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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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September 2014.

# *Editorial*

## **Some Thoughts (For Those Who Are Willing to Think) About Practical Self-Defense**

**MUCH** is continually being said regarding which approach to self-defense is really the most effective and practical. Is the *grappler's* method the most effective, or is the *hitter's*? Or is a more eclectic approach, like MMA, the way to go for optimum practicality and effectiveness?

It will likely come as a surprise to those in their teens and 20's to learn that this "debate" is really a very old one. It did not begin with the advent of the UFC, or with MMA. (**NOTE:** *Strictly speaking, the current sport that is referred to as "Mixed Martial Arts should in fact be referred to as MMS or Mixed Martial Sport .* That is in fact what it is. "Mixed Martial **Arts**" was formulated by Fairbairn, Sykes, Applegate, O'Neill, Brown, and Begala during WWII. Following that war, men like Charles Nelson, Robert Sigward, Caesar Bujosa, ourself and others continued the process. It could also be said that the **old, original, battlefield ju-jutsu** of Japan was "mixed" martial art.)

In the 1950's and 60's there was endless squabbling amongst those who were beginning to learn about *judo*, *ju-jutsu*, and *karate*. First, the howling amongst enthusiasts was in regard to whether the grappling art of *wrestling* was superior to the art of *judo/ju-jutsu*, and if the hitting art of *karate* was superior to *Western boxing*. Actual contests ——— and even fights ——— between exponents of the different disciplines proved **nothing**. Some wrestlers beat some judo/ju-jutsu men, and vice versa. Some boxers defeated karate exponents (we actually saw this happen in each of the scheduled matches between boxers and karate men, in NY's Madison Square Garden, back in the 1960's). Then again, on another occasion judo master Gene LeBell beat a boxer. And so on it went.

Then the question arose: "Well, what would happen if you matched wrestlers

with boxers?” We recall that one university in the U.S. conducted just such match events (we believe that it was a total of ten). Only one boxer won; all of the remaining victories went to the wrestlers (and the boxer who won was *also* a wrestler).

Today we have so-called “anything goes” events —— or mixed martial arts (MMA). The “anything goes” is inundated with **plenty** of rules, restrictions, and regulations, and really amounts more to contests where “anything ***that is allowed*** goes”, which doesn’t seem in any way to bother enthusiasts or to detract from MMA’s and UFC’s popularity.

The overwhelming tendency has recently been to insist that the MMA and the UFC have demonstrated, *by actual fighting between exponents of different “martial arts”* that the MMA/UFC approach is The Most Practical and Effective for self-defense and hand-to-hand close combat.

**It must be constantly kept in mind, when thinking about this subject that the assumption of “proven superiority for actual individual combat” in regard to the MMA/UFC approach *has been made on the basis of sporting contests*; sporting contests that abide by very strict rules and regulations, occur in a specified, sanitized environment, at an agreed upon time, and that involve young, strong, tough men who are generally in hard training and in peak condition for the matches which they compete in.**

Does this mean that MMA/UFC people *can’t* defend themselves? Of course it doesn’t mean that! Like boxers, wrestlers, competitive karate people, judo men, football players, kick boxers, etc. —— in-condition, young, actively training and participating MMA/UFC men can defend themselves quite impressively and well in many instances. ***But this is no proof that their activity is the best way for private citizens, soldiers, and others who are not competitors, but who must prepare to deal with enemies in critical emergencies in the street or in their homes, or in their places of business, and/or in war, are well advised to take up training of the MMA/UFC kind —— i.e. training that uses a SPORTING venue for***

*both learning and practice of the art, as well as for application of their skills* — in order to be prepared to defend themselves or to engage in close combat.

Self-defense is not a “match” or a sporting “contest” between two persons who are mutually agreed to exchange their skills in a fair test of competence, on a mat or in a cleared area; and to do so at an appointed time, with a referee present to see that both entrants obey the rules. No surprise attacks from behind may occur, no launching a sudden attack before the opponent is ready may be permitted, no weapons allowed, no assistance from second, third, or fourth cohorts to one of the entrants in order to secure his victory over the other fellow.

In a self-defense situation one may be drastically “outgunned” so to speak. That is, one may be attacked by a larger, stronger, more vicious, and more experienced individual than oneself. One may be out of training at the time of an attack, just recovering (or presently suffering from) an illness or injury. One may be with a loved one whom one must protect, one may be in a most hazardous environment, etc. And one may be considerably older than the attacker(s) — in fact at an age where virtually no one “competes” any more, or wishes to do so, or would be *allowed* to do so. Yet, despite all of this, *one must undertake to the best of one’s ability to defend oneself*. One now will be in a desperate do or die emergency predicament, **and that which one will require — tactically, technically, and physically — will be a lot different from that which one might employ in a sport.**

Dishonest persons have, and we suspect continue, to suggest that we are “against” competition, sport, ground fighting, sparring, etc. Nothing could be further from the truth. **If** that is what one enjoys we agree that that is what one should participate in. However, we are adamant regarding the fact that combat and sport are different, and that one cannot prepare for one by training in that which is intended for use in the other.

*That which wins in contests — any contests — is irrelevant when considering that which should be relied upon in serious combat.* And

that leads to the question: “What should be taught, practiced, and relied upon for serious defense and close combat?”

The answer is: “That which does the most serious damage quickly and simply, may be done by anyone of any age, that is useful against actual, known types of attack, and that which enables a targeted victim in imminent danger to preempt his would-be assailant decisively.”

None of the true martial arts, prior to whatever “sporting forms” of them may have later been created or adopted, were intended for use against **other practitioners of those same arts**. The arts were intended to secure victory on the battlefield or to enable their user to defend himself against attack. Aims such as these are as different from the aims of contest and sport as genuine rapiers and sabers differ from the versions of them that are manufactured for modern fencing.

When you train hard and long in any physical skill you all but guarantee that, under stress, the actions that you have drilled into yourself will either be executed immediately or that ***you will try to execute those actions***. So, for example, a judo/ju-jitsu man may actually attempt to close with and turn his back on a real attacker — perhaps one armed with a knife — and throw him. The odds of this working in real combat are very slim — and then, only for an expert.

A participant in a form of ground-grappling ju-jitsu or wrestling who is in hard training and competition ***will actually try to “go to the ground, and to take his adversary there”, in a serious situation***. And, whether anyone likes to hear this or not, believes it or not, accepts it or not, **one of the primary rules of close combat is “Always Strive To Stay On Your Feet!”**. To actually *try* to go to the ground with an opponent is, **in real combat or self-defense** *not* recommended! (Some ask: “Well, what do you do if you somehow *end up on the ground* with an attacker? Don’t you need to know what to do?” The answer is: “**A-b-s-o-l-u-t-e-l-y!** but such skills as you should acquire for such a rare and unlikely event are **not** the ones you employ in contests!”).

Remember that in self-defense you will be concerned with protecting yourself and/or another person, **reacting** to another's attack —— not “squaring off” —— and you must have **no** blocks, reservations, restraining impulses or inclinations to *do whatever you are able to do to stop your attacker!* You will need to act very quickly and you will need to **inflict serious injury right away** so that, no matter what the attacker's intention (which you must assume is deadly) you have destroyed his ability to carry it out and you have successfully defended innocent life and limb.

Self-defense training, as opposed to *all* combat sports, is a lifetime pursuit and the skills and mental set that you acquire may be needed in your 70's or 80's. Self-defense is no “young man's game” . . . nor in fact is it a “game” at all.

Competitive activities are great fun for many people, and provide mental and physical benefits not to be under rated. If that's your cup of tea, **go for it**. But do recognize the **facts**.

It is perfectly fine and interesting for two **sportsmen** to test whatever their particular competitive sport may be, against another participant in another sport. However, to paraphrase what one of the most under-appreciated teachers of self-defense of all time, the late **Bruce Tegnér**, so beautifully put it: *The only thing that would be proven if two experts in two different combat arts fought in order to prove that “his” art was superior for real combat than the other guy's is that the two men were **FOOLS***. The acid test of the effectiveness of combat skills is how well they work against an attacker or an enemy in **combat**; not how they work when modified for contest, and one contestant “defeats” the other.

Unpopular concepts in this little essay, we suppose. But **obviously true** and **most definitely to be taken with 100% seriousness** for all who aspire to be able to defend themselves.

*Bradley J. Steiner*

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***Makes a GREAT Christmas Gift!***



# *(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, 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!

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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.

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- Side shoulder weapon threats
- Rear shoulder weapon threats

### **DVD#9 COUNTERING MULTIPLE ATTACKERS**

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• 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**

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

**Are You Just Coming To The Study Of Martial**

**Art For Personal Protection Or Military Close-**

**Combat?**

**WE** thought that it might be helpful to provide a brief primer for visitors who

are newcomers to training in self-defense. Whether you are a private citizen, cop, soldier, or security professional of any kind, *if you are new to this field* then the following should be helpful to you. It is based on our more than **50 years** of immersion in this subject — training, researching, teaching, writing, and promoting *real world self-defense and authentic close combat doctrine*.

## For complete newcomers . . .

1. Real close combat and self-defense is risky and dangerous — even for an expert. *Quality* training will stack the odds in your favor *if* you study and practice assiduously. But nothing can make anyone invincible or eliminate the risk of injury.
2. Competition and combat/self-defense are *worlds apart*. You cannot prepare or train for one by practicing skills that belong to the other.
3. Blows of the hands, feet, knees, arms, elbows, and head, coupled with biting, clawing, tearing, gouging, and using *anything at hand to assist you* (if you are unarmed) is basic and fundamental to individual combat, *whether or not your attacker/enemy is armed, himself*.
4. Emphasis — mentally, physically, tactically — **must be on attacking (offense)**. A *defensive* attitude or technical orientation will not do. Your **motive** should always be defense; but your **means** must primarily be **offensive, attack-oriented**. So long as you are *defending* you are **losing**. When you are *attacking* you are **winning**.
5. Mental conditioning and preparation is ***at least*** 50% of readiness for combat and self-defense. Without it you are unlikely to be effective in defending yourself no matter what techniques you learn.
6. Strength **is** important (as is speed, agility, physical toughness, coordination, and basic sound health). No single attribute is necessarily “decisive”; but the

proper constellation of attributes combine to increase your odds of victory in an encounter.

7. Train. There is no such thing as acquiring confidence, skills, and good tactics without regular, determined, **practice**.

8. There are no secrets, mysteries, “hidden” or “exclusive” or “elite” methods of close combat and self-defense. Nor are law enforcement or “elite military units” privy to anything that you cannot learn.

9. Modern weapons are integral to modern self-defense training. You should *never* view unarmed defense as being a “complete” approach to personal combat and defense.

10. The **norm** in serious self-defense emergencies is *armed* and/or *multiple* attackers. But even when **unarmed** and acting alone, you *must assume that any assailant is stronger and more skilled than yourself; that he intends you grievous injury, and that you will have **only one chance to stop him***.

11. “Fighting” comes in two forms: The first is mindless violence that two fools *agree* to engage in. The second is competitive fighting — which is legitimate sport, and takes a variety of forms. ***Neither*** has anything to do with self-defense or close combat. Your responsibility is to **never** engage in or agree to *fight* anyone, and not to confuse training for **combat** with training for or participating in sport.

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***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!

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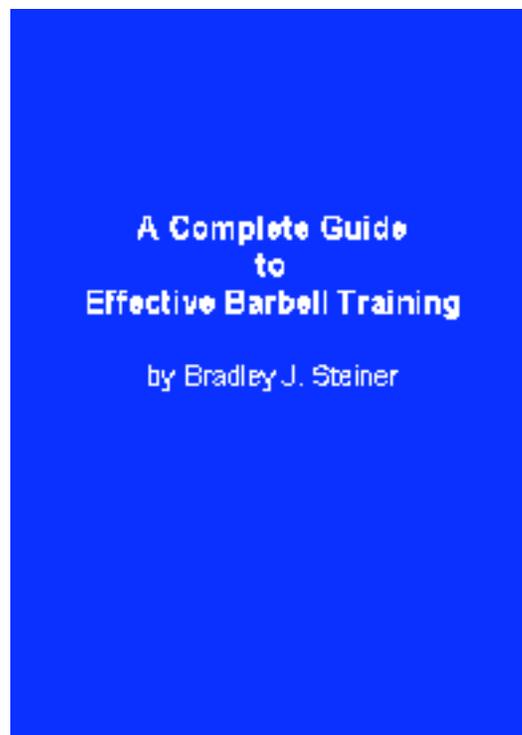
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## **Fantasy Fighting Vs. Hand-to-Hand Combat**

**GOOD** motion picture and TV fight scenes are always great to watch. But just as lovemaking scenes on the silver screen bear little if any relation to reality, so movie fight scenes are sheer fantasy. Fun to watch, but 180-

degrees distant from the real thing.

*Occasionally* some good techniques and/or realism does creep into a motion picture or televised performance. However, a good general rule is: *Enjoy fantasy fight scenes, but don't try to learn hand-to-hand combat by viewing them or reading about them.*

There are **four** approaches to martial arts:

1. Practical (i.e. self-defense and close combat)
2. Classical (i.e. according to whatever formal tradition the art in question derives from)
3. Competitive (sporting)
4. Theatrical (For stage, screen, and TV entertainment)

While the best source of reliable close combat doctrine is that category of martial art known as **practical**, it is nonetheless true that both the **classical** and the **competitive** approaches will —— in cases where advanced levels of proficiency exist —— prove to be adaptable *to a degree* to actual battle. It is the antiquated conditions and formalized, rigid and *dated* skills that are taught in classical approaches that detracts from their applicability to 21st century individual combat. And it is of course the regulated, technically limited, and ethical nature of the competitive martial arts that limits their suitability for individual combat. As for **theatrical** martial art, any “practicality” and/or “realism” that one may find in any given performance is purely coincidental.

Remember whenever you watch a “fight” on stage or screen you are watching a very carefully choreographed performance. In many instances it can take more than an **hour** to get the movement patterns of a *30 second* fantasy battle looking “real”. Two to three or more hours is very commonly required when a fight is protracted and must look very “impressive”. Add to this the additional fact that quite often one or more of the actors involved in the fight scene *has*

*not the slightest background in martial arts.* This is true even in Asia. For example: the great Japanese actor Toshiro Mifune (who played *Miyamoto Mushashi* in a series of excellent classic motion pictures) had no formal training in *swordsmanship* or *ju-jitsu*. His superb fight scenes were the result of coaching by actual martial skills masters, coupled with his fabulous acting ability. The amazing “fast draw” skills that are seen in such classic westerns as *The Magnificent Seven*, *Jubal*, *Shane*, and so forth were made possible by a combination of experts training the actors in fast draw, and then cutting out some frames in the celluloid, which increased the apparent “speed” of the gunfighters unbelievably. Unarmed fight scenes are made impressive by similar means. (If you think that Steven Seagal could *actually* flip, toss, and smash groups of young, tough “bad guys” around like he does *in his motion pictures*, that proves the effectiveness of Hollywood’s “fantasy factory”. We personally suppose that **any one** of those stunt men who take the knocks and falls for Seagal could rather easily pound the actor unconscious in short order — **off screen**. However, actors play roles. Those who are paid to *win*, win. Those who are paid to *lose*, lose. It’s **f-a-n-t-a-s-y**, not “fighting”.

*First Blood* had some terrific hand-to-hand moments. If you remember Stalone’s jail escape he actually did use some legitimate and really effective techniques of unarmed combat. *But that was coincidental*. Don’t consider the “Rambo” movies to be a viable source of combat skills training.

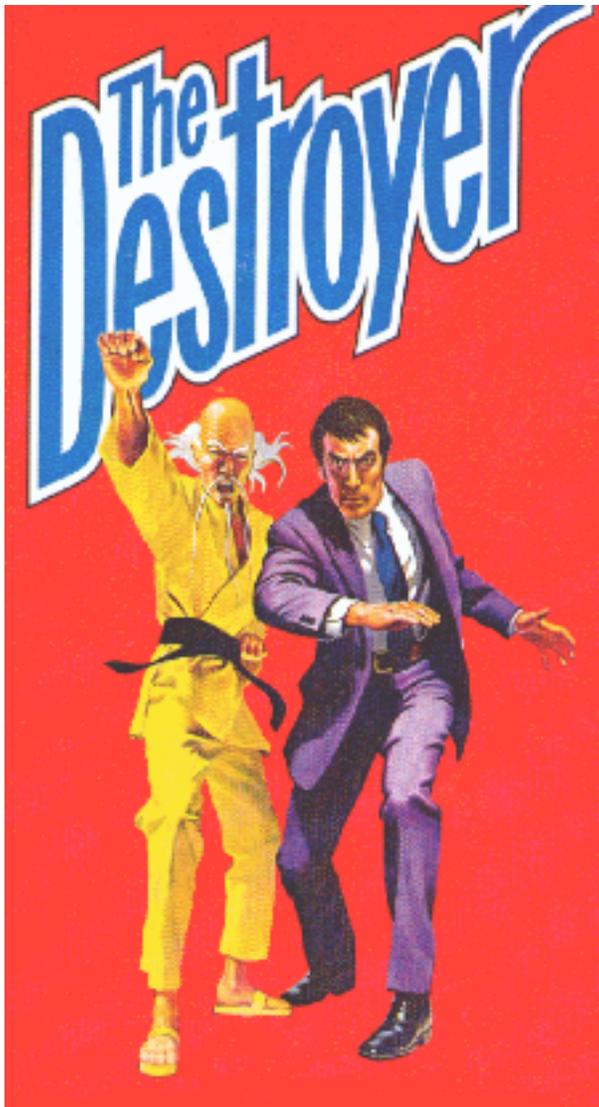
Another motion picture, *Malone*, starring Burt Reynolds, included a pretty decent scene in which we saw Reynolds dispatching a much larger troublemaker with techniques that *are combatively viable*. But Reynolds was not and is not a combat arts enthusiast. His personal bodyguard, the late John Kuhl (a **great** karate expert and teacher) most likely served as technical advisor to Reynolds, and coached the participants in the movie fight so that Reynolds appeared to be a dangerous man. In still another Reynolds movie similarly good unarmed combat moves were shown. Reynolds, a good actor, performed the scene very well. But he was **acting**, not fighting; and the fact that his act included a few good techniques was *coincidental*.

Sean Connery — playing James Bond — did some interesting hand-to-

hand fighting with the Russian assassin *Grant*, on the Orient Express in *From Russia With Love*. In *Dr. No* he flipped one of the villain's hired thugs onto his back, when the thug attempted to brain him with a club. All of it looked good, but one doesn't use anything like the "club defense" used by Connery in *Dr. No*. And the actual chance of even a first-rate operative in CIA or MI6 beating a killing machine like Donovan Grant after the herculean physical specimen wraps a wire garrotte with which he is *expert*, around the operative's neck, is, well, sheer fantasy.

Even in novels close combat techniques may *coincidentally* be authentic, but should not be *assumed* to be so. In Ian Fleming's novel, *Goldfinger*, the hero James Bond is described using a "parry" technique and an "edge-of-the-hand blow" to kill an attacker who comes at him with a knife. **Fleming's source for that bit of unarmed combat was *Kill or Get Killed***. Fleming had actually read that book, and in fact wrote to Rex Applegate, its justifiably world-famous author, during WWII. The authenticity of Fleming's choice of defense technique could only be perceived by someone *already familiar with good hand-to-hand combat doctrine*. For someone who is *not* so familiar it would be the height of folly to learn "a defense against a knife attack" on **faith**, by reading *Goldfinger*! Fleming — being a *novelist* — might just as easily have described Bond employing utter nonsense against an armed killer. And that would have been fine . . . **in and for the novel**.

We thoroughly enjoyed the novel *Created The Destroyer*, by Warren Murphy. But, despite the marvelous fictional adventure one enjoys when reading the book, the martial art of "*Sinanju*" — taught by the old, wise Korean Master Chiun — is sheer fantasy. ***There is no such "art", and while Oyama, Nishiyama, Sun, Kano, Uyeshiba, and Sasagawa were all real, live classical "masters", Chiun was no more real than the Easter Bunny!*** Great fiction; nonexistent martial art. Read *The Destroyer* for entertainment . . . read *All-In Fighting* for good combat skills.



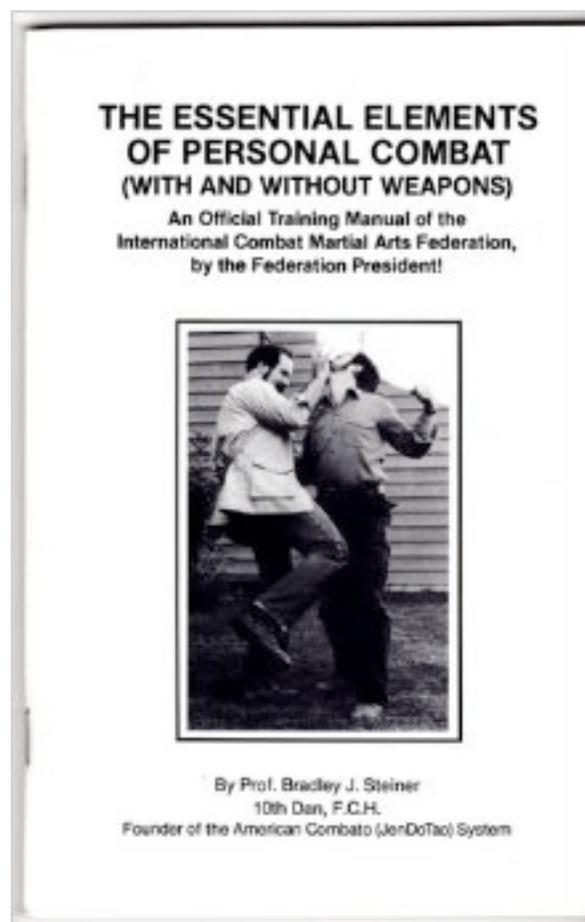
Master Chiun and Sinanju (as well as Remo Williams!) are 100% **fiction**. Like many excellent motion pictures, television shows, and thriller novels in which prowess in close combat skills is woven into the story and attributed to the hero (and, sometimes, to the bad guy, as well) these products are for **entertainment** not **instruction**.

It has not been our intention here to burst any balloons. We love the fictional, fantasy fights just as much as anyone. However, just to insure that you do in fact *recognize* that fiction is **fiction**, and not to be utilized as a guide to effectiveness in close combat, we thought this brief presentation would be helpful.

Hmmm. Now what are we going to read tonight . . . ? Will it be *Thunderball* or *Cold Steel*?

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**A Long Out-of-Print Classic Will Be back In Print  
in 2015!**



**IN** 1989 we self-published *The Essential Elements of Personal Combat*, which promptly sold out a first printing. We note that a copy — used — is advertised on *Amazon* and selling for \$149.91.

Many regard this little Manual as a classic (see two reviews from the *Amazon*

site below), and we are happy to say that we have plans to publish it again in 2015. **Don't worry, it *won't* cost a hundred and fifty bucks!**

Here are the two five-star reviews of the Manual, from *Amazon*:

## Most Helpful Customer Reviews

2 of 2 people found the following review helpful

### **A fantastic guide to the philosophy of close quarter combat.**

By [Joseph J. Truncale](#) **TOP 1000 REVIEWER** **VINE VOICE** on June 30, 2009

This 96 page manual is a classic and to my knowledge, is no longer in print. There are no techniques shown in this manual, but the principles and philosophy the author expresses are vital for anyone who desires to win in combat. The author is the founder of American Combato and this is the official training manual of his International Combat Martial Arts Federation. Since I bought this book in 1989, I have read and reread this manual numerous times. I have followed and taught these same principles in my martial arts club. (Bushi Satori Ryu: Warrior Enlightenment School) Some of the fifteen elements include the following: Instant response, which must be developed through constant training to respond to any attack immediately. Explosive power, which refers to going into action like a exploding bomb. The combative mind set is an essential element all true warriors must develop. Alertness and total awareness must be developed to be a true street warrior. There are many other important principles in the fantastic guide to the philosophical elements of combat. In conclusion, if you can get a copy of this classic, you will be very lucky.

Rating: 5 stars. Joseph J. Truncale (Shotokan Karate Self-Defense Techniques: Practical Combat Karate for the streets)

[1 Comment](#) Was this review helpful to you?

Yes

No

### **Training the Mind for Combat**

By [Tegnerfan](#) on January 12, 2013

I bought my copy directly from Brad Steiner when he first self-published this manual. I have read and re-read the contents many times since I got it, in an attempt to absorb the contents of the manual, in which Steiner guides you through the various elements of personal combat that most martial arts schools never touch on. Well worth getting IF you can, if you want to know the mental side of self-defense.

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**Key Examples Of How To Prepare**

## For An Emergency

AN emergency is *not* an event that you know about in advance or have an appointment for. It ***suddenly hits***. And this is true of any emergency — not only those in which a violent, hostile action occurs and must be dealt with. However, we **are** definitely concerned about violent, hostile emergencies, in which taking action in defense of self or others is the pressing issue.

This single fact alone — i.e. that a physical attack (a violent, hostile emergency) strikes without warning at an unanticipated time, and in an unanticipated place — distinguishes a self-defense situation from *any* “*combat sport*” you can name. And precisely because a self-defense situation *is* an emergency, ***principles of preparation that one employs in order to ready oneself for such a contingency will parallel those principles that specifically obtain in all emergencies.***

Consider medical emergencies.

A person is rushed by ambulance to a hospital after a 911 call frantically reporting that he has collapsed is received. ***The moment the 911 call is received an ambulance is dispatched to the scene.*** Upon arrival at the place where the stricken individual lies the emergency service crew ***goes immediately into preset procedures that cut to a bare-bones minimum the time required to get the person to a hospital emergency room.*** Upon arrival at the hospital, ***medical personnel immediately follow a well-planned, carefully rehearsed procedure so as to get the patient necessary physician care RIGHT NOW.***

All responding individuals — from the call-center dispatcher, to the ambulance people, to the nurses and physicians responding at the hospital — have been ***trained and prepared long before this particular emergency, and are qualified to deal with this frightening occurrence.*** With God’s help, the patient will survive thanks to the **readiness** of all emergency personnel, coupled with their **knowledgeable, *immediate*, purposeful and non-hysterical** action.

Or consider a firefighting emergency.

A frantic call is received at the 911 call center that there is a fire at a particular location. ***Immediately*** a crew of ***thoroughly trained, fully equipped, professionally led individuals*** boards state-of-the art vehicles that carry **all necessary equipment**. There is not one second's delay between their being notified and their launching into predetermined, proven actions that **speed them to the scene of the emergency**. ***The firefighting crew has "done it all before" — in training, and likely in prior emergencies, as well.***

When the firefighters arrive at the scene ***there is not a second wasted***. Each member of the well-coordinated crew goes into action, **carrying out what they have been taught in training**. No "wondering what to do", "hesitation", "fear of the unknown", or other block to their life and property-saving conduct.

Once again, God willing, all human life will be saved, and as much property as possible will be salvaged.

In neither a medical nor a firefighting emergency can there be a **"guaranteed"** happy outcome. Still, medical and firefighting personnel ***ACT AT ONCE AND DO THEIR BEST***

If you're smart and if you're paying attention then you can extrapolate from what we've just presented ***all necessary principles*** required in order to be ready to react swiftly in the event of an unanticipated violent attack.

**1.** Study (i.e. *train in*) whatever you will need, ahead of time. **Have your plans of action in place**. Make sure you've prioritized only those skills and procedures that have been tested and that experience has proven ***work*** in real emergencies of the kind that you rare preparing for — i.e. in the street, in an office, store, mall, parking garage, restaurant, laundromat, city park, etc. etc.

2. Be prepared to *use* what you have trained in and acquired **immediately**, at any time, and in any place.
3. Cut all actions that are not necessary from that which you train in, and which you expect to draw upon in a dangerous situation.
4. Anticipate and train for managing a high-stress, astonishing, unpredictable occurrence.
5. Always have your “equipment” (unarmed skills **and** lawful manufactured weapons with which you are completely proficient) **ready**.
6. Go into action ***at once***. Forget about asking questions, hoping for any “guarantees” or concerning yourself with ***ANYTHING*** but
7. ***SIMPLICITY*** and ***EFFICIENCY*** are crucial!

Although 100% accurate prediction regarding how any attacker will go after his victim is impossible, we all can benefit by learning the most ***statistically common*** forms of attack. Our study and research over the years has led us to conclude that ***many*** if not ***most*** **real world violent attacks** take the following forms, and consequently should be heavily emphasized in training:

1. A very simple full power punch to the victim’s face or head.  
(General solution: ***Distancing***. Alertness. ***Attack and drive through the offender the very second he telegraphs his intention to punch you!***)
2. A hard shove or push to the chest.  
(General solution: ***Go back with the push and lash out immediately with a side kick to the offender’s knee***. If shoved back against a wall, throw a front kick instantly upon contact with the wall.)
3. One-hand frontal clothing grab utilized with a punch to the face.  
(General solution: If grabbed but **not** pulled, step back upon being grabbed and ***turn*** away from the opponent’s ***free*** hand, lashing out with a side kick to his knee. If pulled, ram open fingers of both hands to the attacker’s eyes; then knee him in the testicles).

4. Two-hand frontal clothing grab (followed by a knee to groin or head butt).  
(General solution: If jerked forward, knee attacker in testicles **and** ram extended fingers of both hands into his eyes. If *not* jerked forward, step back, whipping lead arm — held at a right angle — over his grabbing hands and then chop back into his face or throat, **hard**.)

5. Object-at-hand (i.e. stick, bottle, etc) smashed to the head.  
(General solution: *Distancing* and *alertness* so that you'll see it coming. Apply a strong outward circular — **not** linear! — block while stepping *inside swing radius* and thrusting a half-fist to throat, or a chinjab - followed by a knee to his testicles.)

6. Forward kick to groin or leg.  
(General solution: Again, **alertness** and **distancing** enables you to be aware of the attack beginning. Step back quickly, sideways. Then advance into attacker with repeated handaxe blows - or kick *him*.)

7. Broken bottle or knife thrust to face.  
(General solution: Drop back fast or sidestep fast, then kick to attacker's knee and followup.)

8. Slash attack to face/neck with a knife (usually a folder).  
(General solution: Again: Distance, alertness. Use counter described under #5, above.)

9. Side headlock.  
(General solution: If you perceive the attempt from either side to your front, advance into attacker with repeated chops to his face/throat. If hit from behind and slammed forward, attack testicles with lead hand, reach up from behind and between his legs and slam testicles, Drive foremost extended fingers up to his eyes, then stamp your lead foot on his lead instep. Reach over his shoulder from behind and claw his face back, then chinjab with your rear hand).  
**Note:** *The above are very simplified actions.* We teach these and more in one-on-one instruction; but we want our visitors to have something to work with, even if they do not train with us.

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

***YOURS IN DEFENSE,***

*Professor Bradley J. Steiner*

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