STEP 1 SLASHING DEFENSE:
Always keep your arm extended beyond 90 degrees, keeping your distance.

Your first priority is to attack the threat.

When attacking the threat you always want to keep moving at a 45-degree angle, away from the blade.
STEP 2 STABBING DEFENSE:
Keep your distance and tuck in your belly, to avoid stabbings.

Continue to attack the threat while being on the move.

As you tuck and move, make sure to come inwards with the knife, turn your knuckles as you cut. Don’t expose the inside of your wrist.
STEP 3 BLOCK TRAP COUNTERS:
After attacking the threat if they continue to engage, you will need to trap and counter.

When trapping, you want to block with the flat side of the blade. Then grab the forearm or elbow and use a straight arm and drive against the attacker’s arm, turning him away from you so you can fight from behind him.

Once trapping the threat, you will have control so you can counter and attack any of the major arteries, or do whatever needs to be done to neutralize the situation.
STEP 4 PRACTICE AND REPEAT:
Practice and repeat these steps from interior and overhead angles.