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SWORD and PEN

Official Newsletter of the International Combat Martial
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Self-Defense

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**www.americancombato.com
www.seattlecombatives.com**

E d i t o r i a l

**Start The New Year Off Right:
*Correct Any Poor Training Habits And Determine
To Make 2011 Your Best Year Yet***



WE *all* could stand improvement — in virtually everything that we do. And a very good time to take stock and make a realistic assessment of how and where we can benefit by improving things in our physical and combative arts training is **right now**, at the start of a brand new year.

Here are some questions to ask yourself as you analyze where you are, and how you might undertake improvement to get closer to where you would like to be:

- Am I following a regular, consistent program of physical training? (Haphazard on again off again working out with the weights won't produce for you the best results. *Consistency* and *regularity* will. Obviously, this does not mean that layoffs and rest periods are to be dismissed entirely, but it does mean that *most often* you ought to be training regularly and consistently on a good, balanced all round physical training routine — either steadily striving to handle more and more resistance [if you are in the building-up stage] or persistently working at or around your present best level of exertion, so as to maintain optimum strength, condition, and fitness *for life*)

- Am I following a regular, consistent program of combatives and self-defense training? (Again, this is very basic, but it is key to real satisfaction, accomplishment, and *results*. You need not be training for hour after hour on a daily basis, but you certainly should be training regularly on a schedule that is compatible with your lifestyle and other commitments. Twenty minutes to a half hour of *daily, regular* practice — with seriousness and full intensity — is feasible for just about anyone in the world no matter how “busy” he believes himself to be; and such a modest schedule trumps the occasional three hour session that one might engage in “when one is struck by a moment of enthusiasm” [which inevitably passes]. Like supplementary weight training, regular practice **MUST BE INTEGRAL TO YOUR LIFESTYLE, AND IT NEEDS TO BE AS REGULAR AS A CHRONOMETER!**)

- Do I know what kind of skills best suit me, and do I emphasize those skills when I train? (No one is equally able to do all of the techniques of close combat with the same degree of power, coordination, speed, naturalness, and mental commitment. The trick is to discover *your own best* techniques, from among the proven methods, and zero in on a powerful effort to master them, and make them “your own”. In *American Combato (Jen•Do•Tao)* we utilize **16** key blows with the natural weapons, and a grand total of approximately 50 basic blows, which include variations and minor methods of attack. We have a set of **30** core attack combinations (more than 50, when you include variations), and we emphasize

more than 125 counterattacking techniques in a curriculum of **30** key “situational predicaments”. No one can or ought to try to master *all* of this material. It is offered so that each and every student can, over time, select and tailor-make his repertoire perfect for *himself* and his own unique, specific attributes, tastes, and requirements. We suggest, no matter what method or system you may be engaged in studying, you apply a similar approach to skills mastery)

- Is my diet and nutrition reasonably good? (No need to become a health food fanatic; but there is every need to eat intelligently and well, and to supplement your diet with multiple vitamin-mineral tablets, extra vitamin C, and perhaps one or another other nutrients that your daily food intake might not be adequately providing. Eat sensibly and try to eat at more frequent intervals during the day, rather than two or three large, very filling meals. Do ***not*** avoid foods that “experts” tell you are bad for you, *if* you enjoy them and *if* they do not cause you any discomfort. But before you eat what you like, eat good, genuinely wholesome foods to insure that you are receiving the nourishment you require.)

- Have I eliminated detrimental habits? (It is foolish to smoke - period. Cigarettes are the worst thing to smoke, but pipes and cigars are ***not*** good for you, either. And chewing tobacco is very unhealthy. ***Stop smoking***. Moderate consumption of alcoholic beverages is okay — and is likely good for you. But that means ***moderate***. Perhaps a glass of wine with dinner. Or one or two harder drinks *a week*. Any drinking that is done to excess, however, is suicidal, and you should definitely see to it that you are not “a drinker”. Make certain that you get sufficient rest and sleep. No point in driving yourself frantically and pushing full throttle unless you’re doing what you ***love***. What’s the point? None of us are getting out of this life alive, anyway. Get enough sleep. Relax regularly and take time to enjoy yourself. If you work where your employer is an egotistical scumbag and believes that your life should be devoted to *his* business, look elsewhere for employment — perhaps start a business of your own. But do ***NOT*** permit yourself to be driven and worked to a frazzle so that some skunk [or collection of skunks] can live high on the hog!)

- Do I strive to study and to learn more about close combat, and to acquire practical knowledge from all sources in order to augment my skill development? (No one system — including our own — has all of the answers for everyone. The last word has not been said, written, or spoken in regard to physical training and combatives, and you should approach the ongoing study of these subjects — since obviously you love them, too — as a privilege and as a lifetime pursuit. The fields of psychology, psychiatry, philosophy, history, anatomy, physiology, criminal

justice, military science, sports medicine, intelligence, hypnosis, and security *all* have much to teach the open-minded devotee of the combat arts who delves deeply into what may be had from them. The genuine expert has a rich and vast store of knowledge from which he draws in order to improve every nuance of the training that he loves, and — if he is a teacher — the training that he guides his students through.)

- Do I continually remind myself to maintain a degree of humility, and realize that neither I nor anyone else on earth is the “toughest kid on the block”? (A respectful fear of violence, and a staunch commitment to **avoidance** [see our article on “Avoidance: A Self-Defense Technique” in the “articles” section of our other site: www.seattlecombatives.com] should always be an important aspect of your overall attitude — wherever you go, whoever you’re with, and no matter how excellent your mastery of skills and your development of physical excellence may be)

Perhaps some of those questions for self-examination came as a bit of a surprise. Nevertheless, we maintain that they are all important, and that one of the most productive ways you can begin this New Year is by examining yourself in light of them — and where necessary, taking rigorous steps, *consistently*, to improve yourself in those areas.

May this New Year, 2011, bring you and your loved ones health, happiness, success, and all good things, always!

Bradley J. Steiner



Happy Birthday To The Browning-Designed 1911 .45 Caliber

Semi-Automatic Pistol!

IN 1903 the Wright Brothers succeeded in getting the first airplane off the ground, at Kitty Hawk. That was **1903**, slightly more than 100 years ago. Today, anyone suggesting that the Wright Brothers' original plane was either The Best or *among* the best planes in the world would be placed in a strait jacket — and rightly so. In 100 years we've gone from a few feet off the ground at Kitty Hawk to the moon, and to *outer space*. Aircraft has advanced quite a bit in 100 years.

ONE hundred years ago — in **1911** — John Browning gave America the “.45 automatic”. Today, in the opinion of many who do this stuff for a living (this writer, for example) *that 100 year old handgun is still the finest all round battle pistol and instrument of close range, quick reaction personal defense on earth!*

That is astonishing.

The “.45 auto” is top choice today as the sidearm of the FBI's HRT people, of members of virtually every elite military unit in the world, of intelligence professionals, and of course of countless law enforcement officers and private citizens who want utter reliability, the greatest punch possible in a handgun, and ruggedness, coupled with sufficient firepower and ease of handling, maintenance, and repair.

You really must admire the genius of John Browning! When that man built a handgun he built a **HANDGUN!**

Yes, there are other excellent sidearms available today, and doubtless there are some highly qualified people who prefer one or another model over the 1911. However, we dare say that there are far more who recognize the .45's stand alone status as The Combat Pistol than there are who would opt for a different weapon. One hundred years old, and *still* going as strong as ever.

Colt was of course the most famous manufacturer of this weapon, and the Colt pistols are magnificent. However, today we have Colt, Springfield Armory, and Kimber weapons available — and all are superbly made, utterly reliable, and as effective for the individual needing a personal defense or battlefield handgun as the original “Colt .45”.

Happy Birthday to the World's Greatest Combat Handgun!



DON'T FORGET!

When you've finished this Newsletter don't forget to go to www.seattlecombatives.com and read two of the latest feature articles for this month (in the "articles" and "monthly instruction" sections) and a NEW book review, that are sure to be helpful to you in your training! "AVOIDANCE IS A TECHNIQUE", and "5 PRINCIPLES OF COUNTERATTACKING"

Sensible And Realistic Ways to Measure Your Progress

WHILE no one can advance, improve, and progress indefinitely in either physical training or close combat skills, it is almost certainly safe to assume that we all would like to progress *as far as we are able to progress*.

Genetic limitations imposed at birth will, let us be frank, prevent most people from becoming extraordinarily powerful and well-built. We can all improve, but we cannot all become super-strong or astonishingly well-built. We used to write regularly for the old *Strength And Health* and *Muscular Development* magazines,

when Bob Hoffman ran things, in York, Pennsylvania, during the 1960's and 1970's. Our editor for *Muscular Development* was the late incomparable John C. Grimek. John was indeed a superman. He was built as perfectly as any human being could ever hope to be built, in our opinion; and he was a superb athlete, as well. He was an Olympic weight lifter, a gymnast, a handbalancer, and a wrestler! And he was *terrific* at all of those things. He won Mr. America and Mr. Universe titles so often it became boring. John was also a friendly, decent, and genuinely helpful fellow, always willing to try to assist readers with their questions and training problems. John Grimek was also *one of a kind*. There is no training program, routine, dietary plan, or approach to living that could turn *anyone* into anything resembling the specimen of all-round physical excellence that John Grimek was . . . unless of course the person had John's *genetics*.

Ron Van Clief is one of the truly great martial arts masters in this Country. He founded Chinese Go-Ju Karate, and is one of those unusual physical marvels who can perform whatever martial arts techniques he chooses to perform with amazing athletic grace and power and obvious top level mastery. Van Clief, in his prime, *looked* like an unbeatable superman; and if anyone observed his technique at that time, they could easily believe that he was indeed very close to being nearly-unbeatable. But Ron Van Clief, like John Carl Grimek, was *anomalous*. Without the genetics, no one could hope to approach the level of development that this man enjoyed, and the performance acumen that awed many who observed him in action.

We begin with these two examples of *naturals*, and with this emphasis upon the presence of **genetic potential** in order to be world class in strength, muscular development, and martial arts ability, not to discourage our readers, but to orient them honestly and realistically. We could easily go on. We could mention the late Masahiko Kimura, a Kodokan Judo man who may well hold claim to being the single toughest and most powerful judo man ever to study the Art. Kodokan has had — and has — a number of judo masters who outrank Kimura and who trained and studied every bit as hard (maybe harder) than Kimura did, in order to rise to the positions that they rose to. *But they didn't have Kimura's genetics*. And all of the study and training and attitude and knowledge in the world can **NOT** substitute for having been born with the genetics necessary to be what Kimura was.

The good news is of course that regardless of your genetics you can build yourself up enormously, and you can develop more than enough physical skill and ability to be an extremely dangerous antagonist in close combat. In order to stay on track in your training you will want to strive for continued progress, until you achieve

your limits. You will benefit by using *realistic standards* and measuring yourself not according to arbitrary (often unrealistic) standards, but standards that are ideal for *yourself*.



ABOVE: THE MAGNIFICENT RON VAN CLIEF! A CLASSICIST, THIS INCREDIBLE

ATHLETE FOUND THE MOST ACROBATIC FLYING KICKS EASY TO PERFORM.

BELOW: THE SUPERMAN OF COMPETITIVE JUDO, KIMURA, WORKING OUT WITH A POUNDAGE IN BENCH PRESSING THAT IS BEYOND WHAT MOST BODYBUILDERS COULD HOPE TO HANDLE!

“Ideal for *yourself*”. That’s the key. Never mind anyone else, and forget all about “records”, “feats”, “demonstrations”, etc. *Just concentrate on YOU.*

What every individual should be concerned about is first accurately assessing where he stands *now*. Get familiarized with your personal physical and athletic acumen. Then decide upon goals that involve becoming *your individual best*; not “better than” anyone else. And in most cases, it’s wise to forget about emulating the accomplishments of others. Human beings are too different for that.

In martial arts (combatives) consider:

- Are you notably more agile than powerful? Or the reverse?
- Do you favor close-in grabbing and smashing/gouging/hitting — or do you prefer undertaking action best from arm’s length (kicking and hand blows)?
- Are you naturally fast? Or is lack of speed a weakness of yours?
- Do you find hand/arm or foot/leg techniques most compatible?
- Which specific techniques fit *you* best? — And have you been concentrating on them?
- Has any previous training caused you to develop bad habits for hand-to-hand combat?
- Which types of attack cause you the greatest fear? — Are you emphasizing work on counterattacks and preemptive possibilities for these occurrences?
- Are you conscientious about training with modern weapons — both from the standpoint of *attacking with* and *defending against*?

- Have you arranged a training schedule and practice routine that is wholly compatible with your personal lifestyle and responsibilities?
- Have you conscientiously been aware of and *deliberately addressing* the need to condition your **mind** as well as your body for violent combat and self-defense?

In physical training consider:

- Have you given up the ridiculous “extreme flexibility” garbage and gotten yourself on a solid weight training program?
- Are you training regularly and vigorously, while taking care not to overtrain? — While allowing yourself layoffs of moderate duration, when needed?
- Have you resolved not to set absurd goals for yourself, and to simply accept your genetic assets and limitations, and train to actualize *yourself*, however great or modest the end result may be?
- Do you avoid steroid drugs and fad diets and harmful supplements that are peddled by the mainstream “bodybuilding” periodicals?
- Do you *take* simple, quality vitamin-mineral supplements, and combine this with a good general diet?
- Do you see to it that you get sufficient rest and sleep?
- Do you work to maintain a sensible balance between your weight training sessions and your technical (combatives) practice sessions? — Always being conscientious not to neglect *either*?

With such a realistic assessment of yourself you will be in a position to measure accurately and to appreciate fully the progress and gains that you are making. Remember: No one gains and improves indefinitely. *No one*. And you will not be the first historical exception to this rule! If you train hard and well you will reach your genetic potential within about two to four years (tops). Most who train correctly rise to their potential for full ability and physical excellence within three years (assuming regularity, and also assuming that training is commenced somewhere between the ages of sixteen and 40). There are exceptions, but that’s a realistic and generally accurate concept to be guided by. Anyone commencing training (in combatives and/or physical training) for the *first time after age 40* will

probably not achieve the eventual levels of development and skill that he might have achieved had he begun training at a younger age. But there will doubtless be *excellent* progress made, and no one at *any* age should hesitate to get started in training. *This is a “game” in which no one loses!*

It is exciting to experience the gains and the improvement that you will make — regardless of how great or modest they may be, and no matter what age you may be when you commence training. Just remember always to regard yourself as the **individual** you are, and while perhaps being inspired by others, do not confuse yourself with them. Be *you*. Measure your progress by how much better *you* are doing now, than you were doing, previously.

This is the healthy, sensible, realistic way to benefit from, enjoy, and have your entire life enhanced by, these marvelous activities which we love!

Get REAL In Your Training, Now!

REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.

This concise Manual, which may be read on

your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

3. *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* — \$30.

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first

book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. RULES OF SELF-DEFENSE — \$17.

Perhaps the most politically INCORRECT presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for

anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

ALL OF THE ABOVE RECORDED IN THE HIGHEST QUALITY SPEED, AND ON THE FINEST QUALITY CD DISCS IN "PDF" FORMAT FOR YOUR CONVENIENCE AND LIFETIME LEARNING.

Also available is the quality revised *Paladin Press* reprint of our 1970's Classic that "started it all" in this "WWII methods/practical combat/offense based fighting, etc." movement:

The Tactical Skills of Hand-to-Hand Combat —
\$14.

We will autograph your copy, and we will include a document available from no other source, explaining the significance and role of this little Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

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Experts Tend To Agree Substantially

WHILE the mythology of MMA and contest “fighting” as the “ultimate” in self-defense and hand-to-hand combat continues to dupe the gullible, it is worth remembering — for those interested in the **truth** — that *real* close combat and self-defense teachers tend to agree virtually *across the board* regarding what does

and does not work in actual combat, and what should and should not constitute the “last of learning” when studying the arts of armed and unarmed individual battle.

The primary difference between the real experts and legitimate teachers themselves (concerning hand-to-hand and unarmed combat, and the combative employment of personal firearms) pertains more to minutiae. That is, they agree on **core principles** and even on **basic techniques and skills**. Their difference lies in small variances in how they, in their personal interpretations and practical applications of the solid, proven realities of the individual combat phenomenon, seek to achieve the same result. For example: There is no authentic teacher of close combat who does not recognize, accept, teach, and *emphasize* the low, lashing side kick to an enemy’s knee. Some, like ourself, emphasize the *heel* of the foot as the contact point. Others drill in the *side edge* of the foot as the point of impact. Still others — often with previous backgrounds in the Chinese *ch’uan fa* (“kung fu”) arts — stress kicking with the *bottom* of the foot. This last derives from the Chinese “*tiger’s tail kick*” which the external Chinese “boxing” systems tend to stress.

Every legitimate expert in our field also recognizes the comparative undesirability of using clenched fist punching in close combat, while stressing the **open hand** — most particularly the *chop*, using the side of the hand, and the *smash* using the heel of the hand, etcetera. The exact formation of the chopping hand might vary between teachers; but there is no one who is worth listening to at all, who does not teach its use, and recognize its superiority. Ditto for the *heel* of the hand smashing blows.

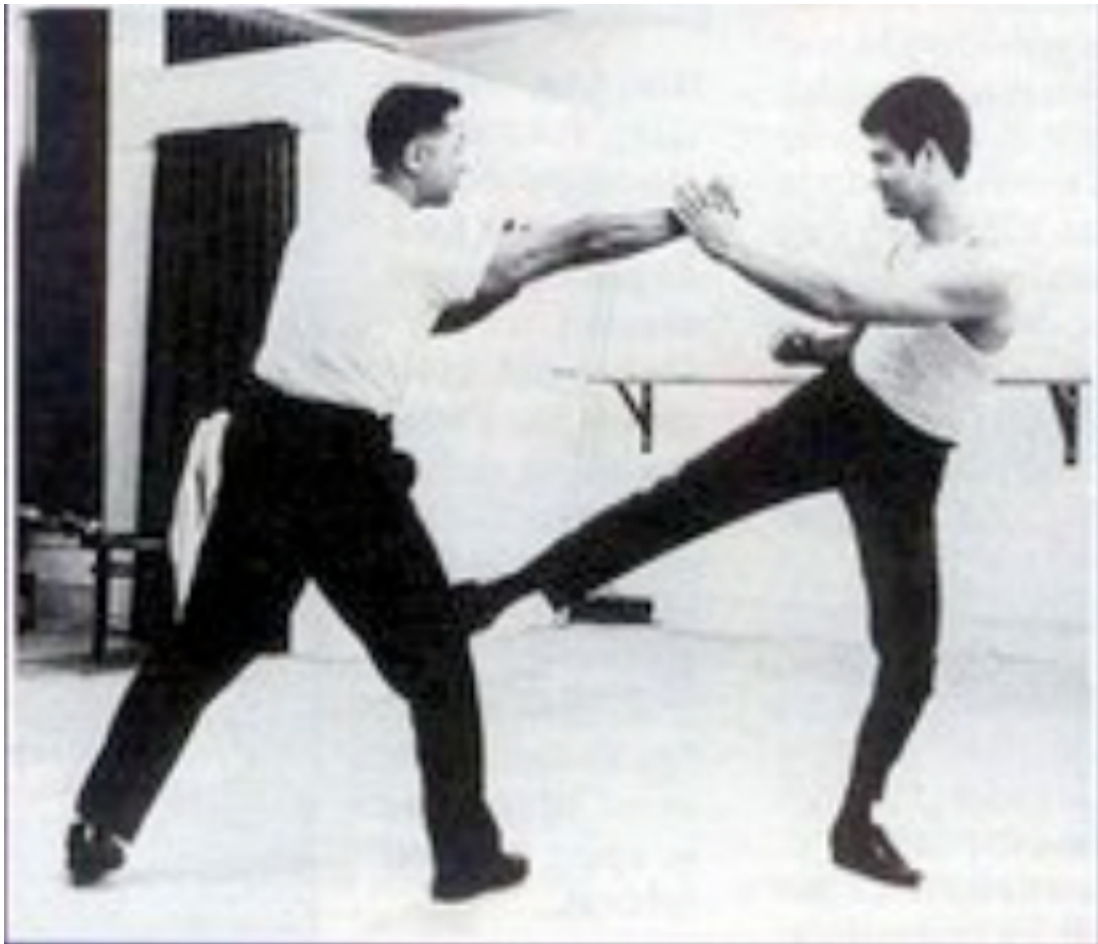
Experts know that **blows** prevail over **holds** and **throws** in real hand-to-hand combat. Evidence of this is abundant. With initial *backgrounds in the grappling arts*, giants such as O’Neill, Fairbairn, Begala, Brown, Cosneck, and others, literally *dumped* grappling as the frontline technique for *real* combat, and stressed striking, kicking, gouging, clawing, kneeing, elbowing, butting, biting, etc. when closing with an enemy in lethal combat. The blows that these experts personally favored may have varied *slightly*, but not much. And on no account did any of them ever suggest even remotely that pinning, mounting, or striving for a groundlock of any kind made even peripheral sense when the engagement is for **real**.

Practice methods and drills vary between the close combat/self-defense authorities of merit, but *all* disdain “freestyle sparring” and “match” events, since every real expert needs no reminder of the complete difference between doing battle

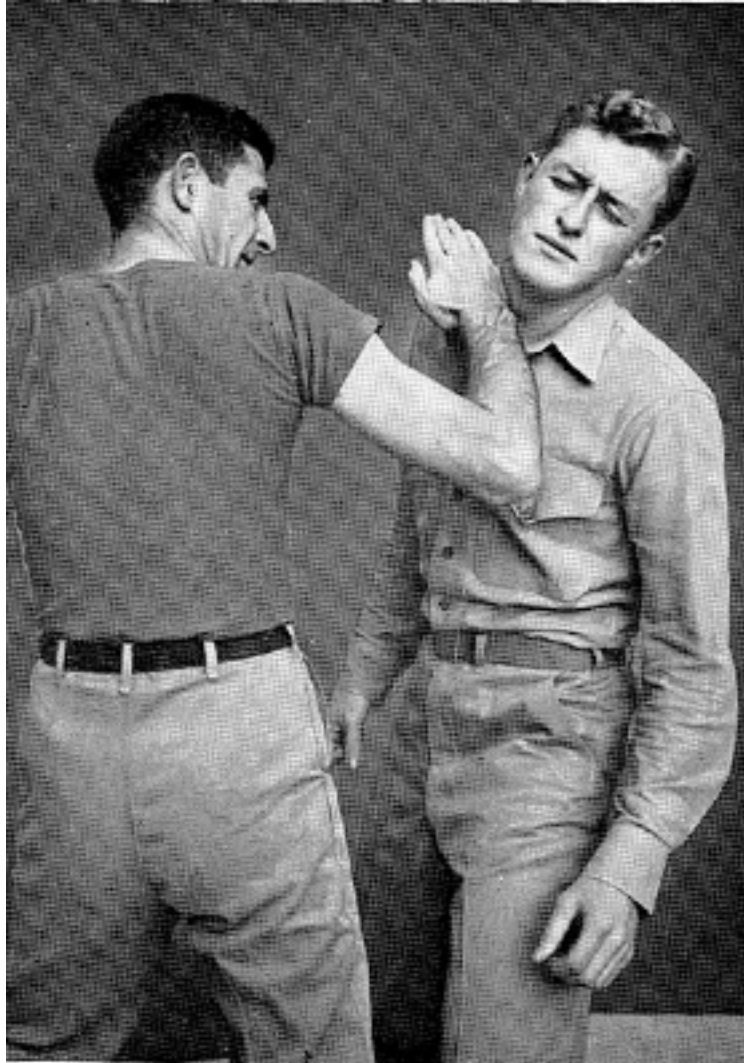
according to *any* rules (and *ALL* of the competition methods have lots of rules!) and going full bore any way one can, in order to knock out, maim, or kill — before the other guy does it to *you*.

Some legitimate teachers do include training in control methods (i.e. “holds” and “locks”), but *none* suggest that these can be used or ought to be attempted against any form of real attack. These skills are to be relegated to *law enforcement* and *security officer* uses; *maybe*, on occasion, to school teachers, “doormen”(i.e. **bouncers**), and others with a definite **peacekeeping responsibility** (something that no private citizen acting in self-defense need bother with, and certainly no soldier should care about).

Modern weapons are universally advocated by legitimate teachers of close combat and self-defense, and the reason for this should be obvious. The antiquated weapons of the martial arts are not suitable for modern use in self, family, and home defense — or for street police work or military warfare. *Which specific weapons are advocated by which individual teachers* may vary. Some may prefer the Remington Model 870 12 gauge shotgun (as we do), while others advocate the excellent and reliable Mossbergs. No major tactical difference. But you won’t find a legitimate professional claiming that throwing stars ought to be used instead of a shotgun against home invaders.



DESPITE HIS TV AND MOVIE ACROBATICS, THE LATE BRUCE LEE RECOGNIZED THAT LOW KICKS, AND ONLY THE SIMPLEST, MOST DIRECT ACTIONS COULD BE DEPENDED UPON IN REAL COMBAT.



JOHN STYERS (PROTÉGÉ OF ANTHONY J. DREXEL BIDDLE) ADVOCATED THE EDGE-OF-THE-HAD BLOW, ALBEIT NOT WITH THE “THUMB UPRAISED” HAND POSITION TAUGHT BY APPELGATE AND FAIRBAIRN. OUR VERSION OF THE BLOW — THE “HANDAXE CHOP” AS WE CALL IT — IS TAUGHT DIFFERENTLY TOO. BUT THE ESSENTIAL ACTION THAT ALL OF US TEACH IS FUNDAMENTALLY THE SAME. YOU’LL NOT FIND ANY LEGITIMATE CLOSE COMBAT EXPERT WHO DOES NOT STRESS THIS BLOW!

There are, of course, many other points of evidence that prove that those who know what they are about in this field of close combat and self-defense advocate very similar skills, tactics, and attitudes. Another example pertains to the importance of **strength**.

The importance of *strength* — raw physical strength — is denied only by fools, insofar as serious hand-to-hand combat is concerned. Like ourselves, many other

professionals urge weight training. This might be regular training with adjustable barbell and dumbbells, or it might be — or include — work with Nautilus machinery. But every bona fide teacher who knows anything about the subject pushes *progressive resistance exercise*. Some interesting fellows prefer “log P.T.” (somewhat quaint, and reminiscent of WWII commando training) and there might be some friendly quibbling over whether *dumbbells* or *kettlebells* ought to be employed. But no one — **no one** — who understands anything at all about real hand-to-hand combat discounts the importance of physical strength and fails to ***urge strongly*** that students of close combat *build their strength to its maximum*.

If you are unable to train with us, personally, you might wish to shop around for a teacher where you live. There are relatively few, compared to the *classical traditionalists* and the *competition oriented*, but certainly there are *some*. You can test the authenticity and value of that which they offer, from the standpoint of combat and self-defense, by checking to see if the doctrine espoused approximates that which have been discussing here.

Teachers and schools do vary somewhat; but there is no combat/self-defense school ***anywhere in the world*** that disputes war and street proven doctrine and principles, and that deviates from a *core, fundamental focus upon that which we all, who do this **for real**, know to be axiomatic*.

You Must Have Unarmed Combat

Ability

THERE are those who love firearms (“gun nuts”). There are those who love knives. Both interest groups enjoy an abundance of monthly periodicals that cater to their interests, just as “martial arts” aficionados enjoy a ton of monthly-appearing mainstream “literature” (albeit 99% of which is of *highly* questionable value, if not outright bullshit — precisely as is true in the case of 99% of that which appears in the gun and knife rags!), Oddly enough, the overwhelming majority of those in any of those three categories think of *their* little niche as exclusive, and they disdain involvement in and mastery of that which the other categories offer.

Fatal mistake, as far as practical defense and actual combative preparedness is concerned.

This much is true: *There are times when you need a firearm; times when you need*

*a knife; and times when you must rely upon your bare hands. If you are thoroughly prepared and competent in but a single approach to individual combat, then you are **two thirds unprepared!*** (We should also consider the *stick* in our discussion, as stick work is certainly essential in the individual's total scheme of defensive preparation. And we might thus legitimately assert that by possessing expertise in but one of *four* necessary areas of training you are **three quarters unprepared**). You hopefully get the drift of where we're going with this.

Combat handguns, shotguns, and shoulder weapons certainly occupy an important place in self-defense training. So do knives and stick implements. However, good as any particular fashioned and manufactured weapon may be, it is not only *inappropriate* to resort to the use of weaponry in all instances, it is often **not possible**. Those who spend time practicing quick draw at the range because they wish to be able to speedily access a sidearm in a close quarters crisis when, say, they are suddenly jumped in a street attack, have no idea of what **real world violence** entails, and what — realistically — they will be able to do about it, if it comes unexpectedly to *them*.

It takes a relatively *long time* to execute a “quick draw” from a maximum concealment holster that is worn under normal daily attire (quite possibly attire that includes a coat), as opposed to simply driving a powerful leg-breaking kick into an assailant, or chopping him across the carotid artery! More: While you are attempting to execute that quick draw, your attacker (or attackers) will — **a**) Have a great opportunity to seize, punch, and beat you into unconsciousness, and **b**) Be made plainly aware that you are armed, and no doubt will take that gun away from you, either while in the process of carrying out, or shortly after accomplishing “a”.

We have seen and heard of **absolutely ridiculous** “techniques” being taught — using folding knives (and in the case of law enforcement officers, their “expandable batons”) — where, having been seized from behind in a mugger's strangle, the defender acquires his weapon(!) and executes some technique against his attacker that frees him from the hold. Again — unarmed action is the **only** speedy action that stands a chance of being speedy *enough* in such a situation . . . (unless of course the “attacker” is a practice partner) to actually **work**. One's concealed weapon — or one's holstered sidearm, if one is a uniformed officer — cannot be brought into play quickly enough. That mugger will have snapped you backward and perhaps choked you out before you can even get your folding knife or expandable baton in hand!

We are 100% in favor of the use of modern weapons in personal defense and close combat. We regard weapons as integral to the overall program that we ourselves teach, and this has *always* been the case. But make no mistake about it, weapons are *not* enough.

You must have unarmed combat ability.

Often, in situations where you are not only justified but *well advised* to access, say, a loaded handgun, you will be unable to do so *until and unless you secure sufficient distance, time, and space*. Well executed blows of the hands and feet, and practiced maneuvering that works in hand-to-hand situations will enable you to do this — and will enable you to save your life and quite possibly the lives of others. Your “target” in a close quarters combat situation will not be a cardboard outline, conveniently placed ten to 30 feet away, in broad daylight, giving you time to prepare ahead of time for the event, *and* giving you plenty of distance, time, and space *right now* to enable you to draw from your range rig, and place two neat holes in the kill zone. Get real.

Gun trumps knife, right? We have heard potbellied, beer-drinking, gun buff “yahoos” who “roll their own” in their garages assert that, in a situation where a punk pulled a knife they’d “just shoot him”. Really? You think so? Well, if you had a handgun positioned and leveled at the “punk”, and if you were all set to pull the trigger, and if that “punk” was perhaps 25 to 30 feet away, and *had not yet drawn his knife*, but was seen by you **in time** to be undertaking to do just that . . . *maybe* you could “just shoot him”. But in the real world, if you lack unarmed combat skills, any determined would-be killer will get you first. He will get in close and he will have stabbed and slashed you ten times before you can even *think* of reaching for that holstered sidearm under your jacket.

Not that you could be certain of defending yourself adequately *even if you were an unarmed combat expert*. The knife attacker *still* has a great advantage. But if your body is trained to move correctly and to make ferocious and immediate use of your **natural** weapons, you stand a chance of surviving.

Real world, people; *real world*.

And the idiocy that is advanced as “self-defense use of the folding knife” would be comical, if it were not presented seriously, and in a tone that suggests the advocate of this crap is some kind of “combat expert”!

Yes, certainly a stoutly constructed folding knife can be an excellent weapon in a defensive emergency. However, it is nowhere near as effective a weapon as a *fixed blade combat knife*, and all of those who believe that their “combat folders” make them bad news for muggers are fools.

It takes *time* to access and then open a folding knife. Time is what you have precious little of in any violent emergency, and “going for your folding knife” sets you up exactly as going for your holstered handgun does, in any predicament where you are attacked by one or more street bacteria *up close*. And face it: *This is how it generally happens*.

Again, *unarmed* skills are instantly available, and will clear the way for your being able to access that folder. What’s more, *hitting* your attacker — jabbing, smashing, and pounding him *real hard* in his vulnerable target areas — with the *ends* of your **closed** folding knife in hand is often the best preliminary tactic that allows you the time to open the folder, in the first place. ***Unarmed combat training teaches you how and where to hit your attacker with that closed folding knife, and this is important.***

Few weapons are as effective for practical defense as a good, strong walking stick (or, for a police officer, a simple hardwood baton — ***NOT*** one of those damn “expandable” pieces of s—t that deserves to be discarded along with pepper spray and mace). Still, one might find that an attacker seizes one’s walking stick (or baton), and a struggle ensues in which ***unarmed combat skills*** will prove essential for achieving dominance over the aggressor.

Quality training in unarmed close combat provides the key foundational elements for success in *all* close combat — armed included:

√ It teaches you to have self-confidence (as opposed to confidence in a hand held weapon).

√ It teaches you how to move, position yourself, and interface with potential and actual troublemakers.

√ It teaches you how to strike and how to kick, and it trains you in the enemy’s vital target areas . . . areas as susceptible to *weapon* as to unarmed trauma.

√ It teaches you **attitude** and **mindset**, without which no weapon on earth is of any value; and *with* which, even some random object-at-hand will serve well and

lethally in a dangerous emergency.

√ It trains you in general self-defense tactics and strategy, in the principles of protection, and in the realities of close-in individual battle.

√ It enjoins you to establish a serious routine of personal physical training, so as to get and stay fit, strong, conditioned, ready, and confident that you are able to meet whatever comes.

The modern student of self-defense, as we have been emphasizing since the late 1960's, *needs unarmed **and** armed modern combat skills* in order to be a rounded, balanced, ready-for-anything combatant.

The word to all of you weapons buffs: ***If you keep those weapons for self-defense, then make certain you've got a solid capability with unarmed combat to bolster and to back up their use!***

Mixed Martial Arts Is Nothing New

GENUINE *martial* (i.e. **combat**) arts have *always* been “mixed”. That is, if an art can be said to be a “combat art”, or an art that is “*of or pertaining to war*” then it literally must possess a mixture of techniques **THAT WORK**, and not be limited or restricted to only one, specific type of skill (i.e. say, *throwing*).

Fairbairn's System is “mixed”.

Applegate's System is “mixed”.

O'Neill's System is “mixed”.

American Combato (i.e. *our* System) is “mixed”, etc.

But long before the above listed systems ever came to be, there was ancient Greek *pankration*. There was *Chinese/Mongolian wrestling*, there were variants of the Hindu or Indian form of hand-to-hand fighting called *varmannie*, and of course there were the many Chinese “boxing” or *ch'uan fa* forms — today popularly but erroneously referred to as “*kung fu*”. Several of these forms — notably the ones being promulgated today under the heading of *Chin-Na* — were the arts that formed the basis of that which the Japanese “borrowed” and renamed *ju-jutsu*.

And, if you look at the *real ju-jutsu* that was taught for combat, rather than the esthetic or the so-called “sport” *ju-jutsu* (this last being really a contradiction in terms; but that doesn’t seem to bother anybody) *Chin-Na* was once referred to in China as *CHI-CHI SU*. It was this that became, upon their acquisition of some of its doctrine, the “Japanese’ art of *ju-jutsu*”. *None of these fighting systems were in the least restricted in what they taught. Their emphasis in different arts was on different specific skills, but their curriculums were — as they needed to be for combat — all-inclusive.* For the most part, out of practical necessity, arts remaining “pure combat” forms, placed a major emphasis upon *blows*.

No restrictions or limitations were, however, a part of these arts in their *original* (i.e. their *combat*) forms.

There are five **major** schools of *karate* in Japan: the **Shotokan**, the **Shudokan**, the **Shito-ryu**, the **Goju-ryu**, and the **Wado-ryu**. *Every one of them* includes techniques not normally considered “karate” techniques . . . i.e. throwing, holding, and strangling, *at the upper black belt levels*. The Wado-ryu, which frankly blends *ju-jutsu* with *karate* is evidently well “mixed” as a system, even for complete beginners. (Note: Oyama’s extremely hard *karate* style, the *Kyokushinkai*, is world renown, is headquartered in Japan — is probably not regarded as a “Japanese” *karate* system because its Shinan [Founder] was Korean, and the Japanese are, regrettably, inclined to ethnic bias of a rather strong kind — but is absolutely a “mixed” martial art, nevertheless).

What’s more, the Korean arts (most notably *Kuk Sool Won*, *Hapkido*, and the *Tang soo do* systems) *all* teach throws, strangulations, holds, locks — in short, a “mixed” curriculum of skills. When we ourself were a student of *ChungDo Kwan TaeKwonDo* (1960’s), this Korean *karate* style (rooted in the same original foundation as Japanese Shotokan) included some throwing, as well as a hold or two every now and again. *But Young K. Lee who taught taekwondo at the time never advocated the System as a “sport”, or as a form of recreational competition, or “match fighting”, etc.* It was a **military combat art**. And as such, it contained mixed elements of hand-to-hand technique.

So what’s our point?

The *sport* that goes by the designation “mixed martial arts” (or **MMA**) today is based upon an *idea* that is not at all unique, or new. However, in an effort to be “all inclusive” in a *sporting form* of so-called “martial art”, the MMAers have

produced and participate in what some might observe appears to be mere **“brawling with sport-oriented techniques”**. The techniques are *not* sharp, powerful, crisp *karate* blows; nor are they well-executed, bone-jarring *ju-jitsu* throws. The “holds” are of a submission (rather than a “*control him and kill him*”) variety, and the chokes are straight from **sport judo**. There’s a bit of Western wrestling in there here and there; but never done in a manner that a Master Wrestler like, for example, Gene Le Bell would render it. And several of our acquaintances who are *real* boxers have noted that the smattering of that which is passed off as “boxing” in MMA is, to be kind, somewhat underwhelming. It *isn’t* good, solid boxing, they assure us.

Okay, so are we criticizing MMA? **Only** insofar as some might be misled into believing that MMA prepares one for hand-to-hand combat or actual self-defense. The same mistake that is sometimes made regarding the UFC, cage fighting, etc.

We have no quarrel with anyone who enjoys any of these sports, and we have not the slightest desire to persuade anyone inclined to be a “champion” competitor in any of them to abandon his goals. If you enjoy these types of sporting/competitive venues then go for it! Good luck to you, and we hope that you achieve the satisfaction and the success as a competitor that you are seeking.

There is not, however, *any* correlation between sporting competition and serious individual combat. The danger in attempting to utilize any sport as preparation for hand-to-hand and close combat is that, necessarily, the *techniques that you employ to win your matches are and must be “safe” — diluted, watered down, and non-maiming or killing actions*. While this is as it should and must be, it also defines one of the major differences between sport and combat.

MENTAL ATTITUDE/MINDSET, is also (and, to combat veterans, **obviously**) an enormous difference. The mindset of the sports competitor who is determined to win is *not* related to the mindset of either the violent felon or enemy soldier determined to *kill* his adversary however he can do so; nor is it related to that adversary’s mindset, which is equally determined to stop his enemy by any means conceivable — in order to prevail and survive.

The absence of weapons, the nature of the terrain, the absence of multiple attacking enemies, etc. etc. go further to prove the huge difference between competition and combat; but sensible individuals will have gotten the message by now.

To make it even clearer by example:

A “mixed martial *sport*” might see the champion soften his opponent up with a few punches, use a throw to get him down, and then go for a submission hold.

A *combatant* would smash into his adversary with chops to the carotid artery, finger thrusts to the eyes, or/and potentially neck-breaking chinjabs. He might then bring his enemy to the deck by breaking his knee with a side kick (or perhaps by applying a cross-buttock — combat-effective — “*hip throw*”), Then he would conclude the encounter by kicking his downed enemy’s head in or crushing his sternum with a heel stomp. He might even jump on his with both heels.

All hand-to-hand fighters use “mixed” martial skills. Nothing new about this. It is the way it has always been. But the *sporting* form of unarmed contest that is known as MMA today is **NOT** hand-to-hand combat.

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WE shall conclude this edition by again wishing all of our visitors the most wonderful New Year.

May 2011 bring you and your loved ones health, success, and happiness.

We will be back with the February 2011 edition of *Sword & Pen* on **1 February 2011**. Until then —

Please tell others about our two web sites, and

Stay Combat Ready!

Yours in the combat arts,

Prof. Bradley J. Steiner

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