

## **KNIFE THROWING Review**

### **“Anjing Banfa Style”**

Although I have had a fascination with knife throwing, knife fighting and knife disarming for a very long time – I will however have to admit I have for the longest time suffered some serious anxiety about throwing a knife at my attacker – not that I’m afraid of doing serious damage or if necessary taking the life of my attacker if necessary or I’d never consider throwing it in the first place. Guess I never liked giving up a weapon of any sort – but, hey, that’s why it’s good to carry two knives. Makes me feel better anyway!

If you were wondering why you would ever want to learn how to throw a knife (some martial art styles do not!) or more specifically to throw one at an attacker you will find out in this extremely informative DVD. This is *not* an instructional DVD on the “Kingsbury Rules” of “competition” dart throwing. You will learn the proper way to throw the knife in order to up your chances considerably in a situation which requires the use of deadly force. There is no “dart board” hanging on a bar room wall in this presentation! What you will observe in this training DVD is a wooden target with all of the physical dimensions of a life size human being. Master Brusso touches briefly on the particular target being used with the potential of obtaining a complete kit and/or plan options for the serious student.

What I particularly liked and is often entirely missed in this type of training is the safety aspects. May be common sense, but it needs to be stated up front and it is. Just Master Brusso’s explanation of where to begin removing the knives from the target itself will keep one from the potential of a serious injury and a trip to the emergency room for stitches and tetanus shot!

The student will not find Master Brusso “pitching” any particular “brand” of throwing knife – matter of fact; he quite honestly encourages the student to avoid expensive throwing knives for use in practice and emphatically states that you should avoid the mixing of throwing knives when first learning to do so based on the variables of the knives themselves. Excellent piece of advice!

In the “Anjing Banfa Style” of knife throwing Master Brusso has certainly demystified the art of throwing a knife. He masterfully demonstrates and

discusses several throwing techniques. What I liked was the very detail explanation given and the multiple demonstrations of the same technique – you will find the need for constantly going back to the technique on the replay button on your DVD considerably lessened just because it is demonstrated for you several times and in several different views of the same technique.

The knife throwing drills, in my opinion, on this DVD will be the basis of one becoming the proficient practitioner of Anjing Banfa knife throwing. One thoroughly practicing these drills will become quite deadly in this art.

So, you may be asking – “Did you practice some of these techniques?” Sure did! I went down to the local Sheriff’s Department and received permission to gain access to some of the biggest and meanest felons incarcerated. I asked these guys if they would charge at me with every intent on taking my head off at the neck should they reach me, but only if I was allowed to practice my knife throwing! Just kidding – have to have some humor in life!

I did set up a makeshift wooden target though, located some old rusty throwing knives and began practicing the techniques as demonstrated by Master Brusso. After about three hours or so of practice I felt that I was consistently hitting my target. I was not successful at every throw for sure, but then again as you will find out in this training DVD, it does not matter whether the knife sticks or not (*let me clarify this statement: your objective is to have the knife penetrate your attacker. But, if by chance it doesn’t, that’s ok.*) Why? – because your attacker is going to have to psychologically deal with the fact a knife has just been thrown at him/her. The psychological effect on your opponent is an often missed piece of information in weapons training of any sort.

At the conclusion of the DVD Master Brusso did a short piece on throwing a folding knife. The point being made was this – you need to learn to throw what you carry. Made good sense to me! Unfortunately this is not always the case with some.

To the knife throwing naysayers in martial arts I encourage you to learn some new techniques that one day may be the deciding factor in saving yours or a loved one’s life. Throwing a knife may very well be the **ONLY** option you have!