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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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E D I T O R I A L

Violence Sometimes *Is* The Best — And *Only* Solution

THE bromide sounds so good and comfy: “*Violence never solves anything!*”. That’s why so many people accept it. That’s why they unthinkingly pass it on. That’s why, despite it’s being **bullshit**, the damn catch phrase has become almost a guide for those poor saps who now live in a feral world and who feel helpless to deal with it. “Well,” they tell themselves, “*violence* certainly is no solution. We’ve just got to find ways to encourage dialog with troublemakers, and *talk out our differences*.”

The truth is that while always regrettable, recourse to physical force is sometimes desperately necessary and completely justifiable. This fact ——— this concept ——— was once understood as being axiomatic. No sane person questioned, for example, that the absolute right to self-defense existed for everyone; everywhere, and at all times. Today, a great deal of confusion has been allowed to permeate the minds of formerly sensible people, and we observe such horse manure as “**zero tolerance for violence**” being announced as policy in the public schools ——— making a bully’s victim as culpable as the bully *if* that victim defends himself. Pure psychotic bullshit; and there’s no point in trying to put it differently. Ditto for ***any*** encroachments and encumbrances upon ***any*** person who is targeted by some two-legged bacterial mistake who initiates force, with or without a weapon, against another individual, and who is beaten into unconsciousness or killed for his efforts. *There can be no “right to life” without an inviolate **right to self-defense***. Teach ***that*** to your children . . . once you’ve gotten it clear in your own mind. And so long as you respect the person and property of others, and conduct yourself as a responsible citizen, you have an **absolute** right to life.

The possibility of being the victim of a violent attack has existed since the dawn of man on earth. It may well be *more* likely today for the 21st century urban dweller than it was in the stone age. After all, primitive man was normally too occupied with fighting the elements and keeping warm and sustaining a shelter and foraging and hunting for food to behave as mindlessly as today’s “wilders”, “flash mob” scum, muggers, bar fighters, home invaders, car jackers, etc. Disgracefully, modern ***uncivilized*** society just will not take the necessary steps to eradicate its sociopathic members. So the scum lives on. Instead of guillotines, electric chairs, gas chambers, gallows, and firing

squads working round the clock to erase them from the face of the planet, untold numbers of normal, decent, responsible citizens and their children continue to be terrorized, maimed, intimidated, killed, and tortured by the violent criminal pestilence that we all must contend with.

The truth is that there is **NO** solution to the problem of violence when it strikes (and it is *always* striking *someone, somewhere*) other than *counterforce*. Yes, we all should do everything possible to avoid trouble. We should never agree to fight with anyone, allow ourselves to be caught up in a heated exchange that escalates into violence, or raise a hand **unless** we have no safe alternative. Sometimes, like it or not, we have no safe alternative. Asking a mugger to let you go is not only unlikely to work, you probably couldn't even speak the words with his forearm crushing your throat. And requesting a couple of home invaders to please leave is — forgive us — a dumb-as-shit thing to do. **Blasting them to bits with a 12 gauge shotgun, or sending a few 230 grain full metal jacketed slugs into them, on the other hand, has an unparalleled track record of success.**

When you are out walking with your family and a few smelly sewer shits attempt to attack you, it is highly improbable that suggesting they join you for dinner will deter their sick objectives. Attacking them by surprise ——— hopefully with a weapon to assist your efforts ——— and leaving them half or totally dead in pools of their own blood is, however, an all but 100% guaranteed way of saving your loved ones and yourself from hellish violation.

“But doesn't *pacifism* offer a more humane solution?” “Pacifism” in the face of violent attack offers **no** solution. In fact every decent, rational person on earth is a pacifist, **UNTIL HE MUST DEFEND HIMSELF OR ANOTHER INNOCENT PERSON**. Then, he is either a solidly committed *fool* (using the excuse of being a *pacifist* to justify his allowing **evil** to prevail) or he is a right-thinking and right-acting human being, and he acts immediately to **destroy the aggressor**.

As a man it is embarrassing to us when males lack the backbone and will to learn how to defend themselves and their loved ones. “Too much trouble”.

“The time isn’t right”. “Too expensive”. “No time”. “Next month, maybe”. Etcetera. What kind of “men” refuse to learn those skills and to master those weapons, tactics, techniques, and attitudes that men throughout history have always needed?

Oh, well . . . it’s a rhetorical question.

Remember this, though: **Once trouble strikes it is too late to learn what would have saved you if you had taken the time and invested the effort to acquire it when you could have acquired it.** Sometimes violence *is* the best — the *only* — solution. And may God help you if you lack the capacity to use it . . . should that time come in **your** life.

Bradley J. Steiner

Four Tips For Effectively Preempting Your

Adversary

THE preemptive attack, launched the very second that you realize the individual you are facing intends you harm, is — when violence cannot be avoided — the key tactic for *winning* the encounter. Sometimes counterattacking (ie taking action that is defensive before it turns offensive) is necessary. Thus preemption cannot solve every interpersonal threat; it is always possible that you might be attacked from outside your range of vision (from behind, or to your right or left rear flank). However, **whenever possible**, your means of self-defense should be completely **offensive**, and it should take the form of a vicious and relentless preemptive action.

We offer three tips that will contribute immeasurably to your own preemptive attacking capability:

Tip #1:

Always drive your initial blow into your assailant’s

most readily accessible vital target area using your closest natural weapon.

This enables you to attack with maximum efficiency, taking only the barest minimum amount of time, telegraphing nothing, and doing **some immediate damage**.

Do this successfully and defeating your adversary will not likely be difficult. **Followup** must of course be immediate and consist of *continued damaging actions*. Stop only when your adversary has lost the **will** and the **ability** to endanger you further.

Tip #2:

Always get your entire body behind your initial and your followup moves.

This insures optimum power. It enables you to have the dual advantage of striking your adversary's *vital target area*, and doing so with *maximum power* behind your natural weapon's impact.

Tip #3:

Follow the proven military strategy of “occupying your enemy's ground”.

Back in the 1970's we realized and began to emphasize to students that **“self-defense is war in microcosm”**. Every known military strategy and tactic of warfighting bears relevance to, and may be applied in, personal close combat — with and without weapons. (As an aside: This should be a lead for you in how to hone and cultivate *all* of your hand-to-hand and close quarters battle skills. We suggest reading **The Art of War**, by Sun Tsu, **On War**, by Von Clausewitz, and manuals and books on guerrilla warfare.) In preempting your adversary look at the spot where he is standing as his “ground”. As you drive into him, *your objective is to occupy that spot where he is standing*. This drives him back off-balance and prevents him from recovering under your attack. **Continue** this strategy, always driving your enemy backward and always “occupying his ground”. Do not relent.

When he falls or is driven back into a wall or other substantial obstacle, keep pounding, kicking, biting, gouging, and attacking him.

Tip #4:

Make your first initial strike to your opponent's facial/head/throat target area whenever you can — as fast and as powerfully as possible — without telegraphing.

We might add: with a well-formed, effective natural weapon. The half-fist (see our article in www.seattlecombatives.com describing this blow in the “Monthly Instruction” section) is excellent against the throat. The handaxe, chinjab, finger thrust to eyes, and sometimes even a straight regular fist blow to the nose, and the straight heelpalm thrust are *all* excellent surprise blows which open the attacker up to a decisive followup. Sometimes one of these blows will — by itself — end the encounter; but *never* count on a single blow.

The face when struck with just about *anything* will effectively **distract** and/or **disorient**. It also almost invariably throws the opponent at least somewhat off-balance, making him for at least a second or two 100% vulnerable to whatever you do next. ***But do not pause!*** Slam a barrage of attacking actions viciously into your foe the moment your initial facial/throat blow connects. Never give your enemy an opportunity to recover, regain his composure, bearing, and balance. ***Never!***

Hurling a handful of gravel, coins, or dirt into a troublemaker's face — or anything that you may have in your hand that cannot be used immediately as a weapon may sometimes be a good “opener” . . . providing you have something to throw.

(NOTE: — There are of course numerous other possible “opening strikes” and, as we pointed out in tip #1, you are well-advised to go for the most accessible vital target with the closest natural weapon. The truth is that if you train properly and employ good interactive tactics while in a relaxed-ready

stance the facial/throat target area is vulnerable and accessible in nearly any confrontation.)

We provide this for your education and consideration. Understand the message. Use it *only* if you must to save yourself or a loved from from injury or death; then **use it with everything you've got**.

Defining Our Terms: “Self-Defense” Vs. “Fighting”

UNLESS done within the context of a regulated sporting contest, *fighting* per se is illegal. You can fight your guts out in a boxing, wrestling, judo, karate, kick boxing, UFC, or MMA, etc. contest, and so long as you abide by the rules you remain on perfectly safe ground. In fact, even if you do *not* abide by the rules, the worst thing that will likely happen to you in a sporting fight is disqualification, the loss of the match, or possibly — in an extreme case — being banned from further participation in the sport. Nevertheless, *competitive fighting* of one or another kind is legal, popular, and socially acceptable in a wide variety of forms, virtually everywhere in the world.

Self-defense is also legal and permissible everywhere in the world (at least on paper). But self-defense is *not* the

same thing as fighting. “**Fighting**” (lawfully, within the parameters of a legitimate sporting contest, or unlawfully, in the street or anywhere else, is characterized by this distinction:

It involves willing participants who have agreed to do battle.



BOXING IS A TOUGH, SOMETIMES EVEN BRUTAL SPORTING FORM OF FIGHTING. BUT IT IS DISTINGUISHED, AS ARE ALL COMPETITIVE FORMS OF “FIGHTING” BY RULES AND BY INVOLVING WILLING PARTICIPANTS. THIS IS COMPLETELY DIFFERENT THAN COMBAT IN WHICH ONE OR MORE UNWILLING VICTIMS ARE ATTACKED BY ONE OR MORE ILLEGAL ASSAILANTS. CHECK THE RULES, FOR EXAMPLE, THAT MUST BE FOLLOWED IN THE UFC, OR IN MMA. THESE SPORTS (OFTEN TOUTED AS “ANYTHING GOES” FIGHTS) LITERALLY BAN EVERY TECHNIQUE AND TACTIC THAT — WHEN ATTACKED BY A VIOLENT CRIMINAL — ONE OUGHT TO RESORT TO AND FOLLOWUP WITH AUTOMATICALLY WITH NO MERCY.

In fact one legal description of “fighting unlawfully” is

“mutual combat”.

Except when done as a regulated, fairly conducted sport, fighting is **stupid, uncivilized, dangerous, and illegal**. (We would also personally argue that it is immoral; but we’ll concede that that idea may be open to debate).

Self-defense is characterized by this distinction:

The situation involves an intended victim who has not agreed to do battle, and who has done nothing to provoke the onset of violence.

In a self-defense emergency there is always a victim (sometimes more than one victim) and there is always an attacker (sometimes more than one attacker).

The properly trained student of close combat and self-defense NEVER gets into “fights”. He takes action only when necessary for defense of self or others. (Note: The question may be asked: *“What about soldiers in wartime: They fight; and their use of hand-to-hand combat is never for “self-defense”, right?”*

WRONG! Soldiers in wartime attack and kill or capture, without firearms, in **defense** of themselves and of their country *or* for personal defense and survival (because they cannot bring a firearm into play at the moment; they defend themselves from being captured or killed.)

“Fighting” remains an activity the legitimacy of which can only be justified in the context of *competitive sport*. There is no excuse or justification for fighting, per se, *outside* that context.

Circumstances may indeed compel a person to defend himself. But that is another matter. And neither the actions that prevail in sporting contests nor the actions that typify what generally occur in mindless “fights” will serve the individual in a real defensive emergency. When pressed to defend himself a person must resort to the most savage and mercilessly harmful actions that man has devised. He must employ those actions with determination, ferocity, and unrelenting aggression.

The properly trained student of that which we and other legitimate teachers of self-defense teach, abides by no rules, and does *whatever he must and can do* to protect himself or others. As he progresses in his training and studies he becomes a dangerous, formidable threat to any extralegal attacker(s); as all decent people would better become. However, he will never get into a fight.

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)[™] 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, and 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.

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!

Be Careful From Whom You Take Advice About

Self-Defense

Note: We must emphasize that we are not a lawyer. What follows is personal advice, not legal advice. In order to receive legal counsel you should contact a licensed attorney.

RECENTLY we watched a video on YouTube on how to deal with a home invasion. It was produced by a former U.S. marine who obviously is a well-intentioned and most sincere individual. The presentation did make some good points, but it was dangerously flawed. While correctly noting that merely purchasing a firearm but failing to become proficient with it is insufficient, the young man proceeded to provide a demonstration (very well enacted by himself and a colleague) of a home invasion and, presumably, the response that he endorsed and advocated.

While on the phone in his apartment the invasion victim hears noises that alert him to the presence of an intruder. Correctly, he accesses his handgun, grabs the phone and calls the police. His message to the police — i.e. that he has an intruder in his apartment, that he also has a gun, and then providing his address, is excellent. Time permitting you should do this.

Then the invasion victim, gun in hand at the ready, moves to a position where he challenges the intruder from behind. The victim is poised in a doorway, covering himself and leveling his pistol at the felon. Suddenly, from a distance, the invader pulls a knife. The felon turns in an obvious state of mind that is aggressive (implying full intention to attack). When the felon sees the handgun leveled at himself he falters. **In our opinion so does the armed victim.** The victim, ***instead of firing immediately as the felon turns toward him, knife in hand***, proceeds to order the felon into a prone position after ordering him to drop the knife. **Lucky victim!** The felon obeys and the situation is concluded in a most ideal and “happy” way — no shots fired. No one hurt. Home invader arrested.

The problem is that this was a *dramatization*. It was as orchestrated and “performed” as is a martial arts demonstration. **And just as misleading.**

In reality that home invader *could have pulled a gun* instead of a knife. The victim’s “taking charge” and in effect attempting to arrest the felon could have resulted in both the victim and the home invader shooting it out, and possibly one or both of these individuals dying at the scene.

In reality the invasion could easily have been —— and in reality *usually is* —— an intrusion by two or more felons.

In reality the invasion could have been —— and usually is —— an immediate violent attack upon the victim(s), before any attempt is made to rob the dwelling. The scenario in the video assumed only that the intention of the invader was *burglary*. **Very** unlikely in the real world. The most dangerous criminals are those who invade an occupied dwelling. Burglars do *not* want to risk confrontation . . . and most often they carry no weapons.

Again, we admire the effort that went into the young man’s video presentation, and we admire and fully respect hi apparent intention to provide good people with lifesaving instruction. We really must point out, however, that the instruction provided is dangerously inadequate.

First, unless you *are* a cop do not act like one. The law places no requirement upon the private citizen to arrest and detain dangerous felons (or misdemeanants, for that matter). Your only requirement is to remain harmless to your fellow citizens and use force **only** in self-defense, and then only to the extent necessary to protect yourself or another from the apparent threat and danger.

Second, you must realize that a home invasion is **ALWAYS** a potentially life-threatening situation, and you must not place upon yourself some ridiculous demand that you *carefully* manage things, with the welfare of any home invader taken into consideration.

Third, because of what we know about violent home invasions we believe that the proper response to forcible criminal entry into your dwelling is **immediate use of deadly force against the invader(s)**. *Yes*, be armed. And be prepared to use your weapon well in any catastrophic event that is clearly life-threatening. We certainly would be in fear of our life, and even more so in fear of lethal harm coming to our wife, if our home was invaded. We cannot fathom how anyone would or could feel otherwise.

The last thing in the world that we want is to find ourself obliged to use ***any*** force against anyone. However, if we believed that our life or the life of someone we love was in imminent danger, ***we would unhesitantly use deadly force to stop the threat***. No doubt. No question. No hesitation. And absolutely no regrets! And a violent home invasion is **IS** a deadly threat.

Please, *get that*. Get *with* that. Don't provide an advantage that deadly home invaders could never secure for themselves. **If, God forbid, you and your family are ever placed in deadly jeopardy by violent intruders in your home, use your weapon and use it decisively.**

Be very, very cautious about any advice or training that is offered you regarding "self-defense". Remember, if push comes to shove, it will *not* be the teacher whose life depends upon what you do, it will be **YOUR** life and quite possibly the lives of those you love.

Don't Do It This Way!

WE came across the following from an old military police course. We present it for two reasons:

First, to show that simply because something is utilized (or that *was* utilized) by the military or by law enforcement agencies is ***by no means proof that it is practical, reliable, and realistic.***

Second, to present an alternative approach (one that originated with our WWII military and our OSS) that **works**.



ABOVE PHOTO #1 SHOWING FIRST MOVE IN A HANDGUN THREAT COUNTERACTION. THIS IS NOT BAD. HOWEVER, PHOTO #2 — BELOW — SHOWING THE FOLLOWUP IS DANGEROUS AND FOOLISH FOR ANYONE TO ATTEMPT.



ABOVE PHOTO #2 SHOWING A FOLLOWUP THAT, ATTEMPTED AGAINST A HANDGUN THREAT IS VERY RISKY AND *SHOULD NOT BE ATTEMPTED*.

A handgun threat is **LIFE-THREATENING**. When and if you ever need to defend against such a threat it is ridiculous to attempt to gain arresting control over the weapon-bearer and try to end the encounter with an armlock!

Observe Photo#1. The idea of first getting out of alignment is fine; it makes sense, can work reliably, and will when accomplished *pave the way and*

create the opening for a proper followup. That is **deadly force**. Like it or not, agree or not, **that is what is necessary when innocent life and limb is threatened by a firearm, knife, or other deadly weapon or implement.**

Photo #2 posits a followup that will surely lead a determined would-be murderer to followup like lightning with a punch from his left hand, and lead him to continue attacking in desperation with his free hand. He can strike repeatedly, stomp kick, even *bite* and gouge at the defender's eyes or rip his ear off. **Do not think that a desperate gunman would hesitate for a half second to do just that!** He will not just stand there and wait for his intended victim to maneuver into a position of arresting control.

In the real world followup to a lethal weapon threat, once you have gotten out of alignment should be a **handaxe** to the throat, or a **half-fist** to the throat, or a **chinjab**, **elbow smash** to the head, **stomp kick** to the knee, **knee** to the testicles, and **relentless followup until the weapon-bearing attacker is unconscious.**



WHAT **REALLY** WORKS! FROM THE WWII EDITION OF KILL OR GET KILLED. AFTER GETTING OUT OF ALIGNMENT **ATTACK!** REX APPLIGATE WAS ——— PROPERLY ——— APPALLED BY SUCH IMPOSSIBLE ACTIONS AS ILLUSTRATED BY THE MP'S. SO ARE WE. IN

FACT THE ONLY DIFFERENCE BETWEEN APPLGATE'S DOCTRINE AND OURS IS THAT WE EMPHASIZE MORE FOLLOWUP AFTER GETTING OUT OF ALIGNMENT AND WE TEACH THE FULL SPECTRUM OF POSITIONS AND VARIATIONS OF THREAT THAT MIGHT OCCUR, AS WE ARE NOT LIMITED TO THE PRESSURES OF WARTIME EMERGENCY.

It is interesting to note that the U.S. Army's "official" hand-to-hand doctrine during WWII was the very lukewarm skills presented in Field Manual 21-150, *Unarmed defense For The American Soldier*. Applegate, Sykes, Fairbairn, O'Neill, Biddle, and every worthwhile teacher of that era dismissed such weak actions — such *defensive* actions — as woefully impractical and inadequate. By war's end all aspects of the Applegate/Fairbairn/Sykes, etc. doctrine had proven itself hands-down to be the *right way* to manage *all* hand-to-hand engagements, with or without weapons.

Today's armed forces training in what they call "combatives" amounts to considerable material that is even less potent and practical than the wartime FM 21-150! ***Just because soldiers, marines, and law enforcement people are being trained in a particular method of close combat does not establish that method to be effective, or even partially desirable for desperate close combat.***

Remember that — please.

Reviewing The *Fairbairn-Sykes* And *Applegate-Fairbairn* Fighting Knives

TWO field-proven winners. In a nutshell that summarizes how we'd refer to those two knives. The *Fairbairn-Sykes* is in fact the most recognized military combat knife in the world. The *Applegate-Fairbairn* was conceived during

WWII, but the war ended before actual production could be put underway. In the 1980's however, Rex Applegate undertook to have the *Applegate-Fairbairn* produced in accordance with the design plan for the blade that he and Fairbairn had drawn up during the war.

Both knives have the distinction of having been designed by **genuine, highly experienced *masters of close combat*; masters whose combined experience goes back as far as decades before ———and then of course during ——— the second world war, and in Fairbairn's and Applegate's cases, continued to reign supreme for decades *following* the close of that war. Each of these professional fighting men (Fairbairn, Sykes, and Applegate) enjoys a reputation that will prove to be undying, as being truly legendary fathers of all aspects of close quarters battle doctrine ——— armed and unarmed.**

As many know, the *American Combato* System is heavily based upon doctrine developed, taught, and **proven in law enforcement and wartime experience** by Fairbairn, Sykes, and Applegate to be 100% in accord with the demands of *real world* close combat and self-defense.

The *Fairbairn-Sykes* Commando Knife was standard issue to U.S. Army Special Forces soldiers throughout the Vietnam War. An official U.S. Army recruiting pamphlet (i.e.. "*What Does It Take To Rate A Beret?*"), that was distributed widely during the 1960's, shows the Special Forces soldier's weapons and issue equipment. Amongst the array is a *Fairbairn-Sykes* Commando Knife. And this knife remains a popular choice of knowledgeable fighting men everywhere. It is, unpleasant as this endorsement may sound to some, an almost perfect sidearm for the purpose of attacking and silently killing an enemy.

We unreservedly recommend the *Fairbairn-Sykes* knife today . . . although the main top quality manufacturer of the weapon ——— *Sheffield of England* ——— is no longer making "F&S" knives. *Linder* is a quality maker of knives, and their version of the F&S is good quality and surprisingly inexpensive.

For every serviceman going in harm's way we would urge the procurement of a good fighting knife. And while *Randall* and *Ek* knives are superb and definitely of finer manufacture, and considerably more rugged, *if the goal and objective is simply killing an enemy efficiently*, then the F&S is as good as ever. We like to think of it as “cheap life insurance”. After a few hours of practice a good fighting man with an F&S can stand against just about anything his enemy may have ——— except a powerful firearm. Few soldiers and marines, let's face it, can *afford* a *Randall* or an *Ek*; but an F&S is affordable to any enlisted private or corporal who appreciates the need for such a companion when going into a war zone.



THE LEGENDARY FAIRBAIRN-SYKES DOUBLED-EDGED COMMANDO KNIFE. THIS IS AN EXAMPLE OF THE LAST SHEFFIELD-produced F&S. Designed by the “Father of Western Combatives and Modern Combat Handgun Technique”, this excellent knife is ideal for the fighting man (or homeowner) who wants a thoroughly reliable, deadly weapon in addition to his firearm (or, in places where firearms are all but impossible for the decent citizen to obtain, *in place of* a powerful handgun). Make no mistake about it ——— and do not feel that any apologies are required because of it ——— *this knife is intended for killing at close quarters*. In this feral world sometimes the only option is to kill ——— or to be killed!

The *Applegate-Fairbairn* was designed after analyzing the service record of the *Fairbairn-Sykes*, toward the close of WWII. Although an outstanding and fully serviceable combat blade ——— and so proven by the fact that experts often choose to carry one into battle today, more than **60 years** following the knife's invention! ——— the AF does offer what both Fairbairn and Applegate believed to be improvements over the F&S. It must be duly noted that *all* of these improvements came from an in-depth, firsthand study of the wartime experiences of men who **used that knife in hand-to-hand**

combat. And this included not only the F&S, but also the USMC's *Raider Dagger*, which for all practical purposes was a carbon copy of the F&S. *Fairbairn and Applegate studied the after action reports and even random personal, unofficial feedback from fighting men.* It was this, and neither whim nor commercial interests, that led to those two giants of close combat designing what became the *Applegate-Fairbairn Fighting Knife*.

The AF is the only fighting knife that was designed **specifically in accordance with straight-from-the-horse's mouth combat experience, as opposed to mere theory or personal taste, or cosmetic fancy.**



THE APPLGATE-FAIRBAIRN FIGHTING KNIFE. BUILT ACCORDING TO THAT WHICH ACTUAL HAND-TO-HAND COMBAT EXPERIENCES OF FIGHTING MEN REPORTED FOLLOWING USE OF THE FAIRBAIRN-SYKES COMMANDO KNIFE.

The **AF** will do anything that the F&S will do, only better. The grip was designed to fill the user's hand in a much more comfortable way than the F&S. The blade is thicker and heftier, thus making *slashes* more formidable, and of course the blade more durable. The crossguard facilitates the grip that

Applegate personally preferred for close combat and, *originally*, the knife was designed to include small adjustable weights in the grip. This made it possible for a purchaser to customize the grip and the feel of the weapon in his hand. Since its sales began in the private military sectors Col. Applegate received communications from our fighting men concerning how effective the AF was. These men knew because they *had used it!*

Col. Applegate sent us one of those original (weights-in-the-grip) AFs. That was back in the 1980's when the first version of the knife was finally produced. He asked us to evaluate it objectively. We did. And while we thought the inclusion of the adjustable weighted grip was a good idea, we felt that the asking price for such a knife (it was well over \$200 back in the early 80's) would be nothing for affluent *collectors*, but cost prohibitive for the fighting men for whom the weapon had primarily been designed. The good Colonel agreed . . . and subsequent models omitted the weights, and knocked a huge amount off the price. In our opinion the **only good source** for a quality AF is the **BOKER KNIFE COMPANY**. Others had produced the weapon, but neither Applegate nor ourself liked the job they did. **Boker** did (and does) the AF *right*.

Note: We do need to add one comment here. If you purchase an AF *do not* purchase the version with serrations. A ridiculous and unnecessary thing on a fighting knife, and **not** the idea of Applegate. Remember: The AF (like the F&S) is for **combat only**. Do not use your fighting knife for utilitarian purposes, as a general "survival" knife, or as a hunting knife. In order to serve its purpose — i.e. for killing — these knives have been very specifically designed *for that purpose and that purpose only*. *Do keep your knife razor sharp and clean!*



HOW TO ATTACK WITH THE FIGHTING KNIFE. REX APPLGATE DEMONSTRATES THE IDEAL POSE FOR ATTACKING AN ENEMY WITH THE F&S COMMANDO KNIFE. THE IDENTICAL TECHNIQUES THAT ARE USED WITH THE F&S ARE EMPLOYED WITH THE AF.

Although simple and requiring only a few hours practice for the acquisition of skill, it needs to be emphasized that **learning the right fighting methods with which a combat knife is used**, and — ideally — working to keep them fresh and ready, should be regarded as mandatory for all members of the armed forces as well as for private citizens who keep such a knife at home for defense. Merely *having* the knife is only part of what gives its user a serious advantage in a life-threatening situation. **Expertise** is required.

If the reader has been wondering what knife to purchase for military or self-defense purposes, we'll say that either of these winners will do exceedingly well. Both have track records. And neither costs a great deal.

P.S. There were two “Applegate Folders” designed following the AF’s success in the marketplace. These are well-made weapons, but we always prefer a fixed blade knife.

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