

**“The blade and handle dictate the style”**

Sensei Advincula

## FE-9 Features



Additional Notes:

### Dimensions

Open Overall Length	14.13 inches
Weight	15.2 ounces

### Blade

Length	9 inches
Thickness	0.23 inches
Material	01 Tool Steel
Blade-HRC	56-58

Finish	Black Powder Coat
Grind	Hollow
Style	Drop Point
Edge	Plain

### Handle

Material	Black G10
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### Carry

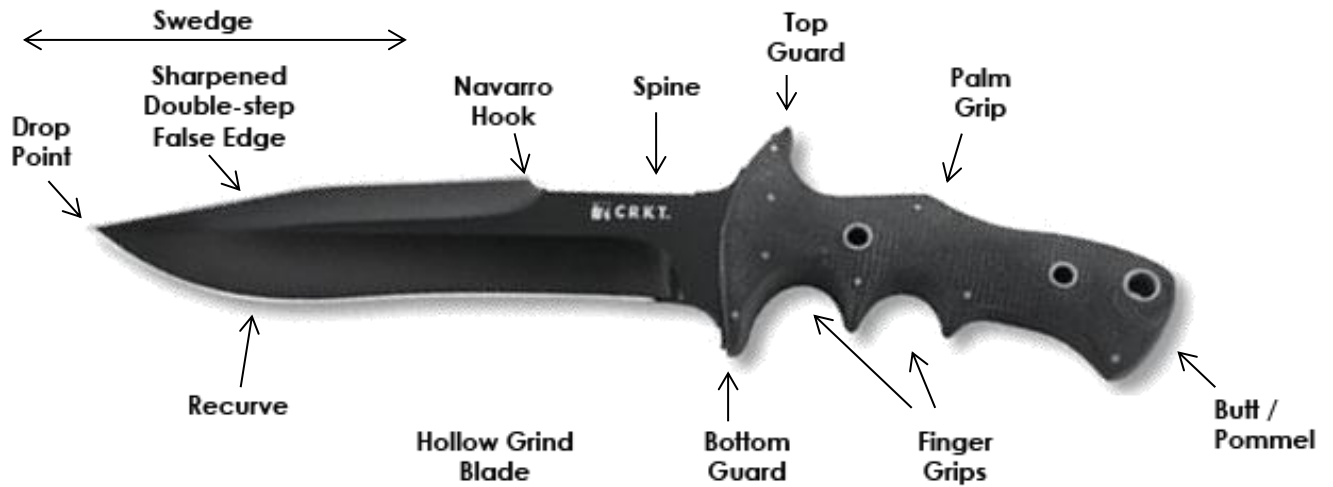
Carry System High-Strength Nylon Glass Fiber Reinforced Sheath with Molle Clip

Weight	15.7 ounces
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( <http://www.crkt.com/FE9-Large-Fixed-Blade-Tactical-Knife> )

# FE-7

## Features



Additional Notes:

### Dimensions

Open Overall Length 12.5 inches  
Weight 13.3 ounces

### Blade

Length 7.38 inches  
Thickness 0.24 inches  
Material 01 Tool Steel  
Blade-HRC 56-58

**Finish** Black Powder Coat  
**Grind** Hollow  
**Style** Drop Point  
**Edge** Plain

### Handle

Material Black G10

### Carry

Carry System High-Strength Nylon Glass Fiber Reinforced Sheath with Molle Clip

**Weight** 12.7 ounces

( <http://www.crkt.com/FE9-Large-Fixed-Blade-Tactical-Knife> )

## **Design**

The first thing that you notice when you pick up the FE-9 (or the FE-7) is how well it fits the hand. This is true regardless of the size of your hand - at least as far as I can tell so far after speaking to a number of people who have handled the knife. This seems to be especially true for students of Isshinryu, who are accustomed to the vertical punch. To say that the FE-9 feels “natural” in my hand would be an understatement. The reason for this is the specific design of each part within the Largo Mano fighting art.

Let’s start with the handle and work forward. The butt of the knife is curved, so that it is difficult, if not impossible, to use the end of the knife to disarm the holder. The side edges of the butt can be used for “pain compliance” by digging the edges into the opponents arm if he/she does try to disarm using the butt. The palm grip and the finger grips work together to make the grip on the knife stronger and to keep the tip pointed toward the opponent when the knife is used in the primary grip position (more on grips later). The top guard is curved slightly back, which provides additional protection for the hand as well as provides an excellent surface for deflecting an opponent’s strike. The bottom guard is vertical which, when combined with the choil (FE-9), makes a great trapping combination. In addition, the choil is used in the first grip position.

The features of the blade are equally well designed. The back part of the spine, from the top grip to the Navarro Hook, is serrated so that the blade can be reinforced without the hand slipping. The blade itself is a hollow grind (concave) with a swedge that consists of a sharpened double-step false edge in a drop point shape. The Navarro hook is designed to snag and cut when the false edge is used. The bottom of the blade has a recurve, which allows for a larger wound with a blade of less width. The recurve also maintains blade contact when certain cuts are made. The overall size and shape of the blade provide excellent balance when the knife is used in a variety of ways, such as chopping, etc.

The length of the knife is perfect for any type of combat use. It is longer than most combat knives (Largo Mano) and the curve of the handle and blade allow the user to maximize the reach advantage. The recurve and hollow grind features keep the weight less than a pound and provide the excellent multipurpose balance mentioned above.

## **Grips**

There are four different grips that the FE-9 was designed for, and a fifth grip (reverse grip) can be used if necessary or desired.

### **Grip 1 – “Utility Grip”**

This grip is used for close in neutralization and/or basic utility (carving, etc.) work. The hand is all the way against the guard and the index finger extends over the guard and wraps around the choil which provides a very strong grip but less extension.

### **Grip 2 – “Hammer Grip”**

This grip is somewhat similar to the Utility Grip. The hand is held against the guard but the index finger is kept behind the guard also – like holding a hammer. This is also used for close combat where reach isn’t a factor and more strength/ power is needed.

### **Grip 3 – “Primary Grip”**

The name says it all. This grip is very strong and provides great extension. The knife is held with the area between the thumb and forefinger pressed against the palm grip. The index and middle fingers are in the finger grips. When the knife is held this way the point is aimed forward when the user is making a vertical fist – very natural for students of Isshinryu!

### **Grip 4 – “The Frankie”**

With this grip the hand is moved farther back on the handle and the index finger goes to the second (rear) finger grip. This allows for maximum extension and although it might not be quite as strong as the first 3 grips it is still quite firm. In addition to providing the most extension, this is a great way to hold the knife when chopping. The shape of the handle again makes a significant difference here. If a knife with a straight handle and without finger or palm grips is used the same way there is a significant possibility that the knife will slip out of your hand.

### **Reverse Grip**

Once again, this grip can be used although the knife was not specifically designed for it. The knife is held with the point aimed back toward the holder, and the spine of the knife against the forearm.

Largo Mano basics with the FE-9 trainers are primarily parry and counter style, and most of the following fall into this category. There are multiple counters options available with each of these parries and counter attacks. This will usually depend on the target of opportunity. The FE9 knife training drills will be broken down into their parts, parry / block drills and parry / block / counter drills.

## **Blocks**

### **Hanger**

The knife is brought across the front with the point down

### **Plow**

The wrist pushes the blade/handle out, deflecting opponent’s blade out to the side – keep point aimed at opponent

### **Parry**

This is similar to the plow but the curved upper guard of the FE-9 is turned outward and used to deflect the opponent’s weapon away - keep point aimed at opponent

### **Trap (or snag)**

The curve of the bottom guard is used with the choil to trap the opponent’s weapon and “push” it out of the way

## **Strike**

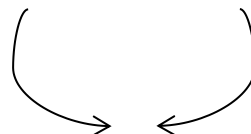
### **V cut**

Just like it sounds



### **C / Crescent**

Similar to the V cut but the strokes are arced



**Stop Cut**

The blade is brought down sharply on attacker's arm

**Draw Cut**

The blade is drawn toward you – usually used at distance

**Running Cut**

The blade is drawn away from you

**Stab**

Knife is pushed straight in – can be used at different distances with the FE-9, depending on grip

**Chop**

The knife is used like a machete or an axe – usually used in closer fighting - depending on grip used.

**Snap Chop**

A chop but the knife is retracted quickly allowing for fast multiple chops

**“Flick”**

The back of the point is “snapped” into the target

**Fan**

The knife is brought up & down (or diagonally), using the blade and the sharpened false edge

**Hammer**

The butt of the knife is used for blunt impact (followed by a cut)

**Notes on strikes:**

Stab wound can be enlarged using the pump motion (move handle up and down), the turn (the knife is twisted) and the ream (handle is moved in a circular motion, moving the blade on a cone shape).

Because of the sharpened false edge the wrist doesn't have to be turned to cut when executing techniques like the fan

The recurve causes a stab wound that is larger than the width of the blade, it keeps the blade in contact with the target and it prevents it from “embedding”

## Drills

V-cut – we worked this cut against our partners arm when they stabbed and against an escrima stick to build power



C / Crescent – same drills as V-cut

Stop cut / running cut (or “filet”) / draw cut / stab – we used the stop cut to stop an opponent’s stab, ran the blade up their arm and across their neck, brought the blade back across their neck and ended with a stab



Preferred block with blade on opponent’s arm, bring sharpened false edge back across their neck, figure 8 to draw cut across their neck and end with stab

Hanger block / wrist lock / cut wrist / draw cut / stab (or maintain wrist lock for submission)



Block opponent’s running or draw cut with bottom guard/choil, trapping opponent’s blade / push forward to stab

Preferred block with blade / control wrist / disarm by pushing and grabbing opponent’s knife / stab with both knives



Preferred block with blade / control wrist / disarm by pushing opponent’s blade toward his arm / stab

Hanger block / trap opponent’s knife under arm / draw cut / stab



V-cut / chop straight down on head / stab to heart

Evade from stab / flick to target of opportunity (temple, heart, inside of leg, etc.)

Fan blade – swing knife down & up, using blade and swage to cut

## Other notes:

- *Tony Navaro taught* - "A blade can be so sharp one may not know he is cut" - the reason for the Navaro Hook.
- *Pete Rado taught* – “1000 cuts” meaning striking several times with snap type movements with the blade.
- *Loi Miranda taught* – “Just hit once and chop off his head” meaning a strike should be well placed and be a telling blow.
- *Sensei Advincula teaches* “Too fast to defend against, too strong if one tries”.

M. Whiteley with approval of Sensei Advincula  
Oceanside, March 2013  
Connecticut April 2013