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SWORD and PEN

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

OCTOBER 2012 EDITION

www.americancombato.com

www.seattlecombatives.com

**DON'T FORGET! WHEN YOU'RE FINISHED READING THIS
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EXCELLENT INFORMATIVE AND INSTRUCTIVE MATERIAL
THERE, PLUS NEW ARTICLES ADDED EVERY
MONTH THAT YOU WON'T WANT TO MISS!**

Special Announcement

**Prof. Mark Bryans has been promoted to the rank of
Black Belt 7th Degree. Mark's dedication to training**

since the late 1970's and, during the last 20 years to teaching *American Combato (Jen•Do•Tao)* has been unwaveringly exceptional. He has succeeded beyond any reasonable expectation or hope in conveying not only the skills but also the philosophy and spirit of our System. As a student Mark has always been without peer. As a teacher, Mark has consistently provided the very finest instruction to his students, and has produced excellent Black Belts in our System, himself. In his personal life Mark unfailingly exemplifies the *gentleman-warrior* ideal, and continues to represent *American Combato* as its finest ambassador.

Congratulations Mark!

EDITORIAL

The Law Of Self-Defense — And You

THIS Newsletter — this web site, and our other web site, and the core of our teachings to our students, and of our writings to those who follow our work — is adamant in its advocacy of *citizens obeying the law and behaving in socially responsible, harmless ways toward their fellows*. We present tough, no-nonsense self-defense instruction and advice **solely** for the purpose of enabling decent people to be able to defend themselves against dangerous, violent criminal predators, and to provide instruction for members of our law enforcement and military services, to better enable them to defend themselves and the public against predatory felons and enemies of the Republic.

Unfortunately we have seen the laws regarding self-defense change in a very

undesirable way in our Nation, during the last 59 years. We are in fact catching up to the incredibly awful plight that their legal system now imposes upon our British cousins. *Criminals seem to have less and less to fear from the legal system, and decent citizens are more and more subject to serious penalties and lawsuits when and if they fight back against violent criminals.* The rights of the criminal seem to outweigh the rights of the victim in the hierarchy of juridical concern.

We would *love* to see drastic changes in the criminal justice system, and in the entire legal system, generally, regarding matters pertaining to self-defense. For example, we would like to see civil lawsuits for damages of any kind absolutely rejected across the board when undertaken against anyone whose actions of unarmed or armed personal/family defense have been deemed lawful by criminal prosecutors. ***The civil courts should simply throw such nonsense out!***

We would like to see *any* and *all* victims of violent attack held completely blameless ***regardless*** of the degree of damages or extent of injuries their defensive conduct caused their assailants. (The entire notion of “using only that amount of force that is necessary to stop the attacker” is, in our opinion, well-intentioned but senseless idiocy. *How in the world is the victim of an attack supposed to know what is on an attacker’s mind, or/and what that attacker is capable of — merely by whatever gesture of aggression he initiates at the start of an attack? He would certainly need to be able to do this impossible thing, in order for him to employ anything resembling a realistic defense, in an encounter with an assailant.*

Murders have commenced with a shove or simple wrist grab. Kidnappings have begun with a person’s path being blocked, or with an *apparently* low-level of *initial* force being employed by the felon. **And since attacks are always best stopped *in their formative stage* the intended victim of an attack who, once again, cannot tell *anything* about the degree of actual and inevitable danger he may be confronting if he waits, *should explode ferociously and wreck any physical assailant* before the situation becomes impossible for him to handle.)**

The laws regarding self-defense have never, to our knowledge, been reviewed and carefully evaluated in light of what input professionals in the fields of self-defense, close combat, and defensive weaponry can provide. Well meaning legal experts *theorize* about something they more often than not know absolutely nothing about. In consequence, they establish laws that impose conduct on private citizens who find themselves needing to act in self-defense that *place a heavy, often unmanageable burden upon the victims' shoulders*. Violent felons have no regard for the law. They understand nothing but force. They care not at all about decency, restraint, forbearance, dignity, and fair play. They *lash out*. They *injure*. They *maim*. They *devastate*. They *kill*. And the only thing that anyone targeted at the moment by one of these beasts can tell for sure is that ***he is now the intended victim of what may be deadly violence***. Why does the law place any restrictions on what such an unfortunate victim can do, and/or *how* he may do it? Our fond hope has always been to see laws enacted and enforced that — *literally* — make anyone inclined to the unjust initiation of violence ***absolutely terrified*** to act. Laws that leave ***zero*** recourse to any physical assailant — be he a schoolyard bully, a troublemaking lout, a street brawler, a mugger, gang member, terrorist, or you-name-it. We believe that ***ANY ACTION TAKEN BY ANY VICTIM AGAINST ANY ATTACKER SHOULD BE REGARDED AS JUSTIFIABLE, AND NO LEGITIMATE DEFENDER SHOULD EVER NEED TO CONCERN HIMSELF WITH EVEN THE REMOTE POSSIBILITY OF CRIMINAL CHARGES OR OF CIVIL ACTION***. *The law should, in our opinion, provide not the slightest recourse to any violent predator, and should impose draconian punishments with ZERO opportunity for the predatory felon's attorney to "plea bargain"*.

Our dream. Not a reality. Not likely ever to *be* a reality, and we understand this.

Until the law is changed and made saner and more realistic (which, as we've said, is something we expect **never** to happen), we all must learn to live with — and within — the law, as it stands.

So how can you best strive to insure that if you are ever attacked your *only* concern will be defending yourself against the attacker, and not — secondarily — against the machinations of the legal system?

We can only offer *personal* advice. We are not a lawyer and so we urge you, if you do have any questions regarding the law, to consult with an attorney.

Here's our personal advice in a nutshell:

1. Never, never, never, *ever* agree to fight with anyone. If ever you do raise a hand against someone it should be because that individual attacked you and gave you no choice but to defend yourself, because you felt that you were in immediate danger. Or, of course, that someone dependent upon you for protection was in such danger.

2. Regard *avoidance* as “self-defense technique number one”. Forget pride, get rid of any “temper” you may have, and throw out all concepts of “not taking any crap” from anyone. Determine to take *whatever the hell you have thrown at you EXCEPT actual physical aggression*.

3. Insults, challenges, disrespectful conduct, disgustingly rude comments made to your wife or girlfriend, etc. **DO NOT** legally justify taking physical action against the initiator of such antisocial verbiage — and if you *do* physically undertake to “*teach that a—hole a lesson!*”, you may well end up in jail **and** facing a substantial lawsuit.

4. Retreat, disengage, walk — or even *run* — away from any trouble that you perceive to be brewing, so long as you can do so without endangering yourself or a loved one in the process. If you are fortunate enough to live in a location where a **Stand Your Ground Law** is in effect, we recommend that you *not* stand your ground, *unless* there is some pressing reason that you do so, and that you **get the hell out of there!**

5. Avoid heated arguments. If someone believes in something so strongly that he gets *angry* when contrary views are expressed, that person is not going to change his mind, anyway. So why bother? Save your serious discussions for those who you know are civilized, intelligent human beings.

6. Set your mind so that you are prepared to crush *anyone instantly* who presents a clear and imminent threat of doing physical harm to you, and ready yourself so that you do not telegraph that you are ready and so that you do not wait a fraction of a second before acting ***ONCE YOU PERCEIVE THE INITIATION OF FORCE BEING GENERATED AGAINST YOU.***

7. Reconcile that it is far better, should the worst ever happen, to face whatever consequences may result from your acting in necessary, unavoidable, legitimate self-defense, than to accept the consequences of hesitation and delay — or passivity. Remember Brian Stow. Remember the thousands of victims every year who, once victimized, never are whole again, and often have the quality of their entire life altered forever, for the worse — ***assuming that those victims survived! Remember their families; devastated and ruined by the abominable acts of the predatory.*** In any instance when your mind and heart know that you need to act, **do so.** In the final analysis remember that your life and the life of any innocent victim is ***much more valuable and important than the lives of every predator who ever lived.***

Decent people — like ***YOU*** — need to remember these things and to be guided by them in order to remain reasonably safe and secure in a society that is at best only partially sane.

Bradley J. Steiner

An interesting thought:

“WHEN LAW AND MORALITY CONTRADICT EACH OTHER THE CITIZEN HAS THE CRUEL ALTERNATIVE OF EITHER LOSING HIS SENSE OF MORALITY OR LOSING HIS RESPECT FOR THE LAW.”

Frederick Bastiat

“. . . I assume that any man who attacks me from the rear is trying to kill me.”

— *Paladin* (Richard Boone)
Episode 39, Season 3 of
Have Gun Will Travel-1957

Another Lesson From The Real World

LAST month in the “Big Apple” one of those proponents of “all fights go to the ground”, and “ground grappling is inevitable and essential in self-defense” (in fact a *black belt teacher* who hails from the family who brought this game to America!) was attacked by two pieces of street manure. His reaction? He *punched* one of them in the face. The other one, according to the news report I read, fled the scene.

The expert injured his hand. No great surprise there, as we have been teaching since the 1960's, *the open hand blows are the primary ones for actual combat*. A simple chinjab smash or a handaxe chop properly executed would have dropped the vermin decisively, and would have resulted in *no* injury to the user's hand. *But those blows are not practiced by competitors and are not used in competition*. Remember, please: *Never drive clenched fist punches to the bony facial area!*

Hmm. *Blows* constitute the core of real world unarmed close combat, *as this sports competitor's apparent instinctive reaction*

under actual combat stress would seem to prove. But one needs *combatively proven* and *battle-validated* blows, **not** clenched fist punching (save in only a few rare and exceptional instances — of which the attack described here was *not* one).

And there were *two* attackers. Again, we counsel those who possess the wisdom to pay attention: *The vast majority of actual attacks involve two or more assailants and/or weapons.*

Luckily for this particular black belt the second attacker lost heart and beat a hasty retreat when he realized that his intended victim was ready to fight back, according to the news story we read. If the two scum had deployed with just a bit more savvy against the black belt they might have killed him. Thank God they didn't, and they failed.

The black belt's forte — i.e. competitive ground grappling and the use of submission skills — could **NEVER** have worked against two attackers at the same time. And the only one we know of who ever knocked *two* men senseless with clenched fist punches even though neither retreated was the late Jack Dempsey.

YOU DON'T EMPLOY GROUND GRAPPLING ON A CONCRETE SIDEWALK, AND YOU DON'T USE IT AGAINST TWO ASSAILANTS. (AND IF YOU'RE PROPERLY ADEPT WITH UNARMED COMBAT, YOU DON'T PUNCH, EITHER).

We realize that we are speaking only to a very select audience; but reinforcing the truth for the benefit of a thinking minority is never a waste of effort.

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, 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.

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!

Feigned Fear And Feigned Compliance

THERE are only two possibilities:

1. You will be aware of an attacker's approach and

intention

2. You will not be aware of an attacker's approach and intention

Encounters of type #2 can only be handled *reactively*. That is, once you are literally under direct attack you are best advised to **counterattack ferociously**. Explode like a maniac and go after your assailant with terrifying and merciless resolve. *Go get him!* Whatever part of you has not been disabled, trapped, or immobilized must be utilized *instantly* to inflict the maximum amount of damage to your enemy – *immediately!* ***And keep on attacking like a wild animal until you are no longer in danger.***

Encounters of type #1 offer a little more in the way of options. First, if you have gone to your relaxed-ready position – distanced, eyes on individual, hands ready to act, mindset adjusted correctly – *and your adversary makes the slightest move of aggression*, **preempt him and do it in the speediest, most shockingly destructive and devastating manner open to you!** Again, keep on attacking and do not relent until your enemy turns to flee, you can safely escape, or you have rendered your assailant incapable of endangering you further, and unwilling to try. *If*, on the other hand, the stranger whom you face does not initiate a violent gesture, but instead threatens and harasses you, and clearly verbalizes intimidating intentions, an excellent strategy is sometimes to *feign fear*. If you plead that you are ill, or perhaps that you have just gotten out of the hospital and have a bad heart, etc., and protest that you want no trouble, one of two things will happen:

- The lout whom you face will shrug you off, sneering that the

whole situation isn't worth it (i.e. he loses nothing in either his own eyes or in the eyes of his fellow bacteria if he walks away from someone who is helpless and scared), and you've avoided trouble. That's great! — or —

- He will disregard, quite possibly with an air of amusement, your protestations and proclaim that he doesn't give a damn — and then he will attack you, anyway. *In which case you will have greatly magnified the extent to which the element of surprise will now serve you.* At that point, after misleading the scum into an assumption of your helplessness, you instantly attack and brutalize him without mercy. *Take advantage of the fact that he is overconfident and unrealistically assessing you, **and smash him into the ground.*** Give him no opportunity to recover and react to you; *just attack, and attack, and attack,* and do not stop until there is no more danger.

Feigning fear (timidity, helplessness, inability to resist, etc.) can prove a perfect tactic when dealing with belligerent, dangerous street scum. Remember that the sewage who attack people *believe* that they will be successful or they wouldn't attack. Combine that with a further deadening of concern about you being any kind of problem because you're "ill" or "terrified", and you have given yourself the royal opportunity to blast into your tormentor by **complete surprise**, and not only catch him mentally unprepared to meet your action, but *totally helpless to prevent you from doing to him whatever you will!*

True Story:

A family arriving home is startled by two armed intruders hiding in bushes in front of their home. The animals force the husband,

wife, and child into the house at knife point, threatening to stab the wife and the child if they are not obeyed.

After entering the house, the vermin release the wife and daughter, and stand brandishing their knives menacingly. They demand to be told where the money is. The husband feigns dizziness and stumbles back, sitting down on the living room sofa. "Yes, yes, of course," the husband mutters, "Please, I have a weak heart! You can have all of our money, just *please* don't hurt us!" he cries. Doubling over as in an attempt to recover his mental focus the husband reaches quickly for the .357 revolver under the sofa's cushion. The two scum never notice anything, and die in a state of total bewilderment as the husband leaps to his feet, pistol in hand, and shoots both of them dead within a second.

Happy, happy, *happy* ending!

Feigning fear *works*.

Compliance on the part of the victim tends to relax any armed thug. Once a piece of street filth is convinced that his intended victim will offer no resistance, and the filth will get what it wants, the filth is *primed* to be destroyed!

Any armed attacker that "gets the drop" on you should not be immediately resisted. Instead, you should act convincingly terrified (so that he feels no need to use the weapon right now), and then completely *compliant*, so that he feels comfortable and at ease, and has not even the slightest suspicion that you intend to resist. We would urge this same reaction if you are ever confronted unexpectedly by multiple assailants who initiate their

approach with intimidating verbal threats. *Feign compliance.* “Okay, you’re in charge, man. Just don’t use that knife, please!” will put a punk off his guard. “Hey guys, I don’t want any trouble. If you want my money you’ve got it!” will set the minds of the two or more lumps of s–t who gang up on you at ease, and create a splendid opportunity for you to destroy each one! When you see it, and you will see it, and the punk(s) relaxes and appears less concerned, believing himself now to dominate the whole predicament, **ATTACK WITH ABSOLUTE FURY!** Growl and scream like a madman and use every ounce of strength you’ve got to destroy the opposition. And *don’t stop until the opposition is destroyed.*

Feigned fear and feigned compliance. Practice employing this tactic and, should your life or the life of a loved one ever be at stake, *use it,* and show no more mercy for your attacker than you show for a rat infestation.

Are Wartime Methods Of Close Combat

Suitable For Modern Self-Defense?

PERHAPS it will be no surprise to many when we say that we *absolutely* believe that wartime methods – specifically WWII’s wartime methods! – have direct relevance for the self-defense pupil *today*, in modern urban society. (As for the *current* so-called “military combatives programs” in our armed services, well, let’s just say that we don’t have any confidence in them).

Our *American Combato (Jen•Do•Tao)* System builds largely upon the methods of Fairbairn, Applegate, Sykes, Brown, O’Neill, Biddle, and somewhat more latterly, Styers; and although we go

far beyond the *short-term course* approach of WWII, everything that we teach, with and without weapons, is very much a sophisticated continuation of and building upon the bedrock skills that were proven beyond doubt or question to have worked splendidly in the 1940's war against world fascism.

America in 2012 bears no relation to the relatively civilized Country that it was immediately following WWII. This no doubt accounts for the fact that one of the martial arts' great *practicalizing* pioneers, Bruce Tegnér, urged that wartime methods are inappropriate for modern self-defense. Tegnér, for all of the great contributions that he made to eliminating sheer bullshit from the subject of self-defense, was a bit dated in this regard. His disdain for firearms was in our view outrageous, and aside from a few other points to which we take exception, it is Bruce Tegnér's (in our opinion) somewhat *toned down* attitude toward dealing with physical aggression in the modern urban setting that we caution students against accepting. *Following WWII, during the late 1940's and throughout the 1950's, violence in our cities was considerably different than it is today.* We remember, for example, that street fights then entailed no "dirty fighting" (can you believe this!), and *never* did two or more gang up against one. No kicking(!). Punks, bullies, and troublemakers just about *never* carried any weapons, and the few amateurish "gangs" that then existed fought amongst themselves; they essentially left other people alone — they were not aspiring Mafia, complete with fully automatic weapons, intricate leadership, structuring, and ambitions to succeed in the narcotics trafficking business.

The private citizen in today's urban environment confronts the likelihood of being attacked by a fierce and murderous social misfit; a real psychopath with not the slightest respect for or

appreciation of the value of human life and dignity. In order to deal effectively with such monsters it is necessary to be equipped with armed and unarmed combat abilities that can stand up to the worst and most dangerous challenges.



A PAGE FROM *KILL OR GET KILLED*, 1ST EDITION (PUBLISHED DURING WWII). NEVER MIND ARM-LOCKING A LOU WHO GRABS YOUR JACKET, OR THROWING A CLENCHED FIST PUNCH! THE WAR-PROVEN *EDGE-OF-THE-HAND* BLOW IS EVERY BIT AS EFFECTIVE – AND *JUSTIFIED* – ON THE STREETS OF A MODERN CITY AS IT WAS IN OCCUPIED EUROPE OR THE PACIFIC THEATER, DURING THE SECOND WORLD WAR.

In war one does not necessarily or even usually confront murderous, wild animals. One confronts enemies who, in

peacetime, might be otherwise employed even as *you* are; they may be responsible and loving family men, business people, or perhaps professionals in one or another quite respectable and necessary calling. *On the mean streets of urban society one often confronts the vilest scum. Self-created monsters, antisocial misfits and killers; dregs of human society in the extreme . . . and often dregs who boast of their abominably evil lifestyles.*

We have had for nearly 50 years now a reputation of regarding violent predators as subhuman garbage; subhuman garbage who – if our society were sane – would be eliminated and disposed of at once, and without mercy. And while the majority of those who seek self-defense training have always been unable to accept the truth, and have been too weak and brainwashed to face the reality of that which we present, we find an ever-increasing number of fed up, disgusted, outraged, angry, and just plain pissed off private citizens who *are* coming around. With the atrocity lists growing exponentially virtually everywhere civilized people live, it is becoming more and more evident to those with sense enough to undertake the study of self-defense that *we* (the decent human beings) are at **WAR** with *them* (the animals). And there is only one way to fight a war: *To win.*

Numerous martial arts teachers who, finally, have begun to see the light, have e-mailed and written us praising *Sword & Pen*, and thanking us for the many free articles on **www.seattlecombatives.com** that present methodologies and philosophies and guidance on the mindset, skills, training methods, and miscellany of *real, serious* combat; instead of either

the classical/traditional or the sporting/competitive stuff with which they had been brought up and which – until now – they passed on to their own pupils. Now they know better.

Do *you*?

May God forbid the onset of any violent emergencies interrupting your life or the lives of those you love. However, *IF* it ever should happen – and let's face it, it *could* – *would you be capable of handling the situation?* We can tell you that pretty, acrobatic, artistic, flowery, competitive skills **WILL NOT STAND UP TO THE WORST AND MOST EXTREME EMERGENCIES!** *War-proven skills will stand up to them . . .*and it is war-proven all-combat skills, tactics, and mental conditioning that you must study and train in. That's what we teach, that's what *American Combato* is all about, and that is all that it is "all about"!

There is a place for classical martial arts, and there is a place for competitive martial arts. But the street, your home, the battlefield, or anywhere you care to name outside the dojo or training or sporting hall, is **NOT** one of those places. When deadly violence and real danger threatens, it's *war*.

And wartime methods are what you need. They are justified, and they are the only real methods that, under extreme conditions, you can truly rely upon in order to prevail.

How To Attack



BEFORE THE U.S. MILITARY BECAME ENAMORED OF THE TYPE OF TRAINING IT INFLECTS UPON ITS MEMBERS TODAY, SERIOUS AND WAR-PROVEN METHODS, SUCH AS THOSE DEVELOPED AND TAUGHT BY PAT O'NEILL AND OTHERS DURING WWII WERE LACED INTO THE HAND-TO-HAND COMBAT INSTRUCTION THAT WAS GIVEN. FROM AN OLD EDITION OF THE ARMY'S FIELD MANUAL 21-150 ("COMBATIVES") THE ABOVE ILLUSTRATION SHOWS ONE OF THE SIMPLEST AND MOST RELIABLE OF ALL WAYS TO BEGIN AN ATTACK IN REAL CLOSE COMBAT – WITH A POWERFUL STOMPING SIDE KICK TO THE KNEE! IN *AMERICAN COMBATO* WE TEACH A SERIES OF DEVASTATING ATTACK COMBINATIONS IN WHICH THE OPENING MOVE IS A LASHING KICK TO THE ENEMY'S KNEE.

THE context in which we use and advocate “attacking” is as a *preemptive* rather than as a purely *offensive* action. In other words we **DO NOT** condone starting fights, agreeing to fight, or getting into fights, or starting physical violence for any reason save that of preempting an unavoidable act of aggression on the part of someone else. There may be an occasional exception for military persons *acting in wartime against a declared enemy*, but on no account and under no circumstances do we sanction,

advocate, condone, espouse, justify, or otherwise give encouragement or consent to *initiating* violence.

When nothing better offers, and when you *must* take aggressive action or be injured by some troublemaking felon, then you will want to:

- *Make your move completely by surprise, telegraphing nothing.*
- *Growl, grimace, and scream like a madman as you make your move*
- *If at all possible make your initial strike to a truly vital target area. If this is impossible, then distract first, and then attack the knee, testicles, eyes, or throat/neck area*
- *Depend upon blows. Grab or hold your enemy — or attempt to throw him to the deck — only as a component of your striking action, in combination with blows, or after hitting him*
- *Use open hand blows, gouges, low kicks, elbow smashes, head butts, biting, and ripping-claw like actions, as these are best for decisively stopping a dangerous attacker*
- *Continue driving forward into your enemy, and keep on attacking! Stop only when you have rendered your attacker harmless*

Remember, when you train, that the following are hard-won *facts* about close combat, and it is from these *facts* that we derive the foregoing half dozen points about preemptive neutralization in close combat:

1. A surprise action that is not telegraphed and that follows a straight path to the target when the target is within range will land.
2. Followup and follow through must be cultivated as **basic tactic**; since it is almost impossible to count on any one, single move or blow to stop a

determined enemy.

3. Ideally, an enemy's *physical* and *psychological* balance should be destroyed as you attack, as this renders him unable to mobilize whatever resources he may possess.

4. Balance is best offset psychologically by *yelling, grimacing, growling, throwing dirt in the enemy's face, etc.* and by *feigning the opposite of your true intentions before you go into action.*

5. Balance is best offset *physically* by slamming a hard kick into his lower leg or testicle target area **or** by smashing into his face/eyes/throat/neck and *then advancing with all of your weight, strength and momentum and continuously attacking without letup.*

6. Dangerous, determined physical attackers can be reliably stopped only by **a)** massive shock to the central nervous system, **b)** interfering with the adversary's breathing, or **c)** a combination of *both* "a" and "b" applied at the same time.

7. Blows of the hands, feet, elbows, arms, knees, and head are the *fastest, least complicated, and most reliable* tools for actual hand-to-hand combat; and this has been proven in **war**.

A further tactical tip for preempting an aggressor:

Remember that any time to strike *high* you create an opening *low*, and vice versa. Use this tactic whenever feasible — it is surprisingly effective.

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PROF. MARK Bryans (6th Degree Black Belt in *American Combato*) has informed us that he is instituting a terrific new ten lesson program (Ten 1-Hour Private Lessons with him, personally). The program is designed to combine training in the proven techniques of *American Combato* with the kind of progressive-resistance (weight training) exercise that we advocate for

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PROF. MARK BRYANS (ON THE RIGHT) WITH ONE OF OUR BLACK BELTS, DAVE SMITH. THIS PHOTO TAKEN DURING A VISIT TO MARK'S SCHOOL IN PRESCOTT, ARIZONA.

Pupils can continue this regimen under Prof. Bryans, enrolling for ongoing blocks of ten sessions each, or after completing one or two series of sessions, transition to standard *American Combato* instruction, and workout with weights on their own.

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Everyone with whom we've spoken who has received *American Combato* and/or weight training instruction from Prof. Bryans has been delighted with the results that he has obtained.

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And don't forget that we offer class and private lesson instruction at our School, in Seattle, Washington. It's too late to learn once you are attacked. So exercise foresight and sound judgment: *Learn how to defend yourself before you are attacked.*

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

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique

attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

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

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

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

4. RULES OF SELF-DEFENSE — \$17.

Perhaps the most politically INcorrect presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so

that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. THREE MONOGRAPHS — \$22.

Here are three monographs you will not want to miss:

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**Are You Sufficiently Desensitized?
Are You Desensitized?**

**(Don't Overlook This Crucial Facet Of Mental
Conditioning For Combat)**

A violent, predatory felon is what he is to a large extent because he is *desensitized*. That is, he simply does not care about others, or regard them as being of any particular significance beyond that of serving as his prey. In fact this is one of the reasons why you ought not attempt to plead with a violent troublemaker (except to distract and to mislead him): *He genuinely doesn't care. He reads pleading and submissive conduct as weakness which it is his prerogative to exploit. He is encouraged by helplessness in others.*

To care no more about terrorizing, maiming, or killing another human being than one would care about swatting a fly is an attitude that most decent, psychologically healthy members of the human species cannot really grasp. It is foreign to everything that they believe. Yet, grasping the fact that *this is exactly the way predatory felons think and feel about savaging others* is key to understanding them, and constitutes a major lesson in determining how to prepare to deal with them.

If you wish to be ready and able to defend yourself and to take whatever action may be necessary to defend your family then *you* must learn to be as insensitive to whoever you may be called upon to defend against as he is to you — or to whomever his victim may be. You must become *desensitized* to inflicting whatever injury upon the attacker may be necessary.

The absurd arguments that one so often hears about “*violence cannot solve anything*”, that “*one mustn’t stoop to the criminal’s level*”, or that “*two wrongs do not make a right*” deserve no consideration and should in fact earn for those who mouth such bromides utter contempt. The truth is of course that quite often **violence is the only way to solve the problem of another’s imposition of violence upon one**, that **unless one can meet — and beat — the violent criminal at his level, one will be mercilessly violated**, and that **equating the use of force that has been defensively undertaken with that force which some felon has criminally initiated amounts to a subversion of the very concept of “right” and a virtual blank check for those who seek to do wrong.**

Your attitude toward a violent offender — be he a schoolyard bully or an international terrorist — should be that he is no more than filth or bacteria, and that he deserves *zero* mercy or consideration. Your attitude must reflect *desensitization*, and it is justified because the criminal started it and **your** well being is more important than his. (And anyone who doesn’t or who won’t understand this does not merit further consideration or attention).

The difference between the criminal’s attitude and yours is that the criminal is generally desensitized insofar as harming anyone is concerned; *you* must become and remain desensitized only to harming violent criminals.

We have some tips for aiding in and speeding up the process of developing a desensitized state of mind for self-defense. We offer them for your review and help in metal conditioning:

1. Study carefully all of the news reports that you can, pertaining to violent crime. Read true accounts of atrocious violence. Consider the fact that either you or someone you love could *easily* have been the victim(s) in that which you read. *Feel* what that would have been like, emotionally. Try to “get into” the victim(s) place and understand the horror and the devastation that the perpetrating monsters foisted upon the actual victims. ***Build up hatred and resentment for the predators who cause such evil.***

2. Think long and hard about the effect on *your* family if you were maimed or killed. Or the effect of your wife's death — or of your child's. The obscene and unforgivably atrocious attack on Brian Stow in Southern California is a classic example — not only of the tragic consequences of an attack upon the immediate victim, but also of the consequences that such senseless violence wreaks upon the loved ones, friends, and family members of the victim. *All* of these innocent people, in effect, become victims, too. Ponder the sheer wanton *evil* and senselessness of such vermin who commit violent crimes. *See them for what they are — i.e. scum — and lose any concept you may have of these filth being “human”.* **They are not.**

3. Cultivate a burning hatred and rage inside of your psyche — a righteous *resentment* — toward the existence of all violent predators, whether children who are bullies and who torment other children, or international terrorists who spread horror, grief, and unnecessary loss and tragedy to countless thousands or millions. Whatever the degree or extent of any predator's actions, *the predator is a contemptible, subhuman, malicious entity who deserves no consideration or mercy, whatever.*

4. Speak to anyone you know who has ever suffered any violation at the hands of *any* predatory scum. Children or adults who have been bullied; people who have been mugged or otherwise assaulted, the victims of gang violence, rape, armed robbery, home invasion, cracking, abduction, and so on. *See what the results have been in these peoples' lives. See how it affected them and their families.* Speak to anyone who has lost a friend or a loved to a violent predator. **When you understand what these bacteria leave in their wake you will feel nothing more toward them than you would feel toward a roach or a fly at a picnic.**

5. If you can, speak to law enforcement officers who have had several years of street patrol experience in any major city. Let these professionals tell you about the garbage that they have arrested. Let them tell you about the tragedy that each street punk, troublemaker, bully, mugger, and other violent lout has brought into the lives of completely innocent, decent human beings. Human

beings like *you*, and like all of those dear to you. Vow to be *prepared*, and *never* to be among the ranks of those who have been successfully victimized.

6. Ponder the fragility of human life; of *your* life and of the lives of those dear to you. Remember that violent predators *threaten* your life and the lives of others, and threaten to reduce the quality of your and of others' lives — *and there is no sense, rhyme, or reason to their heinous acts!* **DAMN THEM for what they do! Damn them *all* for making an already vulnerable, finite, fragile life more wrought with pain and suffering than it ever needs to be, and — sometimes — for actually *ending* that life prematurely.**

7. Convince yourself that no matter what the press, “teachers”, neighbors, “friends”, or any variant of liberal garbage-incarnate that you may be so unfortunate enough to encounter, may tell you, **YOU** will not see predators and troublemakers as human beings — but rather as the filth and bacteria that they are.

You have a choice. You can desensitize yourself so that you will be unrestrained in resorting to the appropriate degree of force that a given emergency requires of you for protection, and thus stand an excellent chance of prevailing. Or, you can float off into fantasy, believing the popular lies and moronic brainwashing that most enjoy believing and passing on to others (creating, as they do so, perfect victims).

In every instance (and there now been *many*, over the years) where students trained by us have successfully met and defeated dangerous, unprovoked criminal aggression, they have reported afterward that it was not only the superior **techniques** that they had been taught that enabled them to prevail; it was also — and some have said *primarily* — the **mental conditioning** *and* combat mindset with which their training with us had equipped them.

Desensitization is part of this. Act, and train, accordingly.

As we receive numerous requests to quote items and passages that appear here in *SWORD & PEN* and on our other web site, www.seattlecombatives.com, from the various sections there, we will again state the terms by which our material may be used and used *only non-commercially*:

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PLEASE be sure to tell others about this site and about our other web site. *We would like as many as possible to benefit from the information and instruction that we provide!*

YOURS IN DEFENSE,

Professor Bradley J. Steiner

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