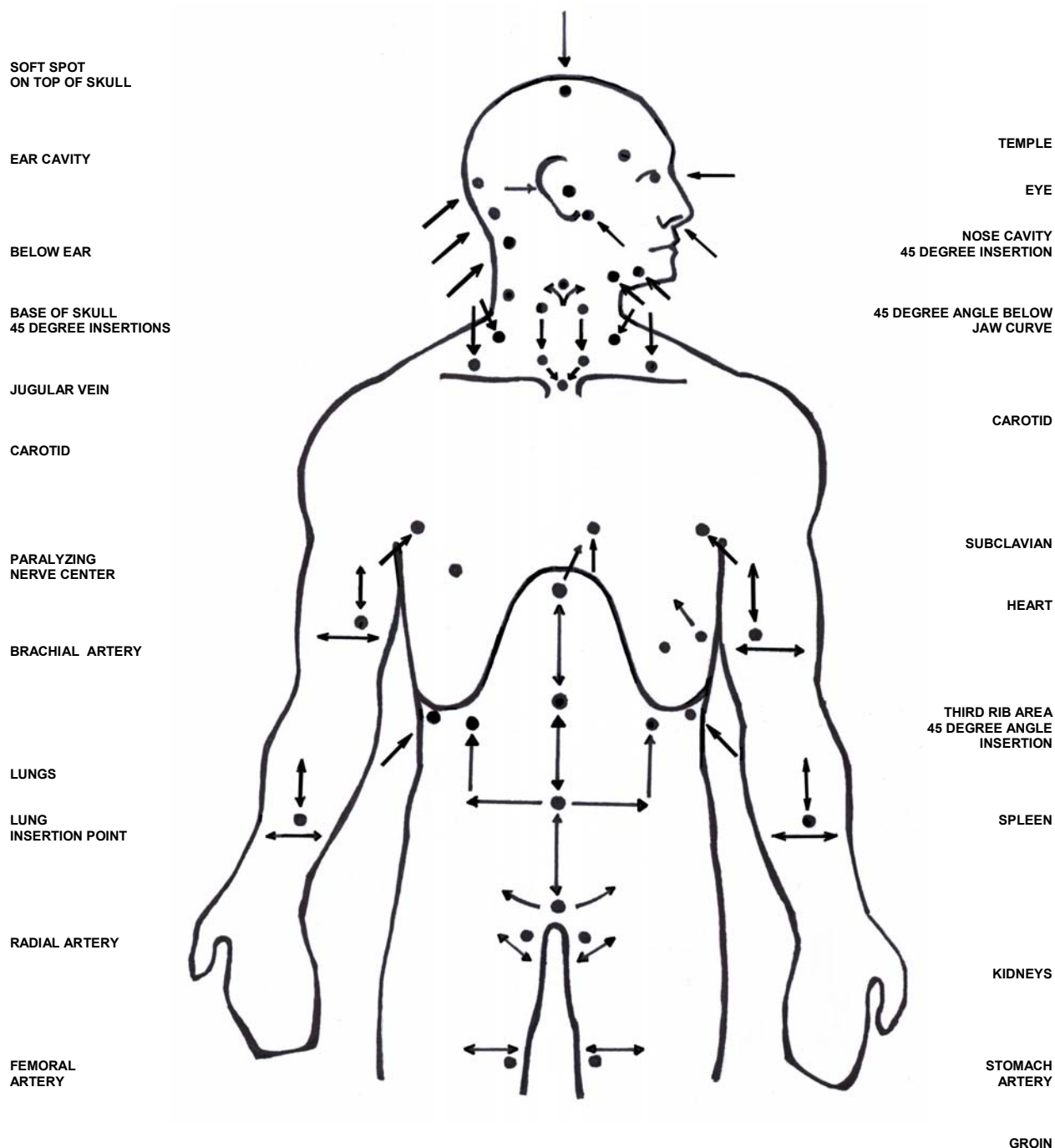
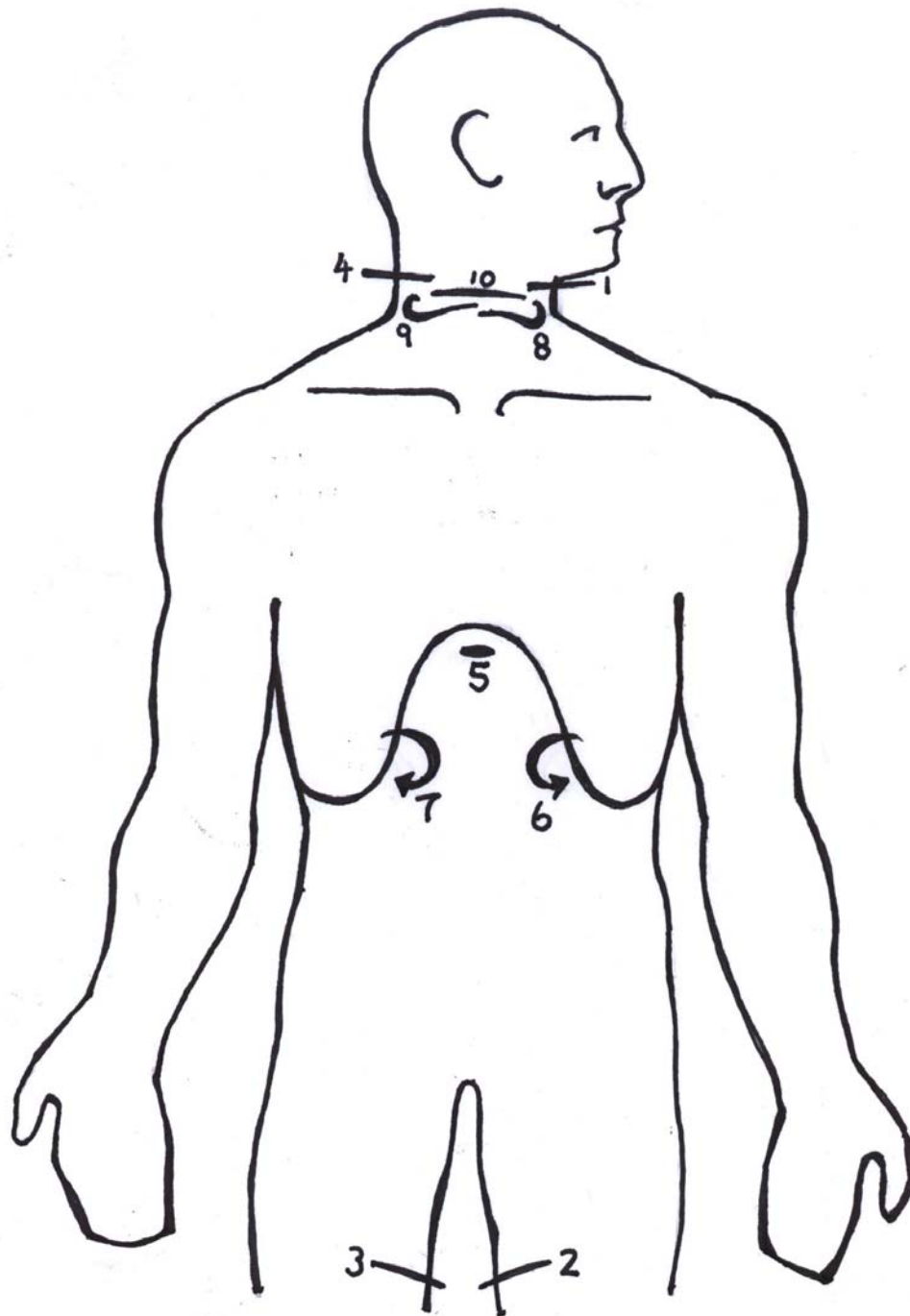


VITAL STRIKING/VITAL INSERTION CHART FOR KNIFE FIGHTING, KNIFE THROWING AND SILENT INTERDICTION



- Arrows show the angle of the knife insertion and areas considered vital during a slashing attack. Primarily 45-degree angle cuts are utilized in the use of any cutting edged weapons.
- The most important factor in the use of the knife, is focused attack, slashes and stabs directed at vital targets of opportunity that appear in the enemy's defense. Bear in mind the length of the knife of the blade in proportion to the to the depth of the artery or vein during the knife insertion.

VITAL STRIKING/VITAL INSERTION
CHART FOR KNIFE FIGHTING, KNIFE
THROWING AND SILENT INTERDICTION



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Knife Targets and Results

Name	Description	Target Size	Depth Below Surface (inches)	Loss of Consciousness (seconds)	Death
Brachial	Inside elbow	Medium	0.5	14	1.5 min
Radial	Wrist	Small	0.25	40	2 min
Carotid	Neck	Large	1.5	5	12 sec
Subclavian	Collar	Large	2.5	2	3.5 sec
Heart	Chest	-	3.5	Instantaneous	3 sec
Stomach	Lower abdomen	-	5	Depends on depth of cut	-

- When heart or stomach are not protected, choose them as primary targets because they have the greatest impact psychologically