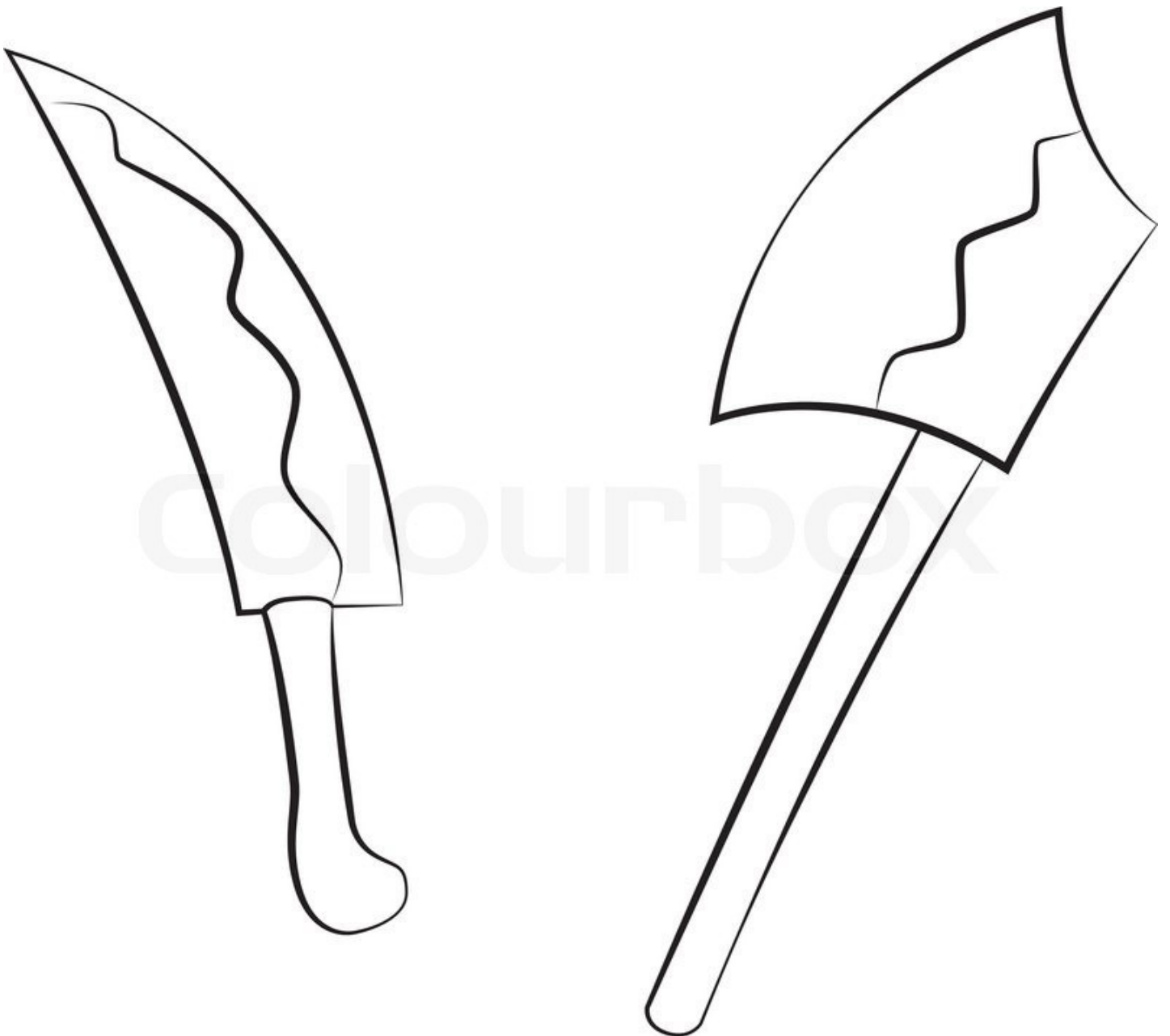


PF Girls Ministries
Simplified
Knife and Ax Course
For Powette

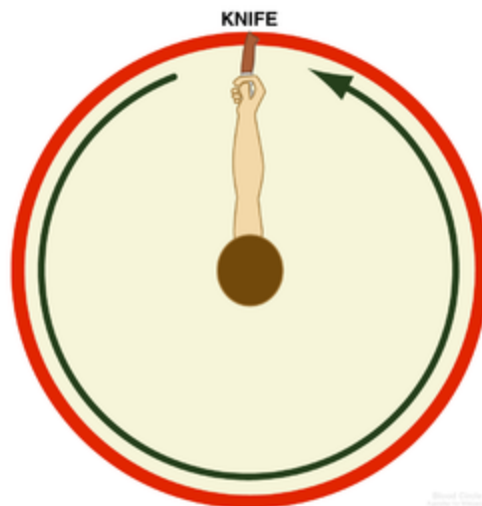


Things the Leader should stress to the Girls:

Three things that need to be stressed to the girls while they are using or in the area of someone using a knife or Ax:

1. Common Sense
2. Courtesy
3. Safety

Establish a safety circle: The first thing the girls need to learn is that they should establish a safety circle, in order to safely use a pocketknife or ax. To create the safety circle, grasp a closed pocket knife in your hand. You should extend your arm with the closed knife straight in front of you. Then rotate your body to either side while continuing to extend the closed knife arm. No one or thing should be in the imaginary circle that you have created. Also, check your overhead clearance as this is part of your safety circle. If someone enters the circle, the knife should be closed up and laid down. **The girl with the knife or ax is responsible for her safety circle.** While at the knife and ax throwing area everyone will need to be alert, follow the rules and stay out of the throwing zone!



POCKET KNIFE



Although we are not going to be carrying pocketknives at Powette we think that having a general knowledge of them is part of the course.....

To open a pocketknife: Hold it in one hand. With the thumb and the forefinger of the other hand, pull out the blade. Make sure that the blade is pointing away from your body.

To close a pocketknife: Hold the back edge of the open blade and close carefully. Some blades have a lock that will need to be depressed. DO NOT close it by pushing the blade against your leg.

ALWAYS PASS A POCKETKNIFE IN THE CLOSED POSITION!!!!

SHEATH KNIFE



The sheath knife is very similar to the knife that you will be throwing at Powette. The leaders will instruct you on how to throw the knife. Make sure that you check your safety zone and knife safety skills. It has a set blade and does not need to be opened.

How to pass a sheath knife:

Place the knife in your hand with the blade edge up, the tip extending toward your body, the handle toward the person who is to receive it. The person receiving the handle of the knife should grasp the handle firmly and say, "thank you." This lets the person passing the knife know that they have a good grip on the knife and they can then let go. This is a good time to stress... common sense, courtesy, and safety.

NOTE:

The leaders in charge of the ax and knife throwing WILL NOT release the knife or ax to the girl until they know that they are paying attention, having safe practices and says "thank you." If you are trying to receive the knife or ax to throw it at the targets and they do not release it.....try a "thank you."

HAND AXE

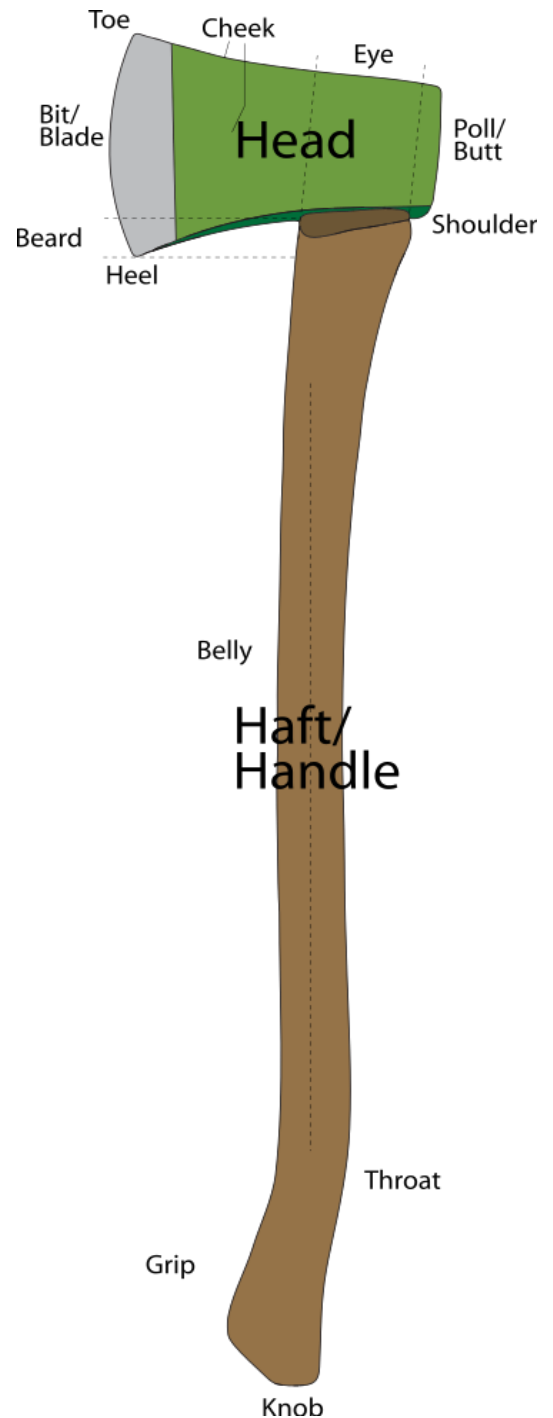
The leaders at the ax and knife throwing area will instruct you on how to throw the knife or ax. Make sure that you check your safety zone and say “thank you” when receiving the ax.

How to pass a hand ax:

Grasp the handle close to the ax head with the handle pointed away from you and the blade tilted to the side. If the ax is being passed with the right hand, it should be received by the other person’s left hand, so the ax blade is always away from the bodies of both persons. The ax should never pass between you or crossover in front of either person. Do not release it to the receiver until they say “thank you.” This lets you know that they have possession of the ax and it does not fall and hurt anyone’s foot.

NOTE:

The leaders in charge of the ax and knife throwing WILL NOT release the knife or ax to the girl until they know that they are paying attention, having safe practices and says “thank you.” If you are trying to receive the knife or ax to throw it at the targets and they do not release it.....try a “thank you.”



Some fun things you can do with this Ax and Knife Course:

- Make a cardboard pocket knife and let them practice with it.
- Make soap sculpture with Ivory Soap and a plastic knife (unless you have permission from the parents to use a real pocketknife. Make the shavings thin to have better knife control.
- Have them practice knife safety and safety circle.
- Teach them to always cut away from the body. Be sure your hands and body are out of the way.
- Never carry around an open pocketknife.
- When you are not using your knife, close it and put it away.

To receive a Girls Ministry Cut and Chop Card, you need to be able to:

- Show what the “safety circle” is and why it is important
- Open and close a pocket knife
- Be able to pass a sheath knife
- Be able to receive a sheath knife, saying “thank you” when they have a good grip on the handle
- Be able to pass a hand ax
- Be able to receive a hand ax, saying “thank you” when they have a good grip on the handle and not letting it pass between the giver and receiver

Pen. Florida Girls Ministries
CUT & CHOP CARD

This is to certify that



Having fulfilled all requirements as stated on the back of this Card; is hereby granted the privilege of carrying and using outdoor tools.

Commander/Sponsor

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CUT & CHOP CARD

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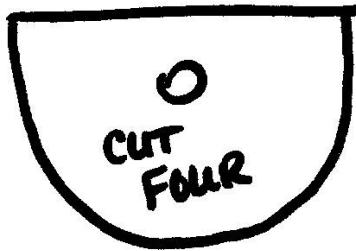
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○ = hole punch
2 = brads



Practice cardboard knife:



← DIFFERENT COLOR

