

## KNIFE ON A ROPE Review

### **“Modern Day Shogee”**

Master Peter Brusso has produced a training DVD of a skillful art that has almost been forgotten in the world of martial arts in my opinion. Quite honestly, it had been many years since seeing the use of a “knife on a rope” myself and was reintroduced to just how devastatingly effective this can be. For the “kick and punch” only martial artist I can tell you this – you are missing out on one of the of the oldest fighting weapons (over 1700 years old) that has been brought back to the 21<sup>st</sup> century with a modern twist. You would be wise to consider adding this to your arsenal!

Master Brusso gets right down to the basics up front with proper safety techniques of retrieving the knife from the target while practicing your throws. He shows you how to properly retrieve the knife using an effective up and down motion with the attached cord that will work its way out without yanking it straight out and impaling yourself with the knife. What I liked in this particular presentation was the time spent on how to properly attach the rope to the knife using a “Boline Knot” which makes the knife extremely secure.

There are several throws discussed in this training DVD, all of which are thoroughly demonstrated (numerous times). What I found quite interesting, as well as entertaining, was the sections where Master Brusso was actually demonstrating straight on throws towards the cameraman. This took some great trust on the part of the cameraman as well as great skill on the part of Master Brusso. A very interesting perspective of a knife and carabeener coming from a straight on perspective not often filmed and seen in this type of training. Kind of like asking a guy to take a video shot of a bullet fired straight on at the camera. To the cameraman: You are a better man than me Magee! Anyone willing to take a “bullet” – in this case a knife and carabeener straight on for his Sensei deserves a bow – no, I’ll give you two bows!

Out of the several very effective throwing techniques demonstrated in this DVD the “*Fake or mis Overhand Throw*” as well as the “*Target in Front and Behind*” were both techniques that I had never seen before and are truly

very unique. If you desire to surprise a would-be attacker and allow great flexibility during combat these two techniques are what you are looking for.

The “*Underhand*” and “*Overhand*” throws taught in this DVD are truly the foundation from which the student will build their skill level. Every detail shown, such as applying the correct “drag” on the rope to the proper method of “looping” the cord are instrumental in striking the target effectively. The overhand throw may come in very handy in getting the turkey from your neighbor’s grill one day!

All kidding aside, one of the surprise features in the DVD was the use of the “*carabeener*”. The carabeener is an awesome and effective weapon tied to the end of the rope – couple that with a knife attached to the carabeener and you will have an unparalleled defensive weapon. Master Brusso covers several techniques using the carabeener within this portion of the DVD. This is a very good example on how versatile the techniques learned from one weapon can be transferred directly to another. A nice piece of advice on how to properly “package” the carabeener for carrying was given by Master Brusso and one I will definitely use.

You will find Master Brusso discussing the use of the cord as a defensive tool as well from time to time. He actually demonstrates how this can be done with precision. One technique demonstrated had the cord actually wrapping around the neck (after being thrown from a distance) of the life size wooden target -- and to top it off, the carabeener ending up striking the target in the face upon the cord’s completing the wrap around the neck. Brings an entirely new meaning to “Rope a Dope.”

In conclusion, Master Brusso was honest in his view of the “*Extreme Distance Throw*” in that it is unlikely one would ever need to deploy it – however, if that was your only option he wisely stated “use it!”

No doubt about it, you will need to practice these techniques. You are not going to be an expert overnight. With diligent practice and a sincere desire to learn this modern day Shogee you will be one of the very few in the martial arts world to be able to engage, if need be, in a very unique method of combat.