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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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## **E d i t o r i a l**

### ***A Plea To Teachers***

“Young warriors are always eager for battle. Old warriors know better.”

**Robert Ferrigno, Heart of the Assassin**

**IN** some circles, by no means all, teachers of martial arts who fancy that they are instructing those who come to them in practical self-defense, encourage an aggressive, “let’s get down” attitude ( an attitude of, echh, “*machismo*”).

Again, *all* self-defense teachers are **not** guilty of this, but those that are are doing their students a horrific disservice.

In the 1970's the introduction of steroid drugs into the field of bodybuilding began to *destroy* that activity, *mainstream*. In the 1980's the introduction of "challenge fights" and the cultivation of brawling (instead of what we consider legitimate *competing*) took over the *mainstream* so-called "martial arts". The rapid decline of quality and combat efficiency thereafter has been readily observable ever since.

The time may never come when weight training and the arts of self-defense *ever* reestablish themselves as legitimate, authentic studies and activities that sane people are well-advised to follow ——— **mainstream**. But there will, hopefully, always exist a kind of underground in these fields, in which reasonable and sensible physical training is advocated and followed, and where real, reliable, and authentic close combat and self-defense doctrine is recognized, taught, and practiced.

Please. If you are a **teacher**, be worthy of the title. *Join that underground!*

No amount of popularity and rhetoric, of coverage by worthless newsstand periodicals, or purveyance by the commercially or egotistically motivated, will make steroid use and insane physique standards and training methods "*right*". Nor will any amount of popularity and widespread appeal to the moronic turn reckless, injurious competition events into real world self-defense and reliable, effective military close combat ——— with or without weapons.

Teaching the truth has rarely been popular throughout history, in *any* field of endeavor. The popular con makes the money and enjoys most if not all of the prestige. But facts are facts, and that which is true is as solid and reliable and permanent as chrome vanadium steel. The teachers who teach the truth, who work on and at, and who continue to research and advocate and practice, themselves, ***that which is real, true, and makes sense***, will always enjoy the greatest meaningful rewards, and the ultimate victory.

Nothing can matter more than to be right. Please . . . if you are a teacher of the close combat and self-defense disciplines, ***choose to be right.***

Many people ——— actually, the vast majority of people ——— who come to martial arts do so in their teens and early 20’s. They are *very* impressionable, and it is within your power to provide a beneficial influence that affects them for the rest of their lives, and sets them thinking straight, about violence, self-defense, manliness, and proper behavior. ***Don’t encourage them to adopt that despicable chip-on-the-shoulder attitude that some asinine and botched excuses for “teachers” now infect their students with.*** The real warrior, the real **man**, eschews violence. He sees nothing to be proven by fighting, and he shuns people who delight in fighting. **That’s** part of the attitude you should strive to inculcate and encourage in your charges. (we are of course addressing those who teach predominantly or exclusively ***self-defense***; those who teach **competitive** fighting are of course perfectly reasonable in advocating *competitive* or *sport* or *contest* “fighting”. With the very young it would be wise to stress the importance of **never** fighting outside of the sporting venue, save unless they find themselves actually attacked and have no recourse but to protect themselves. But otherwise, there’s certainly no problem with legitimate fighting **SPORTS**.)

Self-defense training advocates (if properly taught) a **warrior’s mindset**. It regards the act of self-defense as a soldier would regard dealing with an enemy on the battlefield. **No nonsense**. Not for fun, not according to rules, and *never* unless unavoidably necessary! It is correct, proper, just, and ***right*** to teach self-defense skills that do the job, and not waste students’ time with pretty, fancy, flashy crap that works beautifully against a cooperative “attacker” in the dojo, but that is worth zero when confronting an honest-to-God violent felon. *The art of self-defense is serious, dangerous business, or it is nonsense.* By all means then instruct students in destructive, damaging techniques and in the acquisition and use (when necessary) of a fierce and vicious mindset. **But mold them also to be gentlemen. If you detect the “smartass” in anyone, if you sense a desire to kick ass in someone, if you feel that the disease of *machismo* is present in any person**

**applying for instruction, DO NOT TEACH THEM.**

We have often said jokingly that we want students who *need* to be taught and encouraged to be vicious, unfair, unscrupulous, foul, and without mercy or compassion. We do *not want* and we *will not teach* the psychopath or latent psychopath who we believe has the attitude of an adolescent bully or street punk, and who delights in the idea of “throwing down”, or “proving” how “tough” he is; what a “big shot” (read big s—t, in reality) he is. Etcetera.

Urge to the Nth degree the insanity and harm of using steroid drugs. And if you yourself are not aware of this, then do some research and find out! Even slight encouragement or indirect approval of the use of steroids *should be a criminal offense*. Steroids kill people.

Be **honest**. If you are teaching contest-oriented sport skills *do not tell prospective students that you are teaching self-defense*. In certain instances (as is the case with judo, boxing, wrestling, kick boxing, and competitive karate) it is perfectly legitimate to say that what is being taught *can be applied in a self-defense emergency once a high level of skill has been achieved*. But sell classical/traditional. and sporting/competitive arts for exactly what they are. They are certainly worthwhile, and greatly so; but neither category of studies leads to the acquisition of **warlike skills and combat/self-defense abilities for all situations**.

Since the ridiculous and misleading nonsense of referring to certain approaches of competition fighting as “**sport ju-jutsu**” (for those who know what ju-jutsu is, it is crystal clear that such a designation is a contradiction in terms) we say with a certain amount of trepidation that *you should be teaching combat ju-jutsu (our deliberate employment of a redundancy) or a modern combatives art, if you wish legitimately to call what you teach “self-defense”*.

Teach real combat and teach it in a manner that *discourages* violence. Train your students the way few schools train them today: to be responsible, nonviolent, respectful, honorable citizens; citizens who, *only if they must* are

ready, willing, and able to fight like merciless, wild animals.

We hope this reaches and influences at least **one good teacher** out there.

**Bradley J. Steiner**

**P.S.** A regular visitor to our sites recently asked us why we never reply to or address those “liars and deceivers” (*his* words) who misrepresent, attack, and “nonsequitorially” (sic) criticize us. The answer is simple, and we cannot do better than provide it by quoting George Bernard Shaw (or at least trying to quote him, as best we are able to remember reading his words many years ago) —————

*“Never fight with pigs; you will  
only get dirty, and the pigs will  
enjoy themselves”*

*That’s why!*

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***DVD Course NOW AVAILABLE!***

***(You Can Learn Self-Defense and  
Close Combat At Home!)***



**Here are a few comments about us and what and how we teach, from a handful of the many genuine authorities in the field of close combat and self-defense who are familiar with us and with our work:**

**“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”**

**— James R. Jarrett,**

**Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.**

**“[Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”**

**— Greg Anderson,**

**Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.**

**“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is incredible!”**

**— Detective Ralph Friedman (NYPD Retired),**

**Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.**

**“Your Method is excellent. You have expanded upon and improved considerably the method I learned from**

**Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you're a very good student and teacher"**

**— Maurice ("Maury") Geier,**

**Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname "Deathhouse Geier".**

**"Your American Combato is a very good System"**

**— Charles ("Charlie") Nelson,**

**WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O'Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle's students).**

**"You are indeed a 'Professor' of combat arts! I quote you all of the time"**

**— Grandmaster Jim Harrison,**

**The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim Harrison's accomplishments and contributions to the combat arts in America.**

**"From you I learned the valuable lesson of 'attacking' instead of 'defending' when you have to defend yourself"**

**— Grandmaster John McSweeney,**

**The "Father of Irish Karate", John was one of Ed Parker's first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-**



**Hand Combat. We maintained a correspondence and friendship until John's passing.**

**“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”**

**— Dr. Albert Ellis,**

**One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis' contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis' works.**

**“[Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”**

**— George Kalishevich,**

**Former USMC Sergeant and combat veteran of Southeast Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960's. He was also an experienced bouncer. He passed away several years ago.**

**“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's advice was always on the money. The information contained in his articles in Combat Handguns, Handguns,**

**American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.**

**The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner’s writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner’s vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner’s”.**

**— Grandmaster John Perkins,**

**The brilliant innovator of ‘Guided Chaos’, John Perkins’ background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.**

**The First and Only Complete Self-Defense and Close Combat Course in American Combato (Jen·Do·Tao) on High Quality DVDs!**

**Eleven carefully prepared professional instructional DVDs describe and demonstrate**

the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)<sup>™</sup> all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's

originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this instruction again and again, and save the DVDs for your children to study when they are old enough.

## **IMPORTANT NOTICE!:**—

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

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

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

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

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

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

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

## **Contents:**—

### ***DVD #1 FUNDAMENTALS***

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

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

### ***DVD#2 BASIC BLOWS***

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

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

### **DVD#3 ATTACK COMBINATIONS - FIRST SERIES**

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

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

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

### **DVD#4 ATTACK COMBINATIONS - SECOND SERIES**

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

the battle into the enemy's camp and *attacking your attacker!*  
This DVD trains you in *DISTRACTING LEAD ATTACKS, KICKING LEADS, and MISCELLANEOUS LEADS.*

### **DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT**

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

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

### **DVD#6 COUNTERING THE UNARMED REAR ATTACK**

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

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

### **DVD#7 COUNTERING KNIFE AND CLUB ATTACKS**

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

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

### **DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS**

- Obviously these, like knife and club attacks, are *deadly* threats and only the

simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

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

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

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

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

### **DVD#11 KNIFEWORK**

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)
  
- Knife *offense*
- Defending yourself with a knife

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



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

All DVD purchases are of course nonrefundable.

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

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

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

### **“Weaver” Stance/Front Sight, NRA Nonsense**

**NOW** the NRA more clearly shows its true colors. For decades it has been clear to us that this Organization was doing *very, very little* on behalf of what needs to be done ——— which is to have at least 99.99% of *all* “gun laws” **rescinded, in every city and state in the Nation.** We are no “joiner” but if we were to join any organization it would be **Gun Owners of America.**

Headed up by Larry Pratt, a man who has been totally consistent in his zeal to save the citizens' Constitutionally protected right to keep and bear arms, *this* is an outfit that means business. The NRA's most recent “contribution” to the termination of the incredibly **unjust** and **unConstitutional** laws that saturate virtually every city, town, and hamlet in the United States is to offer a “three-tiered” program all about concealed carry and how to lawfully and correctly use a handgun for self-defense. Sniffing the goldmine that the other cashers-in

on the profits of running over-bloated “shooting schools” that have been for a long time enjoyed by others, the NRA wants in on the action. *And doubtless they will get it!* For it was Jeff Cooper and his pals who created the so-called “new technique of the pistol” *following* the second world war (during which those men —— including Cooper —— who **did it for real**, did so using *real* combat shooting; rather than the **sport** [i.e. “new technique”]) that the luxury of peacetime enabled them to create. Cooper knew all about **point shooting** and he correctly advocated it, until performances by his friends in *sport* enabled him to latch onto something that had *never been a surprise to anyone advocating real combat shooting, EVER!* Namely, that it pays to use a two-hand grip on the pistol and to use the weapon’s sights when inordinate distances are involved in the affray, when lighting and when time permit. Here, read Cooper’s own words:

*“It’s an axiom that hitting your target is your main concern, and the best way to hit is to use your sights, but circumstances do arise in which the need for speed is so great, and the range so short, that you must hit by pointing alone, without seeing your gun at all.*

*Pointer fire is not as hard to learn as sighting, once you realize it’s range limitations. using the 1911 auto-pistol I have found that I can teach the average infantryman to stay on a silhouette at 10 yards – using pointer fire in two shot bursts – more easily that I can get him into that 25 yard bullseye using slow fire and sights.*

*Of course this sort of shooting is strictly a way of obtaining body hits at essentially indoor ranges ( 30 feet and under) .... But up close pointer fire can be murderously effective, and it’s mastery is often the difference between life and death.”*

*– Fighting Handguns, pages 97-98*

See?

Anyway, despite what we agree is his indisputable position as one of the world's greatest firearms experts, and his marvelous social commentaries, **Cooper was 100% wrong when — with the advent of that competition-validated “new technique” — he insisted that the handgun's sights should *always* be employed. Using a handgun or other firearm — or *any* weapon — in **real combat** requires much more than expert knowledge of the weapon(s) in question, or of weapons, *per se*. It demands insight into psychology, physiology, kinesiology, and how the body and mind of a human being react in dangerous situations and when **threatened with death**. Fairbairn (*not* through observing competitive shooting matches and seeing what wins in these artificial events, but by studying instead what prevails in **real world lethal armed confrontations**) knew, as his little classic *Shooting To Live* probably instructed Cooper during WWII, that when the range is typically very close you **cannot** and **should not try to** use the weapon's sights. We know today that the *peripheral optic dysfunction phenomenon* and the tache-psyche effect resulting from it, **utterly prevents using the sights, and “keep your focus on the front sight” is, well, asinine and absurd counsel when training people to use handguns in personal defense or war.****

Ah, jumping back, before we forget, the NRA *also* has entered the insurance business. Counting on the understandable fear that any sane person has about being in trouble with the legal system after needing to use a firearm in self-defense, the NRA offers insurance to “protect” you. ***We have been told that this “insurance” pays off ONLY IF YOU ARE ACQUITTED.*** Now think about this. The insurers have a serious financial interest in you ***not*** being acquitted! We suppose there are a few Mongolian idiots out there who see this as a “good deal” with a pro-gun insurer. We don't.

But what about all this shooting instruction, from those privately operated schools that now pepper the land, to the NRA's “new” offering. (**Note:** People have been somehow able to solve the nerve-wracking problem of how and where to carry concealed *all by themselves*. Until now, when for

some strange reason it requires special training. After deciding on which firearm to carry and selecting the most convenient and effective carry mode for yourself, ***you then must practice, practice, practice.*** in order to have the ability to access the weapon speedily and fire it well in combat mode, to save innocent life. ***Oh, dammit!!! We just provided the secrets that might make others' attendance to the NRA program pointless!*** Sorry about that.)

The mechanics of using a handgun in close combat are easy to learn. *The big question is whether or not, once you have learned how to employ a handgun in lethal combat, you will or you will not do so, under actual combat stress in a real situation.* More than 90% of combat handgun preparation is **MENTAL**, not physical. The mere physical challenge of learning to correctly point a handgun at someone four to 20 feet away and hit him solidly with a burst of rounds is *easily* mastered within five to twelve hours of training by anyone who wants to learn. But even though you have developed the **skill** that is required to be able to do it, the deciding factor will be your **will** (or lack thereof) to do it when the critical moment arrives. Drilling for hours at the range, day after day, to acquire and hit targets placed ridiculously beyond the known likely ranges for actual enemies, is just plain **STUPID**. First, because such shooting distances are unrealistic, and anyone educated in handgun combat knows this very well. Second, because the *method* of engaging these unrealistically distanced targets if by some fluke they *were real enemies at a distance* would be to get to cover, go to prone or to kneeling after moving quickly from the spot where you are standing, and *then* use the sights. Not stand there like an ass — bolt upright — and, as the “new technicians” love to put it, “focus only on your front sight and a surprise break”. ***Give me a break!*** Second, because the shooting technique appropriate for competition and distance handgun work is **not** the same as that which is necessary for combat. In effect, by training in and perfecting the “new technique” (or one or another of its copycat derivatives) ***you are actually becoming less conditioned for that which a life or death emergency will require!***

Handguns are weapons of close range, quick reaction *defense*. And **97% or**

**more of deadly encounters in which the handgun is used occur within seven yards. More than 50% occur within FIVE FEET(FBI Studies). When you must engage enemies in military or paramilitary type battle and you have time, get a shotgun, battle rifle or carbine.**

We're ranting about all this because —— a) We feel a lot differently about today's NRA and the NRA we knew in the 1950's. *We no longer respect the Organization.* b) We can see this "big business" approach to combat handgun shooting (like the big business approach to unarmed combat triggered by what in our personal opinion is the silliness of the hugely popular MMA/BJJ, etc. movement) ***absolutely as detrimental*** to the art of real world combat shooting, as the MMA/BJJ thing is detrimental to dissemination of authentic all-in hand-to-hand close combat and self-defense doctrine. We have nothing whatever against those who love to compete in shooting matches, or who see their firearms as being tools for winning these events in their quest for becoming "champions". We see nothing wrong with those who see their particular focus in "martial arts" as being competitors, and winning matches —— to become "champions" in *their* chosen sport. All well and good, and we respect these people and their endeavors. **Where we take exception is when the sharp, clear, bold line that *ought* to separate sport from combat is blurred, and we see sport —— armed or unarmed —— being touted as being synonymous with combat,** This is simply not true or accurate in any way, and we would like to reach as many people as possible who are looking for combat and defense training, and get them started thinking correctly about the matter.

The handgun is integral to the weaponry of close combat, and it is one of the weapons that is taught in *American Combato*. We teach other modern hand-held weapons too, but the handgun is the "ultimate" personal weapon of self-defense. We urge our visitors to get hold of the following literature and do some serious, objective reading on this subject:

- \* Quick Or Dead, by William Cassidy
- \* Kill or Get Killed, by Rex Applegate
- \* Shooting to Live, by W.E. Fairbairn and E.A. Sykes
- \* Officer Survival: Tactics For Armed Encounters, by Calibre Press
- \* Combat Shooting For Police, by Paul Weston
- \* No Second Place Winner, by Bill Jordan
- \* The Gregg Method of Fire Control, by James B. Gregg

\* Combat Gunfighting (Advanced Handgun Fighting Skills), by Michael T. Rayburn

There are other works, including DVDs dealing professionally and well with this topic, but the above list of books will do for a start.

## Some Outright Falsehoods Regarding Real Combat

### —— I.E. POINT —— Shooting

IT seems that the True Believers in the so-called “new technique” of the pistol are either dishonest purveyors of *or* misguided believers in certain items of absolute nonsense regarding point shooting. The nonsense beliefs are:

- “Point shooters believe that the sights should not be used in combat shooting”

Bullshit. Professionals who, properly, advance and teach point shooting teach that **FOR CLOSE-IN RANGES (I.E. NORMALLY FOUR TO 20 FEET, BUT IN SOME INSTANCES AND FOR SOME SHOOTERS, A BIT FURTHER THAN THAT)** the handgun’s sights are not used in combat shooting. For unusual distances (and anything beyond seven yards is technically “unusual” for lethal engagements with a handgun), and when adequate light and time permit, using the handgun’s sights makes perfect sense and *should be done*. Studies have long since proven that the overwhelming majority of lethal handgun engagements —— i.e. **97%!** —— occur within a distance between combatants not exceeding 21 feet. In fact FBI research and analysis of countless actual incidents has shown that **more than 50%** of engagements when a handgun is employed occur **within a range of FIVE FEET**. And point shooting is the close-range, quick reaction method **proven valid in war, in law enforcement experiences in peacetime, and in the experiences of private citizens who, unfortunately, needed to employ their handguns against dangerous felons**. Significant distances are simply not normally encountered in which a handgun is employed in combat, **but when they are**, in addition to moving quickly and getting to cover, using the handgun’s sights **IS ADVOCATED**

## BY THOSE WHO TEACH POINT SHOOTING!

- “Point shooters shoot from the hip, and this just isn’t reliable”

More bullshit.

**Hip shooting** is not **point shooting**, and anyone professing to be a combat handgun instructor should know this. And probably does.

- “Point shooters make the mistake of shooting one-handed, when using a two-hand grip is much more effective”

Still more bullshit.

Two-hand shooting is *routinely* advocated by those who teach point shooting. In fact, whenever it is feasible to use the handgun’s sights, using two hands is *always* advocated by point shooting teachers. The so-called “Weaver stance” appears to have had its origins long before Jack Weaver ever rediscovered it. In his Classic *SHOOTING*, Fitzgerald has a full page photograph of himself using what everyone who has seen it identifies as what shooters today call the “Weaver stance”.

A chart in Applegate’s *KILL OR GET KILLED* illustrates the various two-hand grips that are possible. **Note that the hand position identical with that of the so-called “Weaver stance” is illustrated. This hand position would not be feasible using an isosceles two-hand position, but would oblige the shooter to have his support arm *flexed* precisely as is advocated in the “Weaver stance”.**

The late Jim Gregg, a well-established and internationally respected and sought after combat shooting teacher (**point shooting** of course) taught a two-hand grip even when point shooting at close ranges.

It would be nice if we could believe that the point shooting detractors were merely “mistaken” and actually *believed* their own concocted nonsense, like it would be nice to believe that about the scum and bipedal hemorrhoids who attack *us*, but nope — we’re too astute to believe that drivel. Just like Fairbairn, Sykes, O’Neill, Applegate, Nelson, Biddle, Styers, and others . . . we make ourself crystal clear, and ***we present the truth***. The point shooting originators and proponents also present the truth; very, very, obviously. So discount what they say when they misrepresent the **facts**. •

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### **A Legal — And *Lethal* — Defense Weapon**

**LIKE** everything else we present in this and our other web sites, we present this article for **information purposes only and in good faith**. Readers are completely responsible for their use, abuse, and/or misuse of *anything* we write. Our purpose is to provide information for decent people who are looking for reliable, authentic, and practical ways to protect themselves and those they love against violent, predatory criminal elements.

In many states in America it is *fairly* easy to obtain firearms, including handguns, for self-defense. This is as it ought to be, and we wish that the entire Nation would adopt the gun laws now on the books in the State of Arizona. God knows the people living in New York (City *and* State!), Los Angeles, San Francisco, Honolulu, Chicago, Detroit, and so on would find it a blessing if they could arm themselves with handguns (and shotguns for home defense) and be backed by a legal system that supported citizen use of firearms against the crawling gutter trash and scum that preys with near immunity from fear upon them. The police have firearms. The despicable felonious violent bacteria have firearms. Yet millions of decent, hard working, perfectly responsible and **heavy** taxpaying private citizens are virtually banned from carrying a concealed pistol for personal defense. We see this as disgraceful and unConstitutional, but we also see it as not being changed in the near future — if at all. **If you can obtain handguns lawfully and go armed legally, then THAT is the way to go.** First, enroll for safety and gun handling training. Learn to handle guns correctly. Then select the weapon(s) that suits you best. **LIVE** with it. Along with your unarmed close combat skills, knifework, stick fighting, and expedient weapons knowledge, *firearms are integral to a complete system of self-defense.*

People must be able to defend themselves. The famous karate weapons that

were used in Okinawa when the Japanese took over that Island were in fact *improvised* weapons. The nine foot pole, the nunchucks, the tonfa, the sythe-ball-and-chain, etc. had very definite utilitarian uses long before the inventive Okinawans decided to use these farm implements to attack their oppressors. With edged weapons banned, and each Okinawan village allowed but **one knife chained to a tree stump** in order to permit villagers to cut their meat, the Okinawans were hard put to defend against the well-armed and highly skilled Japanese occupiers. **So they developed their Okinawa-te (karate), and they developed their improvised weapon skills to an absolutely lethal level of efficiency.** If you watch an expert classicist use the nunchucks you would likely come away thinking that those *rice flailing sticks* were **designed and intended for close-quarters killing.** They were not; but necessity as they say is the mother of invention, and the need to fight the oppressor fueled the ingenuity of the Okinawans, and indeed they were in many instances well able to destroy the trained Japanese soldiers with their farm implements-turned-weapons.

Sadly, a percentage of our Nation's citizens (and citizens of other nations, as well) cannot realistically own and carry and use firearms for self-defense. The law may allow them to carry a folding knife — with a 3" blade. (Gee, thanks.) Carrying a walking stick is not a bad weapon of defense, but it takes some solid hours of practice before you use it well, and it is **NOT** always effective against knife attacks or (obviously) violent scum that carry firearms. ***Improvised weaponry has to be something of an answer for people who are victims of oppressive gun and other weapons laws.*** Excellent and reliable as weaponless combatives can certainly be in many instances, **weapons** are and will always remain integral to serious self-defense doctrine. We recommend one constant-carry weapon that as far as we know is legal, and that is terrifyingly effective in the hands of someone who will not hesitate to use it as aggressively as possible: **THE BOX CUTTER** or "**UTILITY KNIFE**".

The leverage and power which a nice ergonomic box cutter gives you to rip open a felon's neck or face and leave him gushing blood and screaming on the sidewalk highly recommends this implement for personal protection. ***Especially for ladies!*** It is fast in extending the little blade — faster than

opening a folding knife. Unlike a folder or even a fixed blade knife, the box cutter does not demand arm and hand strength to thrust the weapon into a scumbag's body. Instead, it offers a **perfect** weapon with which to attack the face, neck, throat, and eyes! It can rip through to the skull or vertebra when the user employs correct slashing or cutting actions; and it can open up the carotid artery in a split second with one skillful swipe — *easily!*

Before you start to think of all this as mere brutal savagery, and perhaps “too much” to use in self-defense, remember that violent offenders beat, stab, shoot, mutilate, rape, torture, abduct and torment, and **THEY ENJOY IT**. So . . . please overcome your hesitation to tear them up mercilessly and put their miserable, despicably unjustifiable existences to an end if you must, for legitimate self or family protection. Squeamishness, and a reluctance to do *anything* in self-defense **ONLY SERVES TO HELP THE VIOLENT OFFENDER**. Cultivate the same attitude toward violent offenders that existed toward the (thank God no longer threatening) polio virus. And the polio virus was nowhere near as guilty and responsible for what it did as the violent predator is for what he continues to do.

Quite possibly, if known violent troublemakers and two-legged predatory beasts were routinely found lying in public parks, on sidewalks, and in alleys, maimed or dead, *instead of decent human beings who were their victims*, maybe, just maybe, atrocious violent crime would begin to subside in our urban areas.

No, the box cutter is not a perfect weapon, but having one in hand when confronting a deadly attack by one or more scumbags, and possessing the skill to use the few simple actions that will almost invariably work well with that implement, **certainly beats having *nothing* in hand**. And backing up your unarmed combat ability by having one of those razor sharp tools in your hand is certainly wise.

Box cutters can be used without the blade extended as yawara sticks, and lacing that weapon's destructive potential in with your basic blows and combinations adds to your effectiveness in close combat. Box cutters are inexpensive, easily carried, and *very* easy to use correctly.

It's a feral world. You have a right to equip yourself — however you need to — so that, should deadly violence ever come to you, you will have a good

chance of dealing with it successfully, and surviving.

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## Rethinking Clenched Fist Punching

**IF** you are a student of any classical karate system, and almost certainly if you are a modern student of ju-jutsu (*not* the competition **JUDO**-masquerading-to-day-as-”competitive ju-jutsu”, but **real ju-jutsu** —— i.e. unarmed close combat and personal defense without weapons) then your basic empty hand striking weapon is your clenched fist. We urge you to consider that you are emphasizing a most *unlikely-to-be-effective* “natural weapon”. (Yes, we know all about the late Mas Oyama and the incredibly outstanding judo and karate Master, Jon Bluming. But both these men are exceptional. Both were big, powerful individuals, and each was fanatically devoted to training 24/7. We are talking about **YOU**, and also about *ourselves*, for that matter, as well as the statistical majority of those training for self-defense. *The clenched normal fist is **not** the natural weapon to be concentrating on.*)

Remember that the *reason* why clenched fist punching is standard in competition matches of all sorts where **hitting** is integral, is because it is the safest natural weapon to use where contact or inadvertent contact with the opponent is often inevitable. You won’t see open hand chops to the neck and throat and face, chinjab smashes, fingertips thrusts into the eyes or throat, tiger’s claw thrusts to the face and eyes, half-fist jabs to the windpipe, etc. in competitive matches —— **ever!** Ask yourself “Why not?” And if you have the brains that God gave a toothpick, you will have the revelation that *those types of blows are much too dangerous —— insane, in fact —— in any contact or semi-contact sport, regardless of how “tough” and “macho” participants in these events may fancy themselves to be.*

Open hand natural weapons are for close combat and self-defense. When it’s you or the attacker, it hardly matters what tactics you resort to. **He** asked for it. **Your life** is more important than his life! If you’re *really* in close (i.e. perhaps he’s attempting to grapple) then **biting, ripping ears off, crushing his testicles, ramming fingers up his nose, hooking his mouth and tearing it**, and so on, are simply obvious, automatically chosen actions that a

properly trained **combat** student learns to employ reflexively.

And here's something else that the brainwashed and unthinking will not like to hear:

By and large, for the most part, and acknowledging that there are some exceptions, experienced **boxers** hit faster, harder, and *much* more effectively with their fists than karate black belts do. Breaking boards, roofing tiles, even bricks and cinder blocks is irrelevant. No, boxers do *not* do these things, while karate exponents often engage in these feats. So? *The boxers train to knock people out fast and furiously!* Being able to punch through three or four inch-thick pine boards may wow crowds and please the egos of those who do it, but the truth is those artificially stabilized insentient wooden boards are often broken by someone who could *not* punch a live, moving adversary with the speed, power, and accuracy of the trained Western boxer. But, let us not digress too far from the following point which is for our purpose *very* significant.

**Even well conditioned boxers often have a difficult time of it trying to knock their opponent out, and boxers get punched endlessly during their training and ring careers, BUT IT IS THE EXCEPTIONAL PUNCH FROM THE OPPONENT ONLY THAT RESULTS IN A KNOCKOUT!** Most of the punches have little to no effect. So, do you believe that the thunderbolts in *your* fists using karate or atemi are going to drop that 200+ pound lunatic against whom you must defend yourself? Come on, friend. Get with the real world. And that karate **fantasy** of dropping a *number* of attackers who jump you with a single blow (punch?) apiece, forget it!

Punching with the clenched fist is not completely useless. Properly delivered punches to the **sternum**, **solar plexus**, and **testicles** can be very valuable in an emergency. Even the **liver**, **spleen**, and **kidney** can sometimes be attacked with great success by powerful punching. But if you are training for **combat** and **defense** you will regard whatever clenched fist punching you do as being a distant second in value and importance to **OPEN HAND**

## **BLOWS.**

The late Kodokan judo Master Masahiko Kimura clearly understood that *for self-defense* one cultivates open hand striking. Kimura was a judo man and did not utilize any atemi-waza when he fought in matches — obviously! However, he drilled religiously in high repetition **open hand chops**, presumably “just in case” he were to encounter an actual attack by one or more scum. Yes, Kimura could use his judo with terrifying effectiveness, but he knew the difference between **sport** and **combat**. *Had Kimura believed that developing a punch would be wisest for the real world, then surely, instead of open hand chops, he would have spent his training time on punches.* He didn't. He *knew* what gives! He wanted one good weapon to supplement his judo; and he selected it very logically: **the most effective blow in unarmed close combat!**

If you are a personal student of ours then you already know how much we emphasize use of **open** vs. closed hand blows to the body's most sensitive and vital points and areas. If you are a more traditional martial arts man — or possibly a competition man — and are switching to **combat-defense** of a modern, practical kind, after not getting the self-defense ability you had thought would come from your present involvement, then learn this lesson well: You want those open hand blows against the enemy's vital targets to be *perfected* and made *automatic* and *reflexive* for any actual, life-threatening emergency.

Skillful punching helps to win contests. Skillful use of the open hand blows of unarmed combat helps you prevail in *real* violent encounters.

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**Forget Finesse!**

**JUDO** is a wonderful martial way. But for self-defense, like any method that can be played as a sport, it is limited. The idea of leading an opponent into a position of unbalance by *finesse* and then deftly throwing him makes judo (more so in judo's *earlier* days, than today) a marvelous art and recreational activity. Today's sport judo, still largely entrenched in the brilliant advocacies of Jigoro Kano, its founder, nevertheless is a very rough sport, and the



competitive aspects of judo are, to some, less appealing than they once were.

In any case, for close combat, “finesse” per se may be politely regarded as being less than fully reliable.

Combat is won by aggressiveness, ruthlessness, brutality, the element of surprise, and a bit of luck. Graceful, balletic movements and finesse simply do not cut it in honest-to-God hand-to-hand combat.

For any students of *ju-jutsu* who may be reading this, please evaluate the skills being taught to you very carefully **if your purpose is to be able to defend yourself**. Any “beautiful”, elaborate, complicated movements of so-called self-defense that you are taught, that make the assumption that you will be able to lead your attacking enemy into an off-balance, helpless position by quick, deft actions you make after seizing his gi collar and sleeve, **must never be regarded as combat worthy!** The ju-jutsu you are training in has way too much *judo* in it!

For self-defense and war a much different approach is needed. A fast, ruthless, easily learned and retained approach to overcoming an adversary is called for. And that approach is **real simple**:

Train to overwhelm your enemy by breaking his knee, kicking him in the testicles, jabbing him in the eyes, smashing him across the carotid artery — or throat — or punching him in the sternum or solar plexus. *This will off-balance him, faster and much more surely than any graceful off-balancing actions of judo’s kuzushi!* Then, capitalize on the momentary advantage you’ve created and **attack with every vicious, foul, destructive action you know!** Stop only when you have neutralized the danger to yourself or to a loved one.

Self-defense is war. You cannot afford the niceties of game-playing and according with strict rules of sportsmanship and applied balletic skill. In a self-defense emergency it is **you** or the **attacker**. ***Get the bastard who offers you destruction before he gets you; and get him so completely that there is no question about his being a further threat.***

Yes, this is ruthless and murderous. And if no one has ever mentioned it to you before, that is exactly what you need when a *ruthless, murderous* assailant advances on you in order to maim or to kill you.

Thanks to the idiocy that is now extant in the deteriorating “martial arts field”, self-defense is becoming more and more widely thought of as some kind of “contest art” in which the defender strives to secure a submission hold(!) on a would-be killer. Nope. That stuff is for contests, not hand-to-hand combat engagements. ***IF YOU CAN USE IT IN VIGOROUS COMPETITIVE SPORT FIGHTING, THEN YOU’RE UNWISE TO TRAIN TO USE IT WHEN SAVING YOUR LIFE OR ANOTHER’S LIFE IS THE PROBLEM CONFRONTING YOU!***

The important if unpleasant fact is that, no matter what kind of a martial “artist” you fancy yourself to be, **when the rubber meets the road and you are toe to toe with some mad dog punk or killer, brutality, ferocity, merciless aggression, and the will to destroy** are what you should depend upon — or you will be depending upon nonsense — in order to survive and to emerge victorious. **Yes, techniques matter. But techniques for close combat are not the same as those that are acceptable for sport. Nor is there any “grace”, “balletic finesse”, or “artistic” beauty in combat techniques.** They are savage and simple; and they demand 100% commitment and drive in order to work in an encounter. No mystery. No secrets. No “hidden” methodology.

You get your man off balance in a hand-to-hand encounter by stomping into his knee/shin area, kicking him in the testicles, jabbing him in the eyes or throat, bashing him across the side of his head with the heel of your hand, throwing dirt into his face, and so on. You do not — **you cannot** — attempt any “refined”, “artistic” actions of deftly tugging at his clothing or shoulders or arms, as is done in judo and — erroneously in our opinion — in some ju-jitsu circles. Those types of actions are for **sport**.

Remember at all times that you are not training in order to deal with low-level, essentially cowardly punks who will run away the moment you begin to resist

them. *You are training in order to be able to protect yourself against dangerous, determined, experienced violent offenders.* Their world is one of brutality and savagery, and rarely if ever are such scum who come from that world “easily” turned off and neutralized. They are experienced and conditioned by their insane lifestyle and years of antisocial hatred and hostility, and that conditioning is **not** to be dismissed lightly. These scum are dangerous. Dangerous even to trained individuals, since, in a manner of speaking, these scum have been *trained* also . . . trained by their lifestyle and the garbage with whom they associate and collaborate. Approach any one of them as you might an opponent on the mat or in the ring, and ——— like it or not ——— the odds are with *him*, not with you.

From the beginning, and right on through for the rest of your lifetime of learning, training, drill, and practice, remind yourself always that self-defense and personal combat is a primitive, savage affair, and the beautiful skills that are often applicable under sporting or sanitized *practice* conditions are **not** those that you want to rely upon in a life or death emergency. ***Forget about finesse.*** to reliably disorient, off-balance, attack and overwhelm a REAL aggressor, you need direct, damaging **force**. Use every ounce of your strength, focus, determination, and will. *That’s* real combat.

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### **Fight Back!**

**WE** confess that hearing or reading about a person beating a bully senseless, or thwarting a violent attack fills us with joy. We celebrate every violent offender's injury, maiming, or demise. *These scum deserve nothing but to have ferocious, devastating violence unleashed upon them that leaves them unable to function (hopefully, on a permanent basis!).*

This last July fourth's online edition of the N.Y. Daily News carried a wonderful story about a young lady who, following her mother's advice (*right on, mom!*) sent some piece of s—t running, after he attacked her by punching her in the face, by ripping at the scumbag's neck with her vehicle key! **Certainly, we would have preferred to read that she had shot him dead, or that, rather than a vehicle key, she had employed a utility knife and instead of sending him fleeing, had sent him to the ground with his carotid artery sliced open. However, the outcome of this unfortunate event turned out well for the 27 year old lady nevertheless. She was bloodied, but she was not seriously or permanently injured. The police got a DNA sample of the piece of s—t's (his blood on her key!), and she's going to be fine.**

According to the article, the victim felt scared, ***but she acted, and she acted fast and without restraint***. Hopefully she will be the last individual that that lump of sewer rot ever approaches again. But if she isn't (he is at large as we write this), we hope that the next young lady — or whoever — he selects to victimize, puts three or four .38 Special slugs into him, and solves the particular problem that *his* existence poses to decent human beings, forever.

You have a right to be enraged and murderous when your well-being — quite possibly your *life* — is threatened by anyone who attacks you. We hope and pray that more if not *all* intended victims from here on in fight back with lethal fury and leave their would-be murderers in an unconscious heap on the ground.

Violent crime, bullying, senseless attacks (that often end lethally for the victim), armed and unarmed terrorism, home invasions, robberies, carjackings, sexual assaults, and so on, cannot be stopped entirely by the police. They do what they can, but they are a **reactive force** in society, and normally their services do not come into play until *after* a catastrophe has occurred. Their efforts are commendable, and we all should support our police, but *ultimately you must depend upon yourself for your and your loved ones' defense, security, and protection*.

We can teach you — either personally or through our DVD Course — many of the finest and most reliable techniques of self-defense, but we cannot **place the decision in your head to *use* those techniques with every ounce of strength and determination you possess** if you are attacked. Nor can we *force* you to practice, drill, and train. These things remain ***your*** responsibility.

Actual cases from all over the nation and the world have proven beyond the slightest doubt or question that the intended victim who has the attitude and will to fight back, and who — in addition — possesses the basic **skills** with which to defend himself successfully, has the odds **WITH HIMSELF** if he is attacked. In any case it doesn't seem that, once you are being set upon by scum and street s—t you have anything to lose. So why submit to

victimization? Decide **now** that you *will not!* Then acquire the skills and mindset that will make you a nightmare for any assailant who might select you as his next victim.

The tide needs to be turned in our Country and elsewhere. Let the scum predators of the world, be they school bullies, street toughs, or international terrorists, bring about the destruction of the only lives that they have a right to destroy: i.e. *their own*.

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