

©Copyright 2017 by Bradley J. Steiner - ALL RIGHTS RESERVED.

SWORD and PEN

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

NOVEMBER 2017 EDITION

www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

E d i t o r i a l

WWII Methods — Rooted In Cold, Objective Reality

LONG before anyone even mentioned “WWII methods” of combat we were using *Kill Or Get Killed* and *Get Tough!* as texts for our own learning and training (over and above any formal “martial arts” that we were studying), **and** we were supplementing what teaching we were doing with these WWII methods (much to the delight of those whom we were assisting in training!). We began advocating the WWII methods in the late 1960’s, and we built our *American Combato (Jen•Do•Tao)* System on and around the priceless lessons that these methods taught us. Charlie Nelson was then the only live

teacher we had who not only encouraged the use of these skills, but who in many ways also taught such skills to us. This was in the late 1950's/early 1960's when Charlie's Course was itself rooted in the kind of combatives that he had learned and taught in WWII to the marines. He even taught us the O'Neill System during the nearly three years we were with him. (Later on, in the '70's and until he retired, Charlie's approach changed, and he emphasized a lot more arrest and control type grips and holds). When years later we met and learned from Col. Rex Applegate and Maury Geier who knew and studied under Fairbairn personally, we had become convinced that the WWII methods approach was hands down the **right one** for self-defense and for military close combat. With our background in ju-jutsu, Indian varmannie, tae kwon do, and numerous other "short course approaches" to self-defense, we analyzed and extracted from all of that which we had learned *those techniques that measured up to the WWII philosophy and standard* — primarily as advanced by William Ewart Fairbairn, Eric Anthony Sykes, Dermot O'Neill, Anthony J. Drexel Biddle, and Rex Applegate. That standard, articulated beautifully by then Captain Rex Applegate in 1942 is:

“Will this work so that I can use it instinctively in vital combat against an opponent who is determined to prevent me from doing so, and who is striving to eliminate me by fair means or foul?”

There you have sheer wisdom as far as close combat and self-defense is concerned! We took *all* of the significant WWII methods (including that taught by Wesley Brown and Joe Begala, which we regard as good but seriously flawed to an extent due to way too much emphasis on grappling, and some awfully impractical "defenses"; indeed a too great emphasis upon "defense" per se) and we painstakingly combined and blended these methods with every scrap of material we could extract from the usual martial arts (including kenpo-karate) that was practical, doable, realistic, and that ***met the Rex Applegate Standard***. We added modern weapons, naturally, and drew some tactics from rough-and-tumble ("street" and "alley" fighting) as well as "trick fighting" (popular tactics used by inmates of prisons when they fought hand-to-hand) and we created a **complete modern martial art**. We've been copied since, even plagiarized, but **OURS** is the real McCoy and offers

the full, original, and authentic deal. Those who are old enough and who have been in this field long enough know this to be true.



Certainly one of the significant WWII Instructors: Dermot (“Pat”) O’Neill, who taught the First Special Service Force — The “devil’s Brigade”. Like Fairbairn, who was one of O’Neill’s teachers. O’Neill emphasized very destructive and simple methods. Above he demonstrates the edge-of-the-hand blow to the carotid artery. Like *all* of the WWII methods, this basic but utterly reliable and practical strike, played a very important part.

If you study with us you will be getting training in **war-proven** methodology; stuff that has been *proven* to work . . . and to work against dangerous, determined, in many cases highly trained adversaries. (Remember what happened when the American marine, with perhaps 12 to 20 hours of this kind of training, met the Japanese soldier in close combat, in the Pacific theater of WWII. The Japanese soldier had been trained in judo/ju-jitsu throughout high school [it was a *required* subject — so many of these men had black belts]! The marines won. Their brand of mayhem clearly defeated the formalized, rigidly-structured “art” that they had learned.)



ANTHONY BIDDLE DEMONSTRATES A SIMPLE BUT DEVASTATING TECHNIQUE ON A MARINE “VOLUNTEER”. SOME OF BIDDLE’S WORK (LIKE BAYONET DUELING) WAS OF HIGHLY QUESTIONABLE MERIT. BUT BIDDLE’S HAND-TO-HAND WITHOUT WEAPONS WAS EXCELLENT. BIDDLE WAS CHARLIE NELSON’S PRIMARY JU-JUTSU TEACHER.

The modern student of self-defense has no such limitation on the time he has available for training as that which the marine raiders, the British commandos, the First Special Service Force, and the SOE and OSS operatives had. He has *months, years*, and even the rest of his life to study! and with American Combato he will *never* deviate into “art for art’s sake” or pointless tradition and formality. Always he will remain with the practical, with the war-proven, with *that which works*.

American Combato, like the WWII methods that so powerfully influenced its development and that are integral to its curriculum and doctrine, is rooted in cold, objective reality; exactly what you want if your goal is unarmed and armed self-defense and — if you are a military man — concerned about meeting a deadly enemy in wartime combat.

Bradley J. Steiner

“The whole secret lies in confusing the enemy, so that he cannot fathom our real intent.”

Sun Tzu, *The Art Of War*

Get Into Shape!

PEOPLE in terrible physical condition have successfully defended themselves. Extremely weak people have successfully defended themselves. All true. Still, there can be no denying that being *in shape* and *strong* constitutes an asset when it comes to defending yourself. So, the message is:

Get into shape and build your physical strength.

Weight training constitutes the fastest, surest, and most efficiently safe and certain way to build both condition *and* strength, when properly used. “Properly used” unfortunately, has little to do with today’s popular approach to mainstream “bodybuilding”. The ridiculous outsize proportions that are sought, the use of steroid drugs, the insane routines of training, the crazy diets, etc. should *all* go down the toilet! Not healthy. Not necessary. Not what we want.

Barbell and dumbbell physical training that was done in the 1940’s, 50’s, and 60’s constituted the **right way**, by and large. That this approach has been all but abandoned is a regrettable thing. **However**, there is no reason on earth why an individual who possesses the common sense needed to appreciate the right way to do things cannot do them! Anyone who *wants* to train correctly with weights can do so — and he certainly should. The benefits are beyond measure.

When it comes to self-defense it is clear that you cannot have too much strength. The nonsense about strength not being necessary, or that building strength with weights produces “muscle boundness” (a nonexistent condition!) is believed by far fewer people today than it was once believed; but for anyone out there who has even an iota of doubt about it, get this straight:

Hand-to-hand combat *always* requires strength, and the most skilled practitioner of any “martial art” that you care to name will improve his ability to engage an adversary if he becomes stronger. *All other things being equal* (which they never are) the **stronger** combatant will win every time; and that is **FACT**, plain and simple. Sometimes strength alone can enable a person to defeat his adversary; often strength enables a person to *better withstand punishment* during an attack. Any way you care to look at it, **strength is important**.

So is being in good all-round condition. First, because it greatly enhances skills performance. Being in good condition permits you to apply your combat techniques more effectively — with greater speed, power, accuracy, and

balance. **You perform all physical actions best when you are in good condition. Period.** Second, being in good shape fosters *self-confidence*. When you know that you are fit, fast, agile, strong, and well-coordinated you have more confidence that, should trouble come, you will be equal to meeting and to handling it successfully. This is an enormously important benefit.

Getting into great shape entails four key things:

- Working out regularly and sensibly on a progressive resistance routine of all-round body exercises.
- Good nutrition.
- Getting sufficient rest and sleep.
- Maintaining a positive mental attitude

Naturally your present age and physical condition and the state of your general health will determine how hard you should exercise, the ideal dietary plan for you to follow, and how much rest and sleep you require. The **positive mental attitude** however, is yours for the effort of cultivating it!

Always check with a physician before beginning a vigorous course of weight training.

Strength and condition building is for *everyone* of *any* age. Goals must be realistic, and training needs to be adjusted to fit each individual; but this is easy to do, and when done it assures enormous success — *mentally* as well as physically.

We recommend our book, ***Complete Guide To Effective Barbell Training*** (see details further on in this Newsletter). It gives you the *real deal* on how to use weights properly for the finest all-round physical benefits imaginable.

You do not need to join a gym (or, God forbid, one of those “health clubs”).

With the simplest equipment you can workout at home and reap optimum results. Nothing elaborate is required, and weight training equipment lasts a lifetime.

Two cautions:

1. Do not make the mistake of thinking that weight training can *substitute* for your training in combat skills. You must practice seriously and regularly. The weight training is *in addition to* your combat skills work.
2. Plan a realistic, workable weight training schedule that fits your lifestyle. Training correctly *three times a week* on a sensible total body workout is ideal for most people; and training twice a week for many suits them better. Workouts should be between 30 and 60 minutes in length for newcomers. (Anyone who has had considerable experience with weight training can write his own ticket).



ABOVE: MASAHIKO KIMURA, THE STRONGEST AND BEST JUDO FIGHTER THAT THE KODOKAN EVER PRODUCED, USING WEIGHTS TO BUILD AND MAINTAIN AS MUCH STRENGTH AND CONDITION AS POSSIBLE. MAS OYAMA, THE GREAT KARATE MASTER, ALSO USED AND ADVOCATED WEIGHT TRAINING.



ABOVE: THE WEIGHT-TRAINED PHYSIQUE OF MAS OYAMA IN HIS PRIME, FOUNDER OF THE KYOKUSHINKAI SCHOOL OF KARATE. OYAMA WAS A NATURALLY HEAVY-FRAMED, POWERFUL MAN, AND THE MUSCULAR DEVELOPMENT HE DISPLAYS IS NOT ACHIEVEABLE BY EVERYONE . . . BUT GREATER STRENGTH AND A BETTER PHYSIQUE ABSOLUTELY IS!

We began weight training ourself in 1963, while a student of the martial arts, in high school. We have been in love with weight training ever since, as we have been in love with combat arts training. Few activities go as well together as **self-defense/close combat training** and **sensible all-round weight training!**

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.

“ [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!

A Primer For The Senior Citizen Seeking Self-Defense

Preparation

IN our sick society two groups of people are frequently targeted by predators; The very young, and the very old (or at least “the older”). This is a despicable and shameful reality and the victimizers of either category of presumed-to-be helpless victims should be eradicated like a rodent infestation. They won’t be, though.

So, it remains for parents to do their job well and see to the protection and safety of their children, and it remains for those who may be regarded as “senior citizens” to realize that they need self-defense training and preparation — perhaps even more than the youngsters do! To scum, the older person is a tempting target. The predators believe — often correctly — that someone in his 60’s, 70’s, or 80’s is easily intimidated, easily injured, and very unable to offer serious resistance to attack. There are exceptions of course, and this is wonderful; but the majority of people who are *past middle age* (let alone “seniors”!) possess no capability whatever to dispatch street sh–t that attempts to victimize them.

We’d love to change that . . . at least as much as we can.

Recently an acquaintance who was aware of what we do and who observed us teach a class commented afterward, “Boy, the idiot who attacks *you* is going to end up a case for the stretcher-bearer!”. Well, we certainly hope so. It occurred to us while speaking with our acquaintance that *we* are now most definitely a “senior citizen”! How about that! We’re over 70 and indeed, while not able to do what we did and train as we did when we were 25, we can do some *serious* damage very quickly to just about anyone who takes us for an easy roll. Our techniques are strong, fast, accurate, and sharp. We train on very destructive, decisive, no-nonsense skills — four times a week. We train with weights thrice weekly. And our mindset . . . well, let’s just say that we’re no Florence Nightingale and we’re not likely to feel even a smidgeon of mercy or compassion for *anyone* who offers us or ours violence.

Seniors who have been at hard *practical* combat training and P.T. all of their lives need only continue to train as their experience and judgment dictates. But those seniors who are just coming to self-defense and close combat work because they realize that they need this training will find the following guidelines to be helpful. There is no real *radical* difference between how young or older people should train ***providing they follow a good close combat/defense curriculum***. Classical martial arts are beautiful and worthwhile, but their practical use diminishes drastically after the student passes his 30’s. Even for the youngster in his late teens and early 20’s classical arts are only about 25-30% genuinely practical, anyway. Too much fancy, acrobatic, flashy nonsense. Way too much lack of modern realism. Train in practical methods like *American Combato* and what you learn at 20 will stay with you and be quite effective when you are 80, although your strength, speed, and resilience will have naturally diminished somewhat. *Age affects us all. And if you believe the nonsense about martial arts masters in their 80’s and 90’s being “more dangerous and skilled than ever”, you are falling for a lot of hokum.* Older people certainly can defend themselves if they learn and train in proper combat methods; but they cannot hope to maintain the advantage of agility, strength, and athleticism which they enjoyed in their youth. **Reality people . . . please, *be realistic!***

Here is what we'd advise and emphasize for those seniors who want to be ready for any emergency:

1. Weapons first.

Weapons are tools. Tools are intended to make tasks easier and more efficient. Possessing a handgun, shotgun (for home defense), a knife, a walking stick, a homemade blackjack, etc. makes defending yourself *easier and more efficient*. When teenagers or men in their 20's or 30's attack someone two to three times their age, they deserve the same consideration a good doctor would give a cancerous tumor. ***Get rid of the damn thing!*** Weapons give you an edge.

Naturally, we do not advocate breaking any laws here, so check with the law where you live and arm yourself with the most effective weapon the law allows, be it the ideal weapon — i.e. a firearm — or a walking stick. When your life is at stake and you are set upon by street sh-t, you want every advantage you can get.

2. Simple techniques.

Forget about high and fancy kicks, clenched fist boxing, intricate throwing methods, and all of the silly control grips and holds. Waste no time on any of that stuff. Cultivate open hand chops, chinjab smashes, fingertips thrusts to the eyes, elbow blows, knees to the groin, low kicks to the testicles and knees, biting, eye gouges, and face clawing, etc. Get good at these very basic but effective skills and practice them so that they become second nature. You only want techniques that are easily learned, easily applied, and readily retained.

3. Destructive actions.

All of the good techniques inflict injury. they would be of little value if they did not. However, to stop an attacker — especially a younger, stronger attacker — it is necessary to use followup actions. Kick him, strike him with your hands, then shove him into a brick wall. Get the idea? Once it is clear to you that some punk intends you harm, deck him; and do so so that — at least until you can get away — he can't get up off the ground. Control and arresting holds, "immobilization" and "submission" grips are for **SPORT** or for cops. For reliable self-defense, do not give your attacker a chance to use

his possible advantages; ***overwhelm him*** with ruthless, brutal, crippling attacks of your own! *Get him before he gets you!*

4. Abandon compassion, mercy, and human feelings.

As people age they tend to mellow a bit. The elderly rarely feel rage and hatred for the young. This is all well and good, and is sometimes appropriate — when dealing with decent, normal, responsible, and respectful youngsters. It is *suicidally stupid* when dealing with some piece of sh-t who intends to take advantage of your elderly state, and use his presumed greater strength and ability to injure you. **Such living vermin deserve no consideration whatever, and if it is difficult for you to see your attacker(s) as targets rather than as human beings, you may pay for your “niceness” with your life!**

5. Finish any situation *f-a-s-t!*

This is imperative as your endurance and stamina — even if you are in good shape — will *not* be equal to that of a teenager or young man in his 20's. Devastate your attacker ***now*** — and followup sufficiently so that he loses the will and the capacity to offer you any further danger. This is in general a wise rule for *anyone* learning self-defense, but it is absolutely essential for the senior citizen who must contend with some gutter filth a third or a quarter his age.

6. Avoidance always, whenever possible.

Here again, this is just good sense for *anyone* of *any* age who trains in self-defense, but the consequences for senior citizens who become embroiled in violent situations is more likely to be permanently crippling or fatal. With the disgusting widespread rudeness of improperly brought up creatures that physically resemble **humans**, it is easy and very understandable that you may become incensed and indignant at the bad manners (or complete *lack* of manners) displayed by many youngsters today. Chalk it up to one of the present “facts of life” in our society today.

7. Learn security procedures and methods.

Self-defense is whatever you can do in order to protect yourself, your loved ones, and your property from harm and violation. Pay attention to good locks and home alarm systems being installed in your house or apartment. *Do not neglect to have a peephole installed in your door and **never** simply open your door to a doorbell or knock until or unless you have identified exactly who is at your door and **you want to let them in your home.*** Always double check doors and windows before going to bed at night and prior to leaving your home in order to go anywhere. **Turn on your alarm system.** Have signs conspicuously posted that notified others that you have a quality alarm system in place. *Have a firearm beside your bed before going to sleep at night. Know how to use it well. Be sure to obey all laws where you live regarding possession of a firearm.* Unless the law prevents it, **be armed whenever you go out and wherever you go.** When you enter your vehicle **lock the door.**

If feasible have one or more large dogs. Very few people walking with a Doberman Pinscher or a German Shepherd are likely to be bothered by street scum.

8. Once again — weapons.

Aside from firearms it behooves you to learn how to use a walking stick. They are legal everywhere as far as we know, and they are very formidable weapons in trained hands. In a dangerous situation that walking stick in your hands can enable you to get to you concealed carry handgun.

Learn how to use a knife . . . and carry a good lockblade folding knife of legal size. you might to conceal a few full sized fighting knives around your home, just in case.

9. And Finally . . . Be a realist.

No one should get into any kind of physical altercation save in unavoidable self-defense. However it is especially important that a senior appreciate his increased vulnerability and conduct himself sanely. It would be extremely foolish for you to allow yourself to get into heated exchanges because of anger, indignation, or resentment. *Some people are rude.* Shrug it off. *Some people have no respect for those who are elderly.* Shrug it off. *Sometimes you may witness infuriating acts of inconsiderateness by young, abrasive a-holes whose appear to have been brought up more like wild animals*

or pigs, than as humans. per se. shrug it off.

Don't worry about disciplining or educating ill-mannered, inconsiderate, disrespectful scum — be they young or old. It's time to get involved and bring force to bear ***ONLY*** when you or a loved one is in danger.

You are no longer 20 years old, and it is quite possible that any physical situation could conceivably result in much more serious repercussions for you than you bargain for. This is one reason why **if you have no choice but to defend you must do so swiftly, decisively, and without mercy.** you can't afford *any* risk.

Never hesitate to call the police **first**, when feasible, in any situation that promises to become dangerous. be a realist.

Remember this; **The wisest policy in regard to the use of violence is that you should use violence only when you must, never just because you can.** We admonish persons of all ages to follow this advice, but honestly it does appear to have particular and special relevance to the senior citizen.

Senior citizens who fight back and who do so with effective skills and utter ruthlessness, using the element of surprise, normally fare well. It is a sickening thing in any society when children or the elderly become the targets of predatory slime — but since it does happen and since the police cannot always be on hand to protect you, **it pays to become self-reliant in this matter!**

Although not comprehensive and 100% complete we know that any senior who takes this little primer to heart will be better off for having done so, and will enjoy the confidence of knowing that, should danger strike, he will have a most unpleasant surprise for whoever chooses to target him.

Best of luck!

LEARN *AUTHENTIC* CLOSE COMBAT SHOOTING

Here is your opportunity to learn the close combat shooting method that is

taught in the American Combato System! Not competition shooting disguised as “combat shooting”, but the **REAL DEAL**; combat shooting that has been developed as a direct result of combat experience, and that has been validated and proven in **war**.

PROF. MARK BRYANS WILL BE TEACHING THIS COURSE IN
PRESCOTT, ARIZONA.

The course will be given over an intensive 3-day period and will include:

- **The war-proven point shooting method developed by William E. Fairbairn in Shanghai, and perfected *through combat application* in Shanghai, and later on all over the world during WWII by over 10,000 fighting men trained by Fairbairn, Applegate, and Sykes**
- **Use-of-the-sights shooting when distance, time, and light permit — *all part of the Fairbairn and American Combato shooting method***
- ***Unarmed* combatives — incorporated with handgun techniques — so often needed in real world engagements (This integration of handgun *and* unarmed methods parallels the type of wartime training that military and intelligence personnel received. *Sometimes you need more than a gun!*)**

Cost for the three-day Course is \$999.

Call Prof. Mark Bryans for more particulars, and if you wish to secure a spot in this excellent forthcoming Program.

928-308-2285

***Do Not Miss!***

An enormous source of instructional articles, professional commentaries, book

reviews, and the American Combato System's structure, contents, and philosophy. NEW MATERIAL ADDED EVERY MONTH . . . ALL FREE!

GO TO:

WWW.SEATTLECOMBATIVES.COM

Total of over 400 articles packed with instruction, training tips, suggestions, insights, and technical close-combat and self-defense advice!

After reading the latest entries, check the "archives" (bottom of each page) for lots and lots more FREE material devoted to quality skills, mental conditioning. Years of valuable writings! We've been a pioneer of what today is called "Reality Based Self-Defense" and the purveyance of the "WWII Close Combat Systems" since the late 1960's — long before most of today's "instructors" were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

Live In The Seattle Area?

Call Us About Our Standard Course, Or About Short-Term Intensive Training. Group Classes And/Or Private Lessons. Complete Beginners Always Welcome.

Live Anywhere Else?

Call Us About Our Intensive Courses For Out-Of-Towners. Or check out our Home Study DVDs!

Practical, Effective, Reliable, No-Nonsense

Training In Real Self-Defense!

53 years teaching experience: Including law enforcement, military, security professionals, bodyguards.

We customize courses for anyone with special personal or professional requirements.

206-523-8642

Don't put it off. Start building lifesaving skills and self-confidence before you need it.

An absolute must for city living!



Two Suggestions For Your Personal Security

ONE, carry a handful of aquarium gravel with you whenever feasible in your outer pocket. It can be used in any emergency to distract an assailant — or even two or three assailants — by throwing it in his/their face/s. It will not blow back in your face (as dirt or sand might), and it is totally astonishing to to your attacker to be suddenly be struck in the face by . . . *something!* And during that brief interval when the gravel hits his face, you can followup with just about anything you please: a side kick to the knee, a succession of chops and chinjabs, a punch in the solar plexus or sternum, or drawing your licensed handgun or a knife.

Two, remember that one of the most universally popular and practical handguns for constant carry is still the little .38 special snub-nosed revolver. We are incurably addicted to Smith and Wesson revolvers, but the old Colt Detective Specials (or Cobras) are wonderful. you do not need or want a snub-nosed .357 for close range, emergency self-defense. The two-inch barrel greatly reduces the cartridge's power, and the greater difficulty in firing rapid, repeat shots with the .357 in our opinion makes the .38 Special more desirable by far. Loaded with +P or +P+ hollowpoints the .38 Special is quite sufficient at typical self-defense distances (i.e. within five to about eighteen feet) as a “stopper”. Train to place your rounds well and the .38 Special will do its job.

It is true that the little .38 Special snubbies are looked down upon by many “pistoleros” who enjoy competition shooting, and who may affectionately be described as “gun nuts”. Don't let that bother you in the least. The .38 Special round is an excellent self-defense round, and the .38 Special snub-nosed revolvers are near perfect carry pieces for “non gun nuts” no matter what the newsstand “experts” have to say in their monthly articles in which heavier ordnance is always the thing.

P.S. For anyone who is interested, our hands down preference is for any of the S&W 5-shot snubbies manufactured in the 70's and 80's — to include the marvelous little Centennial *which is out personal favorite of*

favorites(!).

Please note that a firearm must be owned and carried **legally**; we do not in any sense, manner, or context urge the ownership or carry or use of unlawfully acquired or owned firearms.

**Now You Can Train Your
Mind As Well As Your Body, With Our ...
New And Exclusive Self-Hypnosis Programs!
(The *Perfect* Compliment to Our DVD Training Course!)**

“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”

— General George S. Patton, Jr.

Mental Conditioning is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority in the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

There are **20 Complete Self-Hypnosis Programs** available:

001 - “Fear Into Fury!” — Mastering Fear Energy

002 - Embedding The Combat Color Code

- 003 - Eliminating Your Fear of Being Physically Beaten
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat
- 005 - Tapping In Instant-Violent-Response Capability
- 006 - Building The Determination to Prevail In Close Combat
- 007 - Become Attack Minded
- 008 - Develop An Ability To React Instantly To Any Attack
- 009 - Develop Ruthlessness For Self-Defense
- 010 - Sharpening Your Situational Awareness
- 011 - The Anticipatory Attitude - Overcoming Astonishment
- 012 - Developing Real Courage
- 013 - Build Confidence When Facing A “Tough Guy”
- 014 - Develop Coolness And Nerve in the Face of Danger
- 015 - Mastering the Ability to Take an Enemy by Surprise
- 016 - Becoming Convinced That it Really Can Happen to You!
- 017 - Banishing The Fear of Bullies *Forever*
- 018 - Become Ready, Willing, and Able to Do *Anything* In
Self-Defense
- 019 - Eliminating Hesitation and Becoming Decisive
- 020 - Raising Your Threshold of Pain to Your Vital Reserves

Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for foreign orders.

Send cash or money order (payable to Brad Steiner) to:

Brad Steiner

P.O. Box 15929

Seattle, Washington 98115

New Release!

In Stock and Ready to Ship!



A beautiful 6 x 9 softcover book with 112 pages, 15 chapters, including 73 photographs of the author posing for each exercise!

ALTHOUGH written decades ago this book, originally published by Peary Rader in the *original* Iron Man Magazine, contains everything you need to know to use weights sensibly and effectively to develop strength, muscularity, and the kind of solid, all-round condition you need for self-defense and close combat.

“You can order a copy directly from us. If you order this book from us, I will autograph it personally to you.” ***Bradley J. Steiner***

Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign orders*** total cost is \$35. (in U.S. funds) to:

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

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.

RECORDED IN THE HIGHEST QUALITY SPEED, AND ON THE FINEST QUALITY CD DISCS IN "PDF" FORMAT FOR YOUR CONVENIENCE AND LIFETIME LEARNING.

\$30. + \$3. Postage, cash or money order, payable to Brad Steiner. Send order to:

Brad Steiner
P.O. Box 15929
Seattle, WA. 98115
USA

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**:

1. We must be quoted in context.
2. Credit must be given for that which is quoted/referenced.
3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal approval or agreement.

PLEASE be sure to tell others about this site and about our other web sites.

We would like as many as possible to benefit from the information and instruction that we provide!

YOURS IN DEFENSE,

Professor Bradley J. Steiner

www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

—end—