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Sword and Pen

Official Newsletter of the International
Combat Martial Arts Federation (ICMAF)
and the Academy of Self-Defense

EDITORIAL

Learning And Skills Development Should, Ideally, Not Be Hurried

We'll concede that there may be an exception to our present thesis right off the bat: When a wartime or other pressing emergency makes the speedy instruction of individuals necessary, then an unfortunately hurried program may be required to meet emergency needs. In such a situation it is all but absolutely necessary to “rush” things. This was done during the second world war, and in fact it was that very emergency that caused the genesis of such fabulous short-term programs as Fairbairn & Sykes', Applegate's, O'Neill's, Brown & Begala's etc., and produced those “WWII methods” that are — quite properly — considered excellent encapsulated courses, to this day.

But the chances are that you are not in a position where you must hurriedly acquire lethal skills within a four to twelve hour time frame — so that you’ll possess the fundamentals necessary when you deploy to a combat zone next week or next month.

The attraction that the prospect of learning new techniques holds for anyone who is enthusiastic about close combat and self-defense is enormous. We confess to having had this affliction ourself — for the past 55 years! — and to still having it, today. While we are confident that there is no longer anything drastically “new and essential” to be discovered about close combat, we nonetheless strive to keep on learning and developing in regard to those skills which we have ourself learned, and in some cases developed through studies and researches.

We, like those whom we are privileged to teach, are always a student, too.

The simplicity of most of the actions that are taught in effective defense and combat courses can be deceptive. Often, students confuse that which is easy to learn with something that they will find automatically instinctive to use. But only practice, practice, and still more practice can turn a theoretically excellent technique into a personally reliable, intuitively usable weapon. There is no possible way to acquire (as opposed to merely “learn how to do”) a technique, save through serious, repetitive, hard training. Just because you’ve learned it, in other words, do not rest easy and assured that now you are ready to “learn something new”, and can depend upon your ability to employ the earlier technique under combat conditions.

Enthusiasts of the recently popularized “WWII methods” rarely understand (and are even more rarely if ever told, because their “teachers” are unaware of the fact!) that one reason for those systems’ brevity was the recognition by those superb teachers who developed them that only a very, very few techniques could be truly mastered in the allotted amount of time that was available for training. And unless skills are truly **MASTERED**, they will be of no use to men in battle.

With the great opportunity that most of us have today to study and train without a deadline for completion of the “course” we can all avail ourselves of considerably more than that which was contained, for instance, in the original “Silent Killing” course, which Fairbairn had organized for the wartime emergency training of commandos and secret agents. Anyone who suggests that “all of the necessary and good stuff” has been included in the so-called “WWII methods” betrays a colossal ignorance of both the theoretical underpinnings of those methods, and of that which works and may be acquired over time, in the arts of close combat and self-defense. There is nowhere near the amount of material that may be depended upon to contribute to an individual’s reliable use in serious combat, as there is, for example, in classical/traditional arts such as kuk sool won, aiki-jutsu, Chow’s kenpo-karate, ju-jutsu, hapikido, varmannie, and so on. However, there is certainly a lot more than had ever been included in the justifiably respected “WWII methods”; even the most extensive of them — i.e. the O’Neill System, and the Brown-Begala method, taught to the Canadian First Special Service Force and to the Naval aviators who were trained at Annapolis, respectively.

This is no criticism of the WWII methods! In fact, we consider that they were the product of true genius. What men like Applegate, O’Neill,

Fairbairn, Sykes, Begala, Brown, Feldenkrais, Hipkiss, and others did, was exactly that which was necessary for the time: They cut to the chase, and culled a small number of excellent skills from that body of technical doctrine that offers to those of us who are interested in it today, a more comprehensive and in-depth — even lifetime — study.

But “studies” take time.

If you approach the matter of acquiring practical skills you may rest assured that if you take things seriously and work, your ability to defend yourself will expand exponentially as the first two to five weeks pass. In two months you will likely have a greater degree of practical combat skill than many who possess black belt expertise in classical/traditional methods. But not if you rush things. If you really internalize and acquire in your motor memory but a handful of good, proven techniques in two months, that is a lot. Don't rush it. Take your time. Focus on truly mastering the skills that you require. (In physical training the late Bob Hoffman, U.S. Olympic Coach, would always say: “Make haste slowly”. What astonishingly good and relevant advice for the modern student of American Combato [Jen•Do•Tao]TM as well as for students of any of the few other practical combative methods and systems!). The WWII Masters knew very well that only a very, very few techniques could be acquired in the six to 40 hours of total training time that they had in order to cultivate those skills in our fighting men. Modern students, unless being prepared under similar emergency conditions, have months and years to train. They can often easily spend 40 hours a month in training, in some circumstances; but they must guard against this opportunity to learn “more” by insuring that they endeavor to do so by also learning well, and by actually becoming able to do that which they learn, as opposed to

merely remembering it, or being able to practice under the sanitized conditions that prevail in the training studio.

One good technique well mastered and that comes into play without conscious deliberation in a crisis is worth an infinite number of techniques that need to be “recalled” when one finds oneself embroiled in physical violence.

Take your time. Train thoroughly and well. It is not sufficient that you understand, remember, and have learned how to perform a technique in practice. If, God forbid, your life or the life of a loved one ever depends upon your swift, aggressive, proper and destructive action of counterforce, in order to stop a strong, enraged, experienced, and determined killer, you will have no time to consciously “think”, “remember” and “deliberate”. You will ACT automatically and render your skills with ferocity and murderous intent, before your attacker renders his; or you will lose. It’s that blunt and that simple. And that’s the real world.

Only relentless, serious, high-repetition practice and drill in the techniques of functional combative actions will give you that which you require. And to those who complain that such is “boring” or that they find the more exotic, fancy, and elaborate forms of martial art to be preferable and “interesting”, we say: Fine. Do as you please. We cannot force you to do things the way we advocate. However, remember that in combat training, as in training that is intended to ready you for any other kind of extraordinary, high-stress, dangerous occurrence, it is the REALITY OF THE EVENT FOR WHICH ONE IS PREPARING, and not that which one would “like to do” that demands firsthand consideration.

Close combat and self-defense, as a comprehensive discipline, has been our passion since the 1960's. If it is yours, too, then please take to heart that which we are presenting here. You can have the confidence, skill-level, and personal ability — mentally, tactically, physically, and technically — to really defend yourself and/or to handle an enemy under battlefield conditions, in war. However, you cannot have that skill overnight; and you cannot acquire workable ability in all of those skills relevant to the task. That takes learning the **MARTIAL ART OF SERIOUS CLOSE COMBAT**. It is no short-term course.

Train correctly and well in the preliminaries and you'll be laying a solid foundation for a lifetime of success and confidence — and real mastery of the art of close combat. Yes, in short order (within weeks or months) you can and you will become considerably better able to defend yourself and handle violence. But there's is much more to be learned than those few preliminaries. If it is your intention only to be able to defend yourself, and you do not wish to pursue martial arts training permanently, fine. But you will then need to knuckle under no less to a program of hard work on a handful of proven skills until you've gotten them down so they can be used for real. You cannot breeze through a few weeks of training and try to remember a large collection of techniques that had been included in the course just "to keep you interested"!

Take the time that you are devoting to training and focus on quality, not quantity.

If you are in this for good (as we are, and as some of our personal students are) then reconcile yourself to a careful, intensive process of serious work during which time you incrementally acquire "more skills" — mastering

those that suit your physiology and psychology the best, along the way. Hurrying only leads to a false sense of confidence and to a “skill” level (if it can be called that) that permits only rendering techniques under calm, controlled, antiseptic training and practice conditions.

Don’t kid yourself about this.

Bradley J. Steiner

The “Yawara” Hand Stick: An Antiquated/Modern Weapon

LIKE the knife, the little yawara hand stick is an old, old weapon that refuses to become obsolete. We thought that discussing it might be helpful to our readers; and we’ll go ahead and offer some practical training and use suggestions, too.

First of all, let’s quickly explain what a yawara hand stick is, just in case anyone is not aware of what the implement is.

The yawara hand stick is a short stick (could be plastic, wood, or metal, but wood is the most common) that is about five or six inches long, and varies between about an inch and an inch and a half in diameter. Many examples have been commercially manufactured and sold, but the truth is that a simple length of hardwood with no shaping, designing, or modifying whatever will serve as well as any commercially purchased “yawara stick” for practical use. The little device probably originated in China or India (used in conjunction with ch’uan fa or “kung fu” systems, or with Hindu

varmannie) but it is best known as deriving from that Japanese ju-jutsu system known as yawara (hence the popular name “yawara stick”).

As the stick was employed in that ju-jutsu system it was an adjunct to control and manhandling when the bugei (warrior) took on the role of a feudal age cop — ie keeping order, arresting non-dangerous but politically inconvenient or annoying types, etc. The purpose of the yawara stick was to enable the user to inflict severe pain by applying tremendous force and pressure — using the end of the stick — to vulnerable nerve centers and pain points that the warrior relied upon to make control and arresting grips practicable. In the hands of a powerful, well-trained, Samurai ju-jutsu and sword fighting expert who was battle-hardened and whose task was to control unskilled, physically puny (if obstreperous) peasants, the yawara stick worked like a charm. For modern and practical employment in the self-defense venue, we completely disregard the use of the yawara stick in its classic ju-jutsu form.

We regard the handy little yawara stick as an often valuable personal defense aid when utilized to augment the capability of its possessor to strike focused, hard blows to vulnerable target areas. We have always incorporated basic yawara stick training into our fundamental stickwork, which we teach at Brown Belt, 3rd Class.

We do not recommend that anyone purchase a “manufactured” yawara hand stick. This is not because there are not good quality yawara sticks available for purchase. There certainly are. However, a yawara stick per se is a “weapon”. And, carried in a pocket it becomes a concealed weapon — something that, if observed and challenged by a law enforcement officer,

either because it was noticed or perhaps used against an assailant, could bring about some serious problems for the individual who used the stick.

There are plenty of simple substitutes for a manufactured “yawara stick” that can be carried and used for personal defense without being construed to be “unlawful concealed weapons”, should one unfortunately find oneself having to explain “just what that ‘thing’ is, and how come you were carrying it!?” We strongly urge that a reader opt for one of those items, rather than a “yawara stick” per se.

Here are some suggestions for an improvised yawara hand stick:

- An old pot handle
- A mini-maglite
- A 5” to 6” plain piece of steel tubing (1 to 1-1/2” in diameter)
- A 5” to 6” piece of hardwood (1 to 1-1/2” in diameter)
- A thick, heavy pen
- A utility knife handle (steel or hard plastic)
Note: While due to the fact that a utility knife is “not really a weapon” you could probably carry one with impunity with a blade inserted. However, whether to do so or not is something each individual will need to decide for himself.

That ought to be sufficient fuel for thought and consideration if the yawara stick appeals to you! There are other things that make excellent yawara type sticks, too.

A yawara stick is properly gripped by holding it securely in the center, allowing a small protrusion of its mass from both ends of your clenched fist. Each of the protrusions constitutes a striking point to be employed against the opponent.

Master the HAMMERFIST BLOW and the HANDAXE CHOP. You now have the proper striking technique for that portion of the yawara stick that protrudes from the little finger side of the gripping hand.

Master the INWARD REVERSE HANDBLADE STRIKE and/or the INWARD FOREARM BLOW and you have the proper method of delivering decisive hits with the portion of the yawara stick that protrudes from the thumb side of your clenched hand.

That simple? Why, yes it is. At least in theory. Then comes the hard part: PRACTICE.

Best targets for the yawara hand stick blows delivered in the thus far described modes are:

- Eyes
- Mouth/nose/philtrum/nose bridge area
- Temples

- Sides of neck
- Ribs
- Kidneys
- Testicles
- Base of neck

Another application of the yawara stick is by direct, straight-line thrusting. For this blow to be effective you simply master the straight punch — COMBAT style. This means a simple straight line untelegraphed blow in which (when the hand is used for the punch, per se) is never delivered to any but the soft STERNUM TARGET area. And the fist is ALWAYS palm-in (or in that position referred to in karate styles as the vertical fist position). For your information: Do not “corkscrew” a punch when delivering a fist blow barehanded. This causes the bones of the wrist to twist, and weakens the wrist support for the blow, on impact. With a yawara hand stick in your grip cant the fist forward so that the thumb side protrusion of the stick is foremost. That will be the impact point and you will drive the stick’s end in a straight-line punching action to the desired target.

Targets for this blow may be:

- Any part of the face or throat or neck
- The solar plexus or sternum area

- The hypogastrium (lower abdomen, just above bladder)

Since the stick will be the contact point rather than any part of your bare hand, it is okay to target the bony facial area with this type of “punching” action.

One method of using the yawara stick that we personally developed involves a movement that depends upon a bit more practice than the more fundamental, basic blows thus far described. It is simple and employs gross body movement — but it’s just a little more advanced and ought to be worked on after the simplest blows have been developed. We call it the “EYE CRUSH”.

Our “eye crush” blow is delivered by directing a palm down thrust of the fist directly toward the attacker, at head level, and having the fist “go right past, and alongside” the adversary’s temple area. This causes the protrusion of the yawara stick from the end of the fist to literally crush the eyeball into the opponent’s head. Yes — it’s a nasty technique, and we developed it and intended it to be so — purely and exclusively to enable a perhaps physically disadvantaged defender to stop a potentially lethal criminal assailant in a legitimate self-defense emergency. This action is not to be practiced on a human partner, and it should not be utilized save in the most extreme situation.

Another use of the yawara stick that we favor is RAKING or RIPPING ACROSS the enemy’s face in a vicious downward/inward type hammering kenpo blow — tearing at his eyes/nose/mouth/lips with the little-finger side of the fist protrusion of the stick. This is done as though

the stick were a sharp blade and the intention was to “cut right through” the entire facial structure of the opponent. Also, a very dangerous, nasty technique. To be employed exclusively in situations where one has no choice but to physically stop someone who might cripple or kill him, or do such a thing to a loved one, etc. (NOTE:— The reader will no doubt surmise that the utility knife — with the blade inserted — is perhaps the best configuration of yawara stick for this particular technique!) Warning: These actions are dangerous and potentially lethal. To be used only to save life and limb. Readers are responsible for their own actions and we disclaim all responsibility for any use or misuse by anyone of these skills. Our purpose here is to merely provide information academically. **NEVER USE ANY DEGREE OF FORCE UNLESS IN UNAVOIDABLE SELF-DEFENSE, AND ONLY IN PROPORTION TO THE NEED AT THE TIME.**

There are some simple ways to develop a high level of yawara stick ability. Let us suggest a few of them here to get readers started

- Holding the yawara stick in a secure grip practice pounding either end into a tree. This will strengthen your grip and insure that the stick will not “slide” in your hand when you strike a live adversary.
- Practice with a wrist or ankle weight around your striking hand. Do this once per workout for every five or six workouts you undertake with the stick.
- Use one of Bruce Tegnér’s brilliant ideas for developing accuracy: Tape a ping pong ball to a string and suspend the ball to whatever height you require for delivery of whatever blow you wish to develop. Strike at (but

do not actually hit) the ping pong ball. You can actually hang several ping pong balls at varying heights and practice rapid, multiple hits, as your proficiency improves.

- Try to establish a permanent carry place for your yawara stick. Make it convenient, and try not to change it. Now, practice speedily accessing the stick — and then going into immediate action with your strikes. For obvious reasons, if you carry a little stick, it is a good idea to have it already in hand when going to your vehicle in a lonely parking garage, or when leaving your house in the evening; or when returning home, if you anticipate the prospect of encountering any creatures who might mean you harm!
- Work the stick into both defensive (ie counterattacking) and offensive combinations and skills that you normally work on unarmed.

Good luck to all of you in mastering this handy, effective little ancient/modern weapon of self-defense!

Some Recommended Viewing

ONE of our Black Belts, the distinguished commercial artist Brian Snoddy, made a marvelous suggestion to us. “Why not post in S&P a list of those films that are available free on line, and that deal with matters pertaining to violent crime and dangerous criminals?”

YES!

We are firmly convinced that those films that we routinely recommend to our Class students provide a real education in the mentality of those against whom we who train in the combat arts constantly endeavor to prepare for. Therefore, with appreciation to Brian, we happily provide the following list of recommended viewings. Anyone who believes that we advocate a “too brutal” or “too severe” approach to the matter of self-defense, will doubtless change his mind after seeing and listening to these (often appalling and shocking) real life videos!

Brian Snoddy was kind enough to compile the following list and provide it for inclusion here, in Sword & Pen. (It is worth noting that Brian has commented on the fact that this formidable list represents only a small number[!] of all of that which is available for viewing).

Highly recommended! Consider this a giant boost to assist in your acquisition of the combat mindset.

GOOGLE VIDEO: The Iceman Confessions Of A Mafia Hitman 1of2
Richard Kuklinski

GOOGLE VIDEO: The Iceman Confessions Of A Mafia Hitman 2of2
Richard Kuklinski

GOOGLE VIDEO:
Dark.Secrets.Inside.The.Mind.Of.A.Mafia.Hitman.WS.PDTV.XviD-
REMAX.avi

These three videos are all approximately 45 minutes long. They were a series produced by HBO that show the life of Richard Kuklinski, a contract killer for decades.

GOOGLE VIDEO: Street Gang Documentary SLOB 187 CRAB 187 - PART 1

This is an 8 part documentary on the CRIPS and BLOODS. Each part is about 10 minutes long. Please pay special attention to part 5 and 6 as CRIP gang members G Cob and Space Ghost talk openly about beating up and killing people. This is a good video if you can make it thru the rap music.

YOUTUBE: Nine of The Most Violent Criminals p/1

This is a 5 part series with each part being about 10 minutes long. Shockingly candid interviews with hard core murderers.

YOUTUBE: Americas Deadliest Prison Gang P1

A 6 part series on the Aryan Brotherhood. Each part is about 8 minutes long.

YOUTUBE: Aryan Brotherhood Part 1 of 5 (High Definition)

Another documentary on the Aryan Brotherhood. A 5 part series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

YOUTUBE: Gangland - CA Killing Field (TRG) 01

This documentary is on the TINY RASKAL GANG. One of the many asian gangs in California, with mostly Cambodian members. A 5 part

series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

YOUTUBE: Gangland - Hells Angels 'Behind Enemy Lines' 1 of 5
This documentary is on the HELLS ANGELS. The top OMG (outlaw motorcycle gang) in the US. A 5 part series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

YOUTUBE: Gangster City (Gangster Disciples) Gangland - Part 1
Shows gang members of Cabrini Green, one of the most violent and dangerous neighborhoods in the US. A 5 part series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

YOUTUBE: Mongol Nation, Mongols MC P/1
A documentary on the MONGOLS. Another extremely violent OMG. A 5 part series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

YOUTUBE: You Rat, You Die (MS 13) Gangland - Part 1
MS 13 is one of the most dangerous and violent street gangs in the US. A 5 part series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

YOUTUBE: Gangland Crip or Die Part 1
The CRIPS are a mostly black street gang that has spread nation wide. A 5 part series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

YOUTUBE: Blood Oath Gangland 1of5

This documentary focuses on the BLOODS street gang on the east coast. The beginning of this show is shockingly violent. A 5 part series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

YOUTUBE: Gangland - Outlaws Motorcycle Club 'Biker Wars' 1 of 5
A documentary on the OUTLAWS. Yet another OMG. These guys really seem to like bombs. A 5 part series with each part about 9 minutes long. Part of the HISTORY CHANNEL's GANGLAND series.

There are many more HISTORY CHANNEL GANGLAND shows up on YOUTUBE. I just did not list them all.

YOUTUBE: Ross Kemp On Gangs-Los Angeles-1
Focuses on the street gangs of LA. A 5 part series with each part about 9 minutes long. Part of the ROSS KEMP ON GANGS series.

YOUTUBE: Ross Kemp On Gangs - El Salvador MS13 Part 1/5
Another view of MS 13. A 5 part series with each part about 9 minutes long. Part of the ROSS KEMP ON GANGS series.

YOUTUBE: Ross Kemp On Gangs - St. Louis (Part 1/6)
Gangs in St. Louis. A 6 part series with each part about 9 minutes long. Part of the ROSS KEMP ON GANGS series.

YOUTUBE: Ross Kemp - USA - Part 1 of 5
This documentary focuses on white power gangs in California. A 6 part series with each part about 9 minutes long. Part of the ROSS KEMP ON GANGS series.

There are many more ROSS KEMP ON GANG videos up on YOUTUBE. Ross travels the world and does these gang documentary from BALIZE to MOSCOW. Its a great series.

YOUTUBE: Prison Fights, Gang Wars, Murder!

The title speaks for itself. Almost 4 minutes long, showing brutal prison fights. The rap music that goes with this seems to be appropriate for the mentality of the animals in the video.

YOUTUBE: Asian BoyZ Gangstah Crip 1226

There are probably hundreds of these “homemade” gang rap videos from just about every kind of street gang out there. This one is done by members of an ASIAN BOYZ clique. The lyrics to these songs and the visuals that go with them are eye opening to the mentality of these pieces of human shit.

YOUTUBE: Gang Girl -Tarnz Story

About 5 minutes of an interview with a former gang girl. Just when you thought girls were sweet.... think again.

YOUTUBE: Sweden under massive crimewaves, 900 % more violent crime.

This 7 minute video shows the wondrous nature of socialism and multi culturism at work.

We wish to express our sincere thanks to Brian Snoddy for taking the time and going to the trouble of copiling that list for Sword & Pen.

Suppose One Arm (Hand) Is Disabled?

WE have produced articles and monographs detailing the multiplicity of reasons why it is a horrid, life-threatening error to focus on ground grappling (or even stand-up grappling, for that matter) if your purpose in martial arts training is practical, real world self-defense and close combat. Here is something to consider that we believe will underscore the truth of that which we teach, incontrovertibly:—

It becomes literally impossible to grapple and employ “submission” techniques when one arm is disabled! And it is certainly not at all unrealistic to assume that such an occurrence is possible — even likely — under certain anything-goes engagements with a deadly foe (or two or more deadly foes) in close quarters battle.

Doubtless there will be those who, true believers that they are in the BJJ fad that they are, will insist that they can grapple if need be using only one arm! And, they can demonstrate just how they’d do it.

Perhaps. Against a completely unskilled, undetermined novice who himself agrees to grapple, exclusively and who is inferior in every way to the individual demonstrator, AND who is assured that he will be contesting on a MAT (not on concrete, or on rocky, uneven, debris-strewn ground). But **COME THE HELL ON!** Is it not clear to the rest of us (whose minds remain unclouded by the rhetoric of the true believers’ mantras) that **YOU CANNOT HOPE TO GRAPPLE EFFECTIVELY IN DANGEROUS HAND-TO-HAND COMBAT USING ONLY ONE HAND?**

You can, rather naturally and quite effectively however, utilize lashing low kicks, handaxe chops, chinjab smashes, thrusts to the eyes and claws to the face (as well as biting, gouging, elbowing, and hammerfist blows, etc.) if one arm were disabled and unusable (or if it were suddenly rendered so, during an actual attack — or possibly at the outset of the attack). And this makes all the difference in the world — in the REAL world.

We have absolutely nothing against any martial art form, and we believe that many of the BJJ guys are excellent competitive athletes (in the same way that judo and wrestling proponents are often superb examples of competitive acumen) within the parameters of their sporting context. But, and there is simply no way logically around this, what these fellows do is NOT close combat or realistic self-defense.

One of the basic drills that our own advanced students are required to undertake is to defend themselves with their “strong” arm and hand immobilized. (Note: We put the word in quotations because, by the time any of our students really become advanced, they are completely ambidextrous with all of their skills. However, if, say, a student is technically right-handed, we require that he master counterattacks in which he may employ ONLY his left hand and arm.) Our students must develop techniques utilizing their “weak” arm and hand only, and they must demonstrate that they are fully capable of dealing with ARMED and with MULTIPLE assailant predicaments, under this handicap.

In a sport you may choose to forego competition if you have an uninjured limb or a broken arm. In the street you may become an even more attractive target for victimization if you have one arm in a sling, for

example. Or perhaps a hand in a caste. Mastering the art of attacking and counterattacking when you are at a serious physical disadvantage is part and parcel of mastering the art of self-defense and hand-to-hand combat!

Combat is combat, and sport is sport. And never (no NEVER) shall the twains meet.

“Grab It And Squeeze Like It Was A Lump Of Clay!”

RECENTLY we were working with a rather diminutive young woman. While intelligent and very serious about her training, we were working against two handicaps: 1. She was in Seattle for only a week, and she wished to learn “all that she could about self-defense” in three one hour lessons. 2. She was a genuinely nice young woman, and she obviously had a reluctance to aggressively go after and severely injure an assailant (something that is virtually prerequisite to having any chance at all against a determined, physically superior human adversary).

The problem of encapsulating a TECHNICAL program was the easy part. We can show any physically healthy and intelligent person who wants to learn and who is paying close attention enough of the real deal in three one-hour private lessons so that — if that person practices what he has been shown HARD and consistently every day for a couple of months — he should stand a pretty good chance of being able to protect himself and escape a single, unarmed attacker, whose attack he sees coming. We had explained this to the young woman before she arrived in Seattle for the cram course, and she assured us that she would “follow instructions”.

In any hurried course that must be imparted to someone who is taking it out of necessity, and not because they are lazy or looking for an “easy method”, there is an inherent sense of “emergency”, to some degree. This always helps. It certainly helped us in turning whatever reluctance our lady student had, before the first hour’s lesson had concluded!

“Look,” we said. “Combat techniques are and must be gross body movements. The capacity for fine motor skills simply goes, whenever serious danger is perceived by the human organism. And you need to master a handful of the most destructive and simple of those combative gross body movements in order to stand a real chance against an opponent. And dammit, you need a fierce, aggressive, ‘I-will-kill-him-and-survive-or-die-killing-him’ attitude,” we concluded. She had got the message. It was clear from her facial expression, body comport, and the manner in which she was striving to execute chinjabs, handaxe chops, and low side kicks, as well as the other actions we had so far covered in realistic scenarios.

The practice of good combat techniques and the cultivation of the right attitude go hand-in-hand when training is undertaken properly. Each one — techniques and attitude — has a reciprocally beneficial effect upon the other as both are brought to increasingly higher levels of intensity and development in the student and, ultimately, culminate in the acquisition of a ready mind and body whose physical and mental equipment both function in perfect, coordinated harmony, when called upon to act.

There is one technique that we do not actually regard formally as a “basic” in our System, but that it has become our practice to emphasize in any short-term course which we teach to female students. It is simply a “face

grab”. It is the result of seeing how effective two of those actions that are formally classified as blows in our System really are, when applied with fury and speed against an adversary: 1) the chinjab smash with followup face claw (achieved by raising the elbow of the chinjabbing arm and gouging into the enemy’s face with one’s fingers while stepping in and driving him backward and down — smashing his head into the ground, and — 2) the tiger’s claw thrust (accomplished by clawing the hand in a manner similar to that which is done when chinjabbing, but instead directing the clawed hand at the enemy’s face and then thrusting it like a piston straight into his face — enabling the finger tips to hit the facial area first, and the heelpalm of the hand to “collapse” into the face with a blow. We have observed that whenever students employ these techniques they frequently find that simply grabbing and gouging the face at the conclusion of either action comes very naturally, and gives them a great deal of confidence in their control over their adversary. SO —

We invariably advise ladies: **IN AN EMERGENCY ONE OF THE MOST EFFECTIVE ACTIONS IS TO SIMPLY GRAB HOLD OF THE ATTACKER’S FACE! JUST GRAB HOLD AND DIG YOUR FINGERS IN WITH ALL OF YOUR MIGHT — JUST LIKE YOU WERE SEIZING A LUMP OF MODELING CLAY AND TRYING TO CRUSH IT IN YOUR GRIP.** It’s nice if one or both of the enemy’s eyes are damaged, but this is mainly an excellent diversion. Follow up by kneeling him in the testicles, moving in and sinking your teeth into his neck and ripping out a chunk, or scrape-stomping viciously down his shinbone and smashing his instep — etc. Then escape!

Why is this so effective for women? Because when a woman is being assailed by a man it is very often a sexual assault. The man is not going to

come at her swinging his fists, throwing kicks at her head, or trying to get her into some sort of sophisticated submission hold. He approaches, quite often, when he has the lady cornered; and he relies upon her being paralyzed by fear in order to simply proceed with his sexual attack. Sadly, rapists are generally correct: their poor victims are paralyzed by fear, and they often submit with no more “resistance” than some pathetic words of terrified pleading. However, the fact that males so frequently do attack in this manner gives a woman the opportunity to employ a strategy that we’d suppose is unique to that situation of a man who is attempting to violate a woman. I.e. If the woman pretends that she is not unwilling to go along with her attacker, he will almost certainly use no force against her. He will not fight her attempt to move up close to him and to bring her hands near his face. Once in such a position, instantly GRABBING HOLD of (as though it was a lump of clay) the attacker’s face is almost an unstoppable action. And it does disconcert! Ever hold a little baby in your arms and have the experience of the baby reaching up and trying to “grab” at your face? That’s a tiny baby! Remember how disconcerting that tiny person’s little hand was when it was busily trying to hold onto your face? Well now you can imagine how effective a grown woman’s (even a diminutive or elderly grown woman’s) hand can be when — with rage, hatred, and fully focused all-out determination and savagery — she utilizes every ounce of her adult gripping strength to grab and “claw-hold” a man’s face!

No, it isn’t by any means the “only” or the “best” technique that a woman can use. But it’s a damn good one . . . and it is versatile. We always include it amongst the dozen or so “special tactics” that we strive to impart to women students.

We like to have students practice this grab against a BOB dummy, although doing so is not absolutely necessary for proficiency and confidence to be developed. Simple modeling clay is an excellent target for practice. Just use a big chunk of it and grab! Any weight training exercise that strengthens the hands and grip adds materially to the effectiveness of this action, obviously.

“Gee,” we can anticipate some readers saying. “Is there any reason why men can’t use this simple ‘face grab’, too?”

No, there is not!

One final tip. For men who train seriously an excellent attack is to simultaneously seize the enemy’s head/neck area from behind with your lead hand (when up close) and yank it forward, while applying the face grab with your rearmost hand. He is now perfectly positioned for a powerful, decisive knee to the testicles (which he will never see or know is coming!). We teach an attack combination at Black Belt which we have dubbed “The Grinder”. Among a few other nifty tricks, it incorporates the face grab.

Outdoor Training

WHILE training outdoors cannot be advocated as a “required” form of training in order to acquire proficiency in close combat and self-defense, it most certainly is a desirable form of training — individual commitment, resolve, and weather permitting.

Outdoor training is excellent for physical conditioning (we used to do it in taekwondo), and it can be done (using some degree of discretion) in street attire and in a more realistic setting than a training studio provides. If feasible, try it.

We have used an outdoor striking post for decades now. We hate it when it's raining and cold, and frankly we'd prefer an indoor striking post, but we have to admit that the outdoor training is invigorating.

Personal Security Precautions

IF you are ever attacked it will, to a certain degree, be astonishing. After all, any sane person who believes that “if he went to such-and-such a place at three o'clock on Tuesday, he would be attacked” would not go to that place!

Appointments cannot be made for emergencies.

Proper preparation for self-defense demands that mental conditioning no less than physical;/technical and tactical training be such that astonishment is minimized in any actual situation. (It cannot be completely eliminated, by the way).

Many people train in the martial arts as though that which they expect to prepare them for in a combat emergency will parallel that which they do in their studio — and they do this with classical/traditional or with sporting/competitive methods. The former are most often antiquated and ritualized, and provide but marginal preparation (if any) for that which will “really” happen in an attack or that which will even be possible for

them to do when an attack actually occurs. The latter are sporting actions, which assume factors that will not be present in combat, and which advocate winning skills for competition that are exceedingly impractical for hand-to-hand combat.

Two core things must be stressed in training for the real world:

1. Situational awareness. The maintenance of an alert mind, and a personal commitment to mastering and incessantly applying excellent precautions that reflect serious concern, at all times.

This comes about primarily once a person genuinely accepts and “feels” that, indeed it can happen to him.

2. Combatively functional techniques.

These are skills that make use of the “fear response” (or the “fight or flight” response). They are decisive, no-nonsense and destructive skills that one can rely upon reflexively in those instances when one is in fact taken off-guard or in the throes of the psycho-physical phenomena that manifest when awareness of impending danger is present.

Leaving #2, above, for the time being . . . let’s talk about #1.

Since real attacks take place in the real world, it is in and for the real world that security and protective habits must be cultivated. We suggest the following as a starter:

- Cultivate the habit of stepping wide around corners.
- Always lock your vehicle door first thing, upon entering.

- If you suspect that you are being followed in your vehicle, do not stop. Instead, drive to a local police or fire station and keep your hand pressing the horn while you drive. This might attract the police — which is exactly what you'd want — but it will certainly cause some alarm, and it might make your pursuer flee.
- Always check for the exit(s) whenever you enter a new place or area. In case you have to get the hell out of there, you'll want to know which way to go.
- Sit facing the door whenever you go to a restaurant. Or, at the very least, have your companion (if you can trust him) sit facing the door.
- If you are waiting in a public place for someone, stand with your back to a brick wall or other solid barrier; never with your back unguarded, or with your back to a store window. Do not read or permit yourself to be distracted. Remain aware of who or what is in your vicinity.
- If you see odd or unusual people approaching from a distance while you're out and about, cross the street. Avoid coming into closer contact if possible.
- Always trust your gut! Humans have a primitive, built-in intuitive defense mechanism. The human mind operates at all times on two levels: conscious and subconscious. It is entirely possible that, while your conscious perception of someone reveals no overt suspiciousness or cause for alarm, your subconscious has detected something wrong — or

something that might be wrong. When in doubt, there is no doubt! Better to be cautious and “wrong”, than to be careless and “right”.

- Should you notice the same face in your vicinity TWICE, for no apparent and logical reason, assume that the individual may be surveilling you. (Note: The British and the American secret intelligence services teach trainees to assume that they are being followed if they see the same person three times. We like to err on the side of greater caution!).
- Never let a stranger approach within arm’s reach if at all possible. Distancing is critical! If a would-be assailant must take a step in order to make physical contact, then his chance of launching a genuine surprise attack is almost non-existent.
- Pay attention to anything “out of place”. This applies whether you are at home, at work, at school, traveling, etc. If something just doesn’t seem to be right, it probably isn’t!
- Do not get a non-published telephone number. These are (sorry to let you know) easily discovered when you know how (and some bad guys do know how). Anyone trying to reach you by calling information will be advised by the operator that “The party you are trying to reach has a non-published number.” This confirms that you indeed live in the area! Instead, have your telephone listed under a fictitious name. Tell the phone company that you’d like your phone listed under your “uncle Charlie’s” name, since he lives with you, and that would be convenient for you. Be creative. List under “USA, Ret.”, “Sgt. . . .”, or use an American name (if you’re Asian), an Hispanic name (if you’re Caucasian) and ALWAYS a

man's name, if you're a female. (Not a bad idea to use a female's name, if you're male!)

- Never forget that a stranger is a stranger is a stranger is a stranger! In other words, you must be in a state of alert (“condition yellow”) at the very least whenever anyone whom you do not know personally, approaches you. But you also must not relinquish that alerted and ready state simply because, after making contact, the stranger appears friendly, “normal”, and non-threatening. The most dangerous human predators are experts at this game! After appearing to be innocent, they pounce. That stranger may be exactly what he appears to be : ie a friendly, normal human being with not the slightest intention of doing you or anyone else any harm. **BUT DON'T BET YOUR LIFE ON IT.**
- Should you arrive home and see that your door is ajar and that it appears that someone has unlawfully entered your dwelling, do NOT go inside. Go to a pay phone if you do not have a cell phone, and call the police. Let them approach and enter. Note: If you went to some “shooting school” that taught you to draw your weapon and “clear the house”, you were ripped off. That sort of thing is known by professionals as **S U I C I D E**. It takes a trained and heavily armed team of body-armored SWAT professionals to “clear a house”.
- Never let a threat go without reporting it to the police. Insist on obtaining the officer's badge number and name, and note the time of your 911 call and the Case Number (very important) whenever you handle this over the phone.

- Vary your routes to and from work, school, etc. Be unpredictable. Compartmentalize your activities, interests, and even dissemination of information regarding your knowledge and your abilities. Utilize the proven intelligence policy of never allowing others to know anything about yourself or your activities unless they have a specific **NEED TO KNOW** this information. (Note: Obviously, we are not speaking now of family members, or of close and trusted friends. We mean co-workers, employers, neighbors, and others whom you know merely as acquaintances, and who may be counted upon to blab and not respect your safety or privacy).

No one's forcing you to go to the "bother" of adopting such security measures and precautions — but they will certainly assist you in protecting yourself, if you do so.

Once again, we appreciate your visiting this Site! **PLEASE** tell your friends about us, so that this Newsletter and other information on our Site may benefit them, too.

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Train hard, stay alert, and be back next month!

Yours in the combat arts,

Prof. Bradley J. Steiner

— E N D —