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SWORD and PEN

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

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www.americancombato.com

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Have A Wonderful, Blessed, Merry Christmas!

Editorial

Insuring That You Get Quality And Not

Quackery

CLOSE combat and self-defense is a subject that is of deep concern and interest to many people, and for different reasons. First, there are those who wish to acquire a reliable method of self-defense. Then there are military people who, in addition to needing a method of defense also require an utterly reliable means of attacking and destroying an enemy in combat. There are classical/traditional martial arts devotees who, in addition to practicing their beloved form of martial art, feel the very real need to acquire functional street-worthy skills, in case they meet an assailant for *real*, and not just on the mat or on the dojo floor. There are law enforcement officers who know that the restraining grips and control methods which they learned in the academy are foolish and useless against any seriously resisting — or *attacking* — adversary. And then there are those who had *mistakenly* taken up a classical or competitive art in their hope of learning practical self-defense, and who are still looking for that which they thought they had found, but realized after training for a while, that it wasn't what they were after.

Regardless of why anyone is looking for real world training in individual combat and defense, it is important that he enroll with someone who is **competent**, and **professionally qualified**. *There is a lot at stake when you close with a dangerous physical attacker **for real***. It is not just a sparring bout or contest that may be lost. And if lost, there will be no “rematch”. In actual hand-to-hand combat or close quarters engagements using a firearm, knife, or stick, there is **no second chance**. Nor is there, as there may be in a contest, a “round two”.

The good news is that there are some first-rate teachers out there who know their business, teach good, practical skills, and upon whom even the most complete beginner can rely to be a guide from the ground up in learning the

“real deal”. We are honored and very proud that some of the best names in the field of martial arts and military close combat circles have rated us and our *American Combato (Jen•Do•Tao)* System as one of the world’s finest and most effective. But we will be the first to say that we are not alone, and that while there certainly are nowhere near the number of professionally qualified *combat* and *self-defense* teachers as there are teachers of the classical and competitive disciplines, there definitely are some outstanding ones in addition to ourself. Some of them are Associate Teachers in our Federation, the *International Combat Martial Arts Federation (ICMAF)*. Some are not. But there are good ones out there, and if you’re looking for personal instruction you want to make certain that you enroll with one of them, and not with an unqualified (even if well-intentioned and not willfully misrepresenting) individual. **Just because an individual is a black belt in one or another disciplines *does not* mean that he is qualified to teach close combat and self-defense. Nor does the fact that a person is a “champion” in any of the competitive venues mean that he is a qualified combat teacher.** Please understand that we are not deriding classicists or competition winners. These men deserve great credit and respect for their very real accomplishments, and their area of training and experience is every bit as respectable and worthy as the combat field. But **combat training** is unique and is a field unto itself. The unarmed and armed techniques, mindset, tactical imperatives, and weapons are *different* in 21st century real combat than they are in combat *sports* or in antiquated methodologies that flourished hundreds or even thousands of years ago.

If you are shopping for good instruction it behooves you to watch out for the signs of outright **QUACKERY** that will surely tip you off to the demerits of the entity in question. Here they are:

- Incredible claims. Proclaiming that a program of instruction can *guarantee* victory to those who take it, is a red flag.

Excellent as are the war-proven methods of close combat and self-defense that comprise the curriculum taught by the authentic and professionally qualified, *nothing* and *no one* who is legitimate and genuinely educated in this field would teach (or even want to teach, and thus mislead people into

believing that) there are “guarantees” possible. There aren’t. And believe us, please!: *If there were such “guaranteed” methods and means possible, our more than half a century of immersion in this field would surely have revealed them to us!* Or to one or more of our highly prestigious and experienced Associate Teachers.

Remember this: It is impossible to tell with certainty who will win even in a legitimate, hard-fought **sporting** battle in which rules, regulations, restrictions, referees, and a **controlled, “sanitized” environment** constitute the prevailing conditions and circumstances. *How the hell could it ever be possible to tell (i.e. to guarantee) that one will be the winner in an actual, anything goes, all-out murderous encounter where **anything** — **ANYthing** — can happen?* Yes, definitely, the odds are stacked in favor of the strong, tough, **combat-trained** exponent who possesses sufficient training and the proper mindset; but “guarantees”? **No way**. Any claim that a school or course can provide such a guarantee should serve as a warning to look elsewhere. *Nothing can take the **risk** out of combat.*

- Teaching control and non-injurious methods that overpower an attacker by “pressure point” touches, special holds or locks, or — in really weird and deranged instances — by special ***no physical contact*** methods.

There are people (some people with black belts!) who do fall for this stuff. There are only two possibilities here, in our opinion: 1. Outright quackery or charlatanism, or 2. Sad cases where deluded “instructors” *actually believe* that the crap they are teaching could possibly work.

- Claiming to be revealing secrets (or “what the government doesn’t want you to know”) is nonsense.

There are no secrets, mysteries, or “classified” methods of hand-to-hand and close combat. With the incredible capabilities that the world powers possess for mass destruction and the elimination of humans on any scale — from the solitary individual to an entire nation — ***do you really believe that any government on earth is afraid of you knowing how to execute a side kick to the knee, or a chinjab?*** The plain truth is that there are no heads of

state, military leaders, or intelligence chiefs that give a s—t about you or anyone learning self-defense.

The pinnacle of military and intelligence training in close combat was reached in the 1940's when the allied forces received the benefits of such training as geniuses like Fairbairn, Sykes, O'Neill, Applegate, Biddle, and Brown developed. And the works of these men on hand-to-hand combat ***were not classified even during the war when they were taught!*** (Note: Fairbairn's work on combat **shooting** was classified, as was Applegate's. But late in the war Applegate's *Kill Or get Killed* revealed *all* of the known combat shooting doctrine that both these men [and Eric Sykes] had formulated).

Advancements built upon the foundation provided by the WWII methods, such as *American Combato*, are not secret, hidden, classified, or otherwise being “guarded from revelation”. They do need to be properly taught, and there are definite syllabi and curricula utilized to teach them. But the stuff is open and available to those prepared to invest the time, energy, and thought necessary to master them.

- Attacking other instructors by name, deriding them personally, casting aspersions on their character or abilities, and attempting to discredit schools, teachers, and courses — often by utilizing the high school debating trick of *attacking the person in order to discredit his work*. The implication here is that whoever is being attacked is *not* highly qualified, while the attacker himself ***is*** (presumably by virtue of nothing more than his adolescent and pathetic tirades of discontent).

This should make the real seeker-after-objectivity and truth truly resentful and angry. For, the people who pay for the neurotic and unmanly indulgences of the malicious and the characterless who engage in such mud-slinging and old woman gossip are those very persons who are looking for solid information and guidance, and who simply want good training! **They are misled and distracted, and unless they possess the brains to turn away from the knaves who use this tactic, *they lose!*** Not only will they be sidetracked

away from quality instruction; they will be guided toward the adolescent, verbal punk-masquerading-as-an-expert who offers slander, lies, gossip, and innuendo instead of *substance*.

A quality teacher simply presents, explains, and works at teaching, that which he offers. He concentrates on **his** philosophy, techniques, methods, and teachings. He doesn't attempt to build his reputation by defaming others'.

If the teacher in question delights in attacking a personal "enemy" (instead of violent criminals or military offenders) then it's practically certain that the "enemy" he attacks is the authentic and worthwhile choice! In any case, the mouthy detractor is to be shunned. He is like the jungle witch doctor who stamps his feet and curses the "evil physician with the MD" from civilization who uses modern medical practices, pharmaceuticals, diagnostic procedures, treatments, and surgery instead of howling incantations, frenzied dances, feathers, and drumbeats, in order to heal the sick.

- Denying that weapons (*modern* weapons) are **necessary** and constitute a legitimate part of self-defense training, not only for the soldier, but for *everyone* who wishes to be fully prepared to defend himself.

Being arts of war (until most became sports, or became antiquated because of a refusal to modernize with the passing centuries) the **MARTIAL** arts *all* included weapons. Centuries ago those weapons were, legitimately, swords, throwing darts, rice flailing sticks, weighted chains, farm implements, and wooden poles. *Today*, however, unless one is training very specifically for mastery of a classical/traditional art per se, the weaponry must be firearms, modern fighting knives and tomahawks, carefully fashioned walking sticks or hardwood batons, etc. These are the weapons of today, and these are the legitimate and necessary weapons of **modern, effective, practical martial art**. The instructor or school that eschews these weapons is presenting questionable doctrine, at best.

- Insisting upon competitive skills as combat and self-defense skills, and emphasizing such activities as MMA events, the UFC, and a heavy

preponderance of ground fighting and grappling methodology as “close combat” — or as preparation to engage in close combat or to defend oneself for real.

Sport is sport and combat is combat, and never the twains shall meet. And this is true of *percussionary* sports such as karate, kick boxing, and conventional Western boxing, no less than it is true of the grappling type sports. **And** it is also true of sports that combine *both* forms of physical contest! You no more employ *competition* type throws and holds in hand-to-hand battle than you employ clenched fist punching and high kicking (the mainstays of hitting in the sporting venues) in actual battle. (Yes, *some* limited punching is relevant, just as *some* throwing is relevant in actual hand-to-hand . . . but fully 90% or more of the technical phase of individual unarmed combat consists of **BLOWS**. These blows are *not* the type that may be safely employed in a game, and they include not only impacting strikes per se, but **biting, gouging, clawing, tearing, and crushing**).

The foul and unscrupulous tactics, and the murderous, merciless **attitude** that actual combat entails and demands are anathema to sport, and are, properly, **banned** and **forbidden** in even the most aggressive competitive activities. And while it is certainly true that a young, tough, hard-training competition man (in any of the competition arts) can generally defend himself adequately against a single, unarmed assailant of whose approach he is aware, it **IS NOT TRUE** that for the person seeking self-defense and close combat abilities only, training in competition is desirable.

Any legitimate, professional teacher of self-defense and real world combatives will know all of this, abide by it when teaching, and *emphasize it* to his students (who very well may have been misled by popular beliefs and current fads). Avoid the teacher or the school that either claims that competition prepares you for combat, or that *mixes* sporting moves with a few combat techniques, thus combining a **diluted** approach to self-defense with **irrelevant** competition skills.

We are presenting this little treatment at a time of year when people are giving

gifts to others and to themselves . . . often the gift of a training course in self-defense, or a set of DVDs that teach self-defense. A wonderful idea!

Just be careful that you are giving — to someone you care about, or to yourself — what you truly are intending to give! If that is a gift of legitimate and effective self-defense training, then be sure that you are not falling into the trap of giving (or *receiving*) what amounts to *quackery*.

Bradley J. Steiner

[Think you should enroll only in a lavish training school or “dojo”? *Think again!* Be sure to read our latest posting on www.seattlecombatives.com that explodes the ridiculous idea that posh facilities = a good school! It’s in the “Articles” section of that web site.]

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

The First and Only Complete Self-Defense and Close Combat Course in American

Combato (Jen·Do·Tao) on High Quality DVDs!

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized

presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

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

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

The chinjab smash, the handaxe chop, the tiger’s claw, and the side

kick. All clearly explained and demonstrated so that anyone with no prior experience in any martial art can understand and develop the skills! These are the first four of *American Combato's* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

- Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable, offensive combatant in close quarters combat. You'll be an expert at taking the battle into the enemy's camp and *attacking your attacker!*

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is

- determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

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

DVD#11 KNIFEWORK

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)

- Knife *offense*
- Defending yourself with a knife

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

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

All DVD purchases are of course nonrefundable.

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

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

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

Feedback From The Street

WE are very fortunate to be able to number among our correspondents some highly experienced and knowledgeable law enforcement officers.

We have, with Officer XXXXXX's permission (he wishes to remain anonymous) reproduced his email exactly as we received it. We believe that there are *volumes* of real wisdom to be gained by studying this *factual* report from one of LA's finest. The Officer who sent this to us is retired. The wisdom regarding physical violence that a career law enforcement officer in a

major metropolitan area gains during his years on patrol is worth several black belts. *Pay attention to what this man has written!*

As our students and regular visitors are aware, we concern ourselves *exclusively* with that which occurs, and that which can be done **in the real world** . . . on the street, on the battlefield, or wherever violence may manifest.

This email should serve to confirm and validate why we teach knife counterattacking in the manner that we do, and why we emphasize **tactical surprise** and the **relentless, surprise *attack*** as the winning strategy in hand-to-hand combat and self-protection.

"Greetings Brad

"A few weeks ago I made mention of my intention of sharing some of my observations of the type of street violence that I witnessed during my years as a police officer. One of the most memorable was when I was assigned to LA's skid row region in and around 1984-85. Besides being a haven for wino's, drug addicts and prostitutes the area served as a repository for those convicts being re-released to society. The local Grey Hound bus station would bring these individuals in mass from the various state and federal prisons to complete their parole status.

"As I said the area was saturated with alcoholics. And in being a real, true,

hard core alcoholic one has to understand that the immediate cessation of booze can bring on the DT's, seizure and death. It is literally their source of life. In speaking with doctors and burses who have treated these folks in hospital settings, close monitoring is required as their being deprived of the vino can bring death.

"That being said, I recall being directed to assist with an incident involving multiple victims of a stabbing attack. When my training officer and I arrived, we found two recently released inmates lying on the ground; one screaming, the other near death with his throat slit. Both could be described as featuring the atypical physiques we have come to expect with years of incarceration; basically body builder proportions. Their attacker was a frail, old wino.

"Witnesses said that the two thugs approached the lone wino and demanded that he surrender his bottles of cheap wine. The tone and body language of the two thugs indicated that they were serious and were about to levy some blows upon "Otis". Without even a word, the wino went berserk and began

slashing the two physical specimens with a simple carpet knife.

"Both of these much younger and stronger thugs were on the defensive as the wino whipped his arms about in an attempt to make contact with their neck/face. One was felled immediately as his eye was seriously cut leaving him writhing in pain. The other tried to offer some resistance by flailing, but a cut to the carotid brought him down. Once they were no longer a threat, the old man stopped, and retrieved his bottles of wine and tried to shuffle off.

"Based on the descriptions given by witnesses there was an apparent lack of Kali flow drills, or any JKD skills being demonstrated by Otis. But what was clearly present was a pre-emptive attack, carried out by a guy who had no reservation at all in maiming another. Otis wasn't hampered by second thoughts on should I or shouldn't I attack, what type of attack, rather simply, "I gonna kill both of you."

"Another similar, but less dramatic accounting was one where I was working a foot beat on famed Hollywood

Boulevard about 1986. A fight erupted between two individuals: One a young teenaged Hispanic kid about 130 pounds; the other a 200 pound yuppie (remember those?). I don't recall what incited the fight, but witnesses described the yuppie as being the instigator levying verbal threats upon a boy half his size. The youngster responded with an immediate barrage of punches. No ring training here, just haymaker after haymaker directed at the yuppies head.

"In the end, the yuppie took an ass whopping from a kid half his size. The yuppie featured a physique indicating he worked out and had the physical prowess to easily overpower his attacker. But clearly he lacked the mental resolve to back up those verbal threats issued at the teen.

"I will leave you to dissect the lessons to be learned here (if any) should you find merit in sharing the above with colleagues and students.

"When next I correspond, I would to share with you the voicing's being offered by some of the senior black belts here at my dojo. After many years, their opinions are beginning to

parallel yours: kata IS nearly worthless, and constructive criticism about how the classical execution of some punches/strikes needs to be re-evaluated as they don't really translate well for the street. I close by offering my anticipation in the arrival of those DVD's pertaining to Combinations.

Take Care,

XXXXXXXXXXXXX"

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 on 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 will be **20 Complete Self-Hypnosis Programs** made available this year. The first **nine** are now ready, prepared on quality CD discs, and available for shipment:

- 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 Into Your Vital Reserves**
- 006 - Building The Determination to Prevail In Close Combat**
- 007 - Become Attack Minded**
- 008 - Develop An Instant-Violent-Response Capability**
- 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**

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

foreign orders.

And we are also making available a series of **Combat Training Lectures**, which enable you to gain information, insight, tips, suggestions, guidance, encouragement, and valuable instruction listening to professionally presented lectures on all subjects pertaining to close combat and self-defense.

Lecture 1 - Rules of Self-Defense

Complete on *two* quality CDs. One and a half hours you'll want to listen to again and again for reference and inspiration in training!

This Lecture Is \$30. Plus a \$5. Shipping and Handling Fee. \$12 for foreign orders.

Lecture 2 - Differences in Training For Combat Vs. Training For Competition Or Classical Art Performance

One hour in length, this talk provides a complete clarification for students (and possibly some teachers, as well) of the crucial differences between training for competition, tradition, and *combat*.

This Lecture Is \$20. Plus a \$4. Shipping and Handling Fee. \$10. for foreign orders.

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

Brad Steiner

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

For The Ladies

UNFORTUNATELY women's' self-defense programs are for the most part

utterly worthless. Training is normally much too classical/traditional (and it is **LUNACY** to teach women to square off and fight with a male attacker — most particularly using clenched fist punches, and the blocks and high kicks of karate, or the throws and holds of ju-jutsu) and it neglects emphasis upon **ongoing hard training**, the use of **sufficiently destructive skills**, imparting **reality-based tactical considerations**, and proper **mental conditioning**.

Women can of course learn how to defend themselves effectively. But programs oriented to their needs, or general close combat programs in which they participate *must* emphasize the unique needs that females have when it comes to managing a violent crisis. Some of what women are taught is identical to that which men must learn. However, there are things that women need to understand and — technically — to be prepared to *use*, should they ever be attacked. (About the only thing that we may be said to agree with about the conventional “women's’ self-defense” courses across the board is that the overwhelmingly likely attacker with which they will need to cope will be a male).

In thinking about self-defense for the ladies we thought it might be useful — not merely for them, but for those who *teach* them, as well — to consider the three key **advantages** that women should be encouraged to appreciate — and that they enjoy — when readying themselves for an emergency:

1. A male attacker will almost certainly be way overconfident and not believe that his intended victim, as a female, will possess either the ability or the willingness to offer effective resistance to his onslaught. ***The element of surprise — one of the most crucial factors for success in combat — rests with the female victim!*** She must be taught to appreciate, understand, and *utilize* this advantage to its limit. Her entire tactical orientation should be based upon making the most of this advantage; of exploiting it mercilessly in a crisis.

2. The worst physical attacks by males against females usually involve sexual assault. By the very nature of this kind of attack the male will be compelled at some point to leave himself vulnerable to devastating injury. **He offers his**

intended victim a near *perfect* opportunity to **set him up** for a savage counterattack, *by appearing to comply*. Techniques and tactics for women learning self-defense should focus upon this strategy, instead of idiotically training them to punch, spar, and deal with male opponents on an equal footing.

3. Rarely does an attack against a woman begin with a blow. Most often it commences with an obvious approach, followed by attempts to corner her, grope her, or otherwise physically take hold of and control her. *This means that, if she is trained properly, she will be in full possession of her faculties, essentially **uninjured**, and free to move at her maximum capacity and **attack**, when she herself is under attack (most of the time).*

Males (they *are not* “**men**”) who physically attack women are contemptible. We do not for a moment believe that we have provided a comprehensive answer to the question of how women’s self-defense programs need to be conducted. However we have given some fuel for thought that women who are interested in learning self-defense, as well as those who teach women to defend themselves, would do well to consider.

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The Two Phases Of Knifework

THE knife is the supreme hand-to-hand combat weapon. At close quarters it is surpassed in effectiveness only by the handgun as a personal fighting tool. (**Note:** All "self-defense" and "hand-to-hand combat" fits into the category of **close combat**. However, all *close combat* is not necessarily self-defense *or* hand-to-hand). The stick is more versatile, and in trained hands can be

equally lethal *if* the user is fit and strong. But the razor sharp fighting knife by far outshines the stick in the *psychological* sphere; and the knife can be lethal in the hands of *anyone*, regardless of fitness or strength.

A knife is much more **intimidating** than a stick. Many men will unhesitatingly engage an adversary who has a stick in his hand, but just about no one is too eager to close with an opponent who wields a sharp blade.

Every fighting man should, as part of his basic training, be taught how to use a fighting knife. In our opinion *every single serviceman who is sent in harm's way* should be issued a fighting knife. Certainly knifework is an indispensable component of any modern combatives program. In our System (*American Combato*) knifework is taught thoroughly at Black Belt, 1st Degree.



IN WWII KNIFE FIGHTING (NOTABLY THE *FAIRBAIRN SYSTEM* OF KNIFE FIGHTING) WAS TAUGHT TO ALLIED TROOPS IN SUCH UNITS AS THE COMMANDOS, RANGERS, AND RAIDERS. THIS WAS PURE KNIFE OFFENSE — NECESSARY AND DESIRABLY TO BE SURE FOR MILITARY PERSONS, AND ESSENTIAL TO THE WELL-ROUNDED INSTRUCTION OF THE COMBATIVES PUPIL, THIS IS ONLY ONE PHASE OF KNIFEWORK.

A Course in knifework, to be complete, should address the two key uses of a fighting knife: **1.** As a military weapon for silent killing, and **2.** As a weapon of self-defense. And while it is true that in both cases the knife must be employed with great aggressiveness and with an *offensive* attitude, there is a difference between the two applications; the *self-defensive* use of the knife being slightly more involved than when the knife is employed for silent killing.

The military (i.e. *silent killing*) phase of knifework can normally be taught within an hour or two to a motivated student. Any obstacles to the attainment of proficiency in this phase of knifework will be purely **psychological**. Employing a knife to attack and kill without warning definitely poses a problem for some men, and if that problem cannot be overcome, then “knowing how” to attack and to kill an unsuspecting individual with a fighting knife will *never* insure that the trainee will, when the critical moment arrives, “be able” to do it. But the *mechanics* involved in the skill is very simple. The knife user has the **initiative**, and he launches a simple but deadly attack at the **moment of his own choosing**.

When a knife is used for self-defense — i.e. drawn in response to an immediate threat — there is normally much less likelihood of mental inhibitions. This is because the user is fully aware that his reason is *legitimate* and *moral* by any rational standard, and it’s “him or the other guy” — *and he, the defender, didn’t ask for this situation!* Not being the initiator of violence, it would be difficult for a person to feel hesitant to do whatever is necessary to protect himself. Still, the use of a knife does normally demand a certain mental *resolve*. Cutting and stabbing into human flesh and getting an individual’s blood on one’s hands, face, and clothing takes a somewhat stronger stomach than does, say, pulling a trigger and dropping someone from a distance of eight or ten feet. Then again, a person lacking this resolve is unlikely to arm himself with a knife. Occasional Walter Mittys have been known to do it, but in general it’s not commonplace.

Used to effect a silent kill, the knife is used *without warning* in either a frontal or rear attack, most often. The **KILLER MINDSET** is called for

here. *This does not mean that the warrior must be a “killer”, per se; only that he must be readily able to shift to that mindset at will in order to carry out this kind of attack when it is required of him.*

Used in *reaction* to an attack — for self-defense — the knife is drawn the moment the user perceives danger. Then, employing techniques that are needed in silent killing attacks, **slashing cuts, hacks, deep stabs and jabs**, and even the incorporation of **unarmed combat** actions may be a part of what the trained individual will resort to — along with the use of his knife.



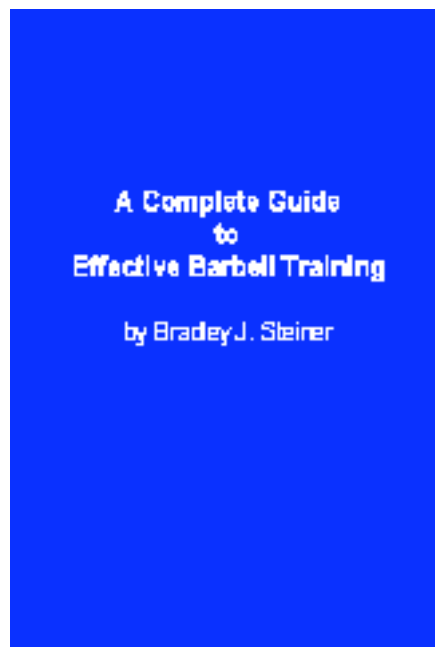
INTERESTINGLY ENOUGH, THE *KNIFE IN THE LEAD HAND POSITION* (ILLUSTRATED BY JOHN STYERS IN HIS CLASSIC, *COLD STEEL*) IS THE RIGHT POSITION FOR USING A KNIFE IN SELF-DEFENSE — BUT NOT IN ATTACKING.

In *American Combato (Jen•Do•Tao)* we teach both phases of knifework, and we teach them realistically and thoroughly. Our DVD #11 describes and teaches the basis of our approach. We raise the point here and now about the **two specific phases** of knifework in order to educate students and teachers that in fact there *are* two phases to this aspect of armed combat.

A complete program in knifework *must* address Phase 1 *and* Phase 2 in order to equip the student to fully exploit all of the advantages a fighting knife can give him.

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What About The “Crossfit” Phenomenon?

RECENTLY a correspondent emailed us asking about our personal opinion

of *crossfit* training. It occurred to us after we sent him our reply that there would likely be others who are similarly curious about this physical training medium — especially since its advocates seem to extoll the method's virtues for "martial artists". So . . . for anyone interested, we reproduce our email reply to our correspondent, below:

"I suppose that for some people the "crossfit" method appears to work well (otherwise, why would they stay with it?). From what I've been told and understand about the activity however, I think there is often the danger of delayed damage to the body and of *future* injuries — like those that inevitably occur in dedicated Olympic lifters — due to the *irregularity* of the exercise movements, and the *jarring stress* that some (perhaps not all) of the exercise movements done in "crossfit" would seem to place upon the joints and connective tissue. *Exercises should throw and maintain heavy demands upon the working muscles through their full and steady range of motion . . . not "shift and toss" stress so that the body suffers actual trauma.*

"Personally I wouldn't follow such a program, and personally I don't recommend it. But . . . to each his own.

"Bear in mind that it is very important not to mistake that which one can manage to "tolerate and get by" doing *when one is young and possessed of great resilience and recuperative power VS. that which properly works and develops the body's muscular system.*"

WE THOUGHT YOU'D LIKE TO KNOW ABOUT

Spy Training And Elite Military Unit Training

“**SPIES**”, or more accurately, “*operations officers*” (CIA) or “*field service officers*” (MI6), etc. receive highly specialized training, as do members of such elite military units as the U.S. Army’s *Special Forces*, or Navy *SEALs* (or, in England, the celebrated *Special Air Service*). Motion pictures, television, and thriller novels often confuse both the kind of individual, as well as the kind of individual training, that members of special operations forces and members of secret intelligence (*clandestine services*) receive.



REAL INTELLIGENCE OPERATIVES ARE NEITHER AS DRAMATIC AND GLAMOROUS AS THOSE DEPICTED ON THE SILVER SCREEN, NOR AS WELL VERSED IN HAND-TO-HAND COMBAT AS ARE SUCH “SUPER HEROES” AS 007!

Visitors may be surprised (and perhaps disappointed) to learn that neither military elites nor secret intelligence operatives are formally instructed to any great extent in unarmed and hand-to-hand combat skills. Some of these individuals are quite highly skilled (black belts, or equivalent) in martial skills . . . but when and where they are, it is because of their individual initiative and interest, and their pursuit of this training on their own, that accounts for their high level of expertise. *None* of the military services and *no* secret intelligence

organization places a high premium on training in combatives.

Visitors may be interested to know that the US Marine Corps certifies hand-to-hand combat “instructors” after completion of a **23-day course**. Frankly, this is *not* impressive. The Japan Karate Association requires *both* a fourth degree black belt *and* a college degree in physical education before they permit a man to teach their System. We personally have authorized but a single individual (Prof. Mark Bryans) to teach our System. It took Mark more than a dozen *hard years* of training and discipline, as well as (of course) the acquisition of advanced black belt level skill *and* the establishment of absolute devotion to the Art before we even considered him as a purveyor of *American Combato*. And we are well aware that all **legitimate** schools of combat arts have similarly rigorous standards and requirements. *Our point is that quality private sector training in modern, all-in combatives is far more extensive, and in most instances more practically effective than the hand-to-hand that our intelligence and military specialists receive.* Sorry if this offends or disappoints anyone . . . but it happens to be **TRUE**.

In fact what is also true is that special forces and secret intelligence people *rarely need* and certainly do not tend to rely upon close-in hand-to-hand battle skills, often. Technology is 95% of the game today. Top level physical fitness training is standard fare for both military and intelligence elites; but this is more to establish supreme self-confidence and mental and physical toughness for the successful completion of missions than to enable the men to fight hand-to-hand. In espionage, remember, *everything is directed toward keeping operatives anonymous and uninteresting.* Once a secret agent reaches for a weapon or unleashes unarmed battle skills, his mission has likely failed. And as for an SF soldier or SEAL, silenced firearms (or **unsilenced** firearms!), fighting knives, crossbows, and assorted other ordinance will ***always*** be chosen before any karate-chopping is resorted to.

If you really are after supreme confidence and ability in close combat and self-defense with and without hand-held weapons, take up a *modern* combatives system. We are, obviously, partial to our own *American Combato* System (which, by the way, has been studied independently by elite military and

intelligence people over the years) but there are a few others “out there”, and ***that*** is the way to achieve expert level ability in what really works in desperate and dangerous emergencies.

NOTE: *In no way is this article to be construed as being either a criticism of or an expression of even the slightest disrespect toward members of either our own or our allies’ elite fighting men or intelligence personnel. These people are well-trained, courageous, and supremely patriotic warriors. We are only trying to set the record straight regarding the **facts** concerning how such professionals are actually trained in the unarmed and hand-o-hand aspects of soldiering and spycraft.*

NOTE(2): *We hope that it is clear that, when searching for a good school or instructor, the fact that a person has “been in the military”, etc. means **nothing**. And the fact that he was an instructor in the military only means that he **may** be well-qualified.*

Please . . . no hateful emails. We really do know what we’re talking about, and we truly are concerned with purveying the **truth**. Besides, we wouldn’t waste a moment reading something that we know to be mere emotionally-driven bullshit.

As we receive numerous requests to quote items and passages that appear here in *WORD & 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 site. *We would like as many as possible to benefit from the information and instruction that we provide!*

**We wish you and your yours a wonderful
Christmas Holiday!**

YOURS IN DEFENSE,

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—end—