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SWORD and PEN

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

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**www.americancombato.com
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Editorial

DISCIPLINE

WITHOUT discipline very little can be accomplished. And it is largely

because they lack discipline that people who know what they want and understand what it is in their best interest to do, fail miserably to achieve either.

Anyone can be enthusiastic *at first*. It takes a disciplined individual to stay the course when and if that enthusiasm wanes.

We blame awful parenting and that lousy institution known as “compulsory education” (to anyone who *is* educated, a farcical contradiction in terms!) for producing undisciplined, essentially useless, lemming-like creatures out of raw material that *began* life as bright-eyed, happy, smiling, inherently curious, eager-to-learn, energetic children.

Here’s why:

The purpose of discipline, by any rational standard, is to provide the needed attribute for actualizing oneself; for being happy, fulfilled, and able to attain those goals **that the individual has determined to be necessary and desirable for *himself***.

But what do most parents and the school system’s jailers-masquerading-as-teachers pound and hammer into the heads of the kids? Simply that they (i.e. the children) need to be disciplined *in order to satisfy the arbitrary demands made upon them by their keepers*. The toxic influence of this two-tiered (parent/school system) assault upon a young and growing mind is plainly evil. It literally — no matter what anyone claims to be their “motive” for perpetrating this crime — enjoins children not merely to settle into the role of slaves, but to become ***enthusiastic*** (i.e. *disciplined*) slaves! Is it any wonder, therefore, that mindless indulgences and not productive, creative life goals, become the passion of so many who enter adolescence and adulthood? Why be disciplined? It only serves one’s masters. ***Instead of children learning that it is for the attainment of their own joy and fulfillment that they need and should acquire discipline, these victims learn that one of the most important attributes for a high quality of life is merely a dull, gray, ominous and endless drudgery — serving “others”, never***

themselves.

Odds are that an awful lot of our visitors are (now don't hate us for pointing it out) *undisciplined*. They "want" to learn close combat and self-defense, and they "want" to have the skills and confidence that are required to go through life being unintimidable . . . *but* . . .

They don't get started.

Or, if they do get started, they quit soon after beginning.

They'll enroll in a training course or order the instructional DVDs "next week" (or "after things get settled", or "when the time is right")

and so it goes.

Here's something you really owe it to yourself to learn: The time will never be "right". Things are never going to get "settled". And when Monday comes you'll have another excuse. And if it just seems too onerous to train today, you'll find it even more onerous tomorrow; so get off your lazy ass and train. ***This is for YOU and for nothing less than the attainment of what YOU want.***

You cannot get anywhere unless you *make* yourself take the steps that the journey requires! We wouldn't urge anyone who wasn't interested in close combat and self-defense to summon the discipline necessary to learn it, ***but you are***. So what the hell are you laying back and slothfully doing *nothing* for? That way lies the failure, dissatisfaction, discouragement, and unending lapses into wishful dreaming that you've hitherto made your god. WAKE UP.

Shrug off the harmful nonsense that you acquired in your early years. Discipline is *wonderful*; it serves you, it doesn't make you a good slave. It FREES YOU from being enslaved by that which you detest and want no part of.

Dump and waste not a moment more on what you do *not* want. But for your own sake and your own happiness do not unwittingly dump what you *do* want. Set our mind instead on its acquisition *no matter how hard you'll have to train to get it*. Then get going. No whining. No complaining. No putting it off until another time. No shirking the schedule.

Discipline like this will change your life. But only you can decide to exercise it.

The ball's in your court.

Bradley J. Steiner

Four Good Reasons To

Avoid Training In High Kicks

WHILE they look impressive, and it is conceivably possible that a *very* few martial arts people *might* be able to pull them off in an actual situation, it is generally advisable to *never* attempt any high kicking in an actual self-defense or military hand-to-hand combat situation — *ever*.

Bill (“Superfoot”) Wallace once wrote that he trained **three hours a day** to maintain his kicking abilities. When you consider that this fantastic martial arts man was only able to develop his high kicking ability because of his possession of the right physiological peculiarities (i.e. **genetics**) and *still*, regardless of his genetic predisposition to be able to stretch without harming himself and to kick so high, *needed to put in three solid hours of training daily just to be able to retain such abilities*, it should be clear that high kicking is not for everyone . . . to say the least!

And here is reason number one for all close combat and self-defense trainees to avoid any training to kick high:

1. The extreme stretching required to be able to kick high is in general **harmful** to most people. While a youngster it is often (although not always)

possible to get away with what in later life will prove to be *abuses* of the body. Thus we often see those who begin, say, taekwondo, in their teens having no problem stretching to extremes — usually twice a day — in order to acquire the high kicking skills fundamental to that Art. *Later in life however, if they continue taekwondo, they often suffer serious muscle tears, and joint and hip problems.* Following the severe stretching routines that are so often imposed in karate classes can prove disabling for a man once he passes the age of 30. And they are all but physically impossible for any but those with suitable genetics, after the age of 50. *Yet that is when a person becomes a more attractive target for violent predators, and when he needs self-defense the most!*

The last thing in the world self-defense training should do for a student is cause him injuries! After all, it is to avoid being injured that he takes the study up.

Here are the other reasons to stay away from high kicks:

2. Even for those few who find their bodies take naturally to stretching to extremes and to kicking high, *clothing* and environmental factors outside the training hall often make high kicks either impossible to perform, or dangerously risky and *not* recommended.

Suppose you're wearing normal or snug trousers and a coat, and it's cold, and there's snow or ice on the sidewalk? That situation is far different from that of being barefoot, clothed in a loose-fitting gi, and training or sparring on a polished wood floor *after* warming up for 30 minutes. *Cold winter weather alone would doubtless chill the muscles and make any attempt to kick high all but impossible — if not suicidal — in an actual encounter.*

3. Whenever a high kick is executed ***body balance and stability is seriously compromised.*** And this *cannot* be avoided, no matter how good you are at the high kicks. Proper combat kicks — i.e. simple, direct, ***low*** kicks — do not throw the body into an off-balance, precarious position, as

high kicks do. Remember: There is a world of difference between simply executing a high kick in the air, and actually **connecting** with a human body that is oncoming and perhaps heavier than yourself. The impact force of the kick propels *your* body backward, or throws it into a dangerously precarious state of *struggling to maintain balance*. Low kicks (like the stomping low side kick to the *knee*, which must be regarded as basic to all quality unarmed combat methods) actually *assist the maintenance of balance when being delivered*. This is because the force that the kicker is subject to when his kick lands actually serves to reinforce his standing position, in the manner that it is absorbed through his body.

And suppose there is more than a single attacker — which there so often is in an actual attack? As you throw a high kick at one attacker any second or third assailant can topple you to the deck with a mere *shove*, while you are executing the high kick! If a second attacker drives into you or smashes you with a well delivered blow, you'd be down and likely *out*.

4. There is absolutely no need whatever for high kicks. ***None***. Not for actual close combat and self-defense.

Your hands, arms, elbows, and head are already in position to drive direct and devastating blows into all areas of your enemy's head, neck, and upper body. And, since when such blows are delivered your two feet are on the ground and your legs **stabilize** you, while complete, focused body power can be generated with full waste-hip rotation, *those kinds of blows will be more powerful, destructive, and accurate* than high kicks are ever likely to be in real combat, regardless of your expertise in delivering them.

Low kicks are perhaps the most powerful blows that your body can deliver. *Low targets* (testicles, knees, shins, insteps) are super-vulnerable to such kicks, and are universally vulnerable in even the most powerful and determined attacker. Those targets are plentiful — i.e. there are seven in all — and they *must* be available whenever the attacker moves in on you. They are also ***slow moving, relatively stable targets***, since the legs and feet of your enemy must support his entire body structure. And, with the conspicuous

exception of the testicles, *no man possesses any innate inclination to move protectively to safeguard the lower target areas.*

We wouldn't worry too much about the tendency of men to protect their groin area, either. Not in hand-to-hand combat. When the attacker moves he is quite often unwittingly exposing his testicles to attack. (And by the way, it is sheer nonsense that the testicles is an "overrated" vulnerable point. If you heard or read that in some ridiculous martial arts magazine, you can forget it.)

Please google "**Oops. A MMA Fouls Highlight Video**" on YouTube. See for yourself how, not only low testicle kicks instantly disable even a tough, perfectly conditioned, young combat sports athlete; but they do so even when the kicks are *accidental* and *inadvertent*! Note also, when you watch this video, how elbow and eye attacks — even when not delivered full force, and when delivered *by accident*, drop the strongest fighter. ***All fundamental close combat/self-defense actions taught to beginners in American Combato and other practical and authentic Arts of close combat!***

In a momentary digression, there is one final point you might bear in mind when you watch this video. It is especially important for those who have been brainwashed by current fads in the martial arts:

ALL OF THOSE UNINTENDED "FOULS" THAT DROPPED AND DISABLED THEIR RECIPIENTS INSTANTLY, AND THAT ARE BANNED IN COMPETITION, ARE BLOWS, NOT "PINS", "SUBMISSION HOLDS", OR "TAKEDOWNS"!

There is really no correlation between combat and contest (or classical "art"). Those who enjoy working at the development of high kicks are free to follow their desire, and so long as they understand that those kicks are for art's sake or for sporting contests, there may be no problem. But no one, regardless of his athletic acumen, age, or physical condition, should spend any time in extreme stretching *or* in **any** practice of high kicks. They are anathema to practical combative efficiency, and they have no place in a close combat/self-defense curriculum.

Direct Hand Strikes — Virtually Unstoppable

WHAT do the *straight heelpalm strike*, the *chinjab smash*, the *handaxe snap-chop*, the *fingertips thrust*, the *tiger's claw thrust*, the *half-fist thrust*, and the *basic straight punch* all have in common? They are **straight-line blows**, all of which slam *directly into their target* with no circular or off-angled trajectory. And why is this such a “big deal”? Because, when delivered by surprise *these blows WILL strike their intended targets, and it is virtually IMPOSSIBLE for anyone — regardless of expertise or experience — to avoid or to block any one of them.* That's the big deal!

There is a law of physics that no “martial artist”, street fighter, punk, “champion competitor”, troublemaker, or *anyone* can overcome: i.e. *Action is faster than reaction*. This guarantees that if you **do not make the mistake of telegraphing your intention to hit**, and if you **launch your blow by surprise and from the proper distance to “connect”**, then a blow that travels *directly to the target in an unwavering straight-line trajectory* will hit home.



IT IS COMMON KNOWLEDGE IN BOXING THAT IF THE OPPONENT IS WITHIN RANGE OF A STRAIGHT LEFT JAB, AND *IF* THAT JAB IS DELIVERED BY SURPRISE, WITH *NO TELEGRAPHING*, IT WILL LAND. THERE IS NO “BLOCK” FOR SUCH A BLOW. *THIS FACT POINTS TO THE SUPREME EFFECTIVENESS AND EFFICIENCY OF THE STRAIGHT-LINE DIRECT BLOWS OF UNARMED CLOSE COMBAT!* THEIR RELIABILITY WHEN PROPERLY EMPLOYED IS INCREDIBLE!

We urge all close combat and self-defense trainees to pay close attention to, and *utilize*, this fact to their advantage. Forget all about the flashy, exotic actions and *stay with direct, untelegraphed blows!* *Never* draw a hand back in a “chambering” or cocking action before striking. *Just hit!* Drive one of the war-proven, reliable blows of unarmed combat into your assailant and — if you followup ruthlessly and relentlessly after creating the initial advantage — the odds of winning are stacked all but entirely in your favor.

Forget the *boxer’s* left jab, per se. The left jab is good, but in real combat we don’t “box”. The left jab *might* serve as a good “opener” in certain instances; but you’re much better off substituting a blow that is decisive and destructive. Those listed at the beginning of this article all qualify. (The basic straight punch, done with palm IN using a “vertical fist” style of delivery, is directed to the **sternum**, not to the face. The other blows all strike into the throat/neck/jaw/eyes/nose targets).

Remember: *telegraphing* is the thing you must avoid. Although you may have eliminated any chambering action prior to striking (all to the good) there are more subtle indicators that an opponent can pick up that might warn him of your intending to strike. Your facial expression could do it. Or a slight tensing of the hand. *Natural weapons should be formed in flight, not prior to actual delivery.* Avoid any foot or torso “adjusting” before hitting. **JUST LET HIM HAVE IT!** It will be your follow up and not your initial blow that you will rely upon to conclude the encounter. And do not forget, if you are concerned about hitting with slightly reduced power with your initial strike, that all of the basic unarmed combat blows are effective with considerably less power than your *maximum best*; and it is far better to **LAND** that first blow, thus disorienting and halting your attacker long enough to conclude with a barrage of relentless *and much more powerful* followup actions, than it

would be to *warn* your enemy by telegraphing, and thus *fail* to hit him with your most powerful strike.

If you assume a proper Relaxed-Ready Stance as we teach, **you are 100% ready to launch your attack from there**. No further “preparatory actions” or adjustments to your body position need be made.

Question: “What about kicks? You haven’t mentioned a single kicking action with which this principle can be put into use.”

Answer: The basic low *front*, low *side*, and *snap* kicks can all, with somewhat more practice than hand blows require, be employed as direct-line surprise blows. It is slightly more difficult, however, since each kick demands shifting bodyweight to one leg. Also, kicks are more foreign “natural weapons” than hand blows. After two to three months of hard training a normally advancing student should have no problem whatever utilizing his basic kicks as we teach them as surprise, direct attacking actions (see our DVD’s #1 and 2 for complete descriptions and demonstrations of performance).

A training suggestion: *Use a full length mirror to monitor your development of key basic blows. This will enable you to hone and polish your skills by observing how you execute them, in real time.* If you put a little effort back of this, you will shave off all superfluous movements, become as precise as a surgeon, and develop the speed, accuracy, and power of delivery that will make your opening blows the prelude to the victory over your adversary that you require.

Again we **urge** all visitors: Go to YouTube and enter “**Oops . . . A MMA Fouls Highlight Video**”. *Notice how simple, direct-line front kicks and eye thrusts, even unintentionally delivered, can cause a perfectly conditioned, young combat sports participant in his youthful prime to **fold up and drop!***

There is solid gold in the real world material we are providing you. Please

take it to heart.

DVD Course NOW AVAILABLE!
***(You Can Learn Self-Defense and Close
Combat At Home!)***

The First and Only Complete Self-Defense and Close Combat Course in American Combato (Jen•Do•Tao) on High Quality DVDs!

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense *realistic* and *war-proven* unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the *American Combato (Jen•Do•Tao)*TM all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the *original and authentic System* — and the only authorized presentation of *American Combato* — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs individually, or you can purchase the entire Course, in which case you pay for only ten DVDs. You receive one FREE!

Each DVD contains the equivalent instruction normally given in four to eight private lessons. *This Course is the equivalent of at least 50 private*

lessons with Prof. Steiner, personally! And you can review this instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:—

The system of martial arts presented in these DVDs is not a "traditional" or "classical" martial art.

These DVDs, and the information, and techniques contained within should not be taught, shown, or divulged to anyone under 18 years of age.

Due to the serious nature and lethality of the techniques shown, no one under 18 should be instructed in the techniques.

Due to potential serious injury or death, minors under the age of 18 should not be allowed to purchase or view the techniques demonstrated on the DVD's and in the system.

Minors lack the proper judgment and emotional restraint and discipline and should not be entrusted with the techniques contained herein.

Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

Please keep DVDs in a safe place out of the reach of minors, similar to safekeeping of firearms.

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness
- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior experience in any martial art can understand and develop the skills! These are the first four of *American Combato’s* 16 Key Blows (originally regarded by

W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

DVD#2 *BASIC BLOWS*

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

DVD#3 *ATTACK COMBINATIONS - FIRST SERIES*

- Powerful and devastatingly effective combinations of attacking actions which are adaptable to an infinite number of situations and emergency circumstances. These attack combinations utilize the Key Blows, and include additional offensive unarmed combat actions and tactics, which enable you to infinitely combine, and improvise limitless sequences and applications of ferocious attacks of your own.

This DVD focuses on attack combinations leading with *HANDAXE CHOPS* and *THRUSTING ACTIONS*, the first two categories of “attack combinations” in *American Combato*.

In this and the next DVD you will learn more combinations of each type than you would ever possibly need.

DVD#4 *ATTACK COMBINATIONS - SECOND SERIES*

- Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which

enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable, offensive combatant in close quarters combat. You'll be an expert at taking the battle into the enemy's camp and *attacking your attacker!*

This DVD trains you in *DISTRACTING LEAD ATTACKS, KICKING LEADS, and MISCELLANEOUS LEADS.*

DVD#5 *COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT*

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

DVD#6 *COUNTERING THE UNARMED REAR ATTACK*

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn

- How to counter sudden grabbing attacks from behind
- How to counter holds that may be applied from behind

DVD#7 *COUNTERING KNIFE AND CLUB ATTACKS*

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 *COUNTERING HANDGUN AND SHOULDER WEAPON THREATS*

- Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

DVD#9 *COUNTERING MULTIPLE ATTACKERS*

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

DVD#10 *HOW TO USE THE STICK FOR SELF-DEFENSE*

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC’s Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

DVD#11 *KNIFEWORK*

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, ad all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*
- Defending yourself with a knife

The cost of each individual DVD is \$59.95 + \$6. shipping and handling (**\$20. postage and handling for foreign orders**)

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

CAUTION AND WARNING!:

These DVDs have been prepared in high quality and are protected by a COPY GUARD that prevents illegal duplication! These DVDs will play on DVD players and not on computers. Any attempt at unauthorized and illegal duplication may result in damage to the equipment employed.

Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner
P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

You will want to study these DVDs again and again, as they are rich in content and packed with solid, reliable information and instruction!

One Hand Shooting

EVEN TV and motion pictures now depict almost everyone who uses a handgun doing so with a two-hand so-called “Weaver stance” grip. (**Note: In his classic work *Shooting*, J.H. Fitzgerald has a photograph of what — decades later — was presented to the shooting community as the “Weaver stance”. Since Fitzgerald’s presentation of this firing position predates Jack Weaver’s selection of this shooting stance (the book was published in 1930), we wonder if “Fitzgerald stance” would not in fact be a more appropriate name for this shooting position.**) It is interesting to note that the handgun was at one time alternatively referred to as a “*one hand gun*”. Of course, this is exactly what a handgun — or “pistol” — is: a **ONE** hand gun. And it was in fact with one hand that handguns used to be fired in man vs. man encounters. Since Fairbairn’s incredible researches, experiences, and innovations during the first years of the 20th century, ***two hand use-of-sights shooting*** was accepted, endorsed, and taught — but only for situations in which *distance*, *adequate lighting*, and *time* permitted the shooter to use this slow and totally *unsuitable* technique of pistol shooting, for close-range combat. Schools in which a two-hand grip is taught, but ***point*** (or ***unsighted***) firing is utilized — such as the outstanding method taught by combat shooting master Jim Gregg — have appeared, and, so long as one is able to secure a solid two-hand grip on his sidearm in the prevailing situation, this method works as well as one-hand point shooting. It really must be emphasized that two-hand *point* shooting is still point shooting, and one aims instinctively, rather than by deliberate use-of-the-sights. Deliberate use of a handgun’s sights is ***ABSOLUTELY ABSURD AS A COMBAT FIRING TECHNIQUE FOR CLOSE RANGE, QUICK REACTION DEFENSIVE COMBAT WORK, REGARDLESS OF HOW MANY COMPETITION SHOOTERS OR COPYCATS OF THE METHOD INTRODUCED BY JEFF COOPER KEEP HOWLING TO THE CONTRARY.*** Winning matches and/or firing great scores at the range is one thing. Shooting down an armed killer (or killers) who is coming at you, when there is only a brief moment to react, is quite another.

The influence of the post-WWII competition shooting method (rather

pompously proclaimed as “the new technique of the pistol”) has in many instances, unfortunately, led those seeking actual combat proficiency with a sidearm, astray. Confused by the endless rhetoric emanating from competition shooters and gunwriters (most of whom had **NO** combat experience, or who — like Jeff Cooper — did have combat experience, and *themselves used point shooting in their encounters* but conveniently avoided mentioning that fact!), neophytes understandably came to accept and to believe the nonsense that two-handed use-of-sights firing of a pistol was *The Way* to fire their handgun in all situations. Since about 97% or more of all encounters when a sidearm is used occur at ranges not exceeding about five yards, the so-called “new technique”, while preparing the few exceptional gun bugs to be medal-winning champions in *contests*, was preparing average students (cops, soldiers, private citizens) whose goal was self-defense and *real* combat shooting, to — at **best** — be prepared with the technique of firing their weapon effectively in no more than 3% of those situations in which he might anticipate using a pistol.



U.S. SOLDIERS AT THE OUTSET OF WWII TRAINING IN THE USE OF THE .45 AUTOMATIC.

THE METHOD OF SHOOTING SHOWN IS NOT THE PROPER METHOD. W.E. FAIRBAIRN, ERIC SYKES, AND REX APPLIGATE WORKED TO CORRECT THIS ERROR, AND TRAINED OUR FIGHTING MEN, MOST NOTABLY IN THE SECRET SERVICES (SOE AND OSS) IN THE PROPER *POINT SHOOTING METHOD*. POINT SHOOTING ALTERS COMPLETELY THE INAPPROPRIATE TARGET SHOOTING STANCE SHOWN ABOVE, AND IT TEACHES FIRING *WITHOUT* RECOURSE TO THE WEAPON'S SIGHTS. HOWEVER, POINT SHOOTING EMPHASIZES PRIMARILY THE ONE-HAND GRIP. TWO-HANDED FIRING IS RESERVED FOR THE MINORITY OF SITUATIONS (PERHAPS 2-3% OF ALL ENCOUNTERS INVOLVING THE HANDGUN) WHEN TWO-HAND FIRING IS FEASIBLE AND WORTHWHILE.



This method of shooting the .45, although slower than shooting with flexed elbow, is the best all around method of shooting without sighting. Any weapon, regardless of construction, will line up on the target properly when the arm is held in a straight locked position as shown.

cock, and forced to use some other weapon in operations will either be casualties or have frequent misses when firing.

Whenever possible, the initial instruction of the student, if his operational weapon can be predetermined, should be with the same weapon which he is later going to have to use. A gun is similar to a best-liked golf club so far as the individual is concerned. If you laid an assortment of weapons of like caliber and different make upon the table and allowed a blind-folded individual to pick up each in his hand and feel it, he would immediately react favorably to one particular weapon because of its balance and feel. This is not always possible, but it is certainly advisable to allow a man to carry the gun which he likes best. You will find that it is also the weapon with which he shoots best.

ABOVE: A PAGE FROM THE ORIGINAL 1942 FIRST EDITION OF KILL OR GET KILLED SHOWING REX APPLIGATE DEMONSTRATING THE ONE-HAND POINT FIRING TECHNIQUE WITH THE COLT .45 GOVERNMENT MODEL PISTOL. THIS IS PROPER COMBAT SHOOTING. THAT THIS ONE-HAND GRIP, CROUCHING STANCE, AND INSTINCTIVE (RATHER THAN SIGHTED) AIMING IS PRACTICALLY NEVER USED TO DAY IN *MATCHES* PROVES ABSOLUTELY NOTHING ABOUT ITS PRACTICAL — AND *PROVEN* — COMBAT EFFECTIVENESS. REMEMBER, POINT SHOOTING AND THE ONE-HAND INSTINCTIVE AIMING POSITION PROVED ITSELF IN SHANGHAI BEFORE, AND THROUGHOUT THE WORLD, DURING, THE SECOND WORLD WAR. THE COMPETITION METHODS HAVE “PROVED” THEMSELVES EXCLUSIVELY IN . . . *C-O-M-P-E-T-I-T-I-O-N*, A WHOLLY DIFFERENT AND 100% UNRELATED

VENUE.

Point shooting (*not* the sporting technique of “Weaver stance”/use-of-sights shooting) is the proven method of using a pistol when the target is a close-range, live, armed, would-be killer. And the point shooting method can and ought to be taught — as it was by those who did it *for real* (i.e. Fairbairn, Sykes, Applegate, O’Neill, and Grant-Taylor, etc.) — initially by using **one hand** to grip, point, and fire the weapon. As Rex Applegate rhetorically asked at one of his last law enforcement presentations: “*Is the handgun so heavy that you need two hands to hold it?*”

Two-handed firing — be it isosceles, Fitzgerald, or some hybrid — is certainly valuable when two-handed firing can readily be accomplished and/or when DISTANCE, TIME, and LIGHT (and, often, COVER) permit the shooter to avail himself of the pistol’s sights for deliberate aimed fire using the sights. But point shooting — **combat** shooting — begins with one-hand firing via instinctive **not use-of-sights** aiming.

For visitors who are serious about learning *real* combat shooting with the handgun, we refer you to *Kill Or Get Killed*, by Applegate, *Shooting To Live*, by Fairbairn, and *Quick Or Dead*, by Cassidy. Another outstanding work, most particularly for law enforcement officers whose academy training had been somewhat less than ideal in regard to firearms, is *Tactics For Armed Encounters*, by Calibre Press. All of the material in these works is derived from direct combat experience, others’ reportings of their direct combat experience, and researches into the phenomena that inevitably occur during lethal, armed confrontations.

We’ll conclude by listing some very practical reasons why one-hand shooting should be first on any combat student’s training agenda:

1. It is slightly less complex than two-hand shooting, and perfectly enables the *core principle* of point firing (i.e. It is just like pointing your finger) to be quickly understood.

2. Having one hand free permits the free hand to strike a blow. (Remember: More than 50% of all encounters in which handguns are involved occur at distances *less than* five feet between combatants). A powerful blow to the throat or eyes while dropping back can enable you to access your sidearm when confronting a single adversary at close quarters.

3. In the dark your free non-shooting hand can assist you in feeling your way through an area which you must enter.

4. For bodyguards: a free hand permits you to pull or to shove a protectee to safety *while you access and fire* your weapon.

We hope that we've sparked some thinking with this article.

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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.

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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-jitsu, 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*.

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Weight Training At Home

A good, professionally run gym is certainly a worthwhile place to train — if you can find one, and if you can afford it, and if you can conveniently travel to and from the place for each workout you take. But never feel that you need a gym in order to fully develop yourself. Home training has been a staple not merely of many who like to workout on their own for fitness, but also for many world class bodybuilders, athletes, and weight lifters!

Understand that you do not need elaborate or extensive equipment. We have

discussed the ideal home training setup in previous editions of *Sword & Pen*. Since then we have received communications from some trainees who live in rented rooms or small apartments, and who say that they do not have the space even for the very manageable home gym setup that we have found works when we lived in an apartment. For these fellows we have a suggestion: *Purchase a pair of adjustable dumbbells*. If you live in a closet you have room and training space for dumbbell training!



LIVE IN A BIG CITY? TRY ROOFTOP WORKOUTS, WEATHER PERMITTING.

Dumbbells permit a very high level of physical fitness and conditioning to be developed, and, although they will not permit the kind of maximum power

exercises that a barbell will allow, then certainly will enable you to double or triple your present level of strength, if you have never trained with weights previously.

The late Bill Jordan (former USMC Officer and U.S. Border Patrol Officer/shooting instructor to federal agents, and author of *No Second Place Winner*) traveled extensively and *always* took along a pair of heavy dumbbells in the trunk of his car.

Weight training is *vital*; and it is for everybody. That means **YOU**. It is available to you for only a modest investment of money, regardless of the space available to you in your living quarters, and no matter your present level of physical fitness (or lack, thereof). Start off light and easy, and train regularly and seriously to ultimately develop the strength, agility, and all-round fitness that will not only bolster your hand-to-hand combat abilities and weapon skills, but see that you stay ruggedly healthy and enjoy a sense of well being unknown to the non-active person.

Go for it!

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