

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.



DON PENTECOST

PUT 'EM DOWN, TAKE 'EM OUT!



Knife Fighting Techniques from Folsom Prison

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!



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Knife Fighting Manual

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Knife Fighting Manual:

Delve into the emotional tapestry woven by in Dive into the Emotion of **Knife Fighting Manual** . This ebook, available for download in a PDF format (Download in PDF: *), is more than just words on a page; it is a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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Knife Fighting Manual Introduction

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