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Sword and Pen
Official Newsletter Of The International
Combat Martial Arts Federation (ICMAF)

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Editorial

You Must Be Your Own Trainer To

A Large Degree

WHEN starting out in combat arts and physical training you must accept virtually 100% instruction and guidance. A quality teacher will be able to teach you the fundamentals, the intermediate, and the advanced phases of the martial method that you have chosen to study, and he will be able to guide you perfectly in beginning a sensible, effective course in physical training. As a complete beginner you need this complete level of supervision and teaching so as to lay a strong, comprehensive foundation. If your only means of learning at first is DVDs and/or

books, then you need to follow the instructions very carefully, and give yourself the opportunity to build a good basic skill level.

But once you have gained considerable experience (and this is the way we teach our *American Combato* students) the process of continued training and development becomes that of an *alliance* between you and your teacher. A really professional teacher will always be a great benefit to you, for guidance, counsel, fine points of skill, increased knowledge, perfection of that which suits you best, etc.; but as you come to know yourself, your own unique propensities, weaknesses, inclinations, and so on, you **must** actively think through and work to improve your individual training.

Over the 50-plus years that we have been teaching we have encountered individuals of every conceivable talent, shortcoming, handicap, and ability. We have trained professional athletes and the handicapped. We have trained aggressively-inclined and passively-afflicted persons. Police, government agents, soldiers, housewives, businessmen, ambitious people, lazy people, geniuses and those who are of more average-level intellect. We have even trained some persons who were blind. *Rarely* (but on occasion when we knew the parents *very* well) we have accepted children for instruction in special private lesson programs. And we have **never** discovered any two individuals to be alike in their personal styles of combat (once they attained a respectable skill level) or in their personal capacity to respond to progressive physical training — and in their ceilings for development. (We *all* have natural limitations, remember).

Recently we began production of an exciting new series of what we know will be supremely helpful as well as affordable aids to training for *all* students of close combat and self-defense: PDF Training Briefs. At \$4. each they are affordable to anyone, and they contain extremely valuable and important training information, and instruction that was hitherto pretty much available exclusively through classroom and private lessons. That is, they impart the valuable knowledge and training advice that professionals lace their personal instruction with; the tips, nuggets,

advice, background information, counsel, etc. that bolsters and supplements all good teaching. Every one of our classes and private lessons is different *to an extent*, and every class and lesson contains some bit of training doctrine and instruction that is **unique** and very valuable for the students' development. The PDF Training Briefs provide this for those who use our DVD Course and for any students of any martial art anywhere, whose focus is practical self-defense.

The PDF Training Briefs greatly boost every student's ability to analyze and guide his own personal development and training.

The point bears emphasis: *As you advance in training to the point where you have accumulated a significant amount of experience — and you “know yourself” — you must take a hand in your own training and development; “be your own teacher” to a degree, and while cooperating with your live teacher, take very seriously the insights that arise in your own awareness about **yourself**.*

A good teacher is something like a good father. He gets you started in life during your formative years with the discipline, instruction, knowledge, and overall preparation for life that you need . . . and he is always there for you, even when you mature and become an adult in your own right. But because he has done his job right, you now become your own “pilot” as it were, and he, your father, gets into the co-pilot's seat. You'll always need him there — nothing can replace his wisdom and greater knowledge — and to an extent you depend upon him; but you know that *you* are now the primary determiner of where the plane is going.

We hope we've made our point.

Bradley J. Steiner

DVD Course Now Available!

*You Can Learn Self-Defense and
Close Combat At Home.*

***Here are a few comments
about us and what and how
we teach, from a handful of
the many genuine authorities
in the field of close combat
and self-defense who are
familiar with us and with our
work:***

“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”

— James R. Jarrett, Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

**AMERICAN COMBATO
JEN-DO-TAO™**



**"The Way of Combat"
Academy of Self Defense
DVD # 1 Fundamentals
and Introduction**

"ATTACK THE ATTACKER!" - Bradley J. Steiner - 1972
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This DVD Sold to Adults Only! Viewers Must be 21 Years Old.

AMERICAN COMBATO DVD #1

AMERICAN COMBATO DVD #2

AMERICAN COMBATO DVD #4

AMERICAN COMBATO DVD #5

AMERICAN COMBATO DVD #7

AMERICAN COMBATO DVD #8

AMERICAN COMBATO DVD # 10

AMERICAN COMBATO DVD # 11

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“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”

— Greg Anderson,

Third degree black belt, author of Weapons At Hand, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.

“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is incredible!”

— Detective Ralph Friedman (NYPD Retired),

Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”

— Maurice (“Maury”) Geier,

Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”

— Grandmaster Jim Harrison,
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would not like to fight. It would take a thick pamphlet to describe all of Jim Harrison’s accomplishments and contributions to the combat arts in America.

“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”

— Grandmaster John McSweeney,
The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis' contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis' works.

“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”

— George Kalishevich,

Former USMC Sergeant and combat veteran of Southeast Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960's. He was also an experienced bouncer. He passed away several years ago.

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's

advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

The late John McSweeney . . . dubbed the 'Father of Karate in Ireland' told me that he also was greatly

influenced by Mr. Steiner's writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him 'The Monk,' in reference to Mr. Steiner's vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner's".

— Grandmaster John Perkins,

The brilliant innovator of 'Guided Chaos', John Perkins' background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.

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!

The Hidden Lesson

WE normally have little to do with the classical/traditional side of the martial arts, although our respect for those *good* teachers and students of these systems is enormous. Our particular thing is close combat and self-defense, and for this we *must* defer to the WWII Systems (which we have studied and trained in intensively) and their doctrine as being, for want of a better term, “the guiding light”. We certainly derive much material from numerous classical arts, but this is only when that material can be made to be applicable in the manner emphasized **for real combat** by men like Fairbairn, Sykes, O’Neill, Applegate, Biddle, Nelson, and a very few others.

Still, there are some stories we were told back in the dark ages when we were a student of the classical arts, by teachers who hailed from China, and from Korea, that we think offer a very good message for the modern combatives practitioner.

This one came from our teacher of Chinese Ch’uan Fa (“Kung Fu”), or *Dsiahn Shu Goshinjutsu Kenpo-Karate* —

A young man living in a village in China was often set upon by bullies. The young man knew nothing of fighting and was an easy mark for

troublemakers. Everyone in the village liked this young man, and the people felt sorry for him because they knew he was often a target for the village “tough guys”.

One day, after being humiliated and shoved around and robbed by several of the village toughs, the young man decided he had had enough and he contacted an elderly *kenpo* teacher who lived outside the village. After he explained his plight and asked the teacher to train him to defend himself, the teacher accepted the young man as a student.

The young man moved in with the teacher, and as was often the custom in ancient China, paid for his lessons by tending to the work that needed to be done in and around the teacher’s house. He worked hard for hours every day.

The teacher brought the student into a large training area where several heavy bags hung. “This bag,” the teacher instructed, gesturing toward the first bag in a kind of lineup. “Hit like this,” the teacher said, demonstrating at first slowly then with force how the young man was to hit the bag. The movement was a kind of open hand slapping action. Then the teacher left the training area and the young man did as he was told. After two hours, the teacher appeared to check on him. “No more today,” the teacher said. That routine went on every day for a month.

The second month the teacher introduced the young man to the second heavy bag which surprised the young man because it was harder and did not move much when he struck it. But he followed the teacher’s instructions and for two hours every day he smashed away at the bag with all of his might.

The third month saw the teacher bringing the young man’s attention to the third heavy bag, and having him continue with the daily two-hour drill. This heavy bag was almost unmovable, and although the young man could strike it powerfully for the two hour session, he felt almost like he was hitting a stone wall.

After this third month — frustrated and bored — and really tired from all of the chores he had been responsible for doing at the teacher's house, the young man spoke to the teacher:

“Look, I am not going to continue this,” he said to the teacher. “All I've been doing is working very hard for you and repeating that same silly move for two hours every day! Thank you, but I don't believe that I am really learning what I need.”

The teacher nodded, and the young man went back to the village.

Next day three of the village toughs noticed the young man and immediately approached him. “Hey, where have you been? You been hiding from us?” one of them said. The other two laughed. Then the punk who had spoken grabbed the young man.

Instantly and without thinking the young man's hand whipped out and smashed the punk on the side of his head, sending him to the ground, unconscious. The young man turned to face the remaining two and as one raised his fist, the young man's other hand delivered a lightning-like blow to the punk's face. *Down and out he went!* Aroused now to a fighting pitch the young man struck a similar blow to the third lout. *All three down. All three unconscious.* And for a long moment the young man just stood there. Several villagers saw what happened and stood there, smiling.

Next day the young man went back to the teacher's house. When the teacher opened the door the young man bowed deeply, dropped to his knees, and begged the teacher to take him back as a student. In time the young man developed into one of the greatest ch'uan fa masters in the district.

Lesson we'd like you to get from this story:

Do not be too quick to dismiss the value of what a good teacher is training you to do. If he emphasizes high repetition practice of simple, basic moves, it is because these moves will eventually prepare you to defend yourself. Don't let boredom push you to give up, like so many do. Train hard. Train patiently. Train on the basics. *One day your having done so will pay off.*

16 New Instructional Presentations - AVAILABLE NOW! *Many more . . .*

**COMING VERY
SOON!**

PDF Training Briefs

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons.*

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

1. **Self-defense and close combat**
2. **Urban survival and spy tradecraft**
3. **Physical training**

Here's how this works:

- Select the PDF Briefs that you want.
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
- Send us your list and include \$4. for each PDF Brief on your list. Cash or money order payable to Brad Steiner.

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- Clearly print out your email address, and we will email you the PDFs that you order. *No postage charges, no waiting for the package to arrive.* Your PDF Briefs will appear in your email within 24 hours!
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“How can we afford to sell these training briefs for such little cost?”
Answer: *There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!*

Currently Available Training Briefs are listed below. **Make your selection!**

Brief #1: *The Last Speech Given By Col Rex Applegate*

(Full unedited speech with accompanying commentary)

\$4.

- Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons***
(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations” {U.S. Pentagon}) **\$4.**
- Brief #3: *Fairbairn’s “Silent Killing Course”***
(Original and full outline as Fairbairn drafted it — with commentary) **\$4.**
- Brief #4: *“Stay On Your Feet!”***
(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives) **\$4.**
- Brief #5: *Rules Of Self-Defense***
(Of course there really are no “rules” in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training) **\$4.**
- Brief #6: *Close Range — Quick Reaction!***
(What you don’t learn in the shooting schools, but what has been proven to be the right way to use a handgun in personal defense and in war) **\$4.**
- Brief #7: *Remembering Charles Nelson And His Valuable Lessons***
(We remember our years with “Charlie”; including some of the actual self-defense tips he

taught, and a copy of the Men's Magazine article about Charles Nelson, from 1960) **\$4.**

Brief #8: *Most Common Street Attacks - Per Dept. Of Justice And Other Studies - And Tips On Defense*

(Here are the most likely ways in which you may expect to be attacked; with powerful tips on how best to be prepared to defend against them) **\$4.**

Brief #9: *Kicking In Close Combat And Self-Defense*

(The war-proven kicking techniques that will work in real combat — and serve you for a lifetime! Absolutely devastating kicks requiring no stretching or loose clothing) **\$4.**

Brief #10: *The Really Vital Vital Points*

(No nonsense about “secret” nerve centers or bullshit about hidden targets. This teaches all of the truly reliable vital points that really stop strong, determined aggressors — not merely cooperative students in practice sessions) **\$4.**

Brief #11: *Interactive Tactics — The Approach (1)*

(Learn exactly how to be ten steps ahead of anyone who approaches you with dangerous intentions. Be ready without appearing ready) **\$4.**

Brief #12: *Interactive Tactics — The Threat (2)*

(Never be shaken again when some punk or troublemaker makes it clear that he intends to beat your head in. Instead, be ahead of him, by mastering the right tactical skills for dealing with the threat) **\$4.**

Brief #13: *Interactive Tactics — The Attack (3)*

(When and if some troublemaker actually initiates violence you want to have your mind and body programmed to nail him instantly. This PDF Brief covers exactly what you need) **\$4.**

Brief #14: *How To Really Handle A Physical Bully*

*(Bullying is always a cowardly act; but people have been injured or killed by bullies, and many people are scarred for life by a scumbag bully. This most politically **incorrect** presentation will teach you the truth about how to handle a violent bully. Here's the unvarnished truth!)* **\$4.**

Brief #15: Spontaneous Reaction, Not “Lightning Reflexes”

Action is always faster than reaction. The real secret to being able to handle any attack is to cultivate an immediate and spontaneous reaction. Do not depend upon blocking. **\$4.**

Brief #16: How To Hit With Great Power

Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility. **\$4.**

These valuable presentations are perfect compliments and supplements to our DVD Home Training Course!

“The Armed Citizen”

SOME of our visitors are doubtless familiar with *The American Rifleman*. It is a monthly periodical published by the National Rifle Association. And while we are not an NRA member (we do not feel that the Organization is doing anywhere near enough to fight against gun control) we do believe that “The Armed Citizen” — a regular Column in each issue of the NRA’s magazine — is a goldmine of information and education for those who own, keep, and carry firearms for self and family defense.

We have for decades now been a staunch advocate of point shooting as The Method of close combat shooting. At a time when the “new technique” religion was at its peak (i.e. late 1970’s through the 1980’s) and the buffoons pooh poohed point shooting as ineffective, or, in one totally absurd instance, as being *fraudulent*(!) we hammered away at the truth in a monthly column in a popular gun magazine for nine and a half years, as well as in miscellaneous articles in other publications, relentlessly presenting the facts. We pushed point shooting and explained why (so that even idiots could understand) that method, proven time and time again in **real combat** during peacetime and in war, *is the right way to use a handgun in personal defense*. Today, we see articles appearing written by those now seeking to ride the new bandwagon (following the years when they were enthusiastically engaged in spitting at it) that espouses this **PROVEN** method of combat shooting *for real*.

F—k ‘em. Doubtless there will be plenty of fools who fail to understand what is going on . . . and what has *gone* on.

It occurred to us the other day, when a friend once again sent us The Armed Citizen which he had clipped from his copy of *The American Rifleman* (we do *not* receive the magazine, ourself; we are *not* an NRA member) that those hundreds upon hundreds of **true reports** of real world citizen self-defense with handguns that have appeared over the years *clearly demonstrates and establishes* one of the basic facts about combat use of a handgun in *real* situations. Namely: **You see in all cases where citizens have needed to rely upon their sidearms, THE DISTANCES WERE VERY CLOSE — measured usually within a few feet.**

Does this prove that almost without exception the range existing in *actual, real world* interpersonal armed confrontations is well within seven yards? ***You’re god damn right it does!*** And we say this with complete awareness that this fact was proven long before *The American Rifleman* had its Armed Citizen Column. But because many who feel the need to acquire

handguns and combat shooting skills today might not have the interest or the inclination to adequately research all of the past documentation, we suggest The Armed Citizen as a great source of establishing this truth.

Check it out. **And while you're at it, check into Gun Owners of America which is endeavoring to do what the NRA should be doing. Larry Pratt is the Head of GOA**

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The Best Reason On Earth To *Avoid* Violence

EVERY one of our students knows (because we emphasize it at every class) that "Self-Defense Technique #1" is *avoidance*. Whenever possible steer clear of any and all potentially "hot" situations, and never, ever, *ever* agree to fight with anyone. Fighting in sporting competition is fine; that's a **sport**. Fighting for real — i.e. engaging in what the law defines as "mutual combat" — is *never* justified. Ever.

A percentage of individuals persist in refusing to understand this, and we pity these morons. One day their willingness to settle things with their fists in a fight will lead to the hospital, the graveyard, prison, or impoverishment through lawsuit — or possibly some combination of these nightmarish outcomes. *You cannot claim self-defense if you agree to fight with someone.* (Obviously, reacting to another's clear and present threat to do you grave bodily harm, and *defending* yourself, is fine. Not that you can never get into trouble acting in legitimate self-defense

[disgracefully, you occasionally can] but if you are attacked and threatened with serious bodily injury or death, or find that you must defend a loved one against such disaster, the option to do battle is really the only rational one to take. So, knowing that you acted righteously and necessarily, you can accept whatever happens with equanimity, should you suffer for taking necessary action. Whatever the consequences, you (or yours) remain in one piece, alive!

The current advocacy of what we would define as unnecessarily risky brawling as “martial art” (really, more martial *reckless game*) which goes under the heading of MMA (or, perhaps UFC) is, technically a recognized and regulated sport. We personally don’t like it or recommend it — or believe in it as preparation for self-defense — but that’s just our opinion. If that’s your cup of tea, enjoy it. But do *not* allow yourself to get carried away with the rock-‘em-sock-‘em violence-at-the-least-provocation attitude that seems to us to have left its mark indelibly upon some MMA participants; some of whom are now in prison (where they belong) for using their MMA attitude and actions on girlfriends, people who annoy them, etc. **Not cool.**

There is only one legitimate reason for using physical force against another human being: **self-defense** (to include defense of loved ones). This is the philosophy of the **true warrior**. Real men and decent women do not ply combative skills they have acquired for any reason less than the necessary one of *stopping an attacker*.

Question: “Brad, are you nuts or something? Don’t you realize how offensive some people are today? Disrespect in every way, no manners, outright insulting, offensive rudeness. Come on! You teach and write as though you hate these things yourself. How can you deny that it’s fitting and proper to give a well-deserved beating to, for instance, some punk who passes some obscene comment to your wife or girlfriend? Certainly you don’t believe in letting outright offenses like this simply slide?”

Answer: “Oh, but I do. And you are 100% correct; such obnoxious and despicable conduct and speech is something we hate. *But we do not*

advocate, and we never would ourself, undertake physical action in response to these evidences of subhuman lack of civility on the part of individuals whom we would not dignify by regarding as measuring up to the standard met by the sewer rat.”

So what the hell are we railing about?

Y O U R safety and your well-being, that’s what! And, of course, our own, also.

If we lived in Bradland there would be no problem whatever in cutting the tongues out of the heads of scum-punks who pass obscene remarks and gestures to female passersby, whether these females are accompanied by males or not. You could chop off the hands of those who deface private property with graffiti, and you could kick in the testicles with every ounce of your strength anyone who sought to humiliate and insult you verbally for no good reason. Violent offenders would have **ZERO** legal recourse, and so would their families, so that neither criminal nor civil action could be taken against anyone who defended him or herself against them. You could shoot down predatory, violent troublemakers, and write off the cost of the ammo on your taxes. You would personally be allowed to put to death anyone who murdered a loved one of yours, and death sentences would be carried out within ten days — not ten years. Shooting home invaders would garner you cash prizes (so much per head), and school bullies would be declared persona non grata with **absolute license to do whatever they wished** to the bullies, by their would-be victims — with absolute immunity from prosecution or civil suit.

But we do not live in Bradland. We live in the real world. And today, in 2018, that world is deteriorating rapidly into a second dark age global cesspool. Common sense is less common than saber toothed tigers in Nebraska. People who by any rational standard simply do not deserve to live in human, civilized society are a protected species (like preying mantis), while heroic law enforcement professionals routinely catch hell on steroids whenever they rightfully take down some ten-for-a-penny

piece of street s—t. And millions of good people in cities like New York, Honolulu, Los Angeles, San Francisco, Detroit, Chicago, and New Jersey are unlawfully* banned from owning, carrying, and using handguns in self-defense, while subhuman scum prey upon these decent citizens with whatever guns they wish to use. *And . . .* when and where some lucky private citizen who *did* have a gun with which to defend himself shoots down some sewer creature, *he* (the private citizen!) faces the possibility of criminal prosecution for his act! Wild animals who approximate the appearance of humans gather in packs and gangs and attack individuals and couples for nothing more than the sick pleasure of doing so. The monsters “wild”, they “flash mob”, they “destroy fast food establishments”, they prey endlessly upon the helpless and weak. **That’s** our society today . . . and that’s why I urge you never to use violence unless you absolutely must in a clear and present situation of grave physical danger: **DECENT HUMAN BEINGS LIKE YOU ARE THE SACRIFICIAL PAWNS OF A TWISTED, DECAYING, COLLAPSING, ONCE-HUMAN CULTURE CALLED “WESTERN CIVILIZATION”**. Stay away from violence if at all possible for **YOUR** sake and for **YOUR** protection, not for any consideration of living filth-rot that ought to be stamped out like the polio virus!

Every decent human being has the perfect right to self-defense, and God knows we advocate and urge that you exercise that right with everything at your disposal, when and if necessary. But please . . . for your sake and the sake of those dear to you . . . avoid violence whenever possible, so as to avoid trouble for **YOU** and **YOURS**. It could easily mean trouble for you, over and above the challenge of defeating your adversary. That’s the best reason on earth, in our opinion.

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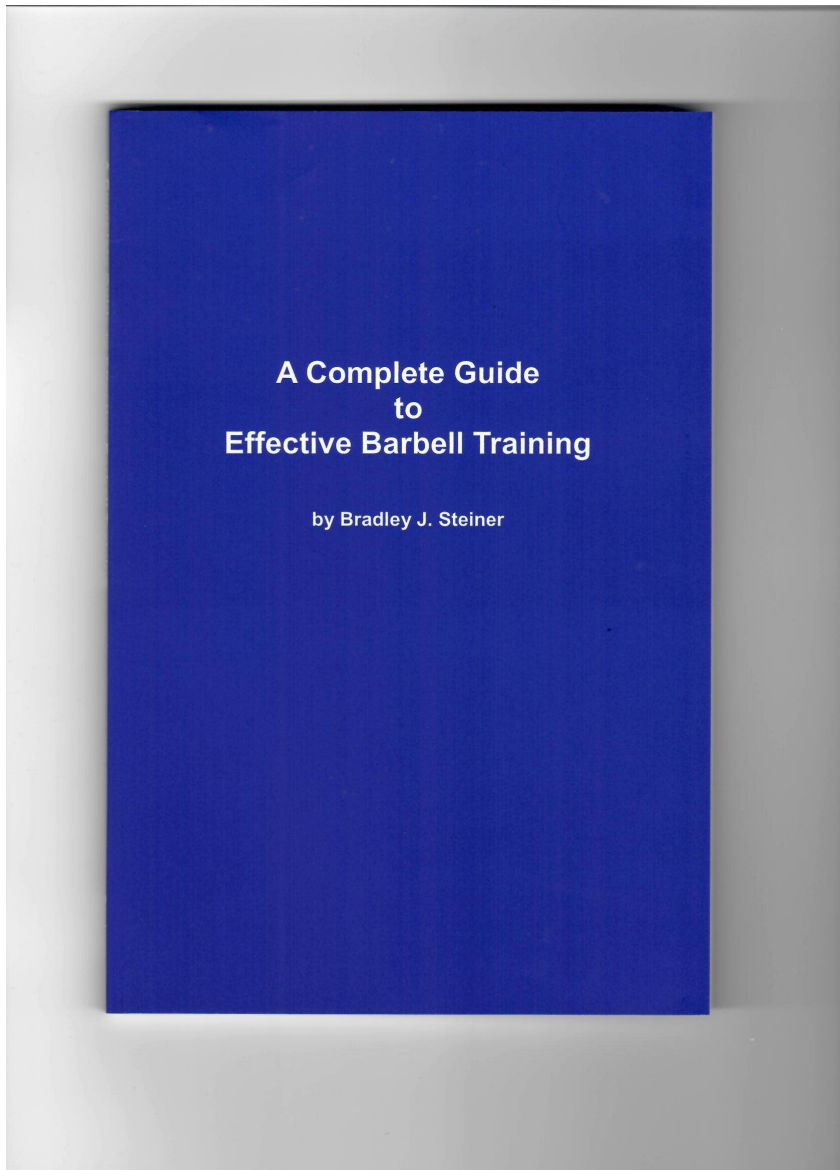
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A Million Cudos To A Wonderful Young Lady!

LAST month the news carried a wonderful story about a young lady who works in a restaurant in Savannah, Georgia. This young lady was busy tending to some task in the restaurant, her back turned toward the walkway behind her. Some pig passed by this young lady and groped her. *Immediately* she spun around and seized the piece of s—t, slammed into him, and shoved him into a chair. The police were called and, after viewing the surveillance video which scanned the interior of the restaurant, immediately arrested the scumbag. *This piece of crap was actually accompanied by his childre and his wife, who were apparently seated elsewhere in the establishment when this crime took place.* The a—hole was taken to jail!

We normally do not feel the urge to hug strangers, but we would love to hug and congratulate that terrific young lady! **Way to go!** If she lived here in Seattle we'd offer her a month of free training!

Now *that's the right way to do it, girls.* When some improperly brought up arrogant lump of s—t attempts to violate your dignity, privacy, person, and rights, **go get him right away!** This recent bullshit with females coming out of the woodwork to whine, snivel, complain, and bellyache (“Me, too! Me, too! Me, too!”) about alleged violations that they may indeed have suffered **20, 30, or 40 years ago**, makes little sense. *Speak up when it happens . . .* and don't be reluctant to physically resist any truly “unwanted” advances that become more than mere words. Kick the sonofabitch in the testicles, or crack him across the carotid artery or bridge of his nose — **right there and then, when the violation takes place.** Don't rear your head decades later and try for all the attention you can get (not to mention \$\$\$\$), via lawsuits). Statutes of limitations exist for a damn good reason. And we agree that ancient history is and must remain *in the past.* With the exception of murder (for which, as we understand it, there is no statute of limitations) we do **not** think it fair and just to allow unprovable charges to be levelled against men by females who claim all sorts of (quite possibly real) violations they *once* suffered, years and years ago.

We are 100% against physical violence against women (as we are against physical violence against men). We **want** women and girls to be

well able to defend themselves, and to do so, *when and where the need arises*. Obviously, there are times when immediate self-defense may be impossible, and we think it is clear that contacting the police to report a violation *within a reasonable period of time after the fact* is sensible and understandable. But allowing decades or even a few years to pass, is absurd.

Ideally, we'd like to see girls from the age of about twelve onward trained to deal with scumbags who think that they can use or injure them. **Nothing would be better for females — young or old — than possessing the mindset, and physical skills with which to handle abusive males.**

And as to *forcible* rape . . . it has always been our opinion that that crime should carry the death penalty when proven.

But we want to get back on track here and say that the young lady in that Savannah, Georgia restaurant should be regarded as a role model — even a hero — for females everywhere. She did *everything* right. She recoiled with rage and instant resentment and righteous indignation to the bastard's outrageous act against her. *She physically went after him!* Then she immediately demanded police presence and had the lump of s—t arrested.

We can only wonder if one (or perhaps both) of that scumbag's own children — who were present elsewhere with their mother in the restaurant at the time of this s—tbag's action — is a girl. If so, how would that bastard feel if anyone violated *his* daughter that way. We'll never know. But we do know that, thanks to one terrific young lady, the a—hole who encroached upon *her* dignity did **not** get away with his action!

Why “Contact” And “Full Contact” Sparring Is A Foolish Way To Prepare For

Actual Defense And Combat

WHEN the idea for allowing *full contact* in karate sparring arose (i.e. mid to late 1970's) it sparked a powerful response from martial arts enthusiasts. "Wow! That will *really* get you ready to kick ass in the street!", "Ultimate realism!", "This will let people prepare for actual combat when no one 'pulls' their blows", "No more 'theory' here! Now we'll *really* get to see how effective karate is!", and so on. We even knew the Top Full Contact Fighter at the time: **David Wells**. He was a fabulous fighter, strong as three men combined, and — despite his size — Dave was fast as a cat! He worked out in the gym we ran in The Bronx. Dave was also a gentleman of the highest order.

We knew that this trend in karate was a serious error, and that instead of *better* preparing students to defend themselves, it actually *misled* them and gave them a most unreal idea regarding what hand-to-hand combat actually is, and what one needs in order to be able to handle **genuine dangerous violence**.

First of all, *sparring* is unrealistic and counterproductive in readying anyone to deal with a violent offender *or* an enemy in military close combat. *Any* sparring . . . with or without contact. Sparring is a great **sport** (if you forbid contact), and no one can argue that those who train for competition are as legitimate and respectable as those who train for real combat. Do whatever you enjoy or find most fulfills your purpose in training. *But understand what you're doing, how it will condition you, and exactly what your participation will and/or will not prepare you for.*

If **contact** is permissible in sparring, then **RULES must** enter into *what sort of contact you can make*. Obviously, you cannot make solid and fierce contact with the **eyes, throat, ears, neck, sternum, testicles, knees, shinbones, insteps, kidneys, solar plexus, liver, spleen, bridge of nose (or philtrum), bladder, pubic bones, spine**. (Note that *originally*, when karate sparring was first introduced as a method **not of competing, but of developing combat skills**, **NO CONTACT** was the absolute rule, only **black belts** were permitted to begin sparring, and *all of the vital target areas were allowed*. Sparring was rigorously

controlled and ***no contact*** was the guiding rule. Period. No exceptions. That rapidly changed because the inevitable viewing of this exchange of techniques as a possible *sport* intrigued many people. Especially in the West, where the public loves **sports** (but, alas, hates disciplined, regular, hard **drill**) karate sparring took off. It was (as it is today) touted as an “exciting sport and a method of self-defense”. The latter has been diluted, however, to a dangerously low point. Competitive karate sparring (or ***any*** competitive match-type “fighting”) is *not*, regardless of what people like to believe, a reliable method of all-in self-defense and close combat. That it (like judo, boxing, wrestling, kick boxing, etc.) can be ***adopted by a highly proficient individual*** to a self-defense emergency is hardly surprising, and neither we nor anyone else (as far as we know) denies this.

But *full contact* karate actually instills and conditions in the participant the use of relatively benign techniques . . . so that they can make contact! Since participation in the activity involves intense concentration, and *the techniques become automatic*, one who participates in full contact karate will doubtless — unconsciously — resort to that which he competes with in an emergency. (Note: we have seen karate and MMA fighters already do this. Yes, it is sometimes effective; *but it isn't the best way to go against truly lethal assailants*. And one must be an experienced, in-his-prime *actively competing* athlete for this to work. A typical Joe will simply get bashed in the mouth and stomped).

And there is this: In full contact karate matches (or “contact matches” of *any* kind) participants get used to being hit. **But any average fellow or woman in good shape (and sometimes in not-such-good shape) will be able to handle *that* kind of “being hit” easily, in a real encounter. Fear, adrenaline flow, increased blood pressure, etc. that naturally occurs in an emergency, will permit Mr. and Mrs. average person to absorb and assimilate sporting-type blows and contact.** They don't need to spash each other about in sparring matches. **And no amount of conditioning from “sparring” and “competition” will enable anyone to withstand a broken knee or shinbone, gouged eyes, a crushed throat,**

powerful impact to their carotid artery, blows to the testicles, smashed kidneys or pubic bones, a ruptured bladder, burst eardrums, or a broken spine. We do not say all of this to be dramatic; simply to point out the truth. *Real combat* (and *real self-defense!*) demands that truly **destructive** actions be made reflexive, spontaneous, and automatic, on the part of the defender . . . or he may end up dead.

We have no quarrel with anyone who wishes to pursue any form, style, or school of martial art that he prefers. Nor do we argue against competitive sports. **Do what you enjoy, and that which meets the objectives you wish to attain.** Just realize that in order to prepare for actual close combat and real world self-defense, no sport, and no sporting venues will fill the bill. Combat/defense training is a wholly different animal. You can't change that fact; and you cannot ready yourself reliably for self-defense by participating in *contest* and *sport*, regardless of what anyone — or any fad — may insist.

Full contact training — full contact karate, etc. — is *not* the way to go for hand-to-hand combat training. Please don't find that out the hard way.

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