

MAGAZINE DEDICATED TO COMPETITOR RECOGNITION

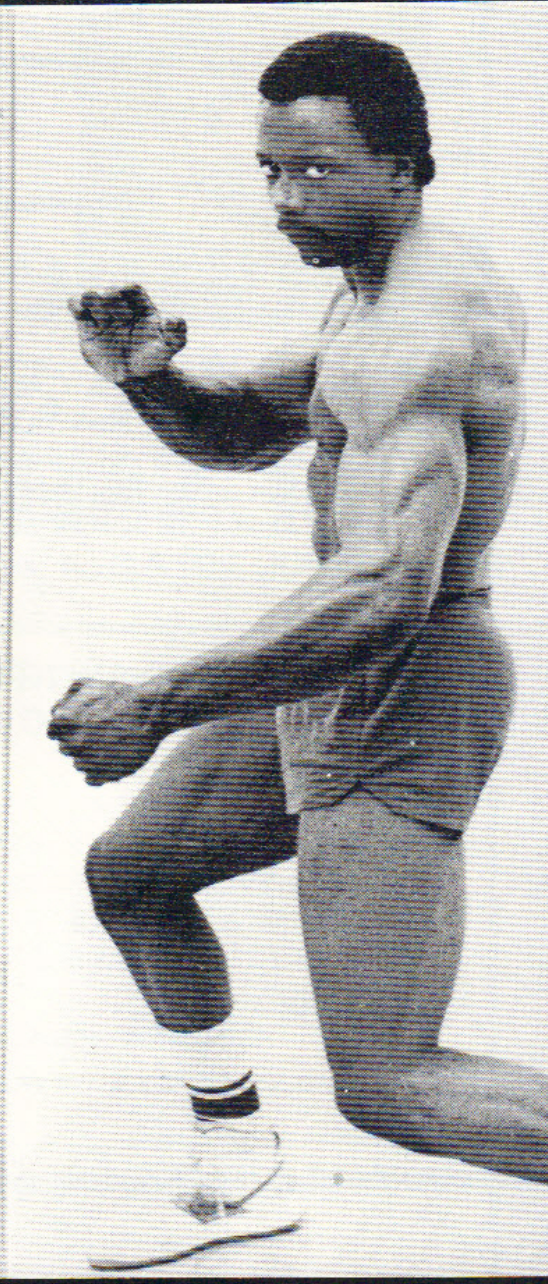
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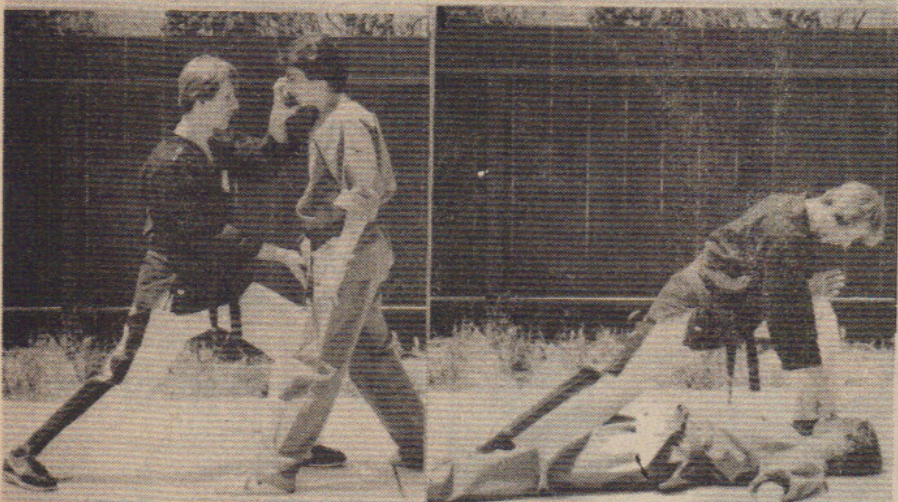
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BILL GROSSMAN'S SELF-DEFENSE



Reading from left to right, the following techniques against the knife is shared by Sifu Bill Grossman.



Defender is confronted with a potential knife attack. As you face your attacker keep alert and calm. When attacker makes a slight forward motion, block knife hand with left crescent kick. Step immediately into a forward stance and counter with a right palm strike to groin and left rip claw to face. Take the attacker down by ripping at groin and face. Step forward and follow with left reverse punch.

PROFILE: KEN POLITE

This month the U.S. Karate News, salute Sifu Ken Polite. Ken is a congenial person who lives up to his namesake, Polite. He is courteous, genteel and attentive. In addition to these positive qualities, he is a dedicated martial artist, who practice the Shudo-Kan Karate Style. Ken is the host of the Golden West Grand Karate Championships each year.

