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# *Sword and Pen*

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

## *In Memoriam And Dedication*

**This edition of Sword & Pen is dedicated in loving memory to Phoebe Prince. Miss Prince, a lovely, intelligent, and shy fifteen year old girl, recently relocated to this Country from Ireland, was allegedly driven by the unconscionably evil acts of a group of living trash at South Hadley High School where she was in attendance as a student, to the tragic act of suicide. This beautiful child, allegedly victimized mercilessly by morally reprehensible examples of human failure, took her life after allegedly having been driven to hopeless depression and despair. The garbage who held positions as “teachers” and administrators at South Hadley High School, in South Hadley, Massachusetts, although knowing about Phoebe’s torment and being asked for help, did nothing.**

**We hope that God will Bless, Rest, and Keep the soul of this beautiful girl — and we hope that an appropriate and just fate for their unforgivable acts of evil will see those who were allegedly directly responsible for Phoebe’s mistreatment, as well as those responsible for their lack of concern after being informed of her mistreatment, burning forever in the hell that they so justly deserve.**

***May Phoebe Prince’s tragic experience and fate forever be a reminder to civilized humans everywhere that bullying — of anyone, and by anyone — in any context — is an act of vicious, cowardly evil that must never go unpunished and that must never be forgiven!***

## EDITORIAL

# *The Violent Offender's Advantages (And How To Overcome Them)*

**WHILE** it is unlikely that too many individuals would disagree that violent predators are *different* in their orientations and lifestyles than the decent human beings who unfortunately find themselves obliged to deal with them, many self-defense and weaponry teachers fail to appreciate exactly what the *advantages* are that these monsters possess, and precisely *why* they are — in the relatively small numbers that they exist — so formidable as adversaries in today's society.

We suggest that understanding this is an important matter for both teachers and students of all aspects of self-defense.

Some insist that violent offenders are all *psychopaths*, and dismiss them as being a threat because they “have no conscience”. In some instances this is true. However, some will be surprised to learn that many violent predators are *not* psychopaths. Many psychopaths are not in fact dangerous in a violent way. And while it is true that a lack of conscience is one aspect of the psychopathic syndrome, it is also true that the style of conscienceless predation that true psychopaths practice is more often than not of an economic and psychological style. They manipulate, steal from, use, and exploit people without mercy and without limit — but they do not always physically attack them.

Some psychopaths are deadly dangerous. But not all. Thus, the psychopath's absence of a conscience does not and cannot universally explain why violent offenders possess such an advantage (most often) over their victims.

Some point to the toughness of violent offenders. “They grow up on the street. They are used to fighting. They reach puberty with the experience of more physical violence in their past than most seasoned street cops possess after patrolling some of America's most dangerous urban areas for 20 years.”

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In some cases that is true. However, if we look, for example, at the freaks who followed Charles Manson and committed atrocious murders under his direction, we find backgrounds, among others, as choir boy possessed by one of the killers amongst the Manson scum. And then look at Manson, himself! A small, puny little mentally aberrant misfit-nut who probably never was in any physical fight (certainly none that he ever *won!*) in his entire, miserable life. *He encouraged others to kill*, but he himself was nothing resembling a physical killer or fighter.

Ted Bundy (who was a psychopath) had no background of physical violence and fighting. He did pursue Satan's calling (i.e. the practice of law), but he was not in his early or even later years a physically experienced street fighter. He was ferociously violent, to be sure; but you will find no history of back alley slug fests if you explore Ted Bundy's upbringing. He targeted victims whom he overcame by subterfuge and the element of surprise, which enabled him to use violence against them effectively — as, sadly, he did.

Our studies, which span nearly 50 years, indicate to us that violent offenders come in all forms: *psychopaths, psychotics, normal neurotics*, and statistically otherwise “normal” people who simply possess poor impulse control. ***There is not the slightest excuse or justification for ANY form of violent offense, please note. Thus we are simply making an observation about what “types” of people perpetrate unjustifiable violence against their fellows; we are certainly not in any sense attempting to be an apologist for these troublemakers.***

We believe that the *psychological* advantages possessed by a violent offender over his victim may be summarized as:

**• VIOLENT OFFENDERS ENJOY HURTING, TORMENTING, ABUSING, TERRORIZING, AND — SOMETIMES — EVEN KILLING THEIR VICTIMS**

**• VIOLENT OFFENDERS (NO MATTER WHAT THEIR PROTESTATIONS AFTER HAVING BEEN APPREHENDED FOR THEIR CRIME[S] AND BEING CALLED TO ACCOUNT FOR THEIR BEHAVIOR) DO NOT CARE ONE BIT ABOUT OTHERS' WELL BEING, OR OTHERS' RIGHTS, PROPERTY, PERSON, DIGNITY, ETC. VIOLENT TYPES ARE *SELF-CENTERED* IN THE EXTREME**

**• VIOLENT OFFENDERS FEEL AND BELIEVE (INSIDE THEIR OWN HEADS — NOT NECESSARILY EXPRESSED TO OTHERS) THAT, WHEN THEY TAKE THE ACTIONS THAT THEY TAKE TO HARM THEIR VICTIMS, THEY ARE GOING TO “ENJOY” THE THRILL OF “GETTING AWAY WITH IT” — AND IN GETTING AWAY WITH IT, THEY HAVE NOT, IN THEIR HEADS, DONE ANYTHING PARTICULARLY “WRONG”.**

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If the above sounds crazy or incomprehensible to you, then that's probably because you are not (and have never been) a physical troublemaker, bully, violent criminal, or egotistical scumbag.

Assuming that you have digested the points thus far given, let us now point out the *physical* and *tactical* advantages possessed by the violent offender:

• VIOLENT OFFENDERS DO NOT HESITATE TO ACT IN A DESTRUCTIVE, MURDEROUS MANNER, THE MOMENT THEY DECIDE THAT THEY WISH TO ATTACK ANYONE. THEIR DESIRE TO INJURE AND TO HARM REMOVES, AS IT WERE, ALL ELEMENTS OF DOUBT, OR BLOCKS TO WHATEVER DEGREE OF FORCE AND VIOLENCE THEY FEEL LIKE UNLEASHING

• VIOLENT OFFENDERS SEE THEIR VICTIMS AS TARGETS — OR AS “OBJECTS” — MERELY THERE AS A MEANS ENABLING THEM TO GRATIFY THEIR DESIRE TO DO HARM, NOT AS “HUMAN BEINGS, TOO” WHO DO NOT DESERVE TO BE MAIMED, TORTURED, OR KILLED. THUS VIOLENT OFFENDERS WILL DO ANYTHING THEY FEEL LIKE DOING AT THE TIME TO THEIR VICTIMS

• VIOLENT OFFENDERS — DESPITE THE FACT THAT NOT ALL OF THEM EVIDENCE THIS IN ALL OF THEIR PERSONAL DEALINGS AT OTHER TIMES, AND WITH OTHER PEOPLE — DO NOT ACTUALLY BELIEVE OR CONSIDER THAT WHAT THEY ARE DOING WHEN THEY INJURE OR KILL IS PER SE “WRONG”. RATHER, IT IS *JUSTIFIED* (TO THEMSELVES) BECAUSE THEY “FEEL LIKE DOING IT” AND BECAUSE THEY BELIEVE THAT THEY WILL GET AWAY WITH IT, AND NEVER BE HELD TO ACCOUNT FOR THEIR EVIL (SO “*ONLY THEY WILL KNOW*” THAT WHICH THEY DID). THUS VIOLENT OFFENDERS ARE REMORSELESS AND UNRESTRAINED WHEN THEY ACT. STABBING, SHOOTING, STOMPING HELPLESS PEOPLE IS PAR FOR THEIR COURSE.

Twisted stuff? You bet. Welcome to the real world. Our species has never been a very impressive phenomenon during its history on this planet. Every epoch, nation, culture, and time in human history has been polluted by a disgraceful potpourri of despicable conduct unleashed by some “people” against others.

The situation will not change, simply because people will not change. The worst of our species (which is no small number) are either career predators, or have not the slightest compunction about “part-time” predation, when and where the impulse hits them!

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Violent offenders do possess advantages over most of their victims — because of their psychological and physical/tactical willingness and readiness to *do harm*.

Now let's look at how decent people — like **YOU** — can overcome their advantages and, when necessary, defeat and destroy them. There's no “nice” or “pleasant” or “refined” or “sanitized” or “artsy” way to accomplish this. However, if you are willing to join the **real world** and accept that which reality demands of you in order to accomplish the necessary goal of victory over predatory scum, ***YOU CAN DO IT***.

First, drop all thoughts of violent types being “human” or being “people, too”, and of them deserving anything less than the most merciless, viciously ferocious treatment imaginable, when they undertake to attack their intended victims.

The trend here in America began back in the 1960's (that civilization-destroying “love” or “hippie” era) to begin thinking, not in terms of right and wrong, or good and evil, but in terms of **GRAY**. People were enjoined not to condemn those who did evil, and not to reward and praise those who did good; but rather to “see the good in everyone and to realize that no one is completely good or evil”.

Unjustifiable violence directed against the innocent is **EVIL** — plain and simple. The initiation of violence is an extreme and very dangerous form of human wrongdoing and, as such, cannot and should not be dismissed simply because there may “be some good in the violent person”. Possibly so. But when the violent individual proceeds to physically violate an innocent individual, *whatever “good” may be said to be part of his character ceases — for the time being — to be at all relevant*. The victim of such a monster has, and ought to be expected to have, ***not the slightest concern for ANYTHING about his tormentor, save taking whatever action may be necessary to stop him***.

Get this straight in your own mind: *Anyone who undertakes unjustifiable violence against you is **not** a “human being”; he is a **TARGET — AN OUT OF CONTROL WILD ANIMAL — THAT MUST BE DESTROYED, THE SOONER, THE BETTER***.

Second, and this is *extremely* important and relevant for the so-called “martial arts” student or teacher, today: **EXCISE FROM YOUR THINKING FOREVER THE “SPORTING” OR “COMPETITIVE” VIEW OF PHYSICAL COMBAT**. Fighting *sports* have nothing to do with physical encounters in which a person must defend himself. And while it is sometimes true that those who participate seriously and regularly in match fighting and other competition events may be able to apply that which they do in an emergency, *their competitive skills are*

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*only coincidentally related to that which is required in close combat.* And self-defense is **CLOSE COMBAT**, make no mistake about this, and do not permit yourself to water the concept down! Remember that human predators *enjoy* tormenting and damaging their victims. *They are not “sportsmen”*. Sporting techniques (ie skills that win matches and contests) are not the right ones to train in for hand-to-hand combat and self-protection.

You must acquire the **WAR VIEW** of self-defense. That is: The individual or individuals who attack you have initiated *war* against you. And just like a nation that has been attacked and that finds itself obliged to rally its people and its resources, and retaliate by going to war against the attacking foe, and ultimately *destroy* that foe, so you too must “go to war” when attacked. Abandon thoughts of fair play, ethics, considerations of mercy, forbearance, or what-have-you. ***YOU MUST WIN!*** And to win in real combat you must be meaner, tougher, more aggressive, more ruthless, and more relentlessly merciless than your attacker.

There is more than a *technical* danger in pursuing sport-oriented and competition modes of martial art if your purpose is self-defense (or, if in the military, hand-to-hand combat). There is the *psychological* danger that you will actually come to see and to feel man-to-man battle to be some kind of a “contest” — a *contest* in the sporting sense. That is: you are not driven to **DESTROY** the attacker, but merely to “defeat” him. This is the proper attitude that all good competitors must adopt, and it is quite appropriate when in a sporting contest; ***but it is suicidal in a real attack.*** Remember what the *attacker’s* mindset is! He wants to injure you — perhaps to kill you. He *takes pleasure in this*. He sees you as “game”; almost exactly as a hunter sees the animal that he is stalking in the wilds; to be killed and consumed. He does not take a sporting or recreational view of the encounter in which he intends to maim, cripple, torture, or kill you.

Third, stop wasting training time on acrobatics, competition skills, or classical/traditional “art”. *Get the real deal, and get going!* You want simple, basic, destructive, reliable *maiming* and — when and if legally and morally justifiable — **killing** skills. Home invasions, muggings, gang attacks, rapes, kidnappings, carjackings, and other acts of horrific, terroristic violence cannot be dealt with by resorting to anything less than utterly reliable **combat** techniques. Do not give the monster who endangers your life and well being the benefit of attempting to employ skills against him that fail to place **his** life and well being in immediate, serious jeopardy!

Police officers and security guards may have need for controlling and restraining skills. That’s fine. But private citizens have only two responsibilities, and neither one entails “arresting” others:

1. Never start trouble or agree to fight with anyone. Always strive to the outside limit of your capability to **avoid** trouble.

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2. Defend yourself (or whoever you may be with, who depends upon you for protection) if no other option is left to you but to act against an aggressor.

It is ridiculous to practice restraining and submission techniques (all intended for sport and *possibly* adaptable to law enforcement needs, under less than extreme circumstances) if you wish to be able to stop a real world attacker.

Drill, and drill, and drill, and drill some more in ferocious and destructive wartime skills, if you want to possess a reliable system of self-protection. Open hand blows; low kicks; biting; eye gouging and clawing; elbow and knee smashing; head butting; simple and vicious counterattacking moves that are fluid, flexible, and adaptable to numerous predicaments; a couple of destructive throws or takedowns, lots of combinations of followup attacking actions that devastate an assailant, etc.

Fourth, cultivate **REAL WORLD TACTICAL SKILLS**. Forget about “squaring off”, getting into a “fighting stance”, etc. Master dirty and foul tactics. Take the enemy by *surprise*. Be deceitful, deceptive, and mercilessly vicious when you take the opponent off guard. *Use anything at hand to assist your defense! Go right for the jugular! That is, do not tippy-toe into a gradual escalation of force. EXPLODE ALL OVER THE ATTACKER AND GET HIS EYES, HIS THROAT, OR BREAK HIS KNEE OR CRUSH HIS STERNUM! Move in! Keep on attacking! Press the offensive and never allow your would-be tormentor to get set or to recover!*

Remember: There is no round two, and you’re not going to have a rematch! *Get that extralegal violator **RIGHT NOW!***

Extreme, remorseless, relentless, unyielding, viciously destructive, and fierce **OFFENSE** wins. Take the war to the enemy! *Get him!* He asked for it. He started it. **YOUR LIFE AND YOUR WELL BEING IS MORE IMPORTANT THAN HIS.**

There are no time clocks, referees, limitations on how many may attack a single defender, weight classes, rules regarding weapons, prohibitions against attacks from behind, safe mats or cleared, polished wooden floors in a real attack. No “appointment” is made for a mugging or home invasion, or kidnapping, or beating, or rape. or for any emergency. When the critical moment comes it will be unanticipated, and *everything* will be at stake.

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A realistic assessment of the facts indicates that, in certain ways, violent offenders usually have certain advantages — even when attacking “martial arts trained people” (some might say, “*especially* when attacking martial arts trained people”!). Let’s change that, shall we?

Stack the deck in *your* favor. The world does not need human predators. Life is arduous and demanding enough without having to worry about our own species preying upon us. Turn this around. Follow the steps and suggestions that we have given you, and **YOU**, not the predatory filth that attacks you, will have the critical advantage in a real world self-defense emergency.

**NOTE: THERE ARE A NUMBER OF ARTICLES ON OUR OTHER SITE, [WWW.SEATTLECOMBATIVES.COM](http://WWW.SEATTLECOMBATIVES.COM) THAT WILL ASSIST YOU IN UNDERSTANDING AND CULTIVATING THE ATTITUDE AND TACTICAL ORIENTATION — AS WELL AS THE TECHNIQUES — THAT YOU NEED!**

**Bradley J. Steiner**

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## Defending Against Attacks From Behind

**WE** identify three categories of physical attack as the most dangerous, and as being inevitably life-threatening, even to a highly skilled and experienced close combat *expert*:

1. Attacks involving multiple assailants
2. Attacks by armed assailants
3. Attacks from behind

A great deal of misleading has gone on in the martial arts field for many years, and many who have come to one or another of the “martial arts” in search of practical self-defense have been taught that handling multiple, armed, or rear area attackers is no big deal. Some really absurd and ridiculous techniques have been and are being advanced in a number of schools that not only “don’t work” against these forms of attack, but that likely contribute to the near-certainty of the attacker’s success.

Have you ever seen those *hapkido* or *aikido* “defenses” against multiple attackers where the attackers are thrown (often *simultaneously!*) into the air, and away from their intended victim?



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Have you ever watched a *ju-jutsu* demonstration in which two or more attackers go after a lone defender in a most convenient and orderly fashion — permitting the defender to throw, hold, evade, pin, and thwart his multiple adversaries with ease?

How about those flashy weapon defenses? For some truly suicidal stuff you may access YouTube! With all due respect to whomever produces videos showing “defenses against knife, club, or gun attacks”, **you cannot really use 99% of that which these demonstrations present!**

Now consider attacks from behind — the topic of this present discussion. While it is certainly possible to develop reasonably good counteractions against unskilled types of attack from behind, the seriousness of this kind of threat is rarely if ever accurately acknowledged by those who purport to teach self-defense. Demonstrations leave observers with the impression that a mugger who seizes a victim from behind can be handled about as easily as a man who approaches from the front and grabs your jacket. *Not so.*

First of all, the critically important difference between even the clumsiest and most unskillfully undertaken attack from behind and any frontal attack is that ***the victim does not see the attack coming when it comes from behind.*** Only when the attack hits does the victim become aware that it is taking place, and by then it may sometimes be too late to do anything about it.

Since this Newsletter goes to many who train in and study systems and methods other than our own — and some visitors to our site, we know, are self-teachers, and learn via books — we want to keep this advice as simple and as generally applicable to everyone, as possible. We hope that we can contribute to our visitors’ improved self-defense preparation, confidence, and realistic training.

### **Principle 1: ANY ATTACK FROM BEHIND MUST BE REACTED TO ON THE ASSUMPTION THAT IT IS DEADLY**

There is simply no wiggle space here. You cannot afford to pause for a fraction of a second. As soon as violent controlling contact or impact occurs from behind, **ATTACK!** Go into immediate retaliatory action and do not stop until you are safe.

“Suppose it’s just a practical joker, or a foolish friend?” you might ask.

We have never had any affection in our heart for so-called “practical jokers”; and the last thing that we would regard as unfortunate is the loss of a “friend” who considered it “cute” or “funny” to simulate an attack against us, from behind. In simpler, even plainer language: ***To hell with morons who behave like that. If they get injured for their buffoonery, then let it be.***

**DO NOT SABOTAGE YOUR ABILITY TO DEFEND YOURSELF OUT OF CONSIDERATION FOR IMBECILES AND JERKS.**

**Principle 2: APPRECIATE HOW DANGEROUS ATTACKS FROM BEHIND REALLY ARE, AND GO TO EVERY LENGTH TO SAFEGUARD AGAINST THEIR OCCURRENCE.**

Alertness and situational awareness is one of the first essential elements of individual security and self-protection. With a commitment to remaining in “condition yellow”, and with efforts to invariably keep your back well protected and unapproachable, you can eliminate nearly every form of rear area attack.

Far and away, this is *the best* “self-defense technique” against an attack from behind.

**Principle 3: TRAIN TO REACT TO CLOTHING, ARM, AND BODY GRABS FROM BEHIND NOT MERELY BY VIOLENTLY ATTACKING IN THE MOST EXPEDIENT MANNER (KICKING BACK, LASHING BACK WITH CHOPS, HAMMERFISTS, ELBOWS, GRABS FOR THE ENEMY’S TESTICLES, ETC., BUT ALSO BY GROWLING AND YELLING AS FEROCIOUSLY AS YOU ARE ABLE TO DO.**

The unexpected and sudden yelling and snarling that accompanies your immediate acts of violence will serve to disorient most assailants, immediately. Remember that arm, clothing, and body grabs are *unskillful* attack methods, and so the assailant who moves on you in this manner — although potentially very dangerous — will almost certainly be unsophisticated in proper unarmed combat, and will be doubly shocked when you not only commence violent reaction, but also begin snarling and growling like a madman.

**PRINCIPLE 4: IT IS CRITICAL THAT EVERY ATTEMPT MADE — WHETHER DELIBERATE OR COINCIDENTAL — TO PULL YOU OFF BALANCE TO THE REAR, BE FOUGHT AND COUNTERED IMMEDIATELY.**

Body holds (“bearhug” type attacks) will automatically be countered properly by **first** slamming oneself forward and down, stomping viciously into the feet/legs, and violently turning and slashing or kicking to the rear will take care of other types of seizures of the limbs or clothing. However, *mugging* type arm strangles and chokes from behind, and the application of such attacks as the wrestling *full nelson* hold can present a much more difficult challenge to the defender.

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***Twist violently and turn whenever a forearm invades from behind, around your neck. Go in the direction of the momentum provided by the attacker's arm.***

As you twist and turn, *smash into the testicles and grab hard!* Drive elbow blows back into the attacker's solar plexus/sternum area.

Always *drop* your bodyweight when grabbed from behind. This creates a problem for the attacker in supporting and controlling your weight.

***BITE AND BITE HARD*** — into an enemy's arm, hand, or fingers when and if possible, and ***do not release your biting grip***. Retain your bite as you followup with other blows and smashes. This will likely rip flesh from the attacker, and — if his fingers are bitten, *break* the bones of his fingers.

**PRINCIPLE 5: TURN! TURN AT THE VERY FIRST OPPORTUNITY TO DO SO, AND DRIVE INTO YOUR ATTACKER AS VICIOUSLY AS YOU CAN.**

Do not focus on breaking the attacker's hold, or simply getting free of his grip. *In order to optimize your chance for successfully escaping and defending yourself, you must go on the attack!* The sooner your enemy is injured and the faster your actions make him realize that **YOU** are after **HIM**, and after him with **MURDEROUS INTENT**, the better.

Never forget that all close combat is at least 50% **MENTAL**.

## **More “Wilding” Again In NYC?**

The Monday morning right after this last Easter Sunday saw a mob of savages running wild in NYC's once beautiful Times Square and Herald Square area — “wilding”, as NYC's Mayor Bloomberg called it.

**Four innocent bystanders were shot by these despicable rampaging vermin**, and the police finally made mass arrests. (So much for the wisdom of “gun control”, which NYC has always strictly enforced)

Violence is of course on the rise everywhere. NYC is a huge metropolis, and it has its hefty percentage of scum that the NYPD does the best that it is able to do in order to keep the trash under control.

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What's the solution? Well, aside from the private citizenry being armed and encouraged to shoot such gutter filth to death, we'd certainly like to hear that .50 caliber machine guns had been leveled on such a mob of excrement and that the entire mass of them were blasted and ripped to lifeless shreds on the streets that they sought to terrorize.

We won't hold our breath.

We are originally a New Yorker. We still LOVE that great City, and we cherish memories of what it was like during the 1950's, when we were a child there. We left New York in the 70's because the gun control, violence, insanity, cost of living, and growing tolerance of mindless savages who kept pouring into the City and polluting it from every toilet on the planet, made civilized life there an impossibility.

We'd never live in New York City again. It has become a real sewer, and that is a tragedy.

There are many, many, many fine and decent people trapped in the "Big Apple", and our heart goes out to them. We suspect that matters will become even worse in the months and years ahead, because NOTHING is being done to return NYC to the free and open place it once was.

A society that tolerates (rather than extinguishes) the lives of troublemakers, gang members, toughs, street garbage, hoodlums, and assorted other breathing junk cannot remain civilized, free, safe, and prosperous. And NYC has not.

What a tragedy.

## Forget Classical/Traditional "Kata" If You Train For Self-Defense

**CLASSICAL/TRADITIONAL** kata (forms, hyungs, sets, etc.) are excellent for providing exercise and for enabling students of traditional methods to keep their classical techniques sharp and strict. However, the idea that these exercises actually build combat abilities is erroneous. The late Bruce Lee was quite correct when he criticized the practice of kata — although he was tactless in his failure to recognize that these drills *do* have a place, for those classicists who simply enjoy practicing them. He also failed to comprehend the virtues inherent in the *concept* of kata training, and he didn't understand how these could be utilized to formulate practical training methods for combat preparation. But that's another story, and we apologize for the momentary digression.

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If you train strictly for hand-to-hand combat and self-protection you do ***not*** want to train in traditional formal exercises (“kata”).

Unfortunately, the idea is advanced in some circles that kata is effective training for dealing with multiple attackers. *Nothing could be further from the truth.* Kata are engagements between *imaginary* multiple enemy attacks — and so long as your attackers **are** imaginary, kata will provide a viable means of defending against them. Live attackers are a different story, however, and no amount of kata training is going to prepare a person for handling such an emergency.

When, many moons ago, we were a student of taekwondo, the idea was pushed that by mastering the basic set of five ***PYONG-AN HYUNG*** (very, very similar to the classical “*Heian*” kata, taught in Japanese Shotokan) we could achieve something referred to as a state of “pyong-an serenity”. This “serenity” we were told, is the result of having mastered the skills and techniques taught in the set of five *Pyong-An Forms*.

Today we recognize that, despite the fact that we certainly do not doubt the sincerity of the teacher who taught this concept, and that he himself truly believed it to be true, we understand the concept to be absurd.

*Ju-jutsu* too has kata; but *ju-jutsu* kata are not all irrelevant for personal combat. (We now speak of combat *ju-jutsu* — ie that which we personally regard as ***REAL*** *ju-jutsu*; not the competitive ***judo*** and wrestling that is today such a popular sport, and that is touted as “ju-jutsu”). In authentic Japanese warrior *ju-jutsu* one does not “spar” or compete. One trains by employing the kata method. However, one does this with a training partner, and one merely drills incessantly in ***each specific self-defense action*** — or “trick” as the skills have often been referred to in the past. Those “tricks” that are good — and a few classical *ju-jutsu* tricks are — may be developed for practical use via kata drill).

In the practice of modern, effective hand-to-hand combat and self-defense, this form of *ju-jutsu*-like “kata” — controlled practice with a partner — is the only rational practice method that one can employ when working with live partners, since in any true combat system, actions are intended to knock out, cripple, maim, and kill. Any “freestyle” application of such techniques will inevitably result in catastrophe — sooner or later — no matter how excellent the participants’ “control” of their actions.

What the student of classical/traditional *ju-jutsu* must be very cautious about is the fact that ***many of the techniques that he learns and works so effectively with a practice partner on — in their “kata” drill — will not work in the real world!***

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That which one can do with a practice partner who cooperates is *not* always or necessarily that which one can employ against an attacking enemy and a resisting, determined foe, in a real emergency.

We offer the following suggestion to teachers and to students, alike:

**Always develop and establish the effectiveness and destructiveness, and combative applicability and practicality of any “self-defense” (*counterattacking*) technique before attempting to cultivate it for practical use. This is the procedure that we used (and use) in *American Combato (Jen•Do•Tao)*<sup>TM</sup>, and it is necessary if one expects to be able to actually rely upon the actions in any real emergency.**

The kata that we say “*Discard!*” are the classical/traditional kata of the various karate systems, and *many* of the ju-jitsu kata, if and when they can be seen to require cooperation in order to work.

For self-defense and close combat it is far better to focus on the practice of **BASIC BLOWS, COMBINATIONS OF BLOWS (AND OTHER SKILLS)**, and *serious* supplementary work with **WEIGHT TRAINING** and **NATURAL WEAPON CONDITIONING**.

Classical/traditional kata are fine for the classicist and the traditionalist — but please understand that such a practitioner, however admirable his development and performance of skills, and regardless of his commendable discipline and efforts at mastery, is *not training in real world hand-to-hand combat and personal defense techniques*.

## Are We British?

**SEVERAL** correspondents have asked us recently if we are British. No. We are American — born and raised — and a patriotic flag-waving yankee, to boot!

It seems that our undisguised admiration for that which such Britons as Fairbairn and Sykes (as well as others) have given us in the field of close combat and self-defense, as well as clandestine intelligence, has made some people think that we are originally from England, and we are simply striving to push *British* over *American* close combat doctrine.

**NOT SO.** We are originally from New York.

Like one of our greatest teachers, Col. Rex Applegate, we acknowledge and admire the fabulous practicality and realism that the WWII era teachers in the U.K. introduced when teaching the

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Allies close combat methods. In point of fact, some of the best and most realistic training was given in Australia, as well as in England.

There is, we admit, something more to our admiration for the British.

We cannot help but feel an enormous respect for the spirit of the British when we consider how they stood as a bulwark against the Nazis, during the second world war. At a cost we never had to pay in this Country, those fabulous people withstood the Blitz and would not surrender. The stories of their citizens' courage, and the reports describing the accomplishments of their incomparable RAF heroes are all true — and one who appreciates the history of that time can only smile quietly in reverence for those hardy, decent people.

If it were not for the extensive and unrestricted assistance of the British, our own wartime OSS would likely never have been so effectively organized. It was the British who taught us about secret intelligence and covert, subversive warfare. They also trained our wartime *Rangers*, providing for our first American “commandos” the training that they required, at the British Commando Depot, in Dundee, Scotland.

So . . . for those who might be wondering, we hope that we have answered the two questions of “Are we British?” and “Why do we emphasize the British unarmed and hand-to-hand methods so strongly?”

As Fairbairn and Sykes influenced Rex Applegate, so Rex Applegate — and Fairbairn and Sykes — influenced *us*. Our System is unique, and is certainly an **American** System. But we will always have a heartfelt, emphatic “Thank you!” to express to the British, for offering us so much that we could use in building our System.

### **Drive In FAST, HARD, And FURIOUS!**

**WE** have come to the realization that certain tactical imperatives must be stressed when training people to physically defend themselves. And while it certainly does make a big difference whether one employs proper combat versus competitive or classical *techniques*, the implementation of good tactics regardless of what techniques are employed, cannot be overemphasized. Less than perfect techniques will often prevail when employed by using *good tactics*.

One critical tactic is” *Whenever you are in a situation where you have no choice but to physically defend yourself, move in viciously and with every ounce of physical and mental*

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***determination of which you are capable! Never “square off”, take some formal stance, or hold your ground and attempt to strike out at your enemy from a “sparring distance”.***

One of the greatest detriments to the study of any sporting/competitive “martial art” if your goal is self-defense is that ***EVERY SINGLE ONE OF THEM*** advocates and requires that participants use “get ready” stances, and that they square off with each other before entering the match.

Never should a defender assume a formalized “fighting stance” when he is attacked. If — as we would hope — the troublemaker who is initiating violence shows his hand to a properly schooled defender who has been trained to face strangers correctly and unobtrusively, then **the second that troublemaker acts**, the defender ***PREEMPTS***.

If an attacker takes the defender off guard, then the proper reaction on the defender’s part is to ***GO AFTER THAT ATTACKER AS SOON AS HE POSSIBLY CAN DO SO***, not to square off in a stance, awaiting the aggressor’s next onslaught, or to focus completely upon releasing a grip or getting out of a hold. If you’ve been hit then you’ve been hit. If you are not knocked out or disabled, then **ATTACK YOUR ATTACKER!** Never mind ridiculously “preparing to defend against that attacker’s next effort”.

This is all, as our decades of training, research, study, and experience has taught us, ***BASIC DOCTRINE***. Ignore it at your peril.

Whenever you move against an adversary, ***ADVANCE AGGRESSIVELY INTO HIM***. Attack while and as you drive into him — relentlessly. This provides your most certain defense. “Defense” in effect, is *built into* the offense.

During WWII when the justifiably famous *Silent Killing Course* of Fairbairn’s was being given to members of the OSS in the United States training facility at Camp Ritchie, Maryland and at Camp-X in Canada, the mandate to instructors was clear: ***“Students must be made attack minded.”***

“Attack mindedness” involves, as we see it, much more than a mere focus upon offensive rather than defensive *techniques*. It means, among other things:

- Wanting to ***destroy*** the enemy (not merely “win a match”, or “stop his attack”, etc.)



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- Being prepared at all times to make the crucial mental shift required (from mundane thoughts to serious aggressive violence) should one find oneself in a confrontational predicament
- Possessing a real enthusiasm for employing the proper *attacking actions* of close combat so that foolish recourse to purely defensive or to mere evasive actions will not flood one's psyche in a critical moment
- Having not the slightest hesitation about explosive brutality — about instantly savaging an enemy in the most *ruthlessly merciless manner* — when there is no choice but to protect oneself or others
- Being conditioned to physically propel oneself aggressively at one's enemy in a combative engagement, attacking, attacking, and continuing to attack some more, until that enemy has been destroyed.

*Moving in* is key. Make it a **100% drive to the wall! Attack!**

Moving in provides the greatest channeling opportunity for the fear energy that manifests during the initial, involuntary “flight or fight” reaction of the organism to the awareness of danger.

Moving in makes you a moving target for any second or third attacker who may be present — perhaps coming in behind you, without your immediate awareness.

Moving in facilitates physical followup (**ALWAYS** something to be emphasized).

Moving in causes any attacker to shift to a *defensive* mode, himself. If he does not “back peddle”, then he must use his strength and energy to attempt to *halt your onslaught*. Thus, if he is larger and stronger than yourself, as we assume in training he always will be, you cause him to waste his strength by attempting to halt your advance.

Moving in (while, we suggest, **growling and screaming like a madman**) imparts the maximum degree of *surprise* and *shock* effect to your action.

Great caution must be employed in training with a practice partner, naturally. However, this is the way to end an enemy's threat to you, DECISIVELY.

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Question: “*What is the best technical way to ‘move in’ against an enemy in a close combat situation?*”

Answer: This varies with situations, to an extent. We’d recommend that those working on their own experiment with advancing after lashing out with a surprise side kick to the knee, an open hand fingertips thrust to the eyes, rapid handaxe chopping to the facial/throat area, or tossing some object into the adversary’s face. We teach many proven and marvelously effective options, as well as personally tailoring movements to one’s physiological and psychological idiosyncrasies, when we give personal instruction.

### Trust Your Gut!

**FOR** decades we have emphasized that students pay close attention to their inner warning voice — their *intuitive warning mechanism* — and **TRUST IT**. We wrote about this previously in *Sword & Pen*, and the following article, submitted to us by one of our Black Belts, not only underscores our admonition, but sheds some light on an aspect of it (i.e. *noticing when and if someone may be eyeing you*) that is well worth paying special attention to — for a number of reasons.

When training members of our military “elite” services, and those in our clandestine intelligence services in the art of taking out sentries we have always stressed something that had been learned and understood since the war years, when it was discovered while training British Commandos, American Rangers, Marine Raiders, and covert SOE and OSS Operatives. That is: *Never permit yourself to stare at the back of a targeted individual before moving on him! Everyone possesses some kind of inner warning capacity that “alerts him” by sensing in some manner, of someone’s visual focus upon him.* This is *not* fantasy. It has been proven true, and it *is* true.

For those of our readers who may be involved in sensitive work, this may be — if they had not been taught it previously — a valuable lesson that will one day enable them to carry out a critical mission.

For those of our many visitors who seek to enhance their self-defense abilities, this may prove to be a *heads up* that encourages their respect for a little known but very real means of becoming alerted to a stalking enemy (mugger, etc.): **i.e. “feeling” that someone is watching you.**

Please read the following carefully:

## **Psychiatrist's Research Finds You Really Can Feel a Person's Stare**

**Paper by Dr. Colin A. Ross Explains How to Measure the Eye's Electromagnetic Energy**

**Press Release Source: Colin A. Ross Institute for Psychological Trauma On Monday April 5, 2010, 9:23 am EDT**

**DALLAS, TX--(Marketwire - 04/05/10) - Noted psychiatrist and author Colin A. Ross, M.D., has published experimental data that supports his scientific hypothesis that the eyes emit energy that can be captured and measured. Dr. Ross' paper, "The Electrophysiological Basis of Evil Eye Belief," is published in the current issue of Anthropology of Consciousness, a journal of the American Anthropological Association. The full paper is available at <http://www3.interscience.wiley.com/cgi-bin/fulltext/123310535/PDFSTART>.**

**Although nearly everyone has experienced the sense of being stared at only to find that a person or animal really was looking, Western science has long rejected that the human eye can emit any form of energy. Dr. Ross says his findings move "human ocular extramission," which he also refers to as an "eyebeam," from the realm of superstition to science.**

**"We used our patent pending Electromagnetic Beam Detection System, which includes modified EEG neurofeedback equipment, to prove that the human eye emits an electromagnetic signal that can be measured scientifically," said Dr. Ross. "I hope that future experiments will determine why energy emitted from the eye is so strong and whether it can be harnessed through focused attention."**

**A series of videos in which Dr. Ross discusses the paper can be viewed at [http://www.youtube.com/view\\_play\\_list?p=78E31282619EEF4D](http://www.youtube.com/view_play_list?p=78E31282619EEF4D).**

**Dr. Ross has been researching a new science and medicine focused on the human body's electromagnetic field, which he detailed in his 2009 book, Human Energy Fields (ISBN-13: 978-0-9821851-0-0).**

**Dr. Ross previously made headlines by applying to the \$1 Million Dollar Paranormal Challenge administered by the James Randi Educational Foundation (JREF) ([www.randi.org](http://www.randi.org)). Although Dr. Ross can prove that his eyebeam can make a tone sound out of a computer, JREF insists that no energy can be emitted from the eyes and mocked Dr. Ross with its Pigasus Award. JREF has not responded to Dr. Ross' test protocol. Dr. Ross is the author of 140 papers in professional journals and 23 books. He has lectured widely in North America, Europe, China, New Zealand and Australia, has reviewed for many different psychiatry journals, and received a number of research grants. His writing also includes short stories, poems, aphorisms, plays and essays on a**

wide range of topics. For more information about Dr. Ross and the Colin A. Ross Institute for Psychological Trauma, visit [www.rossinst.com](http://www.rossinst.com).

We sincerely hope that this article is helpful to you. And we again thank our Black Belt for sending it to us.

## You Don't Need To Train For Years In Order To Prepare Yourself For Close Combat

WE have had students who — *with impressive martial arts credentials* — have come to us from other states or countries, and told us that they *learned more effective and practical combat and defense techniques and tactics from us in the relatively few hours of private lesson training they took than they had acquired in their previous years (sometimes DECADES) of training.* This is *not* because we offer any kind of “secret” or “mysterious” knowledge and technical training, but *precisely because we do NOT do so!* We offer straightforward, war-proven skills and methods, and we have an awful lot of experience in teaching it, so the message gets hammered home — **QUICKLY.**

You see, we took our own background in marital arts, which was extensive (taekwon-do, varmannie, ju-jutsu, kenpo-karate, and dozens of miscellaneous courses and programs), our extensive background in physical training, hypnosis, and related conditioning methods, and we **combined all of that** with the cream of every one of the WWII methods of close combat and personal defense — with and without hand-held weapons, and we blended all of *that* with deep researches into experiences of military and law enforcement professionals, and synthesized the cream of all of **that**, to develop a comprehensive, modern System: *American Combato (Jen•Do•Tao)*™. Our System contains original material, which is in some instances based upon *how we decided to best combine and employ previously developed wartime methods with methods and principles which we garnered from classical/traditional studies.*

Those wanting to train long-term may now do so in a modern, meticulously planned, proven American System of armed and unarmed close combat and self-defense. We welcome and love to acquire new students whose interest and seriousness is long-term, and aimed at their acquisition of **black belt** proficiency and development. **HOWEVER . . . ANYONE SEEKING SHORT-TERM TRAINING WILL DERIVE MORE OF A USABLE, PRACTICAL REPERTOIRE AND MENTAL CONDITIONING FOR REAL COMBAT IN ONLY A BRIEF COURSE WITH US, THAN CAN BE ACQUIRED IN WHAT IS OFTEN YEARS OF CLASSICAL/TRADITIONAL TRAINING.**

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Again, this is *not* because we offer “secrets”, “mysteries”, “superhuman promises and methods”, “guarantees” (there are none), or anything but solid, practical, realistic, proven close combat doctrine.

Taking even ten private lessons with us can impart sufficient know-how to handle almost any close quarters engagement with any serious troublemaker — **providing**, of course, that the student will devote a few months to developing and mastering that which he is taught. Some of what we teach is so simple and direct that it can be practically acquire after only a few minutes of explanation and practice; but a good rule is to plan on spending several hours a week in *serious training and practice* for three months or so, to be fully confident in the skills acquired after a course of ten or more private lessons.

If you are “only looking for basic self-defense”, and do not wish to become involved in protracted training in classical/traditional martial arts, but cannot locate a reliable and professional teacher where you live, **CONTACT US**. You will not be sorry.

## Fear: Your Ally In Any Dangerous Situation

**WE** constantly remind our students that *fearlessness* would be, if they could somehow miraculously achieve it, one of the most serious impediments to defending themselves that could exist.

The commercializers (the “fear no man”, the “we’re teaching what the government doesn’t want you to know”, and the “learn the ancient and unbeatable secrets of the martial arts” crowd) make fortunes by pushing their wares as being the road to **fearlessness in the face of danger**, or to that state of mind in which the individual is **silent and fearless** when confronted by the threat of injury or death at the hands of a troublemaker, etc. *Crap. Misleading, untrue, foolish, mind-numbing, absolutely absurd N-O-N-S-E-N-S-E.*

*The dead, the insane, and — sometimes — the wildly arrogant, are “fearless”.* If death, insanity, and wild arrogance is what you are seeking, then perhaps you would be well advised to pursue some of the popular garbage that is being presented “out there” and, also, on the internet. Surely you will indeed find yourself led to that toward which you aspire. You won’t be able to defend yourself in the real world, but you will dissolve your mind in a fantasy that will allow you to enjoy living in a fool’s paradise — **until that awful moment arrives when you are called upon to use that which you have been taught, for real!**

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The truth is that fear must be understood, appreciated, and ***mastered***. It is an energizer par excellence. When you are sufficiently fearful you can move with greater speed, hit with greater power, focus with more intense concentration, and withstand 20 times the trauma that you otherwise would be able to withstand (in a calm or “fearless” state).

Fear can turn you into a dangerous, ferocious, focused wrecking machine — a person who is oblivious to *anything* save the laser-like intensity of a mind fixed on the destruction of whomever may be posing a threat to yourself, or to those you love.

The initial feeling that accompanies the onset of fear is unpleasant. It is also, unfortunately, experienced by many males to be *shameful*. This is unfortunate, since there is in fact nothing whatever to be ashamed of when you feel fear. If anything, fear is a confirmation of your *intelligence*. Being intelligent, the realization that danger may strike *makes you fearful* — as it should.

Fearlessness would be the reaction of an infant in a crib if you leveled a handgun at his head. He might even giggle and want to play with the gun. Point a loaded handgun at the head of anyone who had a mature *brain* contained within it, and he would experience *fear*.

Nature provides, in that reaction of your organism which we refer to as “fear”, an **instantaneous “warmup”** as it were, readying you for *action*. You cannot take 30 minutes to limber up when you realize that some piece of gutter manure is about to attack you. *And you don't have to. Fear instantly jars you into a state of readiness to **ACT**.* And you can act with highly intensified efficiency when you are afraid.

Think about this:

If you go to an office job every day you might wake up to an alarm clock early in the morning. Notice that you normally take a *long time* to really “wake up” and function at peak efficiency? You're up at six and by around ten in the morning you're fully alert and functioning at normal productive efficiency.

Now imagine that you are sound asleep, and it is two in the morning. *A window breaks in your house! You snap out of sleep and jump up — awake, alert, ready. You are **scared!*** Nature has built into you the capacity to instantly “ready” your mind and your muscles when a sudden emergency strikes. *That's fear. And that's a blessing. It is the **last** thing you want to “get rid of” if you aspire to a functional capacity with practical self-defense skills!*

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Punks, bullies, troublemakers, and assorted other sewer scum often approach their intended victims feeling **NO FEAR AT ALL**. Why? Because these bacteria *carefully calculate* their evil acts, and they select as their targets those whom they are sure in their own minds will be easy victims to torment. ***THERE YOU HAVE ONE OF THE GREATEST ADVANTAGES IMAGINABLE, IF ONLY YOU WILL REALIZE AND APPRECIATE IT!***

Mr. Filth approaches you in a confident, fearless manner, because he has determined in his own mind that beating you (or whatever the hell it is his intention to do to you) will be “no sweat”. You — being a civilized, nonviolent, and responsible human being — obviously experience an immediate **fear** of that which you perceive to be about to occur. ***GREAT!*** You now not only have all of the *physical* advantages that the fear response gives you (i.e. you will be infinitely faster, stronger, more resilient, and completely focused when and if you need to employ countermeasures to drop Mr. Filth), but you have the **CRITICAL ELEMENT OF SURPRISE!** Your would-be attacker not only is in an overconfident, relatively unconcerned state of mind, **he has not the slightest awareness of that which you are capable of doing, will do, and the heightened state of strength, speed, and determination with which you will undertake to do it!**

When you explode in Mr. Filth’s face and dish out the maiming attack that leaves him writhing on the sidewalk, or crumpled up in unconsciousness as he deserves, he will never know what hit him!

Still interested in becoming “*fearless*”?

We believe that one of the greatest benefits that we are able to offer those who come to us for training is — in addition to proven techniques that **WORK** — is that mental conditioning that is so necessary for handling real violence and prevailing against dangerous, determined human adversaries.

You can do it. And you can do it best when you’re afraid, and when you’ve learned how to use your fear energy!

## New Material On Our Other Site

**PLEASE** check out [www.seattlecombatives.com](http://www.seattlecombatives.com). We've posted some very useful information for you, and we're confident that you will benefit from that which is there. New material added often!

Please be kind enough to tell others about this and about our other web site. Our mission is to assist in the instruction, inspiration, and guidance of those who are seriously concerned about learning self-defense, and close combat — with and without weapons.

Please visit us again on 1 June when the next edition of *Sword & Pen* will be posted. Until then we wish you success in your training and urge you to

***STAY COMBAT READY!***

*Yours in defense,*

**Prof. Bradley J. Steiner**

[www.americancombato.com](http://www.americancombato.com)

[www.seattlecombatives.com](http://www.seattlecombatives.com)

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