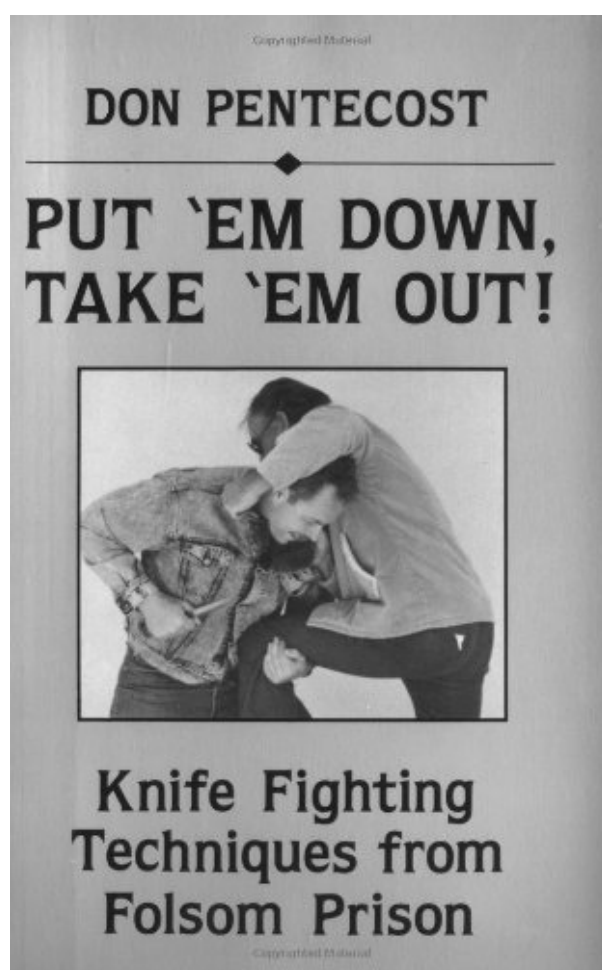


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# **PUT 'EM DOWN, TAKE 'EM OUT!: KNIFE FIGHTING TECHNIQUES FROM FOLSOM PRISON BY DON PENTECOST PDF**

Anyone can be the subject of a knife attack. Maximize your chances for survival by learning realistic aspects of knife attack and defense. These deadly techniques were developed in the violence of Folsom Prison and go far beyond what you learn in karate class.

- Sales Rank: #1614838 in Books
- Brand: Brand: Paladin Press
- Published on: 1988-11
- Original language: English
- Number of items: 1
- Dimensions: 8.50" h x 5.50" w x .25" l,
- Binding: Paperback
- 64 pages

## Features

- Used Book in Good Condition

## Most helpful customer reviews

46 of 47 people found the following review helpful.

All I really needed to know about using a knife...

By Joseph M Burtner

As many previous reviewers stated, this book is pretty short (54 pages of information), but it's probably the best crash-course in knife fighting I've ever seen. A lot of martial arts today that specialize in the knife actually specialize in what Marc MacYoung calls "knife dueling"; they don't realize how knives are most often used in American culture: for assassination. Whatever you call it, in the US, and I'm sure most of the western world, if a guy pulls a knife on you, he intends to kill you because he sees you as a victim, not an equal. This book is all about one guy with a knife, and one guy without. The techniques are simplistic, but effective, and incorporate empty-hand strategies and tactics in harmony with the knife. Things compatible with unarmed combat are stance, footwork, trapping, and grappling. This book is about aggression and simplicity, and in my opinion ought to be the foundational book for any knife-fighting or -defense program. The five chapters are "Basics of Knife Fighting", "Knife Fighting Myths", "Knife Attack", "Knife Defense", and "Training". Among the things that are covered are grips, group attacks, set-ups, mental tactics and training, and the stance-footwork-etc. stuff I mentioned earlier. One thing that rubbed me a little wrong was how the guy basically said, "Only my style works, forget anything else." While I would recommend anyone interested in knife fighting get this book, I'd say to not make it your only source of information.

24 of 27 people found the following review helpful.

If you want one answer, this may be it ... but is it enough?

By A Customer

Basically one form of attack, with two ways to execute it. Maybe with this you will be successful in 80% of your combat encounters. Maybe it's too simple to rely on. Unfortunately, my knowledge is based on theory only.

From the theoretical standpoint, I think this book is lacking alternate strategies. If there is any transferability from the left jab / right cross in boxing to the left lead / right stab espoused in this book, then, theoretically, one would be setting oneself up for a counter if one ONLY used the technique recommended by this book.

But what do I know? I have not been in a knife fight. My only experience can be based on unarmed combat (street and dojo), supplemented by theory. If you can rely on your right cross to get you through your unarmed fights pretty much of the time, then you probably will like this book, and you may very well be effective pretty much of the time because it's based on the "right cross" / "big gun" principle ... set 'em up with the lead hand, and attack with the rear power hand.

**BOTTOM LINE:** I'd probably resort to this approach since it is based on realistic experience, the technique is VERY BASIC, and I believe in the author's experience. BASICS are usually the most effective, and it would take a very extremely trained and experienced "sophisticated" fighter to beat a very extremely trained and experienced BUT BASIC fighter.

I gave it three stars because it was average as a book, but as another thing to add to my arsenal, I would give it a 4

5 of 6 people found the following review helpful.

A disappointment, in retrospect

By ignorance is bliss

This book is short, illustrated and to the point. The author's position is: if someone brings out a knife on you, take them out with extreme prejudice. Then he goes about telling you how to do this, including unarmed defense against a knife and training tips.

Unfortunately, there is no substitution for real, hands-on training. The photos are there, but there is nothing to prepare you for a determined attack by a stinking mullet head that has been awake for two weeks and has little to lose.

While this book might make a good "outline" for a seminar, there just isn't enough room here to cover the essentials. Better off buying Hatsumi Maasaki's gun and knife fighting book. Still better off enrolling in a class with someone that has actually been in tight situations ( and not worried about making rent next month ).

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