **Knife is broken inside body on purpose.** Afterwards knife handle is urinated to cover up evidences of crime.

If they want to torture you, you will stabbed 20-30 times, while not wanting to kill you. Exactly for this reason they hit the bone. If they want to kill you they can rip the abdomen. It is common for children, when a gang of 12 year olds attack a tourist, and they attack into abdomen. This is when they really want to do harm. Most of the strikes are done with right hand into a neck. On the left side on neck, there is a carotid artery, 65% of attacks are related to left part of the body (see. Figure). They will smash the chest and lungs, break a collarbone, striking from the top down. Why do they hit twice? One has to change an angle in order to pull out a knife, otherwise it will break and stay in the body. Knife is broken inside body on purpose. Afterwards knife handle is urinated to cover up evidences of crime.

19. Principle: I am not willing to defend myself, I want to hurt you. You cannot lear south African knife criminal tradition. They do not learn step by step...

We will teach you how to position yourself, how to have a right stance, how to defend yourself, while delivering right stabs. Movements and position changes. As soon as you get in the right position, you attack. We hide weapon instead of putting forward, because it is my instrument, I am a bad guy, I watch you, I intent to kill you, to stab you, and this is first.

Я не собираюсь себя защищать, я хочу тебе навредить. Этот гангстер отмороженный, безбашенный. Я собираюсь врезаться в твое пространство, доминировать и напугать тебя. Я уверен, что ты не сможешь мне навредить. И когда черные понимают, что кто-то без защиты, вот тогда наступает момент атаки. Я тебя атакую.

Между вашим отношением и движением вы можете скрыть то, что вы делаете. Мы наносим пробивающие удары. Мы будем учиться их делать, будем учить движения посредством запястья: укол, мерцание, порхающая птица. Мы будем учить вращать нож.

Также мы будем учить способы, как перекатываться, как чувствовать и менять позиции. Это будет манипуляция посредством нашей верхней части тела.

Так же мы будем учить движения на стопах. Из-за того, что вы движущаяся мишень вас сложно ударить, нет статики. Если я постоянно двигаюсь по-кругу, или другим методом, гораздо сложнее меня обнаружить и зацепить. Есть крупногабаритные, широкие движения, а есть узкие движения.

С африканской точки зрения, я не могу вас обучить так называемой технике. Они там учат нескольким принципам, а в дальнейшем вы развиваете свою технику сами.





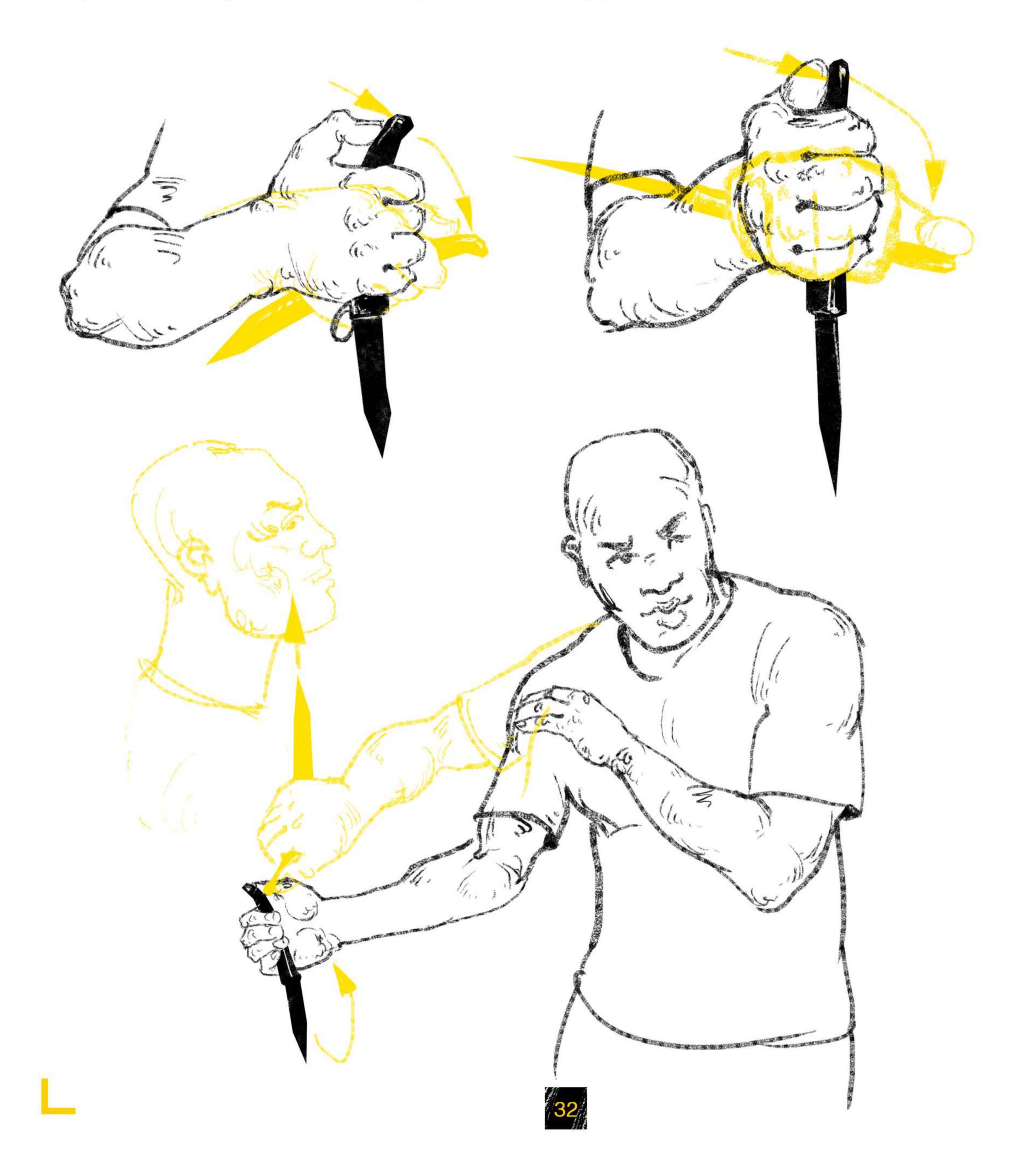
- 20. Fluttering bird. We will learn following types of attack: smashing strike, thrusting stab, double wrist strike, shimmering blade, twisting blade, when a knife becomes invisible, next blade is twisted in a circle form and all these has to be combined into a system.
- 21. Rollings, manipulations using upper part of the body.
- 22. One stab and several stabs in a row
- 23. It is hard to target something which is in constant motion. There is no technique, you have to create your own one.



24. Knife grips, how to control the blade with a thumb. Tip of the blade should be pointed towards opponent when it is possible.

Imagine that a knife is close to your face, and you get into a contact with someone. I have a target, it does not matter where the target is, I am very close it, very close. You direct a knife using your thumb. Guy thinks that he is not in a trouble because razor is not directed towards him. He thinks that he is safe, which is a huge bulk of time. We turn a knife with our thumb, before there was a huge space, a hole; when we turn a blade back to an opponent there is a small space. This lets us to deceive and confuse. You change direction in the last moment. Always try keeping a tip of the knife pointed to an opponent. It is not possible constantly to keep it this way, but try as frequent as possible.

We move and search for a stance which will let us deliver a strike, tip of the blade is pointed towards an opponent. Freeze, stop. Hand does not move, but you do, and the tip is still pointed towards him. You find your stance, relax. Move your body, and smash. In other words, you put your body in a certain position and then you smash an opponent.



25. You need to buy a hammer and train with it

26. We train to smash an opponent with parts of our body

Strike is delivered by means of thigh twist, while keeping hand static. Imagine as if you are striking an opponent with a thigh.



27. Logical model of golf, logical model of a spring, searching for a shortest spring charge.

Imagine as if you are hitting a gold ball, as if you are playing a golf in a slow motion. Now, when you are walking, imagine that it is a bad guy. Imagine that you can take your thigh, and can harm with it. We don't rotate upper part of the body, only a thigh.

Remember, that the hand moves together with thighs. Everything that is happening is only a twist of a wrist. Hand is glued to body.

My thighs twirl, and at the same time my hand twists too. Only when I slowed down rotation of the upper part of the body, my thighs keep on twirling and I uncover my blade and put it in the trajectory of the stab. And at the moment when you cannot twirl thighs anymore, bam — stab. You will be always twirling; you will be never standing still. Twirling has a form of a spiral: up-down.

Stab, and next stab. First attack, second attack. It is like you are discharging a chamber, again and again... We always rotate, we always search for a next charge to deliver next strike.

28. Knife stab – hand-hammer attack

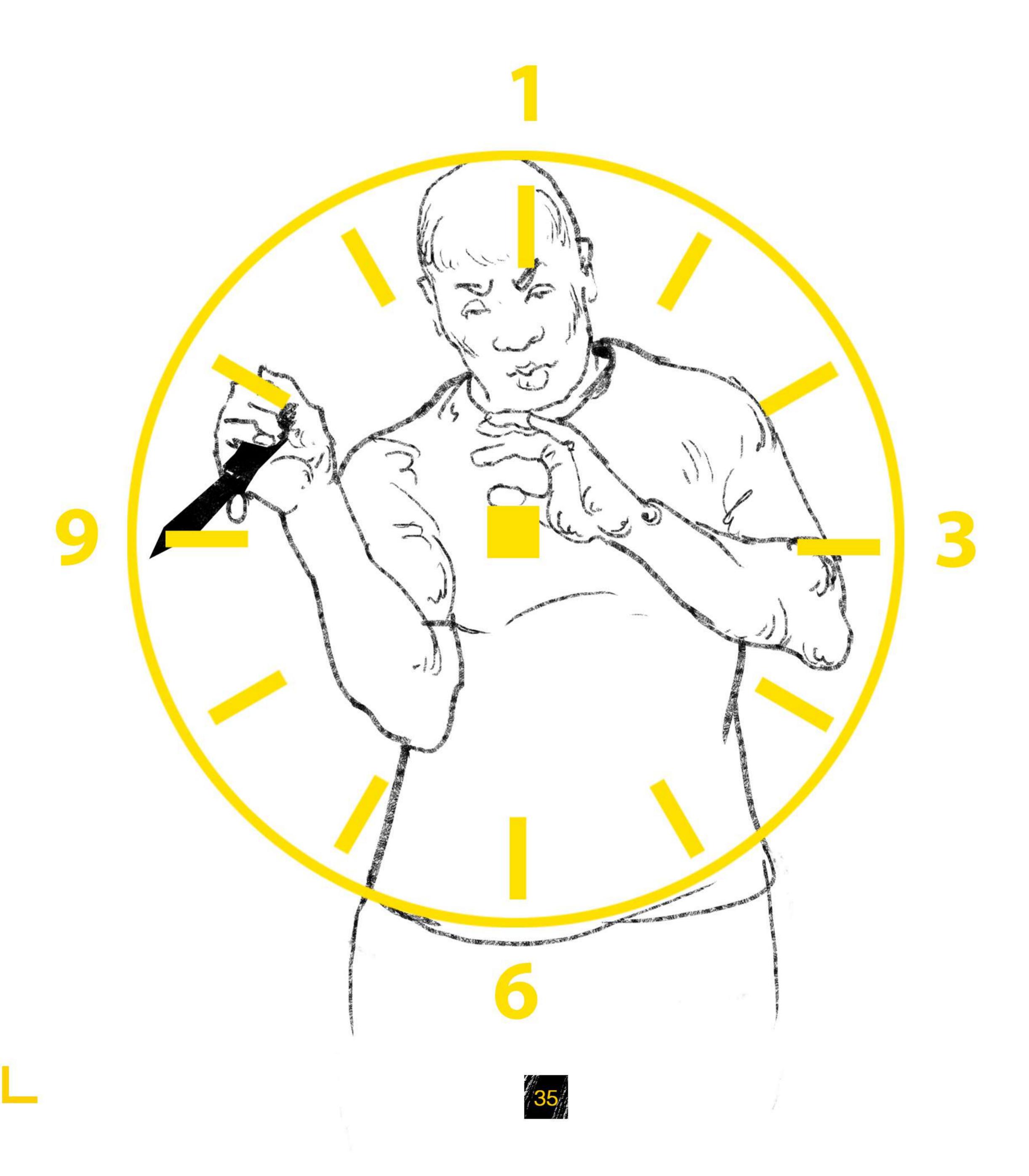


29. **Knife twirl, logical model of a clock.** Mr.Lloyd tried demonstrating which parts of the body can be injured by using a clock. Imagine that at the tip of your blade there is a video camera, as soon as we find a target, we stab (this move, lets us to find a target)

Imagine a clock with 12 sections. Move from 12 to 3. If we do more, we can harm big part of the body. We start with 12, we could go to 3 or 9. Clocks play a role of a model with 12 targets which can be struck.

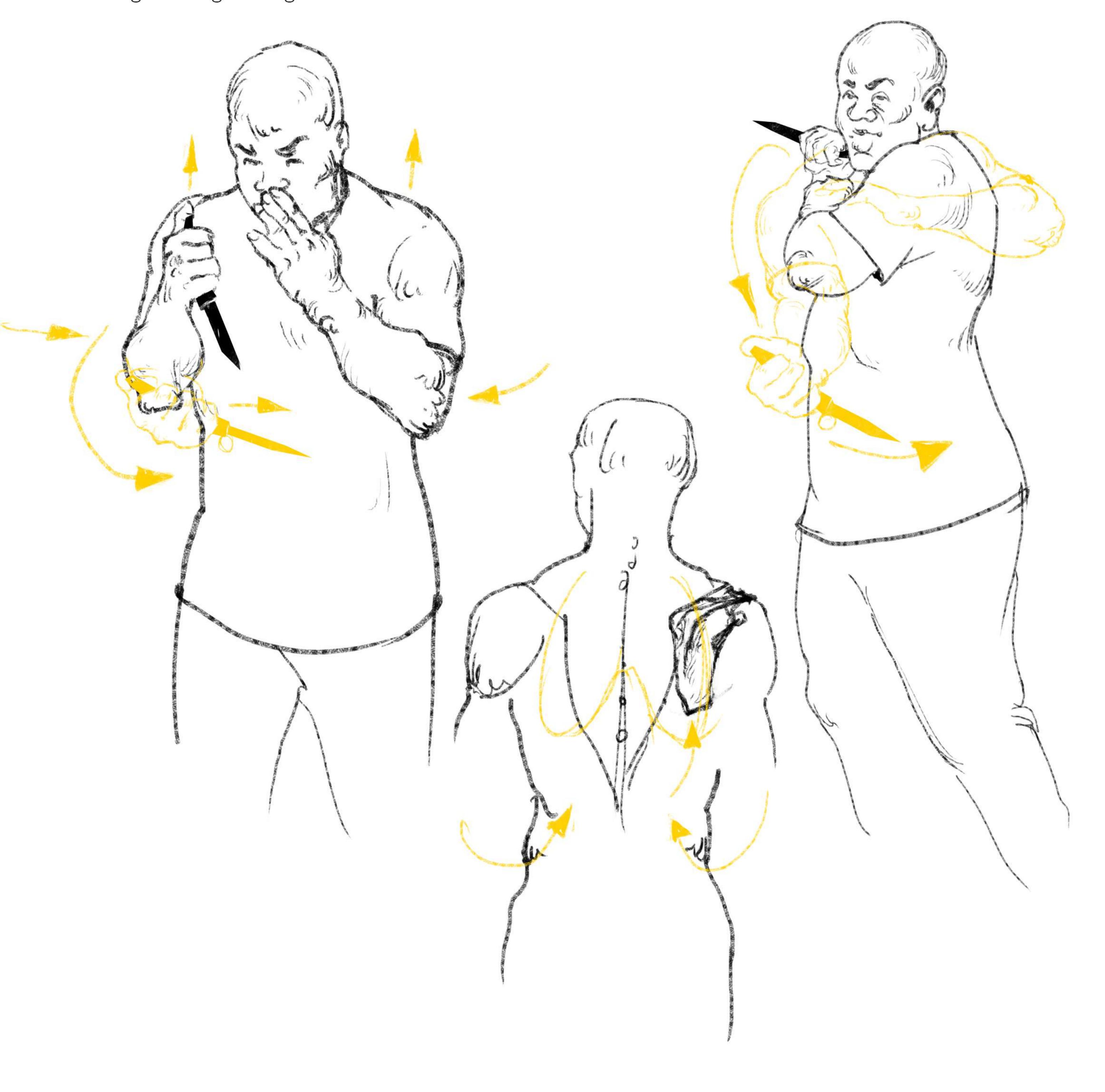
Tip of my blade points the target, and when I find point I need, I immediately attack. Imagine that at the tip of the blade there is a camera, which disappears after a while, as a breech-sight. This movements lets as spot the target, choose it, literally choose it. There is a straight line from breech-sight to kill point. Afterwards we land a knife into target.

30. This kind of move, can also hide, and refuse from a struck at last moment.



2. Double head attack in head and neck, and vice versa (targets on back are kidneys, shoulder blade to pierce through a lung).

Standard stance, shoulders up, elbows close to torso, by doing this we protect our sides. You hit a neck. Listen always the rhythm. Follow the rhythm. Target on the back is a kidney and the point between shoulder blades, you stab below it in order go through a lung.



3. We grab, hitch up and stab.

In certain moments you will grab an opponent, hitch him toward yourself. Afterwards you push him away and deliver a second strike.

Sometimes you may be grabbing and pulling him with your hand.

One, kidney. Grab an opponent, stab in kidney let's say from the back, and stab from front side into lungs.

In Cape Town it looks as follows: I am having a walk outside, here comes an opponent. I enter from back. There are several options of how to do this. I can turn him and pull towards myself. Grab him by shoulder, turn and stab in kidney. Then next higher stab to lungs. Pay attention to what is being described, I stab him in front, while entering from back. But not from up, but from a side.

4. Stab, stab and you hid a knife in your hand



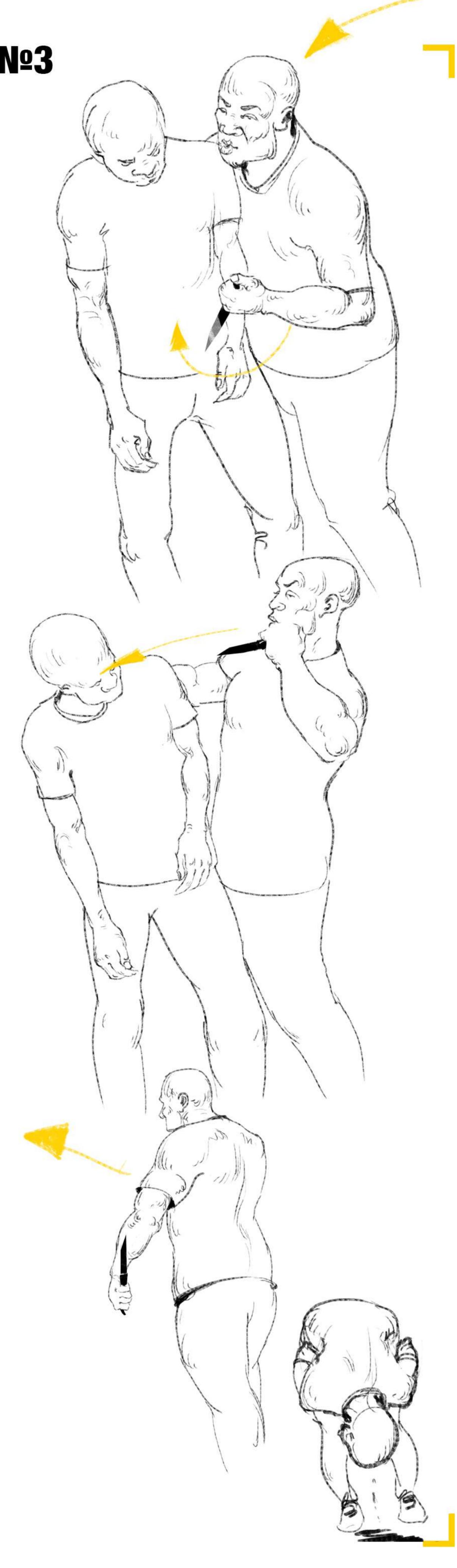
- 5. Training with a partner
- 6. Three kinds of stabs of south African criminal system, knife swaps

Main point in that when you turn an opponent, you stab standing behind. When blood runs, you move to a side.

First law: you stand behind. As if you are running somewhere, or as if you are in a situation when someone is running and coincidentally touches person, afterwards stabbing him. One acts as if he stumbles, and will fall down now; at that moment I take a position from which I stab and no one even notices it. Basically, you hide a knife with your body. You knock person down pushing his shoulder. Then you come very close to him, turn to his front, when you turn, look close, keep a knife tightly and in the way it cannot be seen. First stab is delivered to a kidney, then move forward and turn. Knife is held tightly to shoulder with a tip pointed towards his face, and stab in face. After you delivered second strike, you hide the knife and walk away, you keep walking as you were before. First stab is delivered under ribs. The point is that when you stab a person for a second time to face, person is in shock because of blood on face, and he does not even notice that there is something wrong with his kidney. He will not notice first stab.

Let's look at one more movement. Three stabs. First stab is hidden the way it was before, next stab is to face. Knifeswap and deliver a strike from the back to kidney, no matter which one; or you may struck to nerve knot, on reverse side of the foot, where the artery is. One, two, swap, grab and three. Leave. Third stab when one is leaving, it is delivered by means of the rotation.

7. Hammer strike, knife stab, hammer strike, knife stab



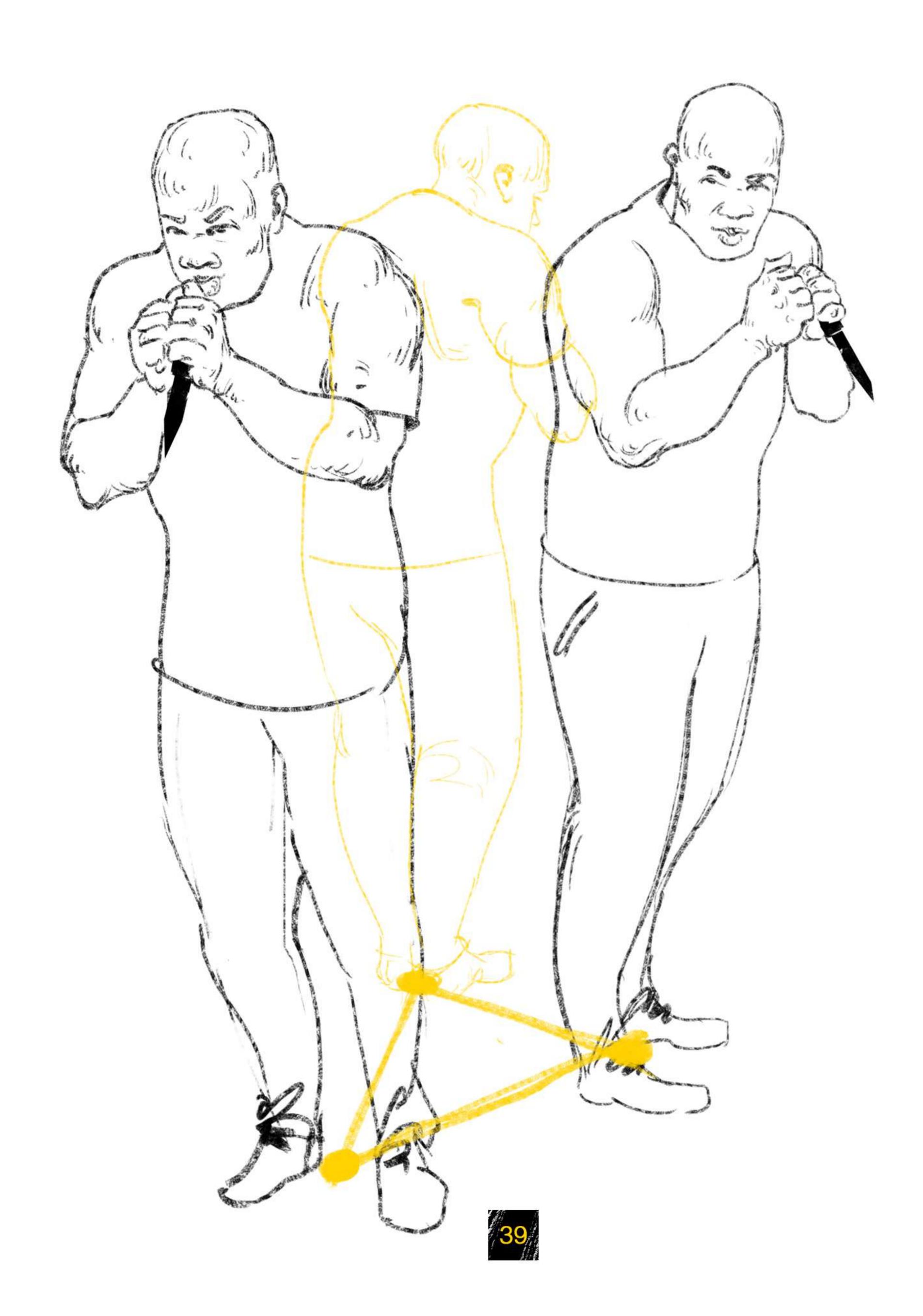


- 8. Front knife swap
- 9. Triangle step
- 10. While stepping knife is pointed towards an opponent

There are two more technical elements, that we are going to make. Twist your wrist to 45 degrees, and reverse, also to 45 degrees. This is called a "triangle step". Feel the rhythm: knock-knock, knock-knock. When you are close to a victim you will not have a possibility to have a wide stance. We use this kind of step even when we move to a side, and we keep knife pointed to an opponent as well.

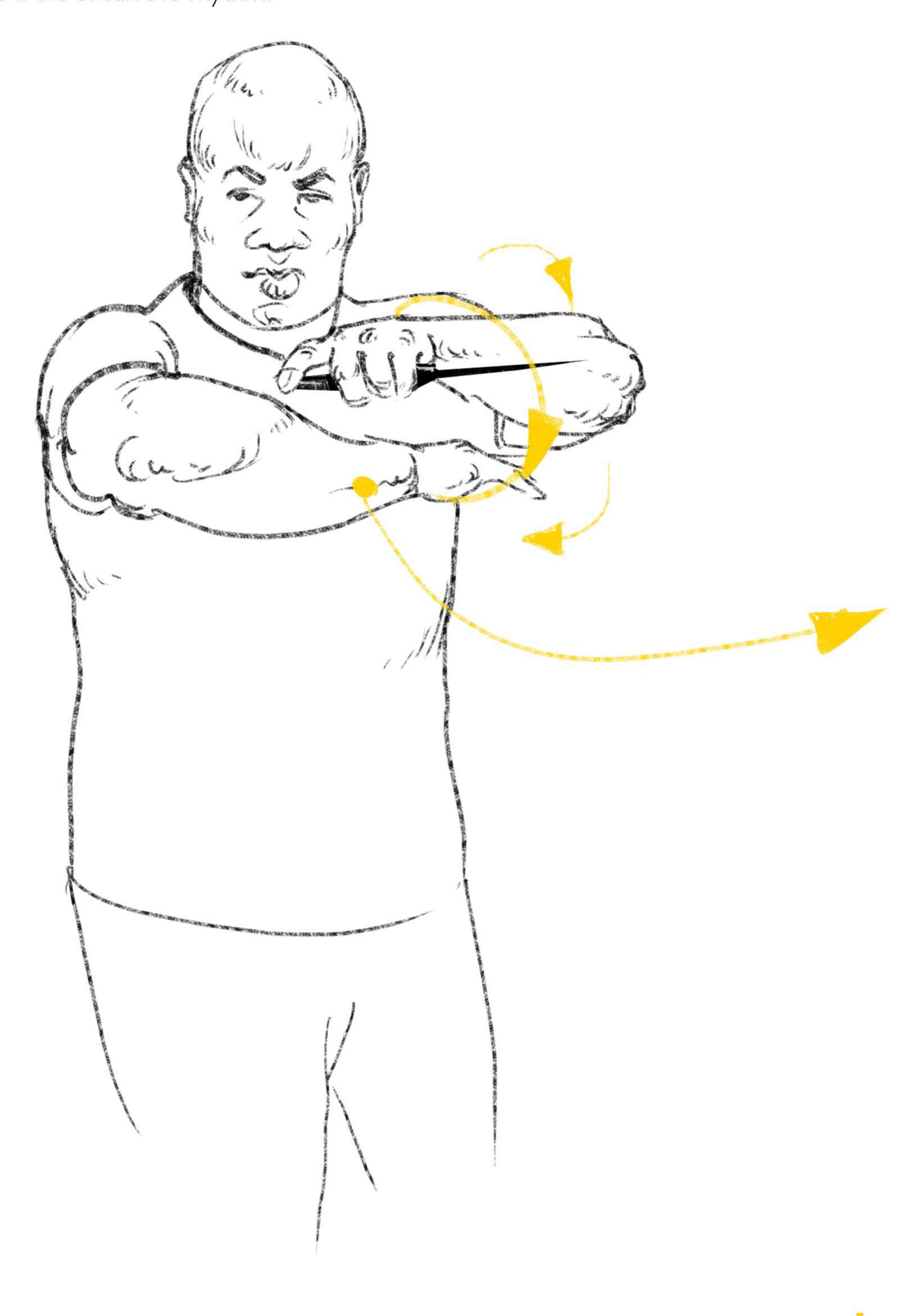
Shoulders a little bit lifted up, elbows tight to torso protecting my sides. By means of triangles, we walk by an opponent from front and appear at his back. You use your feet and shoulders in order to change position. You change position and stab. Take a stance, stab.

11. Step step, step step, knife is pointed at the opponent (see the video, watch attack positions from side), we move our bodies instead of hands (important)



12. Twist hands parallel to ground (it was discussed in details on this lesson)

We move hands like airplane fans. Fans rotate and at a certain moment you thrust hand with a knife. This way we also learn the idea of the rhythm. You should see the rhythm, which comes from shoulders. Next, we twist in reverse side. Then you will thrust second hand. Afterwards, we change the move as if we break the rhythm.



1. Tripwire System – the difference between black and white people in mechanism of movements (effectivity versus spontaneity and suddenness). We discussed this in details in yesterday's lesson (there is no technique, movements are coincidental, they are spontaneous and built on deception)- this system put an equality sign between effectiveness and spontaneity (one more thing into a collective image – dancer. One needs to work on African dancing).

Since in the West people are well-mannered they move correspondingly, movements are direct ant neat. One of the assumptions that a person has to be in coordination, self-collected, relaxed, shortly speaking he has to be in a good shape. Contrary, in Africa all this is ignored in Africa, the idea that we in West consider to be only one right thing. In West people say "keep the balance, get in stance, strike this way, that way..." and it works. In Africa things are different, there is no need for any kind of balance, you have to jump, deceive, slip in somehow and do other kind of things, and it works. Key principle in West is effectivity. When we speak of Africa, the key principle is contraction, abruptness of attack and even incoherency. There are two more reasons as well. One learns the notion of the move itself, not only from the viewpoint of martial arts, but from the perspective of the move itself. When I teach African movements to western people, to Europeans, they cannot repeat the moves. I mean we have absolutely different moves, we think of them differently, our brain processes it differently. And I am interested in moves themselves, the way a kid learns to move, and other things that are related to it.

We are well-mannered, we stand straight, we move in a right way. Imagine the way Europeans dance, slow, imposingly, balanced. Now imagine how would dance a black man, abruptly, chaotically...now give this guy a knife. Give a knife to one guy, and to other one who moves like this. How do you think who will win?

In West everything is structured, in Africa it is a full chaos and spontaneous.

Even when they teach a kid to do martial arts, it is spontaneous. Everything is spontaneous, emotional expression as well. Next principle, there are usual movements that we do – the conscious ones, but under stress, in stressful situations human body won't act that way, it is going to do different moves – motor moves on the basis of memory. And this is a problem of seminars, they study for two days, but things they learn are conscious movements, learned ones, but not ones that would be carried out by a person in certain situation. The point is that, there are moves that we do consciously, and there ones that we do unconsciously – unconscious, motor ones. And African people are better in doing unconscious moves under stress. They flow, and fast. Technique is not followed whatsoever, they just do it coincidentally. That is in Africa all of moves are sudden, coming from nowhere, and structured on deception. It is something that is in the middle, one takes from principles here – African, from there – Asian. Asian one is very close to me. When it is necessary – there will be a full chaos, if needed – moves will be well structured and precise ones. South African knife criminal system is coming out to Europe, and I want to stop it by creating a counter system that would be more powerful. System is very dangerous. For this reason I spent so much time on researching everything related to deception, intuition, and motor skills... As that what influences perception.

2. How to defend against a knife in south African criminal tradition? Interesting way of carrying a knife with a chain on the chest, it is hard to guess and one might think that it is an attribute of a religious cult. Mr.Lloyd demonstrates (one might be stopped, or changed footholds, or counter, one has to start jumping from side to side as a monkey).

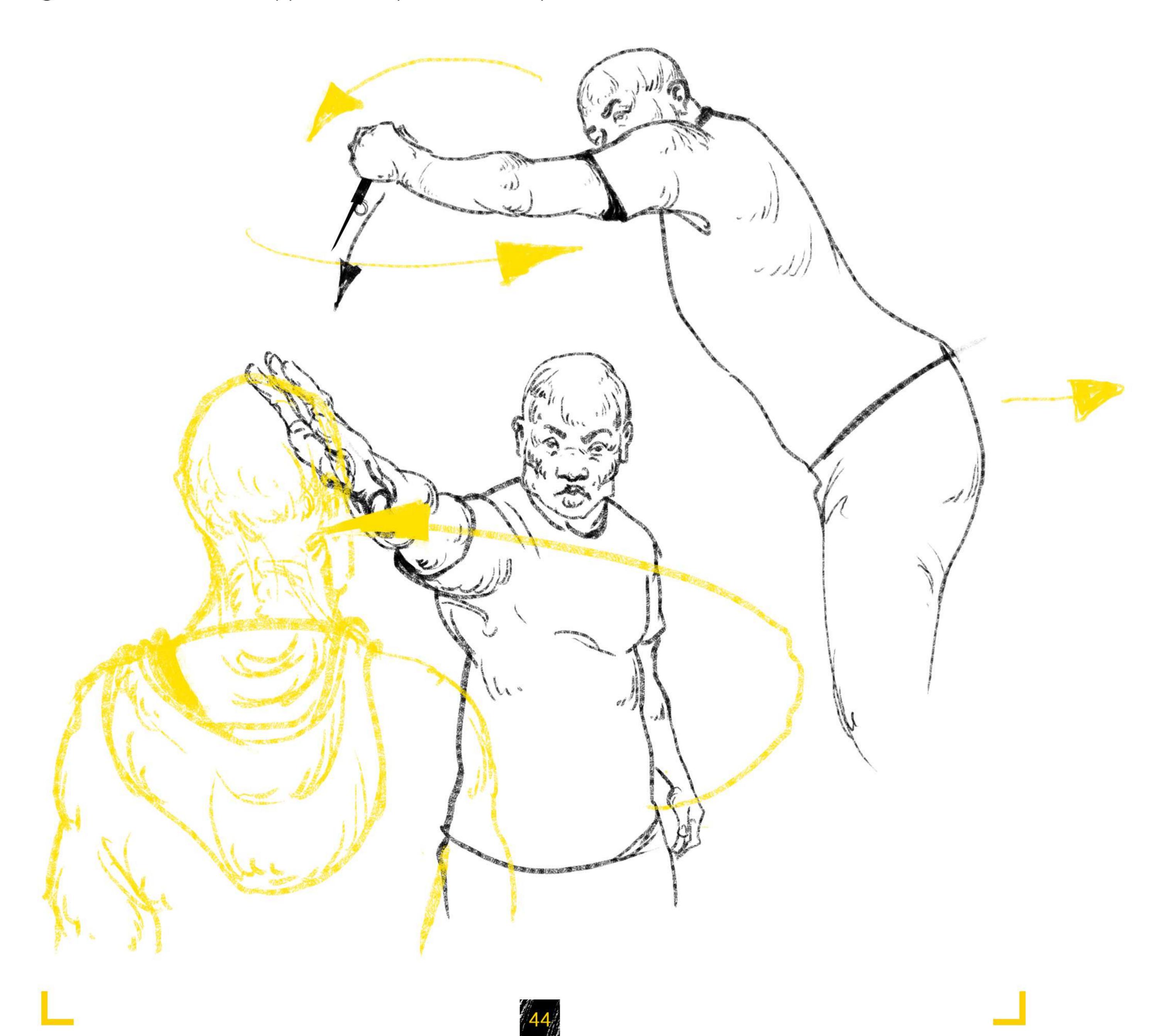
Having a south African knife criminal tradition, I think of how would I defend against such kind of system. Basically, as for me, I think that these moves has to be stopped, blocked before they start or to disrupt the distance, but when distance in longer that a middle one, this technique won't work. Meaning in such case it can be countered.

Things happen to be exactly this was. Knife might be here or in pocket, and it is withdrawn from back. Some even hide a weapon behind their neck... Knife can hidden in different unexpected places. We might see a chain on chest, but not a knife; then they will just break chain and blade falls right in the hand and it is already in front of you, all this will happen very fast. Knife might be in a sleeve and will just fly out from there.



When this type of situations encountered, it may be stopped following way: press with hand; you press with one hand, and attack head with the other hand. This is the most common type of defense. Stabbing to ear or jaw is effective as well. If there is a next move, you should immediately chaotically move to sides, in order not to get hit; keep hands at back otherwise they will get injured; while jumping to sides we search for something to pick up.

For instance in Philippine Martial Arts knife is parried, but in Africa it is not. Thing is that when a knife is in constant motion, it is impossible to parry it. You do not have to grab his hand, his knife. Just stop the hand and attack right away – that is the principle. However if there is time, they start moving. If you see any kind of movement, you have to get off from line and start moving right away to a side moving out from the attack line, searching for something you will hit him with. Again, if you keep your hands in front they will just get cut and you will end up with serious injuries. Hands are kept in front only to grab things while moving and throw them to an opponent. Anything that you can lift, grab with hands. I need to find anything, some kind of a weapon, whatever, even a table that can be put between us. Also, it is necessary to keep in mind, that it will give some time to an opponent to pull out a weapon too.

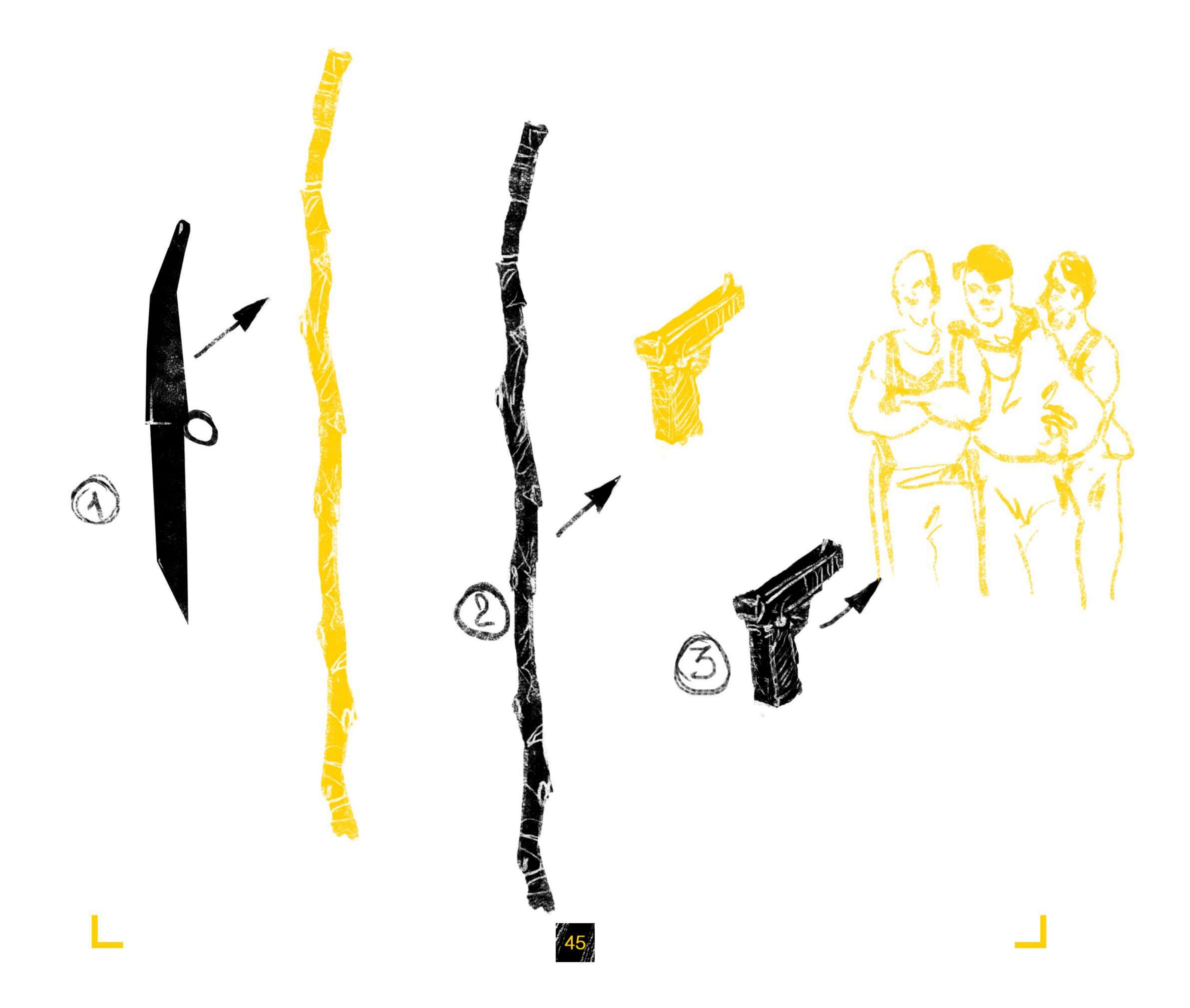


3. No one wants to fight when there is a knife against a knife, there has to be advantage. Knife – stick, stick- weapon, weapon – three friends, and so forth...

Knife against a knife – Africans do not want to fight this way. They want an advantage, they have to have a better weapon.

Knife – stick, stick – weapon, weapon – three friends. This way.

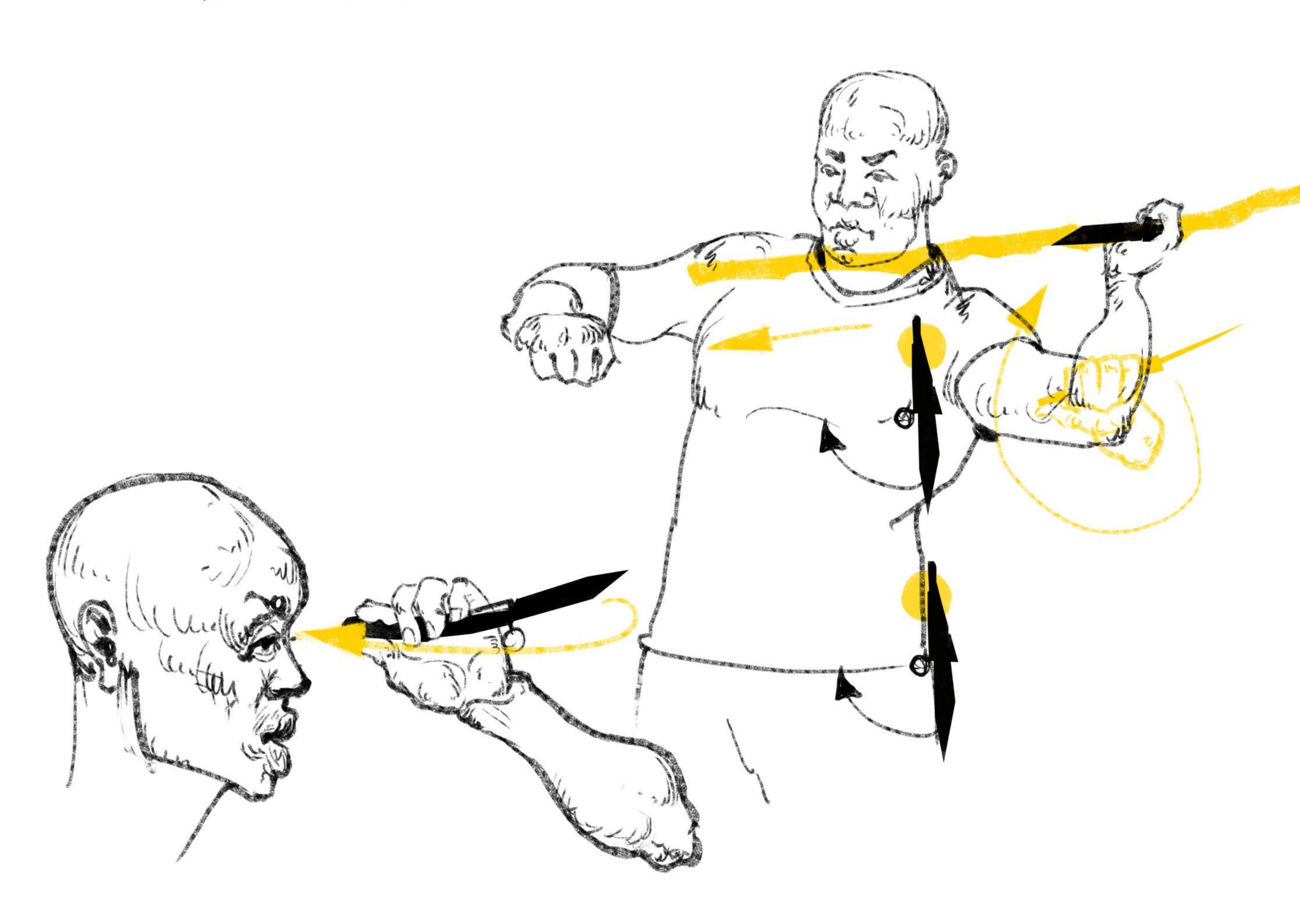
4. One has to create a chaos for an attacker so that he goes nuts. Now we are working on movements related with arms, shoulder joint and thighs. We will also take a look at several simple things, that let one understand what to do when an opponent has a knife and you have a knife. This type of movements would be a good fit. And here you both start. It begins: main thing is to create a chaos. We can jump on. Remember this move.



- 5. Double snap with a knife bottom, double snap up
- 6. Single knife snap bottom, single snap up and vice versa
- 7. Knife twists and how to hide a knife

Knife is on the eye level. Start from bottom then move up. Sway and knife is on top – one more sway. Stick move – imagine that you are holding a stick. One, two – back sway, and three – forward thrust. Imagine that you have a long stick, you sway it and strike from bottom, sway back and attack from above. The reason we turn it around, by swaying it along body is done in order to hide it, moreover it is done with a reverse grip, which makes it easy to pull out. Also we deceive victim by this method, it seems that the distance is larger that it is in reality, because knife is not pointed, but in fact distance is quite short. It let's deceive an opponent. At first he will think that you will miss a shot. He would think "oh he missed it", but it will turn out that you did not. It is easy for you, but very hard to see it and foresee it for an opponent. You may keep a knife this way in front of one's face, and he will think that you missed it, but in fact you will twist a knife and it would be already in the flesh.

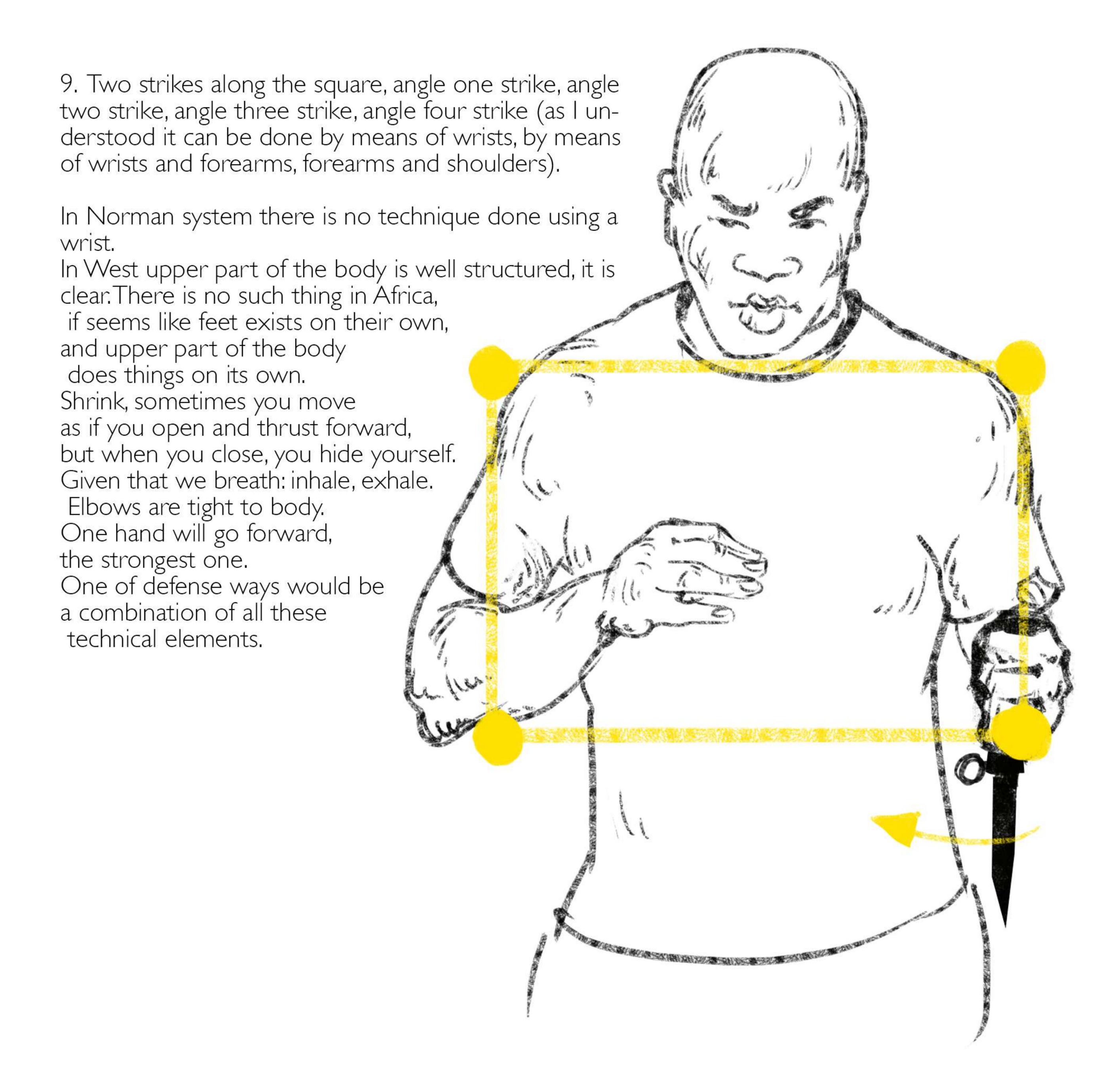
Train wrist, not hand. Go down a bit, then stand straight, three. Hands a tight, four. Turn, open, one. Stand up, two. Three, four, shrink.



8. Snaps along the square, start doing it fast, then slowly, fast, slowly. It develops into four attacks along square

Now we add body movement.

Four strikes. We attack the angles: thigh, shoulder, shoulder, thigh. Attack these angles. Four attacks – four stages. Do it slowly now. When you are moving, imagine that you are dancing. Remember we talked about dancing, now I would like you to feel how you knees turn a bit. Feel that your knees are working, swirling and correspondingly rotating. Imagine as if it is a dance, as if you bounce on a spring. Light bounce: up –down, up-down. Very soft bounce.



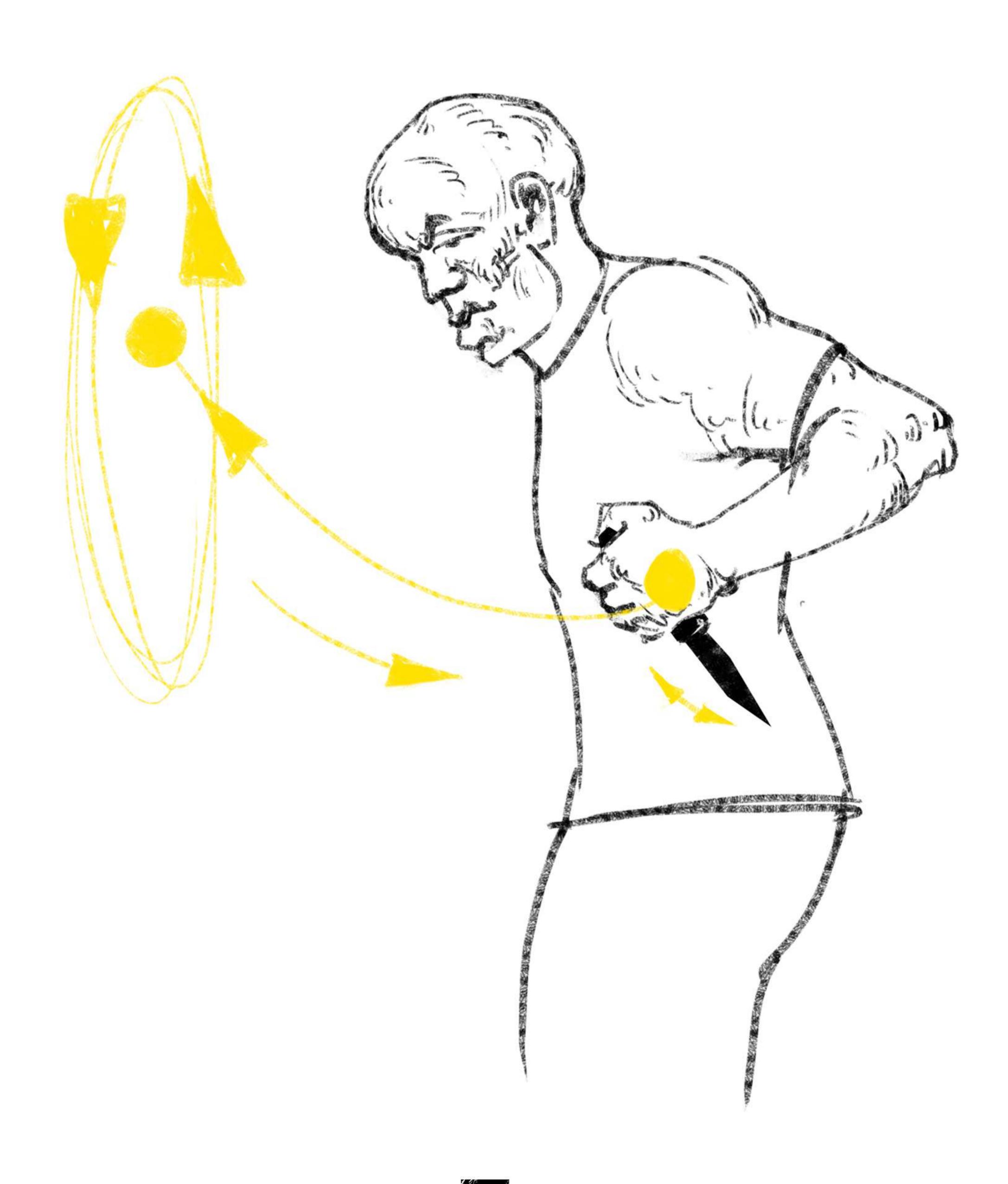
9. Shimmering blade, forward –back, shimmering blade in circle, shimmering blade chaotic

Now we will practice following move. Two strikes in each angle. Imagine that your target is a bit on side, and you strike in there or you strike correspondingly if someone in the back. Two exercises:

One of the defense methods will be a combination of all this moves. You will practice this move until you have a skill.

These are the most basic moves.

We see, that an opponent is just about to attack, he opens for an attack. Simple concept: opening —closing. From this position, and go down a bit. We open, and close. There is not much meaning in this moves when you stand still, but when you are in motion, there is some meaning.



I I. We pretend that we plan to attack down from a side, afterwards we attack upper side (I deceive by pointing down) block and strike to upper side.



12. Opening, closing exercise. Then same thing is done with a shield and spear, different types of openings and closings, commentaries about spine.

Now we will take a look at a bit different way. We will make a forward thrust and close right away. We inhale, and make a big exhale. When you move your spine should be as a rock. As if you are lock snapping. At any moment of time in motion you lock a spine. When you stop an opponent with a hand, you strain your spine; this lets you have such a power that your opponent is going to smash against your hand. If your spine is not locked, is not snapped, then it is going to be a common stroke against your hand.

Body has to become a single construction due to a lock of spine muscles.

As soon as you there is a snap lock in spine, your whole body becomes one single mass. If you shoot only with a hand, it is going to be a hand power only, which is not enough. However, when we add to it a foot work, you would be able to strike through him, more powerful than him by pushing him out of the attack line.

Shield and spear, shield and stick. All moves are done by means of back – by spine. When we close, as if a spring maximally is shrunk, it is ready to shoot. In here, a spring expanded maximally and powerfully as well. When you are in such position – you are ready for a next blow. You were like getting prepared for a next blow. Again, we keep our elbows tight to body, as they protect our sides. Lift your shoulders lightly to protect your neck and spine.

13. Rhythm is needed

It is important to do technical elements slowly on the first stage. Speed will come later. When

you do them slowly they will be right.

You need to feel rhythm as well. After a while you will have a feeling as if you are dancing.

As soon as you feel the rhythm all of your moves

will have a beat. And you will see that, when your opponent is moving you will keep moving along your rhythm.

There are times that you don't follow the beat,

sometime you do,

sometimes you break

the rhythm, which will definitely

confuse him, as you divert the rhythm.

Your beat will always dominate – you will have a domineering stance.

14. It is important not to copy,

but to understand how one builds and work out

right moves.

If there will be any questions in a few days, let me know, and we will discuss them. Last thing, what are we going to play with. With opening, closing and dislocation. You are going to come close

even like this. We turn this way. Open and close. We begin with this move, open and close right away.

We not strike towards ourselves, but to a side. Open, close.

Sometimes we thrust with our body towards an opponent. We will play with this a while and will have more discussion later.



ЗАНЯТИЕ №4

- 1. End of motor cognition, simple action (answer to Lloyd's quetion). Search for easy via complex actions
- 2. First book is written about the knife in South African criminal tradition by Lloyd's German friend
- 3. Book "Nongoloza Children"
- 4. Lloyd says that emotions are directly related with actions

Key conclusion is that emotions have a major relation to actions. When a person moves in a relaxed way his hit is corresponding. When he is angry it is a different story, his external behavior is different as well, and attacks are going to be completely different - they will have other trajectories and power. he is going to act more violent, rough etc

5. Cape Town Knives



6. Exercises with a short stick (technical elements of knife strikes work out). Reflection with a stick about knife technique.

Look at the stick, from African viewpoint movements are contracted. Wide sways with a stick is a Western and Asian manner. Every joint moves in a separate way. If we do this way, as in West, it is easier to stop and block. If I see that someone is trying to block my moves, or capable of blocking my move, a keep my elbow tight which will make the movements smaller in its amplitude. This will let me to avoid blocking faster and will let me deceive an opponent. In other words, there was expected a wider sway, but in the end it is going to be a narrow one.

Knife is like a stick; the principle is the same. We deceive an opponent – it seems that I will injure a foot, but I attack the head by deceiving an opponent. It seems that a stick will land in completely different place and target, but at very last moment you finish using an elbow and a wrist, correspondingly stick will always land on target.

it is hard to foresee this type of an attack. I might strike a shoulder as well as a head, I might even make an eye stroke. If I lower my wrist it would be possible to cut even lower parts of the body. But if a move my hand behind your head, it seems that missed the shot, but in reality I am twisting the blade and then deliver a stab right in the neck.

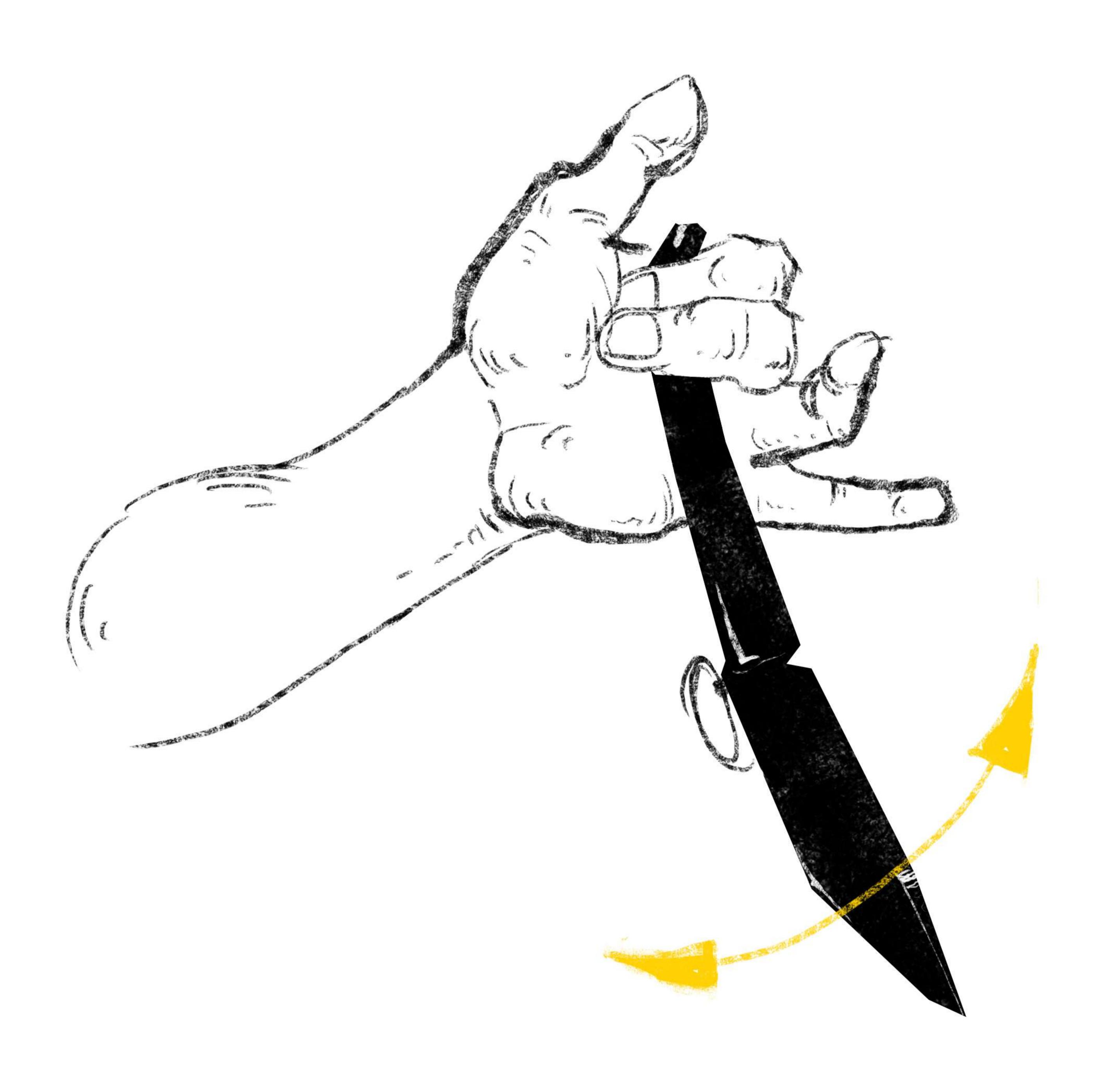
Sometimes you will not rotate stick, you are going to move your body, thighs, turn and only then you will thrust the stick. I mean there are a lot of strangulated moves, as shoulder, elbow and hand knots.



7. Knives of Cape town

8. How to hold a knife (two fingers are tight, two are loose)

When you hold a knife, it does not have to be hold too tight, they should be held with two fingers, whole other ones should be loose. If I do slow moves, it seems that knife is flowing. Meaning that two fingers are tight, and two fingers are loose.



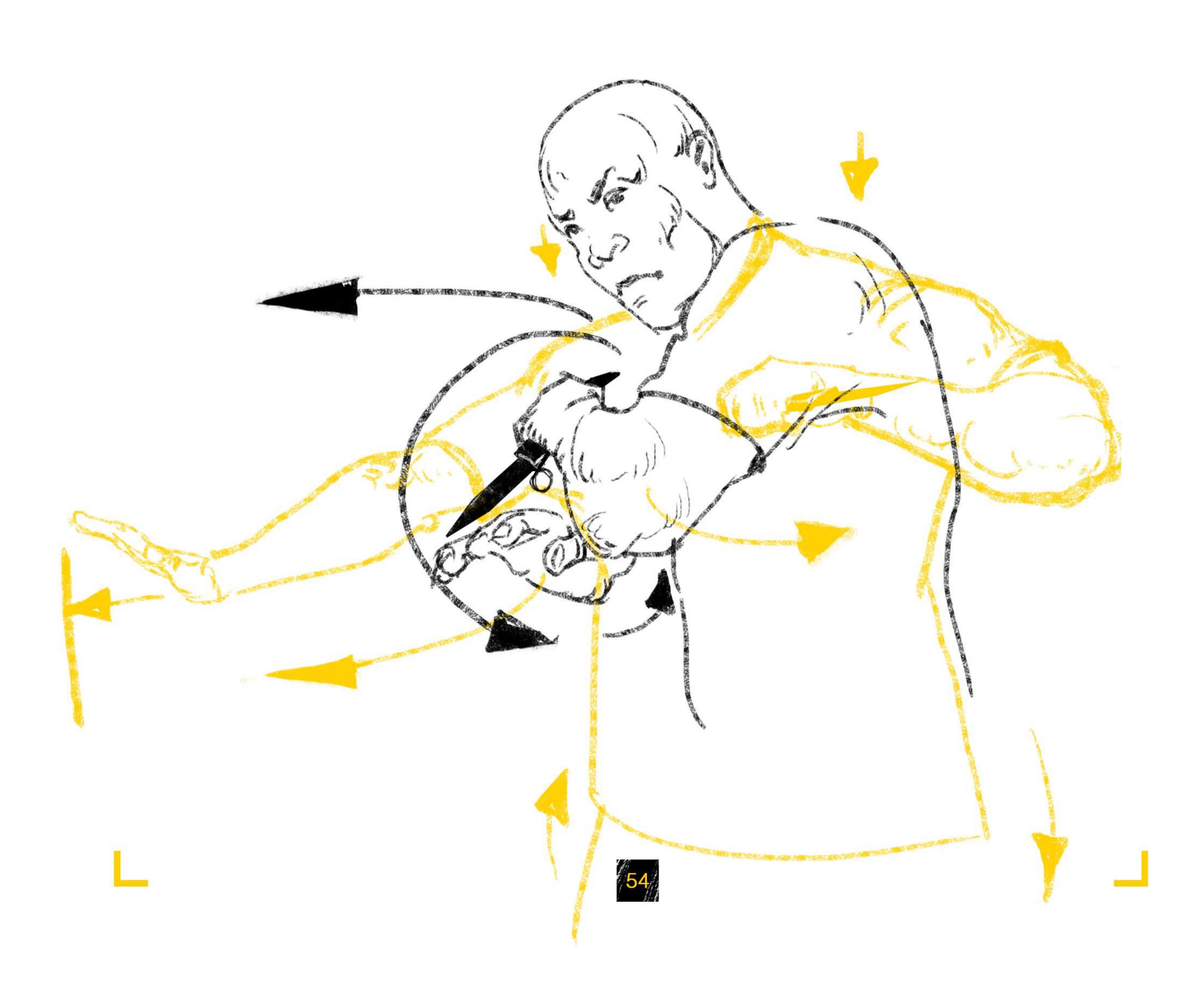


- 9. Strike from above lethal one
- 10. Now, how to strike with a stick from above.
- II. We twist our hands as usually, feel the rhythm

You create the rhythm, but the beat is abrupt, as if broken. Now you can try to turn a bit to sides. You turn using thighs, as if you are trying to make a step forwards, but you stop and move backwards. We go down a little bit, imagine as if you are to jab.

Main hand is one with a knife, if knife is in right hand, you turn and throw forward your hand (not much). Pay attention to that shoulders also bounce up. By playing with shoulders you confuse your opponent as it is not clear where attack will come from. Change direction. Usually before delivering a strike shoulder goes a bit low, by this method we disguise the movement, so that it is not understandable where attack will come from – from back or front.

Now we start from a different side. Your hand goes forward, hit the target – a palm strike, we stopped the attack, thrust – strike. Move resembles to that if you are pushing someone away. First you stop with a palm strike, then you bring your elbow tight to your bod and push opponent one more time. You deliver a strike, and check. This way we regulate corresponding distance and that we land in right spot.



13.Knife swap from one hand to another

14.same thing with stopping chest or striking an opponent with a free hand

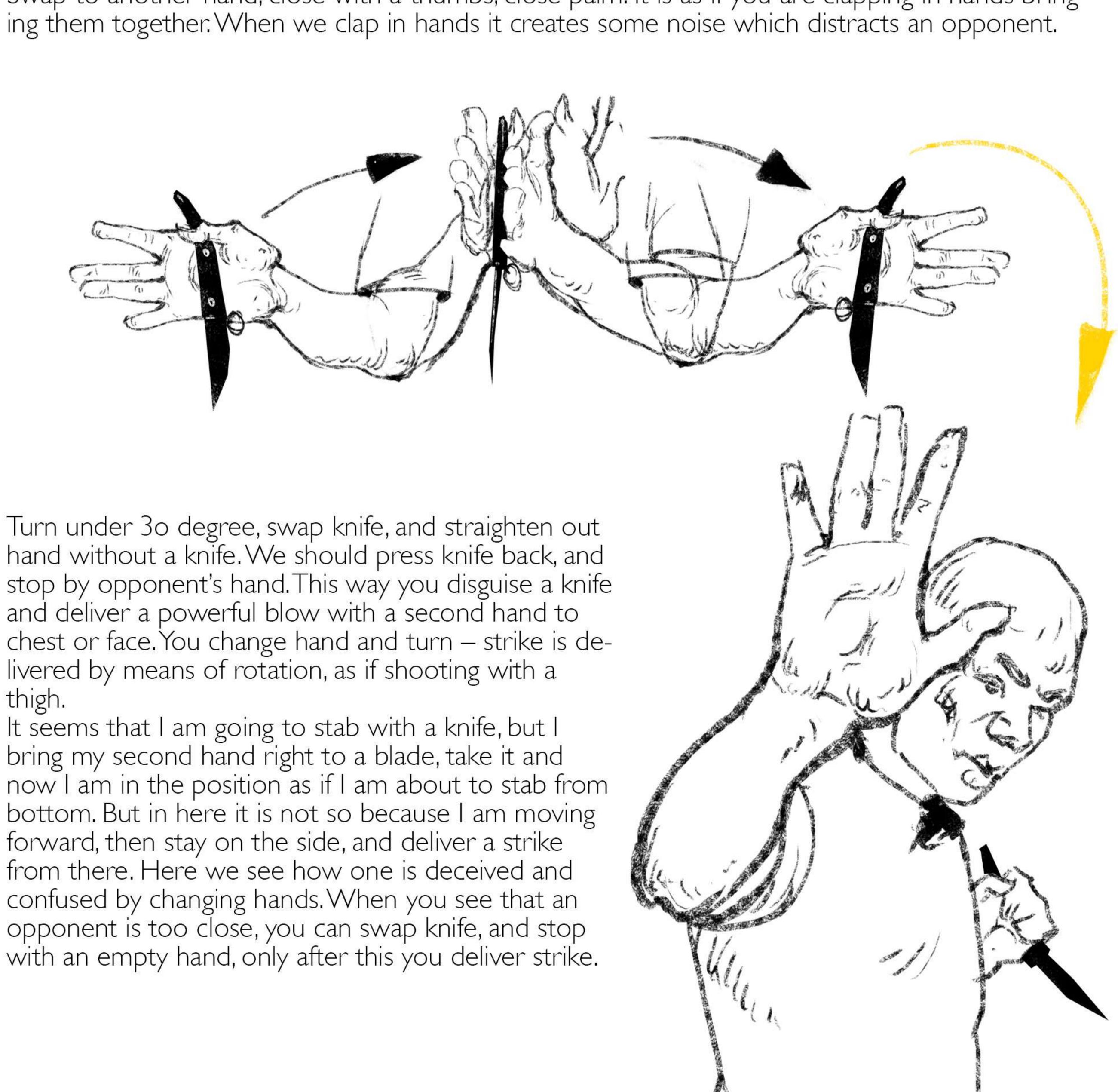
15.different methods of knife swap

We swap knife only if your hand is squeezed, and if you are not able to move it. If we see that we will gain an advantage if we change target on body, we also swap the knife.

The reason we do not do a lot of knife swapping is because we will drop it.

Open 4 fingers, bring hands together, swap.

Swap to another hand, close with a thumbs, close palm. It is as if you are clapping in hands bring-



16. Throw a knife with finger cushions, in the beginning with hold a knife by its blade, train in this way, and then we move to knife swapping with finger cushions.

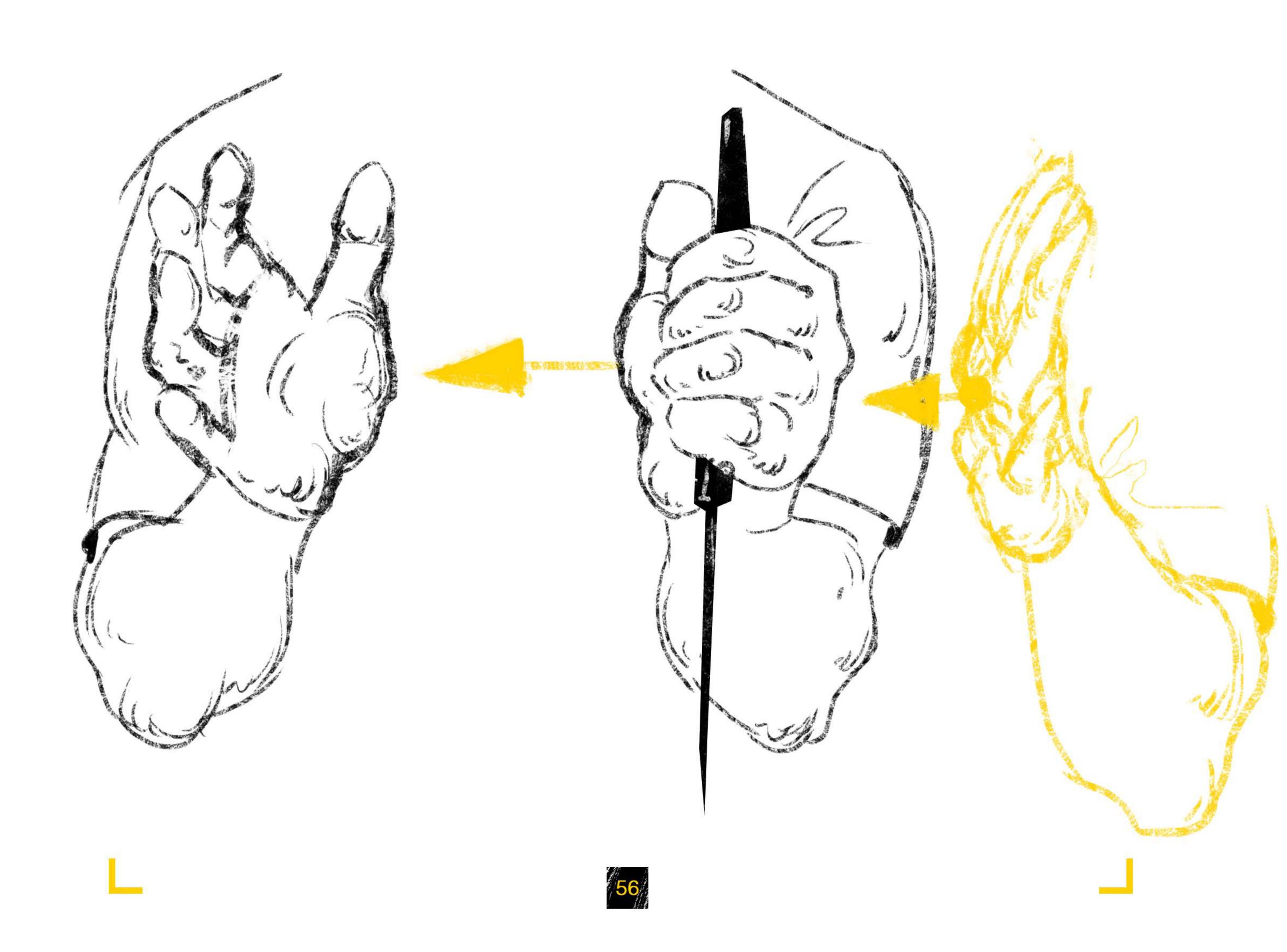
Open knife hand, second hand catches it without moving. One should work on that your hand does not move. We does not throw with a hand, we do not just jolt it, hand opens and knife flies into open hand. Mere one move of opening hand throws a knife. Do not throw, do not move other hand, do not do that, just open. As soon as I open my palm, knife begins its move.

17. Now while swapping you move only one hand, one with a knife

your hands move towards each other, then, certainly you can throw it. how to practice throws?

One hand does not move, second hand moves with a knife, and when hands come very close to each other, knife is released. As soon as you let knife out, hand does not move. You release the knife and take it back in hand.

18. Lloyds knife, folding and one piece knife

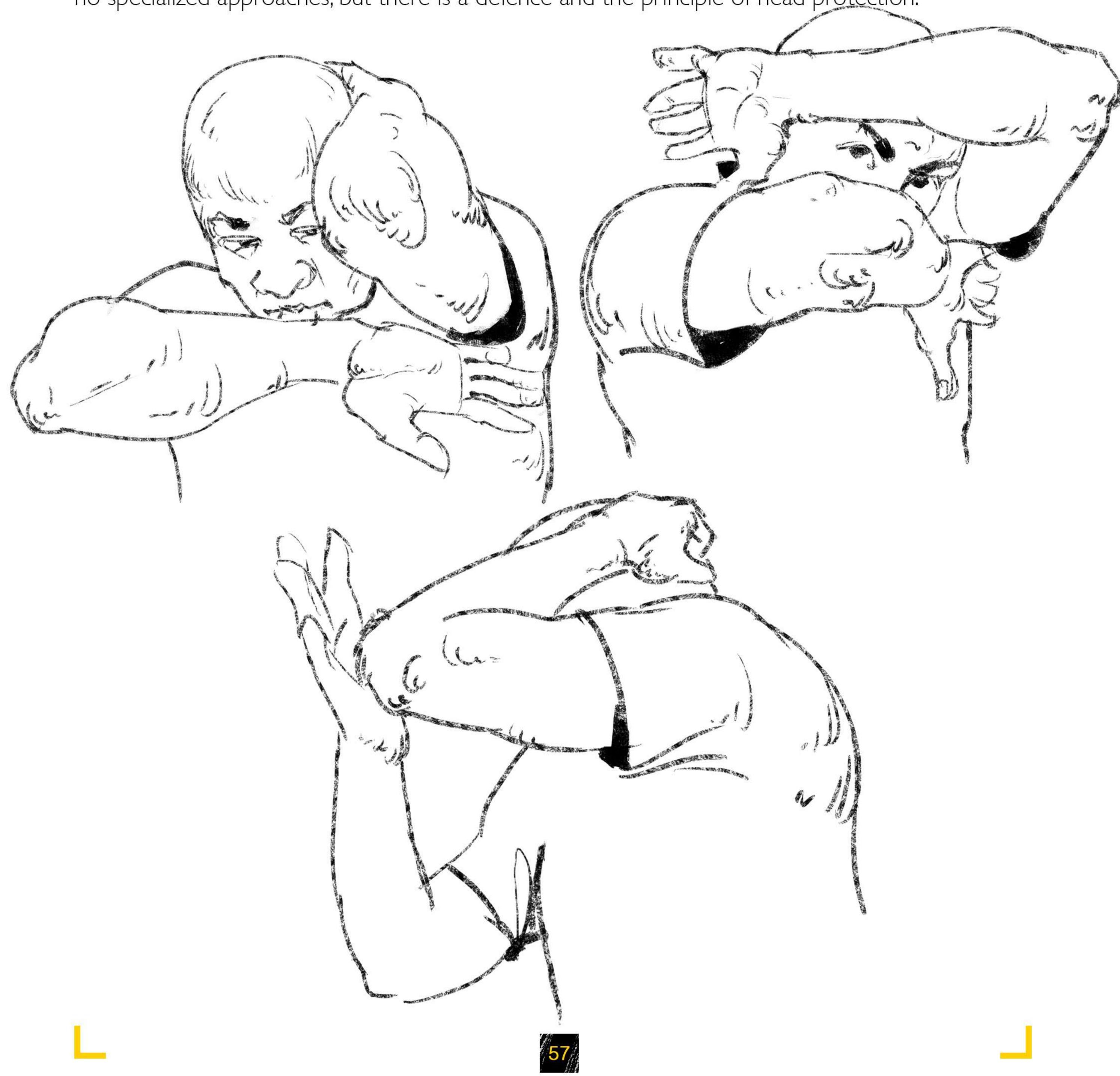


1. Elbows

2. Elbow strike defence

Движения локтями предназначены, чтобы закрыть голову. Далее из этой позиции они будут открываться.

Elbow moves are meant to cover head. Furthermore, from this position they are going to open. If someone hit from a side - with hook type hit, then a certain movement is done, so that a knife won't get stabbed in the neck. Movements are meant to break through a chest. At the same time, one protects the head, in order not to get a side fist punch. One hits in here, then an elbow stops. Well, elbows do not deliver good hits as in some martial art systems, meaning that there is no specialized approaches, but there is a defence and the principle of head protection.



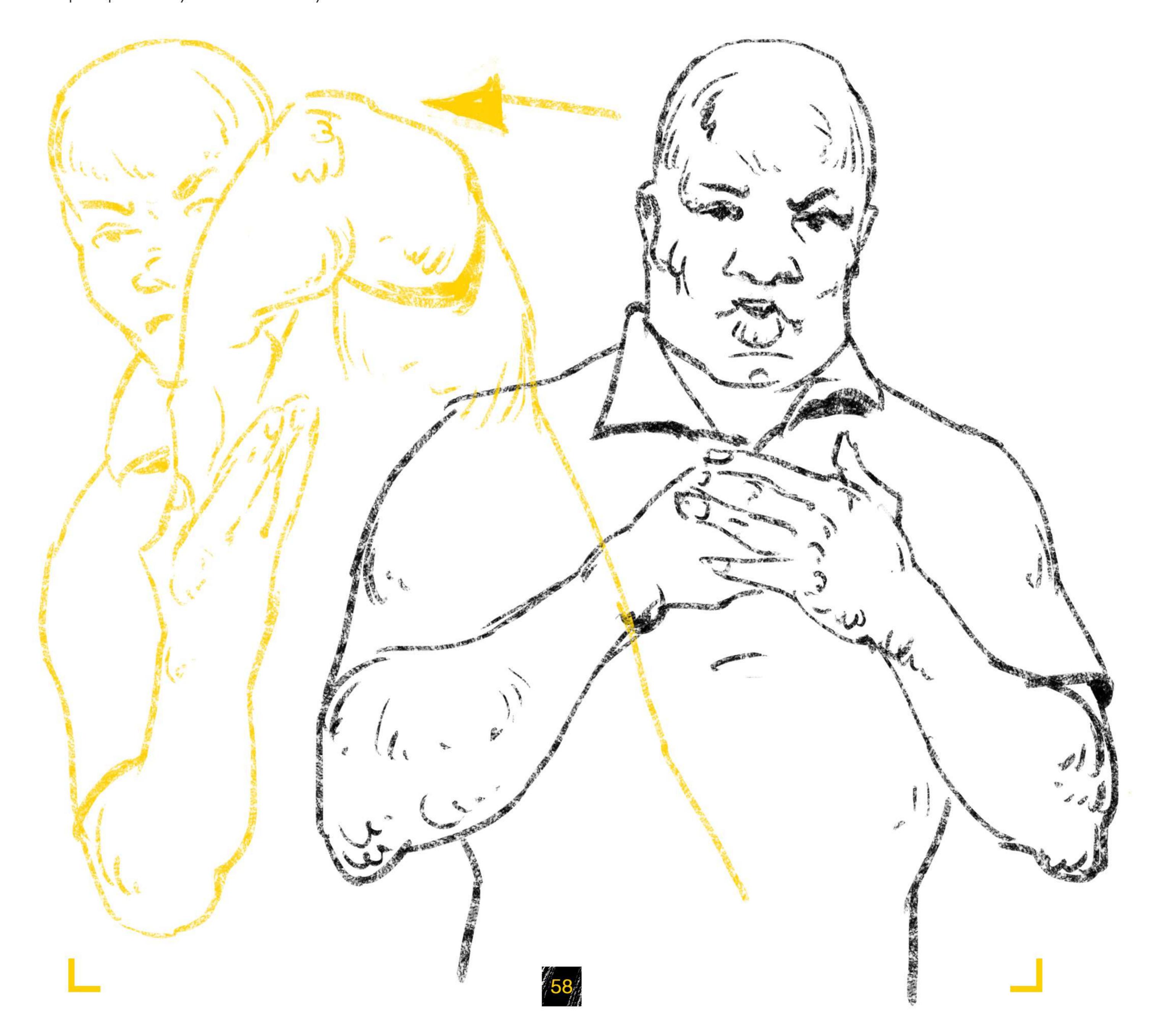
ЗАНЯТИЕ №6

3. A lot of push aways and collision with an opponent

This movement can be defense, can be a short attack while going forward and attacking. Strike is from shoulder, remember I explained that they do not strike well with hands. Blows are delivered to chest, neck and face. This is all about defense. It looks as follows: imagine that two people got into fight chest to chest, in such case I raise my hand and tumble over, and deliver a blow to face from above.

He tries to stab me in face, I evade and protect myself. Keep elbow above. This is going to be a short strike like with a baseball club.

When you are surrounded by many people, if you are relaxed, then they you will just grab your hands, that is why you should keep them close to your body. You will be able to push them away and drive them off. This is one of the ways of countering in case you are surrounded by many people. Very effective way.



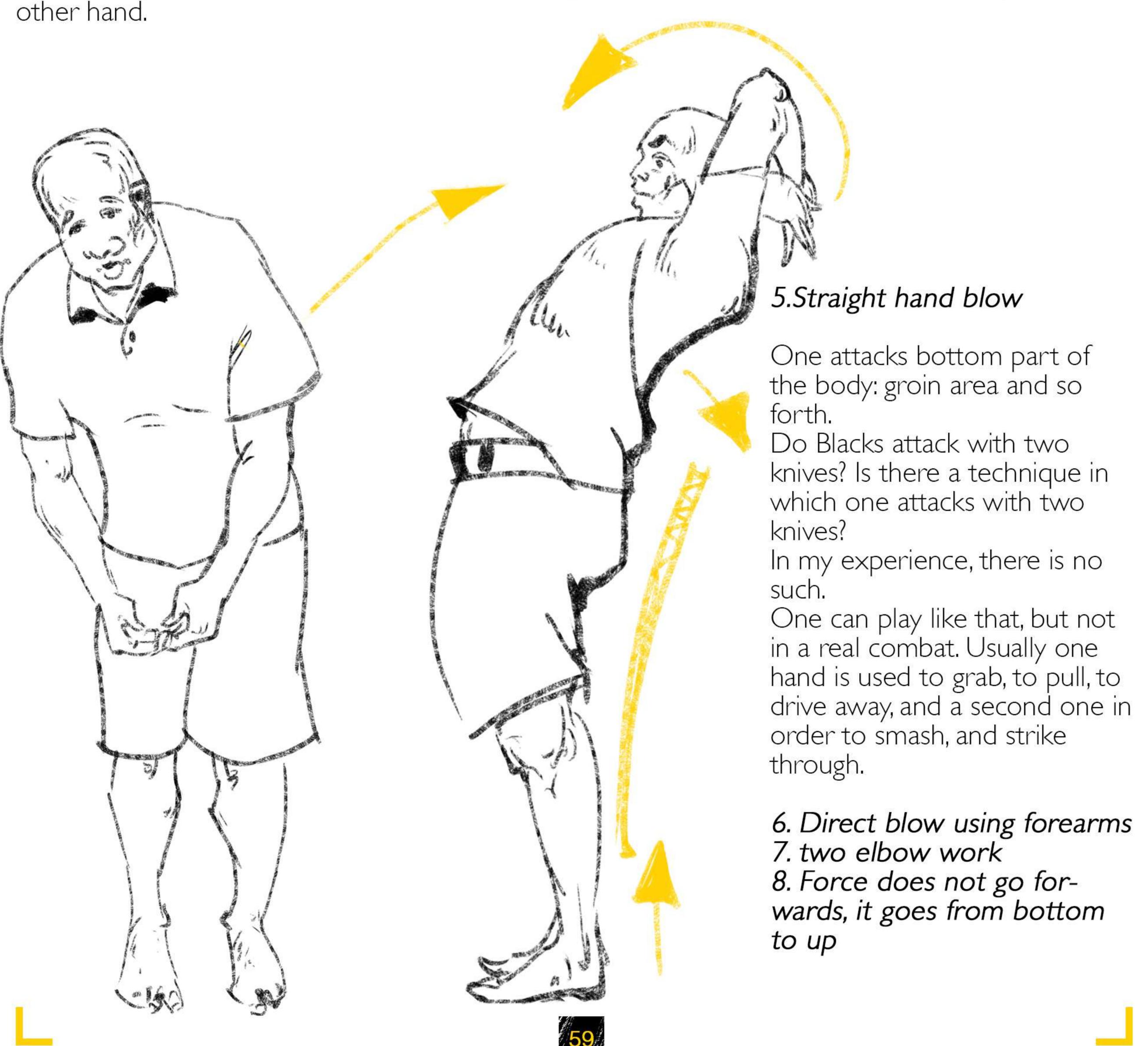
4. Defensive element can be attacking one

They have this kind of technique: "I am a poor beggar". And it does not scare people off. It is a poor, non-aggressive behavior. I stand straight on 90 degrees angle in front of a person. One stands like he is begging. Quite an important stance. It is of a big importance for Africans, because power goes up from knees. In other words, from this kind of position it is easy to power up from bottom. Meaning, the power does not go forward, it goes from bottom to up. Afterwards, a beggar makes a light contact with a person. For Europeans particularly for men, this kind of situations seems absolutely safe.

My opponent sees that there is a move coming from him, he sees that hand went aside. I turn from him to one inch and suddenly he becomes very aggressive. Power goes through a body, it flows like water. And a blow is delivered into a jaw. As power goes up in feet, he strikes with hand under jaw. Both of hands strike back in face, fist punches in face. As soon as I struck face, I remove one hand and, I sway one hand and deliver a shoot like attack. Very dangerous strike. Take a look at knees, very African way.

Now take a look at my hands, to my poor hands.

this is one of the techniques in which we use elbows, as attacking element. But I for one use it for head protection. Only very experienced, prepared people are going to use elbows for an attack. In defense you have this kind of movement, as if you have a shield in one hand, and a spear in another hand.

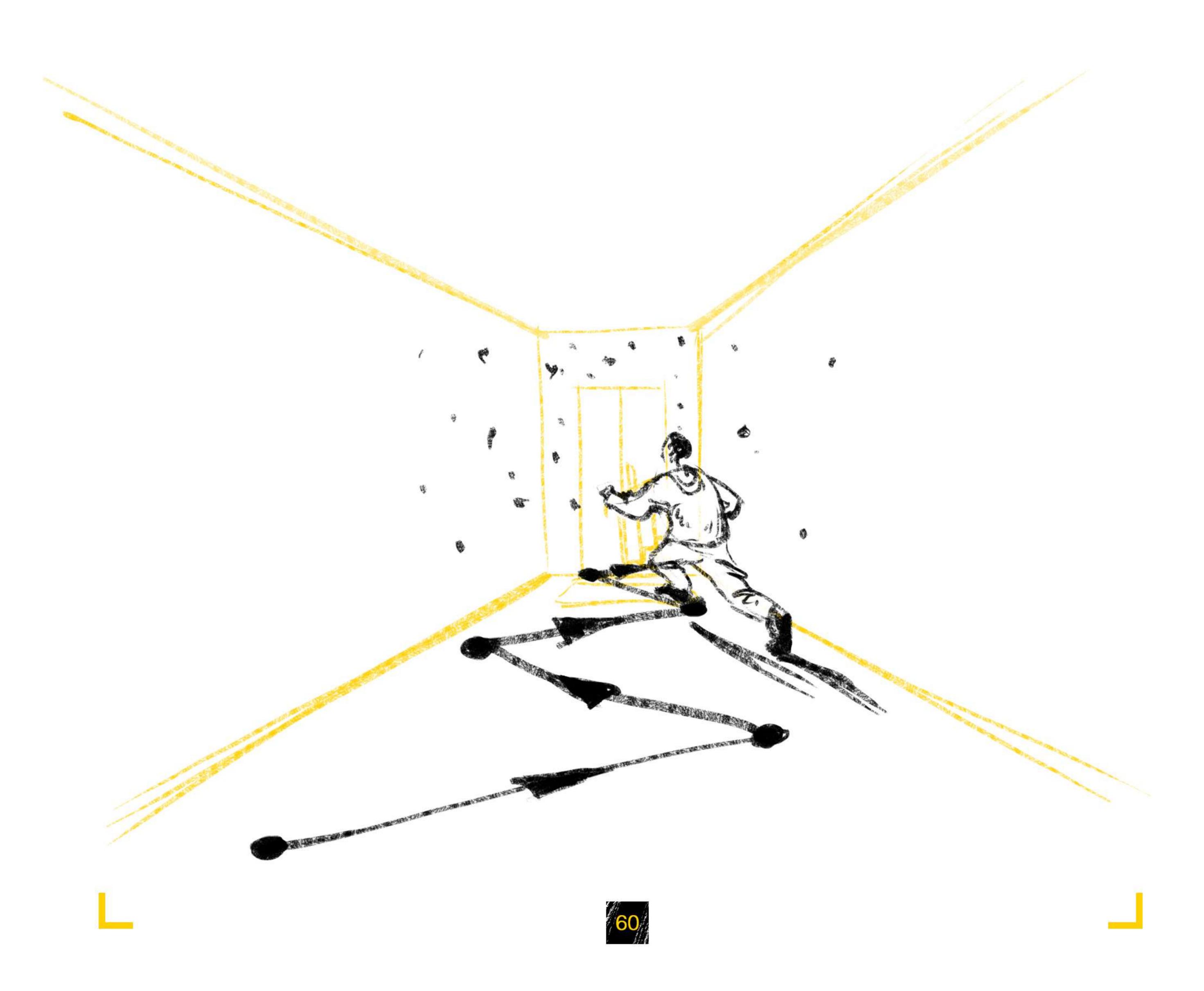


9. Vympel visited Africa to learn African movements

- when they see a gun pointed at them, how the most experienced ones act? It depends on how you look, scared or confident. In both cases they usually run away
- Right, but how are they going to run away? Are they going to throw things or will they just turn away?

As it is not safe to run, you turn and get shot in back.

- They are going to jump from side to side, they will grab something. There is a technique, they will "spring" form wall to wall. They will try to jump backwards, glue to a wall, jump from the wall, in order not to stand on the direct line of a shot.
- If somebody shoots, they can throw something, jump near wall, but usually they try to do less moves as possible in order to run away as soon as possible.
- Yeah I am telling, that you can't just turn your back you will get shot right away. They will turn and start running away. Remember I told you that they are not good shooters, as they try throw a bullet from a barrel. Usually they shoot that way, for this reason it is quite safe to turn and run.

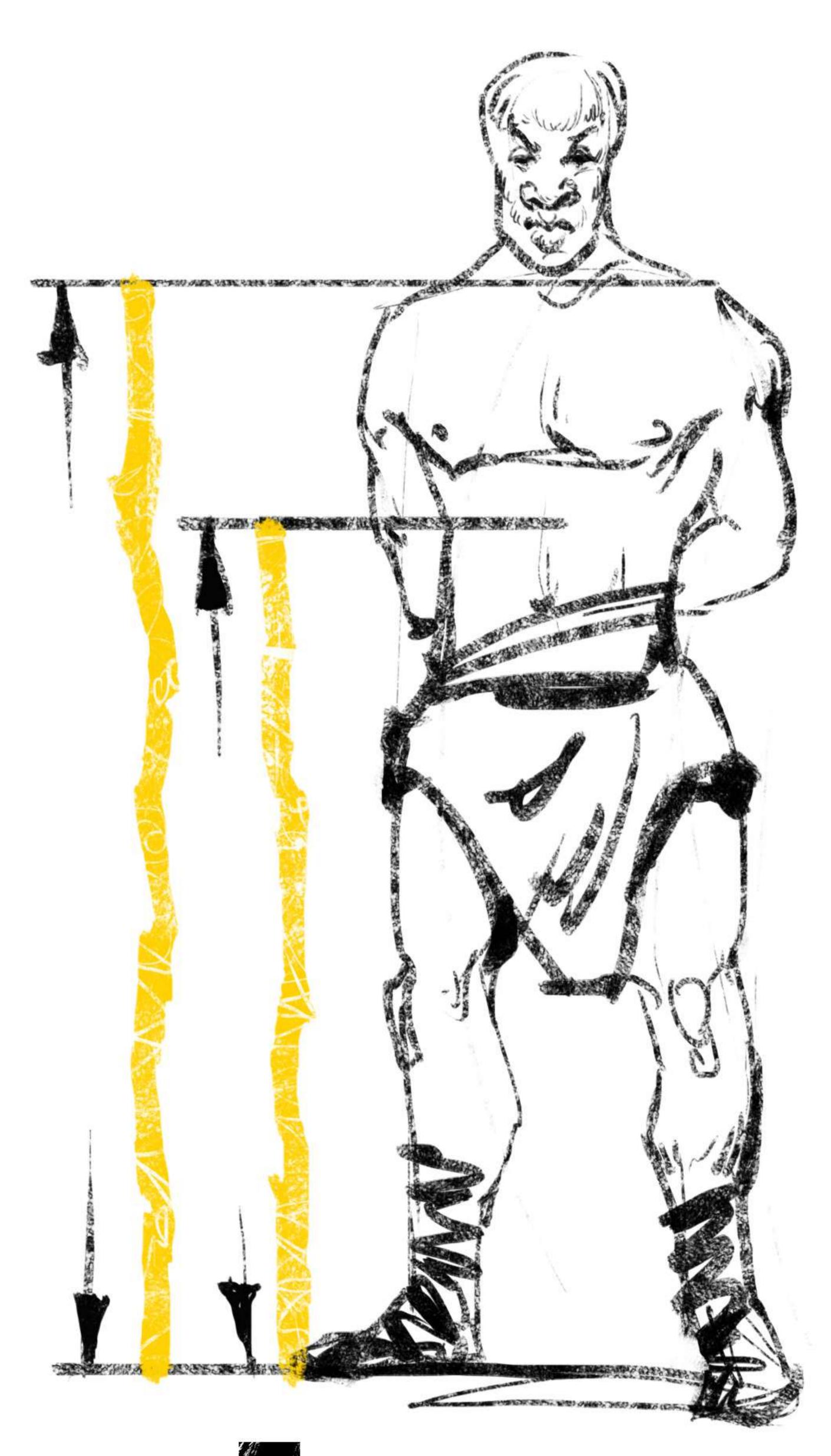


ЗАНЯТИЕ №6

I I.One short stick, one is long. There might be one stick too.

In Black culture two sticks are used.

The longest stick is used for blocking. You hold it approximately in the middle, meaning, it is above as well as in the bottom. By putting it you defend yourself, you may stop your opponent with it. If someone is approaching you with a stick, you can block it with your stick. Long time ago in Black culture people used to use a shield together with a stick. So they take a stick, wind on something on hands so that it becomes harder and plays a role of a shield. Again if there is a deceiving strike then the wrist is going to turn. It seems to opponent that I am going to strike from one side, but I turn my wrist and stab from the other side. It seems that I will stab right side of the body, but I will stab left one. They can use two sticks, but I haven't seen it.



12. Forward feet strikes

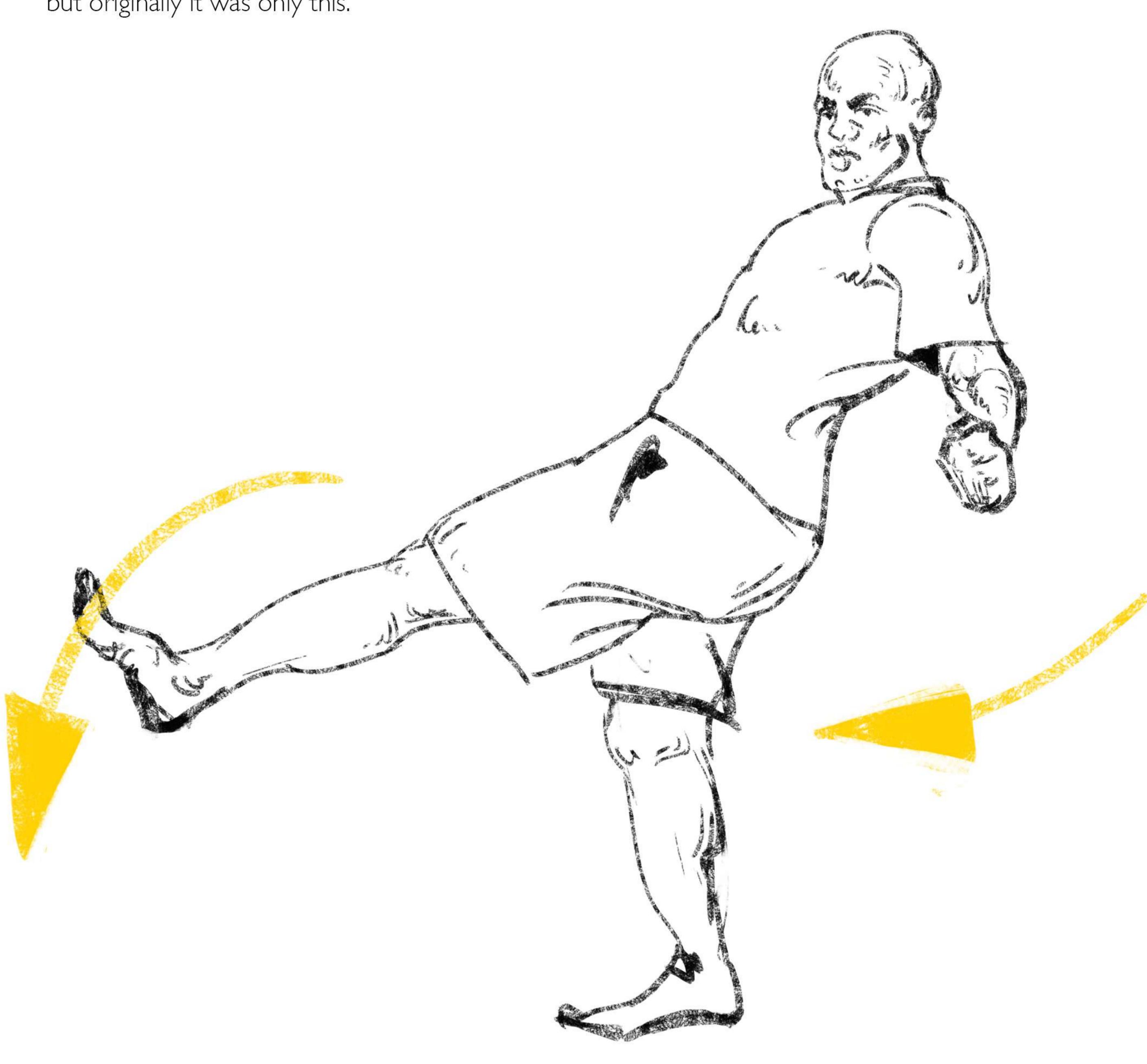
Knee strikes. Basically, there is no such a "kick", knee strike. But there is certain move. In tribal culture it is going to look this way.

The thing is that he does not just push, towards the end of the move the foot can slip in a way it

will run on a surface.

That's the whole point of haryiyan foot strike.

Certainly times change, and there are changes made, some things are took from eastern cultures, but originally it was only this.





13. Head strikes in circle by rotating a torso.

Does one beat by head to head, to face of an opponent?

It is an Eastern strike, in European culture they will strike from a side with a round like amplitude. In white culture it is common for one to keep the distance, which is not the case in black culture. Imagine that about on the same level there is someone's head, right to your ear, and in this moment there comes round like movement.

Yes, they can make a move as in American football. They can make up something of this type too. For those, who play football, but generally side strikes are more common.



- 14. Palm strikes, hammer strikes, forearm strikes
- 15. Triangle movement (as a principle) is used very frequently

It could be done on a direct line as well, but anyways there will be something triangular. Meaning that he will strike, and slip away again. Nevertheless, when two people come very close one can simple make a knee kick into groin. After this kind of a kick, one bends and he is struck in head.

- 16.5. Also possible triangle head strikes
- 17. Triangle fist punches (important)
- 18. Circle or triangle walk
- 19. Shovels, shtek (short sticks), machete
- Does one make a blow with a short stick, a spit in street?
- Well one hits with anything he has
- So there is no peculiar stick culture?
- Once, during a gang fight I saw how a guy pulled out a short stick and started hitting. You know like a skewer for a barbecue. He winded it up with something, it was like a spring. Also they like shovels. It is popular. And machete as well.

This technique is like a stick and spear. Some moves are going to be different due to weight of a weapon.

- Meaning they take machete with both hands and attack with it, do I understand correctly?
 Yes
- But in case of a knife, only one hand is used, because one hand is going to drive away and grab, and the other will stab and deliver smashing hits.

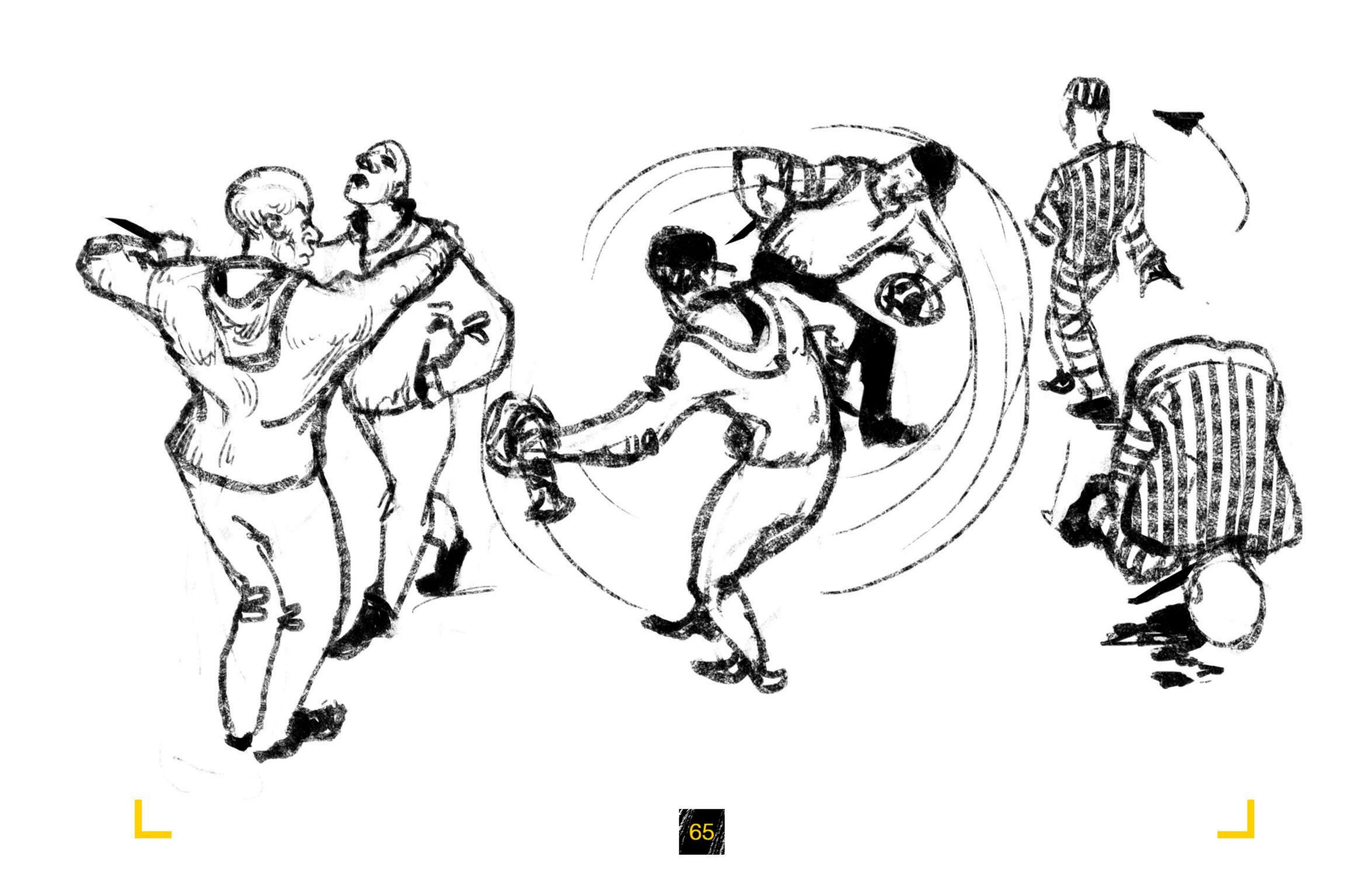
South African knife system is a criminal one, it has three ways of application.

First way is related to street robberies. You are walking outside, one comes along you, you start behaving somehow, quite friendly, knowing his intentions it is quite clear what is he going to do next. Everything changes quite fast — he makes one to take out a valet, take off pants, jacket and all other things. He simply orders what you have to do. You were taken by surprise and there is no other option. This is a first application of knife in south African criminal system.

Second way of usage is a fight. It could be a fight of gang members, it could be gangs fighting each other, and just any random fight. In contrast to first case where are shimmering, scratching blows, in second case there would be full power smashing blows. And it is not just battering blows, one is going to stab and then he will pull a knife towards himself, by ripping pieces off, by tearing flesh. With this stab in the beginning they thrust to bones, then a piece of bone is grubbed with knots, tissues, they might even pull out a nerve ganglion. Bones are smashed, nerves, nerve endings. Third way — is a murder in a prison, it is a piercing strike. These fast, rapid attacks with a multiple stabs are very painful, torturing ones.

A knife is hidden behind my back, or opponents back. You simply go by a person and stab him to neck.

There are other ways of killing too. Depending from pressure and stress, ways and areas of stabs will change. First attack will be a shimmering blade, second will be a murder. A blow is going to be more closer and more precise.



Stick training

Elbows are tight to body, we begin with shoulder moves. Move is done by means of a torso and not hand. Shoulders and thighs move in rhythm as if you are dancing. Use knees, up-down, like a spring. Bend a bit forward, as elder ones bend.

Now you should get into beat. When you bend your knees, you relax, when straighten out – tense, and the other way around.

There has to be a rhythm, slow rhythm, like beat in the rhythm.

Keep constantly an eye on opponent.

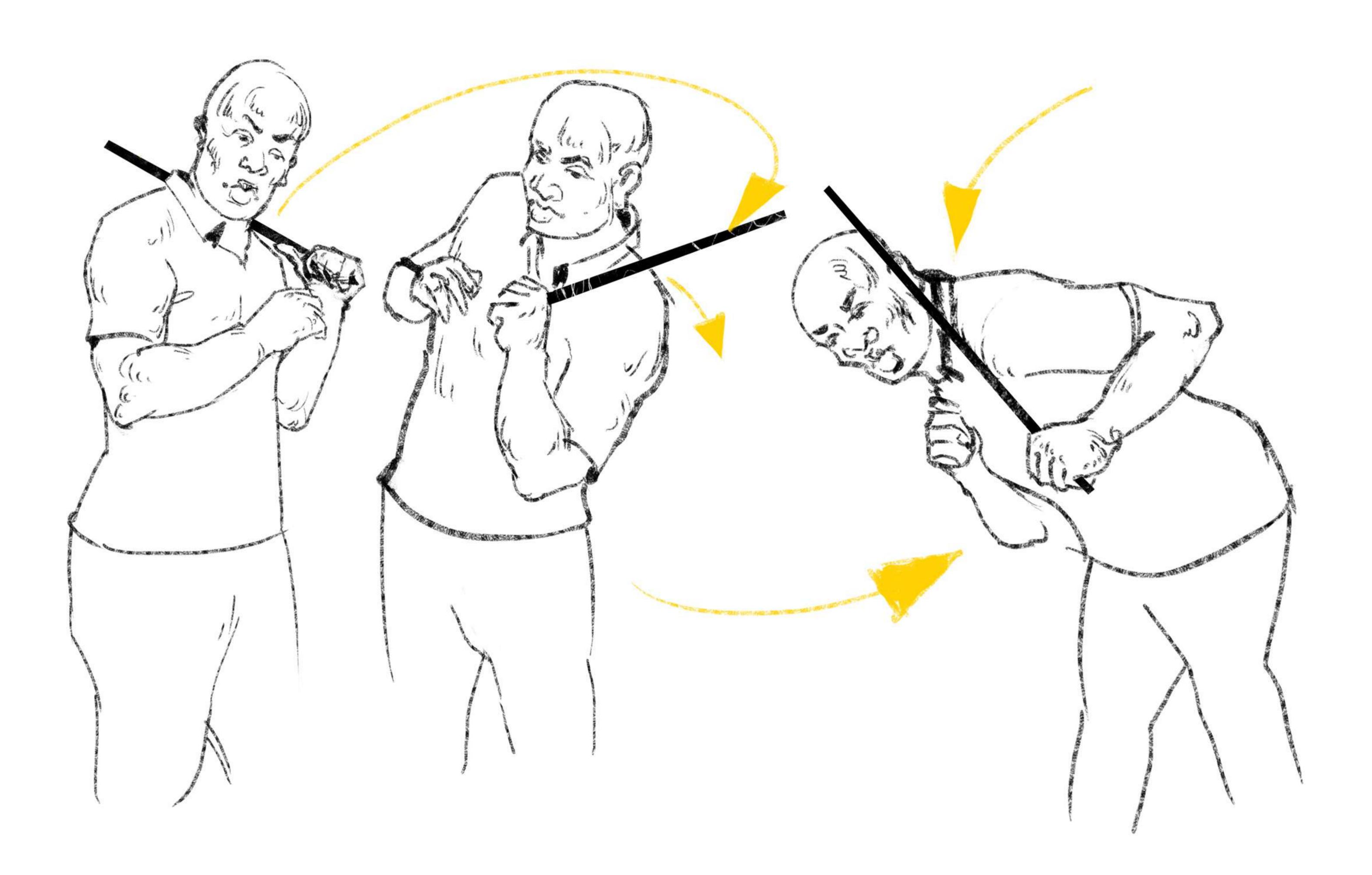
Rhythm: knees, thighs, shoulders.

Stick is moved with a shoulder. From this position we turn wrist and reverse the stick towards attack angle. Target is an enemy's ankle.

All of this one huge move. Difference from European move in that one they have one slow motion, but in here we break the rhythm, since it is abrupt we can change the trajectory at any moment.

This is a peculiarity of a Black move.

All we do is pull out a stick and strike using shoulders rotating out thighs. This movement is deceptive in the first place, we show one thing, but strike differently, not that hard, but sudden.



Exercise.

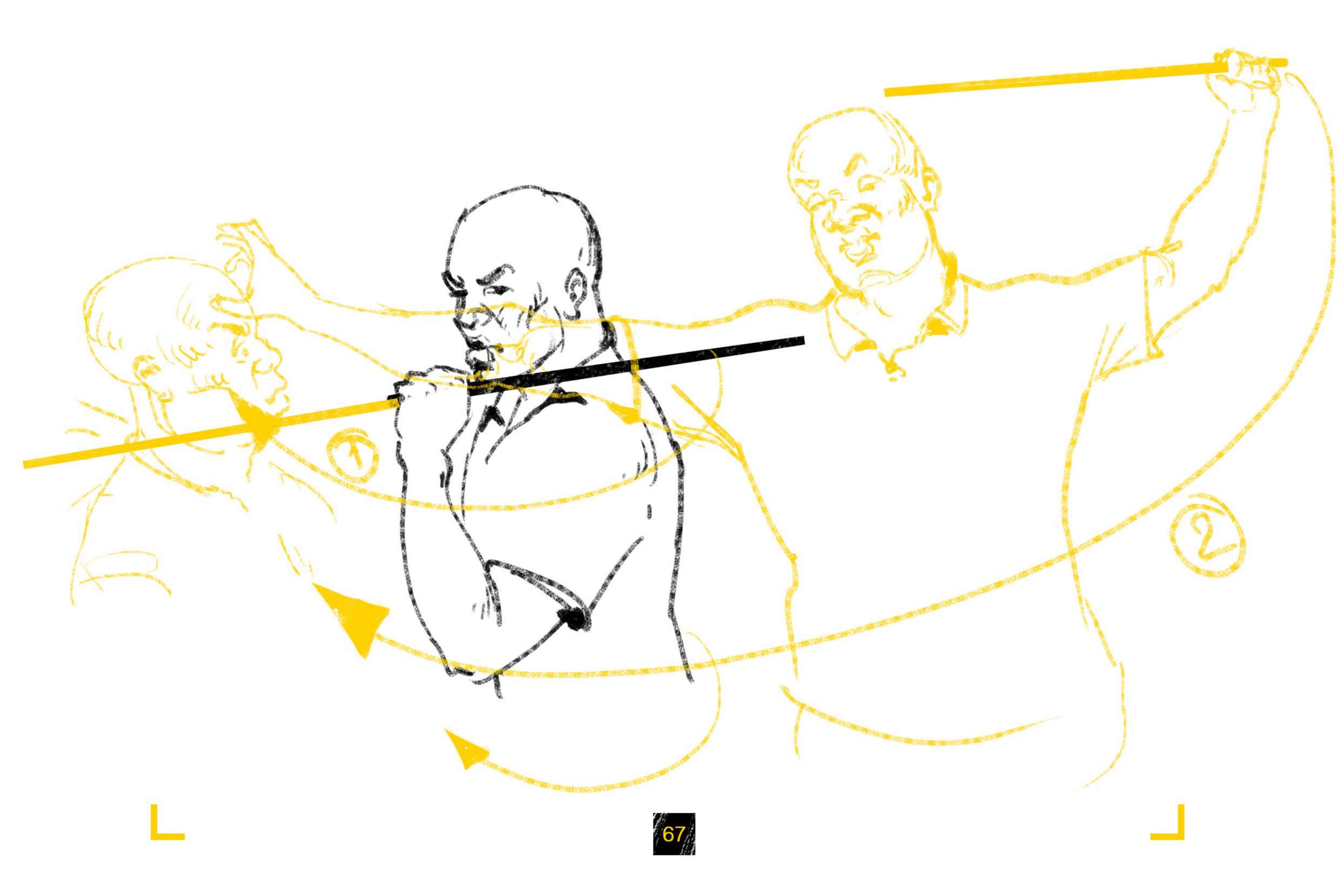
There is a thigh beat, and we start rotating our elbow accordingly. An opponent does not know where are we going to hit, thigh, or high. Then we change the trajectory with a thigh. Start with one move, then break the rhythm and hit in completely different side. According to our moves, our foot moves simultaneously — mini step. Start twirling, and simultaneously we group.

If you are very close to opponent, you bend a little bit, shoulders are contracted, turn a thigh and a shoulder and from such a stance you strike. Very short movement, low amplitude one. Shoulder move changes trajectory of stick move. From this position you hit upwards, and then land on back. Especially if we are close.

Imagine that you are like a fly in the house. If a fly would fly using direct lines, it would be very easy to catch and kill it.

You should do the same as does a fly. Instead of doing a stick thrust, work with a shoulder, wrist, elbow and thighs.

I can do it with a speed I think is needed without dependence on opponent. They are used to balance with a stick. One has to take heavier one and learn how to balance. Try to control a stick so that it stays straightly, but stick does not stay smooth, it moves anyways by trajectory.



ЗАНЯТИЕ №7

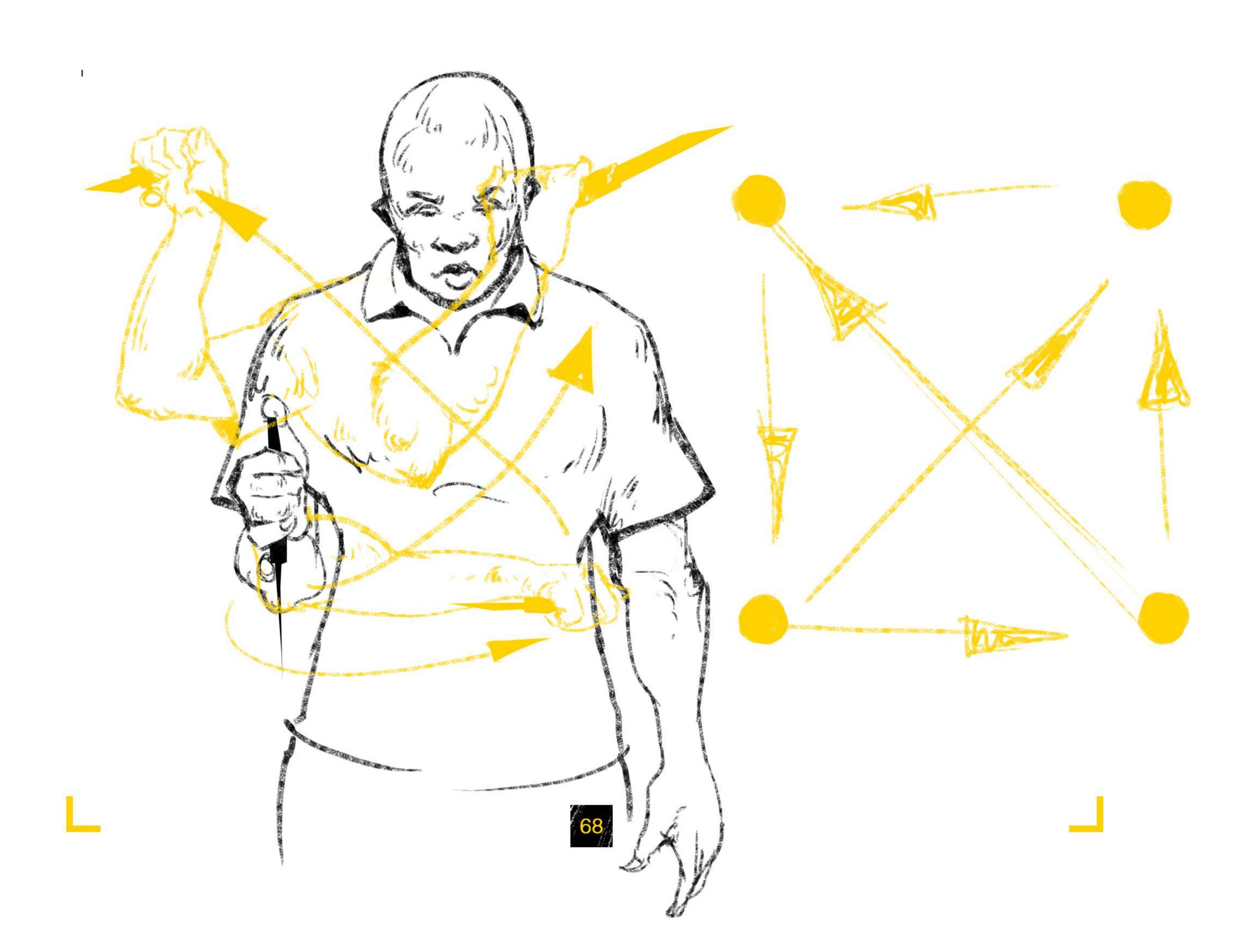
It should be understood that in South Africa they can carry many knives with them, but only one is going to be used, because second hand is going to be used to grab, to hit, it is used for its own purposes.

My system is called Tripwire. When one touches the "expansion" – automatic reaction goes off.

Exercise

Move along square, three angles and diagonal.

When you move slow and soft, it is going to tell you, I am ready for an attack. Your breathing will change, and it will be ready for an attack. You start moving back and forth. This things will come naturally. There will be a coordination between body and feet, but most importantly, when you relax you will notice that your breathing began changing. Then your body will swing back and forth, then it will move left —right (not much). In the beginning you will be using one hand, later on second hand will join automatically. Second hand will be telling "I also got to do something". Then shoulders will join, then torso and feet. Everything should be natural, something will happen and you will want to do it fast. Then we switch: fast — slow, fast- slow, fast, fast, slow, slow, fast, fast. Do not hurry it should notify you when you are ready to speed up. Feel how your second hand works with a weapon. One should think about having moves that won't cut your hand. Try moving in a way you do not cut yourself, which is quite easy. If everything is done very fast, it is easy to get cut. When you will speed up, bring it to a level when it is typical for you.



Work with several opponents

One stays static as a tree, then break loose, deal with one opponent, stop him, turn hit the other one. Since we switched from static state into dynamic very abruptly, it is unexpected for a person. You show that you are going to attack one opponent, but you go through two of them and attack a third one.

We use deception in here, as if we are attacking one, while in reality attacking another. I move in a chaotic way for an opponent, which makes it hard to understand how I move. The principle is that you try not to get hit and get to a side. Africans never stay in one place in such a fight.



African logic:

If you are a crocodile, or some other animal, it does not think, it attacks right away. Difference between Europeans and Africans in that Europeans do not have a bond with upper part of the body and feet, meaning that their feet are still while upper part is moving. Their moves are horizontal in type.

But an African pushes the power up, not horizontally, as it is shown in European moves, taekwondo for instance and other ones. Blacks use vertical, and particularly ligaments instead of muscles as Europeans.

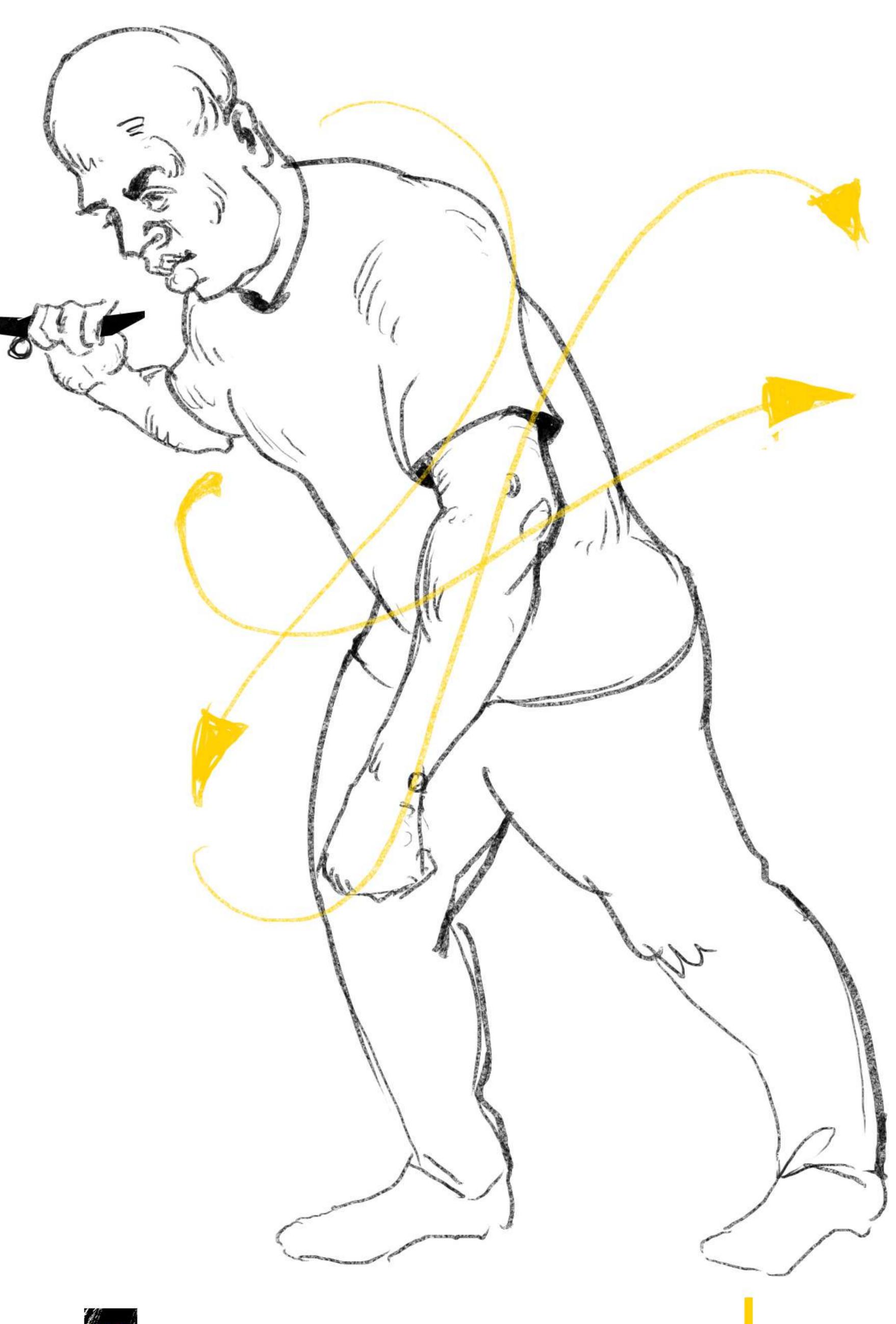
There is no such a thing as correct and incorrect in south African criminal tradition, there is what you do, other things is a creative thinking of your own.

In south African criminal tradition there is only two knife stabs. And they change depending on the angle and body position.

And because in Africa they copy from each other, they do not use whole range of moves, but few ones.

Logical model is a fly. It is necessary to react chaotically and to change your move in motion. Your opponent deceived you, now you have to deceive him. It seems that hand is going to a side, but it does absolutely a different move. You move due to ligaments, and not muscles, and this creates this abrupt moves.

If put Africans in a situation where there are 10 people, and say them "come out from this situation", you will see that they will start moving as a ball in a ping pong. This exercise becomes then a chaos.





In east knife is always in front, in Africa body moves, afterwards knife is struck. It is better to move a body then just an object. In other words, when you are here, I have to break the geometry. Instead of moving a knife, I break my geometry and knife moves.

When I move my body a lot and often, my feet have to correspond these moves in order to hold this construction. This moves teaches you how to balance. I do this way, and sit down a bit. I put mass forward, and bring it back.

African always attacked so fast, that they did not have to defend.

It is very important to integrate moves into a fight without a knife too, for instance such a model as a hammer hit (hand strike).

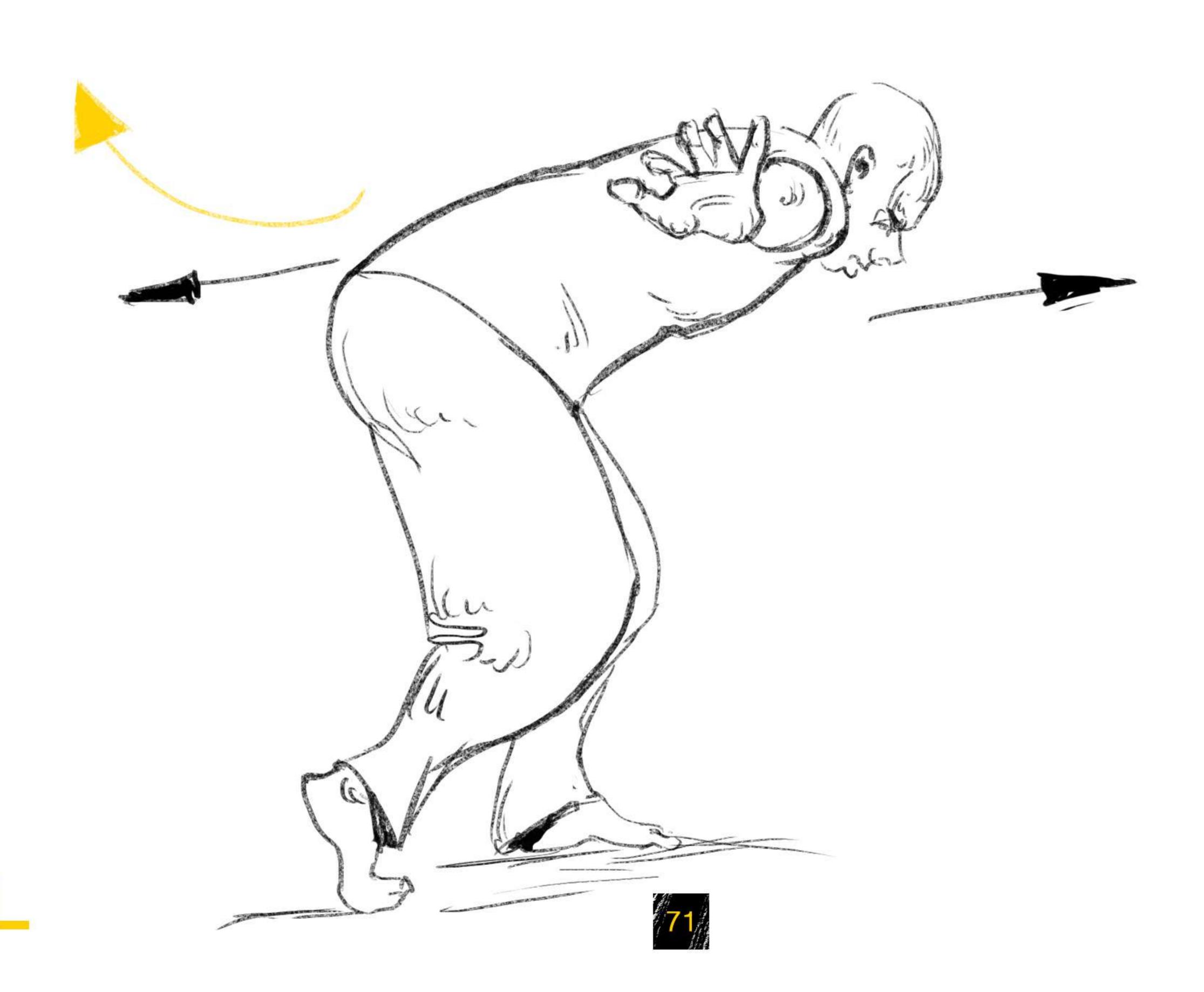
When your enemies do not understand your moves – this is your defense. Mindset is attack oriented, oriented on blows. If you are a crocodile, you do not worry, you are going simply attack. You can turn into an alligator and can contract and this is also an attack. These are changes that happen in mind set. Defensive elements are comparable with thinking.

For instance, a person comes to you with a knife, and you are scared, he make s you to move, and after a moment, only after this you change your movement to animal like and you attack.

Defense is your state.

This emotion will create a distance for you.

Africans break their body geometry while defending. He will certainly move. Defense in African system, is not technical, it is emotional.



Initially Piper was "Form-style" – which is a formal style. Form style is a game which was made up in juvenile boot camps. It's nature in determining who start crying first, who will a blood first and will act somehow strangely, it is all done to provocate and look at how he is going to act in this or that situation. What we study is adult south African knife criminal tradition.

It could have looked something like this. Imagine two people that are in a prison, and one challenges the other. In African way it would sound like this: "Try taking heat with me for five minutes". Technical moves are in protecting the head. Main thing of the game, is to target the head. The one who will make one bleed is a winner. Why they hit a head in place there is a hair? Because they know that tomorrow there will be guards, and it should not see anything. So it goes this way till first blood on head. Hands are attacked as well, because hands become too injured so one can strike a head. We can see so many rotations in not understandable trajectories. You never know where the blow will come from. Meaning that we must maximally defend ourselves, and it should be done chaotically as blows are also that way. First hands, elbows, shoulders, and thighs. By rotating, firstly, we stop attacks of an aggressor, secondly, because hand is in constant twist it is almost impossible to deliver a direct strike and cause serious injuries on it. Some strikes will from upside. It looks like a hammer blow. First hand is a distractive maneuver, main thing is that what lands second, to a head. That's the actual attack.

