

You may think you know knife fighting theory through books, magazines, and martial arts training, but unless you've actually been in a knife fight, it's all theory!

The knife fighting techniques in *Put 'Em Down, Take 'Em Out* were developed in one of the most violent environments on Earth—inside Folsom Prison. They are techniques that go far beyond what you will encounter on the streets.

In brief and simple language, this book explains the difference between knife fighting fantasy and knife fighting reality. Chapters include:

- **THE BASICS OF KNIFE FIGHTING.** The realistic aspects of knife defense and attack, unknown by those who have never been in a knife fight.
- **KNIFE FIGHTING MYTHS.** Ludicrous knife fighting techniques perpetuated on TV and in the movies, as well as the absurd (and even dangerous) methods taught by martial art instructors.
- **TRAINING.** Direct, no-nonsense training methods that will maximize your chances of survival and success in a knife fight.

The majority of knife fighting "experts" out there are writers, not fighters—the battles they engage in take place on paper! With *Put 'Em Down, Take 'Em Out*, you will learn the facts from a man who has been there and back, to help you deal with one of the deadliest encounters you will ever face on the streets.



WARNING

The techniques and drills depicted in this book are extremely dangerous. It is not the intent of the author, publisher, or distributor of this book to encourage readers to attempt any of these techniques or drills without proper professional supervision and training. Attempting to do so can result in severe injury or death. Do not attempt any of these techniques or drills without the supervision of a certified instructor.

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DON PENTECOST

PUT 'EM DOWN, TAKE 'EM OUT!



Knife Fighting Techniques from Folsom Prison

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PUT 'EM DOWN, TAKE 'EM OUT!



Knife Fighting Techniques from

Army Knife Fighting Manual

David Kirk



Army Knife Fighting Manual:

Unveiling the Magic of Words: A Review of "**Army Knife Fighting Manual**"

In a global defined by information and interconnectivity, the enchanting power of words has acquired unparalleled significance. Their ability to kindle emotions, provoke contemplation, and ignite transformative change is actually awe-inspiring. Enter the realm of "**Army Knife Fighting Manual**," a mesmerizing literary masterpiece penned by a distinguished author, guiding readers on a profound journey to unravel the secrets and potential hidden within every word. In this critique, we shall delve to the book is central themes, examine its distinctive writing style, and assess its profound affect the souls of its readers.

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