

# Adventurer's MK

## KNIFE SKILLS

### General Pocketknife Information:

- A knife is a tool, not a toy.
- Threatening another person (even in play) is a serious offence, and you will automatically be banned from using a knife during all Adventurer's activities.
- Never use your knife on something that will dull or break it (rocks, metal, cement, etc.)
- Never use your knife to cut living trees or plants, or poke it in the dirt. Moisture and dirt will ruin your knife.
- Keep your knife out of the fire. The heat will ruin the temper of the steel making the knife edge soft and useless.
- Do not carve your initials into anything that does not belong to you.
- Keep your knife dry and keep the blade clean. Wipe the blade before closing it.
- Clean your knife by hand; the heat and steam of the dishwasher can dull and damage the knife
- Keep your knife sharp. A dull knife is more dangerous than a sharp one.

### Safety Circle:

The first thing Adventurer's need to learn is that they should establish a safety circle in order to safely use a pocketknife. 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. **Be aware of your surroundings at all times when using your knife!** Never be distracted by other people, concentrate on what you are doing or stop. **Accidents are always better avoided!**

### Pocketknives for Kids



Small Folding Pocket Knife, Curved Anodi ...



Victorinox Swiss Army My First Victorinox Knife,

### **Safety Rules:**

- Knives should never be used in a threatening manner such as pointing or waving it at another person
- Be alert; it may not be you who makes the mistake. Someone else may enter your Safety Circle by not being alert.
- Always cut by pushing the knife away from you. Be sure your hands and body are out of the way.
- Never carry an open pocketknife.
- Always walk when carrying your knife – never run with it.
- Never throw your knife; it could easily deflect and hurt someone, or ruin the knife.
- A sharp knife is safer because it's less likely to slip and cut you. A sharp knife will "bite" the wood. Know how to sharpen your knife.
- When using the cutting blade, don't make big shavings or chips. Easy does it. Be careful not to cut yourself or anyone nearby.
- When you are not using your knife, close it and put it away. An open knife could hurt someone who doesn't realize it's there.
- Close the blade with the palm of your hand
- Never use a knife inside a tent area
- Any adventurer that is found to not be using a knife in the correct manner WILL have their knife taken away for the duration of the activity/session.

### **Handling a Pocketknife:**

#### **To Open a Pocketknife**

Hold the knife in your left hand, and put your right thumbnail into the nail slot. Pull the blade out while pushing against the hinge with the little finger of your left hand. Continue to hold on to the handle and blade until the blade snaps into the open position.

#### **To Close a Pocketknife**

Hold the handle in your left hand with your fingers safely on the sides. Push against the back of the blade with the heel of the right hand and swing the handle up to meet the blade. Let the knife snap shut. It's sometimes easier for the boys to use their fingers instead of the heel of the hand.

#### **To Pass a Pocketknife**

The receiver should get a good grip on the knife and then say "thank you" to indicate that they have a grip on the knife when taking it. The giver should never let go of the knife until the receiver says "thank you" even if the receiver tries to pull it away.

When passing an open knife, offer the butt end of the handle. **NEVER PASS A KNIFE WITH THE BLADE POINTING AT THE OTHER PERSON.** Make sure the spine of the knife blade is towards your palm with the blade facing away from your skin.

### **Taking Your Pocketknife with You:**

Knives are usually used as tools, but they can be weapons too. It is a criminal offence to carry a knife of any sort in public. If you are found to be carrying a knife in public, you **will** automatically lose it through confiscation.

### **Public places include:**

- School
- Outdoor school events (school football games)
- Airport
- Park and/or playing fields

## **Knife Care**

Your knife should be kept clean, dry, dirt/rust free and sharp. There should not be dirt in the grooves when the knife is open. If there is, wash it thoroughly with warm soapy water using a toothpick, Q-Tip or pipe cleaner to remove dirt or grit from the hinged areas. Anytime you wash your knife, make sure to dry it thoroughly (towel dry and then air dry before closing it) and apply a light coat of vegetable oil to the blade. It is edible in the event you use your pocketknife for food later on.

## **Anatomy of a Knife**

There are many types of modern knives, each of which can differ in construction and feature. For the sake of consistency, the following parts of a knife are common to all knives

1. Knife Blade. The blade edge can be plain or serrated or a combination of both.
2. Handle. The handle, used to grip and manipulate the blade safely.
3. Tip. The point of the blade which is used for piercing
4. Cutting edge. The cutting surface of the knife extending from the point to the heel,
5. Grind. The grind is the cross-section shape of the blade
6. Spine. The spine is the top, thicker portion of the blade,
7. Ricasso. The Ricasso is the thick portion of the blade joining the blade and the handle.
8. Slip joint. The part of the body which contains a spring which holds the knife blade in the open or closed position.
9. Lock. Is part of the body which restricts the knife blade from release. Pressure is required to depress the lock to free the knife blade. The lock is usually contained in the knife handle.
10. Key Ring. The part of the knife which allows a lanyard to be attached to the knife
11. Knife Accessories. Additional tools that may be found on a knife (such a pocket knives)

## **How to sharpen a knife**

It's easy to sharpen a knife. All you need is a whetstone and practice. The method described here works with any non-serrated blade.

If you have a dull knife, begin sharpening with a coarse-grit, natural (carborundum, aluminum oxide) or diamond stone. Change to a medium-grit stone when the nicks are gone and the edge is smooth. If you keep your knife reasonably sharp, all you'll need is a medium-grit stone.

Maintain a thin film of cutting oil, or WD-40 on natural stones — or water on diamond stones — to float away steel particles that clog the pores of the stone and reduce its cutting efficiency. Do not use automotive or gun oils. After every few dozen strokes, dry the stone and blade and apply new oil. You'll go through a lot of oil this way, but you won't dull the edge by grinding metal particles into it. Frequent cleaning is essential if you want a super-sharp edge.

Sharpening will go easier if you dip the cold blade into boiling water for a few seconds before beginning to sharpen it.

## **Sharpening Procedure**

Keep the back of the blade raised about 15 degrees and cut into the stone. If you have an official Swiss Army knife, you can approximate the correct angle if you rest the back edge of the blade on two stacked pennies. Another trick is to set the blade flat on the stone and adjust a bright light directly overhead. Slowly raise the back of the blade until you can just see a shadow.

You can even buy special tools that clamp to a knife blade and maintain the recommended sharpening angle. These tools work well on the body of the blade but not on a sharply curved tip. Learn to hold the right angle by hand (it just takes practice).

Take about six strokes on one side of the stone, then turn the blade over and repeat the process. Keep the stone lubricated with honing fluid. If you want a razor's edge, switch to a fine-grit stone (natural or diamond).

To finish, dry the blade and strop it on a leather belt. Strop the edge away from the leather, not toward it as when using a sharpening stone. Strop your knife between uses and it will stay sharp for some time.

Note: A sharpening (butcher's) steel is simply a coarse version of a leather strop. It will not take the place of a whetstone.

### **Check Sharpness**

There are many ways to check blade sharpness. Here are a few:

- Shine a bright light on the sharpened edge. A dull edge will reflect light.
- A razor-sharp knife will cleanly slice paper.
- Drag the edge lightly across your thumbnail. The blade should scrape the nail cleanly, without chattering.

### **Basic Skills to Master**

Pine and poplar are good softwoods to start out with when whittling. Avoid hardwoods such as oak as they are significantly harder to shape. The first skill you will want to work on with your pocket knife is whittling a point on a stick like a pencil point. You can practice this on a new pencil, a dowel or a stick with no knots or branches. Starting about an inch from the end, shave a sliver off the end of the stick. Keeping your supporting thumb at least an inch behind where you are whittling. On each successive pass, cause the knife to go slightly deeper as you near the end. Do not try to 'dig' into the wood....just 'shave' it. Do not try to shave more than an inch or two across the wood in any one pass and no deeper than a thin shaving. Twirl the stick around evenly and shave off slivers until you have a nice point. If you want, flip over the stick and practice on the other end as well. When you are done, stick a marshmallow on it and roast it! Try sharpening your pencils this way and then write with them.

### **Whittling Safety**

- When whittling, always whittle AWAY from your body.
- Do NOT whittle towards your leg, knee, a table or any other object. Spread your knees and whittle directly between your spread legs or whittle towards the outside of your leg. If you are at a table, turn your back to the table and whittle away from it.
- Keep your knife clean and sharp. It takes more force to whittle with a dull knife and could lead to a much deeper cut if it 'slipped' because of the extra force being applied.
- Before closing your knife, wipe the blade clean. To do this safely, on your pants leg, drag the blade backwards towards yourself, flip it over and drag it away from the sharp edge in the other direction. Make sure to remove shavings/dust/juices/dirt before putting it away.

The next skill you will want to master is shaving a stick (taking off the bark). This can be useful when making eating utensils. Once again, you may use a stick, a pencil or a dowel (colour the outside with marker if desired to make your progress more visible). Start near the end of the stick whittling slivers off all the way around. If you are not getting slivers, just 'sawdust', stop and sharpen your knife. Remember, whittle AWAY from your body and not towards your knees or shins! When you have whittled your way around the stick, move back an inch or two toward the middle of the stick and continue the process shaving off more bark. When you get about halfway, turn the stick around and begin shaving near the other end, working backwards towards the middle progressively. Try not to 'dig' into the wood for a smooth finish.

A third skill is making a notch in a stick. This can be useful when making field expedient bows, tent stakes or a variety of other projects. CAREFULLY hold the blade perpendicular to the wood where you want the straight part of the notch to be. Press downward and rock the blade on the wood until you have a 'line' cut in the wood. Continue to 'rock' the blade over and over until you have a fairly deep line in the wood. Then move the blade back slightly behind the line and trim the wood towards the line as you did when making the point on the end of your stick. Continue to carefully whittle out a notch alternating between deepening your 'line' and whittling towards it. When it is as deep as you need it, trim up the splinters and loose pieces of wood in your notch until it suits your needs.

The next skill is peeling fruit. BE VERY CAREFUL. Take an orange or an apple. Grip the knife with the spine side of the handle inside the bend of your four fingers. Be careful to keep your thumb out of the way since the blade will be facing towards you. Lay the knife blade against the top of the orange/apple, press into the peel and slowly pull the blade towards your thumb while thinly slicing the peeling off in one continuous sliver. Do not 'jerk' the knife through the skin or you might cut your thumb. Turn the fruit in a circle and work progressively towards the bottom, being careful not to miss any slivers of peeling as you go down. When you are done, remove the juices using a paper towel, cloth, shirt tail or whatever. Hold the cloth over both sides of the knife blade from the spine side. Carefully wipe the blade from the back side (spine side) working towards the tip being careful not to slice your finger on the blade edge as you go.

Questions to be answered

**1) State the main components of a knife**

- a) Knife blade
- b) Spring lock or 'slip joint'
- c) Knife body
- d) Cutting edge

**2) Identify three items on a pocket knife that need to be inspected prior to use?**

- a) Knife is clean
- b) Knife is sharp
- c) The locking mechanism allows the blade to be securely locked in the open and closed position

**3) State the importance of the Safety Circle**

- a) An area which no one should intrude otherwise there is risk of injury from knife use

**4) Describe First Aid response to a knife wound**

- a) Blood Flow
- b) Rest
- c) Elevation
- d) Direct pressure (to staunch wounds)

## \*Kids Pocketknife Safety for Parents\*

These are guidelines for safe knife handling that you need to go over diligently with your children before turning them loose with a pocketknife. It covers selecting a starter knife, caring for your knife, safety guidelines, and basic knife skills.

Just remember, although we will instill in them a healthy respect for the power of the tool in their hands, you the parent must also play your part. Unlike many of their other belongings, this one can cause serious injury or death if used carelessly. Used properly, it can bring years of service and be an heirloom for your grandchildren later on.

### Selecting a Knife

For starting out, I recommend choosing a knife with no more than 2 blades. Utility knives do not make good whittling knives for small hands as they are bulky and difficult to maneuver safely. If the knife will be used for whittling, select one with a locking blade. Make sure the lock release can be released with relative ease by the one who will be using it. If it is too hard to release safely, select another knife.

The knife should have a handle that fits comfortably in the closed hand of the user. It should be as long closed as the palm is wide including the thumb. There should be room to rest the thumb on the end of the knife handle and not on the blade with all four fingers having room to hold on. A pocketknife that is shorter causes the user to have to hold it with less than the entire hand and encourages the practice of resting the thumb on the blade while whittling or cutting. This can be unsafe, particularly with a non-locking blade or utility knife, as it can cause the blade to close up on the fingers, injuring the user.

The thumb should rest no further than the end of the handle when whittling or cutting, never on the blade itself. The knife handle should fit comfortably in the closed fingers without filling the palm significantly. Bigger knives for field dressing and chopping need more substance, but for general purpose camp use, a thinner handle is preferable. A textured or rubber grip is nice but not necessary. And a forefinger indent is nice too, but not essential. Serrated or half serrated edges should be avoided for whittling knives.

### Knife Safety Guidelines

When giving your son or daughter their first knife, take time to go over these very basic safety guidelines. They may seem like common sense to you, but somewhere along the way, you learned these things yourself...and sometimes the hard way.

### Safety Rules and Horseplay

- A knife is a **TOOL**, not a **TOY**! Do not throw it at anything.
- Do not carve anything that does not belong to you or for which you do not have permission to carve. This includes trees, bathroom doors and picnic tables!
- Do **NOT** playfully taunt others with your open knife.
- Do not use your knife without permission from an adult even if you have been cleared to carry unsupervised.
- **DO NOT TAKE YOUR POCKETKNIFE TO SCHOOL!** Many schools will kick you out for doing so and the police will be called. Resulting in you losing your knife

Now...take this simple safety test and see how you score! You need to score 100% on this test to be considered for earning a Knife Skills Badge. Safety doesn't understand an 80% passing score! If you miss an answer, go back and reread the text to understand what you missed.

Part I: Circle the correct answer

True / False 1. A knife is NOT a toy.

True / False 2. A dull knife is safer than a sharp knife.

True / False 3. Dirt on a knife blade helps keep it sharp.

True / False 4. Never carve your initials on anything that does NOT belong to you.

True / False 5. When someone hands you a knife you say "Thank You" to show good manners.

True / False 6. A knife is handy for cutting bark off trees.

True / False 7. A pocketknife should always be closed when it is not in use.

True / False 8. It's okay to keep your knife wet.

True / False 9. An Adventurer can take his/her knife to a pack meeting at a school if school is out.

True / False 10. You should carry your open knife in your pocket.

True / False 11. You should close the blade with the palm of your hand

True / False 12. An Adventurer should only carry a fixed blade knife if it is kept in a sheath.

True / False 13. Vegetable oil is the best lubricant for your knife?

True / False 14. You should rest your thumb lightly on the end of the blade closest to the handle for stability.

Part II: Fill in the blank

Close the blade with the \_\_\_\_\_ of your hand.

A \_\_\_\_\_ should never be used on something that will dull or break it.

People watching you work with your knife should not enter your \_\_\_\_\_.

Your knife should always be kept \_\_\_\_\_ and \_\_\_\_\_.

Scissors should be handled with the same safety rules as a \_\_\_\_\_.

Always \_\_\_\_\_ when carrying a knife or scissors.

Never \_\_\_\_\_ a knife towards you.

Part III: Circle the correct answer

Always keep your knife ( dry / wet ) so it will not rust.

When using a knife, do not make ( big / little ) shavings or chips.

A ( dull / sharp ) knife is more likely to cut you.

An Adventurer ( can / cannot ) take his/her knife to a den meeting at school if it is held outside.

A knife should be cleaned ( before / after ) cutting food.

A fixed blade knife or scissors should be passed to another person ( blade / handle ) first.

Part IV: The Pocketknife Pledge (fill in the blanks)

Choices: Close – Respect – Injure – Promise – All - Safety

I understand the reason for \_\_\_\_\_ rules.

I will treat my pocketknife with the \_\_\_\_\_ due a useful tool.

I will always \_\_\_\_\_ my pocketknife and put it away when not in use.

I will not use my pocketknife when it might \_\_\_\_\_ someone near me.

I \_\_\_\_\_ never to throw my pocketknife for ANY reason.

I will use my pocketknife in a safe manner at \_\_\_\_\_ times.

## Answers

(Don't peek!)

Part I: Circle the correct answer

**True** 1. A knife is NOT a toy.

**False** 2. A dull knife is safer than a sharp knife.

**False** 3. Dirt on a knife blade helps keep it sharp.

**True** 4. Never carve your initials on anything that does NOT belong to you.

**False** 5. When someone hands you a knife you say "Thank You" to show good manners.

**False** 6. A knife is handy for cutting bark off trees.

**True** 7. A pocketknife should always be closed when it is not in use.

**False** 8. It's okay to keep your knife wet.

**False** 9. An Adventurer can take his/her knife to a pack meeting at the school if school is out.

**False** 10. You should carry your open knife in your pocket.

**True** 11. You should close the blade with the palm of your hand

**True** 12. An Adventurer should carry a fixed blade knife if it is kept in a sheath.

**True** 13. Vegetable oil is the best lubricant for your knife?

**False** 14. You should rest your thumb lightly on the end of the blade closest to the handle for stability.

Part II: Fill in the blank

Close the blade with the **PALM** of your hand.

A **POCKETKNIFE** should never be used on something that will dull or break it.

People watching you work with your knife should not enter your **SAFETY CIRCLE**.

Your knife should always be kept **CLEAN** and **DRY**.

Scissors should be handled with the same safety rules as a **KNIFE**.

Always **WALK** when carrying a knife or scissors.

Never **PULL** a knife towards you.

Part III: Circle the correct answer

Always keep your knife ( **dry** ) so it will not rust.

When using a knife, do not make ( **big** ) shavings or chips.

A ( **dull** ) knife is more likely to cut you.

An Adventurer ( **cannot** ) take his/her knife to a den meeting at school if it is held outside.

A knife should be cleaned ( **before & after** ) cutting food.

A fixed blade knife or scissors should be passed to another person ( **handle** ) first.

The Pocketknife Pledge (fill in the blanks)

I understand the reason for **SAFETY** rules.

I will treat my pocketknife with the **RESPECT** due a useful tool.

I will always **CLOSE** my pocketknife and put it away when not in use.

I will not use my pocketknife when it might **INJURE** someone near me.

I **PROMISE** never to throw my pocketknife for any reason.

I will use my pocketknife in a safe manner at **ALL** times.

Remember, if you did not score 100%, go back and learn the appropriate sections. You must practice knife safety 100% of the time...not just 80%!