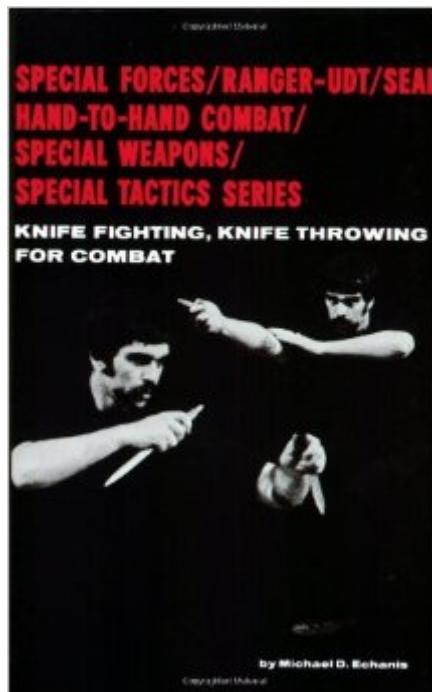


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# Knife Fighting, Knife Throwing For Combat (Special Forces/Ranger-Udt/Seal Hand-To-Hand Combat/Special W)



## Synopsis

Formerly RESTRICTED to military and law-enforcement personnel, this book is now available to the general public for THE FIRST TIME since its initial printing! Through detailed, captioned photographic sequences, learn dozens of knife-attack and counterattack techniques, hwarang-do's relation to hand-to-hand combat, psychological/physical visualization techniques, and secrets of unconventional paramilitary warfare.

## Book Information

Series: Special Forces/Ranger-Udt/Seal Hand-To-Hand Combat/Special W

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Average Customer Review: 3.6 out of 5 starsÂ See all reviewsÂ (26 customer reviews)

Best Sellers Rank: #1,433,786 in Books (See Top 100 in Books) #83 in Books > Sports & Outdoors > Other Team Sports > Lacrosse #3414 in Books > Sports & Outdoors > Individual Sports > Martial Arts #17071 in Books > Health, Fitness & Dieting > Exercise & Fitness

## Customer Reviews

This book "Read more â°

'Temper' - To impart strength or toughness to steel. I met Mike Echanis in 1976 at Fort Bragg. I came to hear of him from Mike Sanders (5th SFG) the medic who was covering my SF commo field training class in Pisgah National Forest, NC. To say the least, I was intrigued by the "stories" and decided to see for myself as to their validity. After completing all 3 'phases' of Special Forces training at that time, I decided to attend one of Mike's demonstrations. After witnessing first hand and at very close proximity what this man could do, I was left "open-mouthed and slack-jawed." The highly stylized and improbable movie fiction genre of that time gave way to the very real notion that some of this "stuff" really exists. I watched as a jeep was driven over him; he lay on a bed of nails while a trainee broke a cinder block on his stomach with a sledge hammer; he put steel spokes through the skin of his neck and forearms and lifted buckets of sand - then removed them with no

bleeding and very little physical evidence of trauma; he had a tug-of-war with a dozen men who could not budge him a single inch; he demonstrated the 1-inch punch; he demonstrated proficiency with the knife, stick, star, crossbow, blowgun, and other weapons; he even hypnotized a couple of the people in attendance. I was hooked! I signed up and completed the Hwarang Do hand to hand combat instructor's class. My fondest recollection was of day 1. This class was open to everyone and not only Special Forces soldiers. There were many in attendance. Mike gave us a synopsis of what the class would entail and proceeded to 'personally' demonstrate to each and every participant that the techniques were very real. Green Berets, as well as the others, were tossed around like rag dolls.

Being the author of several books on the martial arts and fighting, I am always looking for books of exceptional quality to add to my library. If I have a book in my library, it's definitely worth owning. One such book is Michael D. Echanis', "Knife Fighting, Knife Throwing for Combat." This book is directly influenced by the Korean martial art of Hwarang Do and its current Grandmaster Joo Bang Lee, who Echanis had studied under before his untimely demise in Nicaragua. This book along with its two companion volumes, "Basic Stick Fighting for Combat" and "Knife Self-Defense for Combat," were not initially released to the general public, but instead were only available to certified and recognized self-defense instructors. These books were originally intended to be military training manuals for the various elite units in the United States military. These were units such as the Special Forces, Army Rangers, Navy Seals, etc. This volume, like the other two in this series, starts out with a brief section on the history of Hwarang Do and its relationship to hand-to-hand combat. This is followed by another brief section that looks at the theory and internal dynamics which make up this very impressive art. **Introduction:** This section begins with a lot of practical advice on the use of a knife against an attacker during combat. **3 Phases of Knife Training:** a. Straight Line Attack b. Counterattack c. Visualization **2 Knife Fighting Distances:** a. Outside Attacks b. Inside Attacks **Basic Principles of Knife Fighting:** This section goes over the basic principles that should be utilized when practicing with and/or utilizing a knife in an actual self-defense encounter.

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