

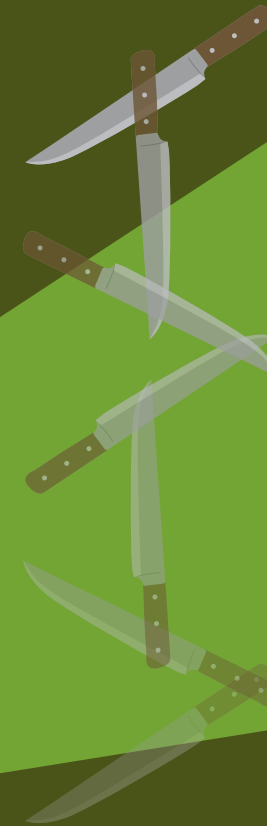
How to THROW KNIVES

AT YOUR MOTHER-IN-LAW & OTHER MONSTERS



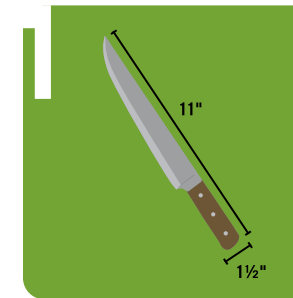
You're out of bullets, and she's gonna bite your head off. You reach into your ankle holster, pull out a 11-inch buck, and whip it right through her chest. Saving your own ass, from becoming a bear's picnic, is just one of many reasons why every guy should know the short of the knife throwing art.

We called on International Knife Throwers Alliance president Bob Karp — who's taught everyone from professional soldiers to pale Hollywood imitators like Jean-Claude "Belgian Waffle" Van Damme — to show you how to turn your cutlery into weapons of mass destruction.



Practice Until Arm Falls Off

This isn't a skill you pick up right off the bat, so expect some frustration at first. Make a mental note to practice in a safe spot without distractions until your knives are landing with some accuracy (sorry babes, this is for your own safety). Practice for about 20 minutes every day. No more than 20 or, Karp promises, you'll get tendonitis in places you didn't even know you had.



Weapon of Choice

Put down the butter knife, son. For starters, Karp recommends using a knife around 11 inches long and 1½ inch wide.

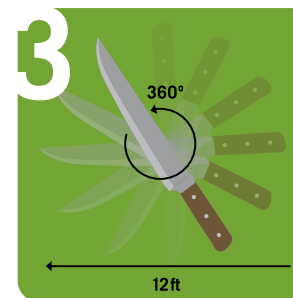
All you really need is a knife with substantial weight and a not-too-sharp edge (profuse bleeding from fingers can make it too slippery to throw). Jerk your arm with the knife between your thumb and index, if the handle wobbles between your fingers or falls flat out, then it's too heavy for you twinkie.



Shake Hands with Death

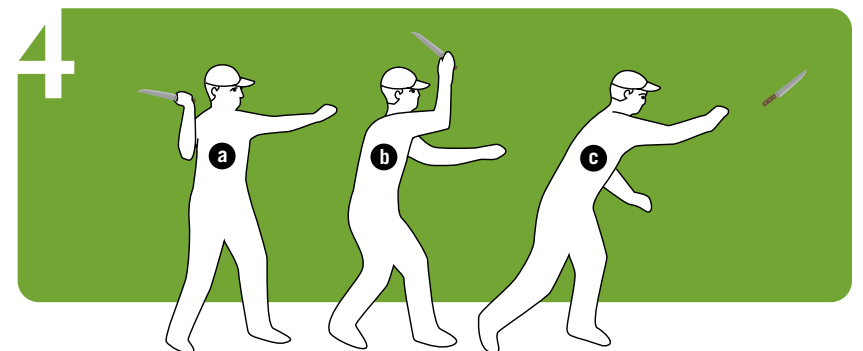
Some experts grip by the blade (if knife is not sharp), others by the handle. Karp advises beginners to start on the Hammer Grip, the easiest grip with heavy knives.

Gripping the knife firmly by the handle so it's angled forward, like you would hold a hammer. Wrapping your fingers around the handle, place your thumb on the spine of the knife, while keeping your wrist stiff for the throw.



Doctor the Spin

Don't try to make the knife spin 100 times, like in the movies. You can stick a blade perfectly at around 12 feet with one full rotation, so practice that. Once you're able to stick throws consistently, you'll gradually learn to improvise. Longer distances require more spins: two rotations from 18 feet and another rotation for ever six feet after that.



Throw a Splitter

Karp recommends you throw your knife the way you would throw a baseball.

a. Bring your tossing arm back behind your head in an upwards motion, then whip it towards the target.

b. Release the knife (approximately at eye level) when it's pointing exactly at the target (for an eight feet, chest-high target), earlier if your target is farther away or higher.

c. Follow through like a pitcher, but don't snap your wrist (it'll make the blade spin unnecessarily).

