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Sword and Pen  
Official Newsletter Of The International  
Combat Martial Arts Federation (ICMAF)

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November 2018 Edition

Editorial

*We Seem To Be (And To Have Been) Influencing A Number Of*

*“Teachers” Out There!*

**SEVERAL** correspondents have mentioned to us that they are hearing a lot in and through various media by “martial arts experts” that is extremely similar to what we have been espousing since the early-1970’s, and uncomfortably imitative of it! For example, all of a sudden an awareness seems to have come upon some “experts” that *fighting is not the same thing as self-defense*. Hmmm . . . certainly seems to us like an echo of something we had said over the last several decades (at least!) in one of our many articles, seminars, or teaching sessions.

And lo and behold! *It has, for some reason become fashionable to challenge the “all fights go to the ground” bullshit.* Gee whiz. We’ve been challenging it **unapologetically** since the myth began to be spread! Seems also that a great respect is now blossoming for skills proven in WWII, and the worship of classicism for personal defense (or sport for self-defense) is waning. In the past we had several imitators (plagiarists, we’d call them), but these are creatures of such low and despicable character and second-hand copy-catism-as-policy that we would not waste a moment openly protesting them. (After all, these s—ts attract *exactly* the kind of fools that they deserve, and keep these fools from coming to us!).

We stand on the merits of our teachings and our researches and our writings which, save to fools and scoundrels, stand correct and true because they reflect **reality** and *that which works*.

Our influence in the field of self-defense and close combat is, as many have pointed out to us, pretty significant. We make no claims of being an authority on any competition methods or systems, and classicism and tradition have never been our thing. We respect most but not all combat sports, and we respect all classical/traditional martial arts.

Frankly, as far as expertise in self-defense and close combat (with and without weapons, for citizens, police, and soldiers) is concerned, we’ve got a healthy degree of **self-respect**.

If you want **THE REAL McCOY** then coming to *American Combato (Jen•Do•Tao)* is a wise choice. Just do the research and you’ll discover for yourself (if you’re not convinced yet) that we are the **gold standard** in our field.

As a character (played by the late Walter Brennan) said often to strangers during the course of the TV Western in which he starred, regarding his phenomenal shooting abilities: “No brag

— just fact.”

*Bradley J. Steiner*

**AMERICAN COMBATO  
JEN-DO-TAO™**



**"The Way of Combat"  
Academy of Self Defense  
DVD # 1 Fundamentals  
and Introduction**

**"ATTACK THE ATTACKER!" - Bradley J. Steiner - 1972**  
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**This DVD Sold to Adults Only! Viewers Must be 21 Years Old.**

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**AMERICAN COMBATO DVD #8**

**AMERICAN COMBATO DVD #10**

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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!

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### **How Perishable Are Martial Arts Skills?**

**ONCE** you learn something and acquire the ability to do it well you normally will never lose your ability entirely. Learn a foreign language and discontinue practicing it for a couple of years and you're sure to be less able to communicate effectively than you were. However, you will be able to communicate somewhat, albeit at reduced efficiency. But . . . if you brush up for a month or two, practicing every day, your full capability will return. In general, this applies to the techniques of the combat arts in a similar way. If you were a hard-drilling classicist and attended practice workouts four or five times a week, but have been out of training for a few months, you'll muddle through a few classes when you return, and after four to six months you'll either be back to your old level of ability or beyond it. If you were active in a competitive fighting sport, you will not have lost *all* of your ability to compete after a year's hiatus, but you'll need some hard months of regular training to regain your "fighting edge" and be ready to compete again.

About the only real negative attached to temporary discontinuances of classical or competitive training is that it's going to be a while, when you return, before you're back to where you were — and nobody enjoys feeling at less than full capacity after enjoying a high level of proficiency.

But what about **combat** and **defense** training? What's the story here? Well, it's pretty much the same, *except* that losing your edge here could prove a bit more costly.

Good techniques of combat are readily retainable. In fact retainability is one of the requirements for techniques that are intended for actual defense and close combat purposes. However . . . discontinuing training for months or years will definitely result in a bit of rust gathering on your ability to use the techniques. *And the potential drawback here is nothing to take lightly.* Yes, you'll retain a good deal of what you acquired, if you trained suitably; but there is always the chance — in real combat — that “a good deal” of your former level of ability will not be enough. As far as combative capability is concerned you do *not* want to let the blade dull, so to speak!

From our experience, in the case of our personal training and the teaching of countless others over the decades, quality combat skills are only minimally “perishable”, and with just a small amount of discipline, and the commitment of a few hours a week, it is *easy* to retain at the very least 80% of your own previous best. Closer to 95% — if not a clear 100% — is more likely with just a little effort.

Practical, real world combat skills are the least perishable of all because they are the simplest of all martial arts skills. **however**, if you are wise you will do what is needed not to allow your combatives skills to diminish to any appreciable degree. Keep in regular training if at all possible. When and where breaks in your routine of practice and drill occur, keep them as brief as possible, and *at least* mentally review your skills, and practice *something* for a few minutes each day.

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We received the following email from a retired LAPD Officer who is also a long-time student of karate (black belt) and reader of our materials, following his receipt of another of our PDF Training Briefs:

**“Thanks Brad,**

**“Another gem piece. This logical approach to self defense preparation has been promoted by you for some 40 years, while other source experts, many years your junior, are now coming forward touting the same approach as something exclusive to them as result of their new found research.**

**“Their marketing strategies are dynamic, modern and innovative, but are really fancy package wrap for what has long been touted decades before by you without smoke, mirrors and fanfare. Thank you for providing a real gem piece of knowledge.**

**“Take Care,**

**“BD”**

**27 New Instructional Presentations - AVAILABLE NOW! *Many more . . .***

**COMING VERY  
SOON!**

# PDF Training Briefs

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons*.

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

1. **Self-defense and close combat**
2. **Urban survival and spy tradecraft**
3. **Physical training**

*Here's how this works:*

- **Select the PDF Briefs that you want.**
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
- **Send us your list and include \$4. for each PDF Brief on your list. Cash or money order payable to Brad Steiner.**

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*“How can we afford to sell these training briefs for such little cost?”*  
Answer: *There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!*

Currently Available Training Briefs are listed below. **Make your selection!**

**Brief #1: *The Last Speech Given By Col Rex Applegate***  
*(Full unedited speech with accompanying commentary)* **\$4.**

**Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons***  
*(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations” {U.S. Pentagon} )* **\$4.**

**Brief #3: *Fairbairn’s “Silent Killing Course”***  
*(Original and full outline as Fairbairn drafted it — with commentary)* **\$4.**

**Brief #4: *“Stay On Your Feet!”***  
*(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives)* **\$4.**

**Brief #5: *Rules Of Self-Defense***  
*(Of course there really are no “rules” in a*

*self-defense emergency; but this Brief  
synopsizes those precepts that will guide  
you to realism in your training)* **\$4.**

**Brief #6: *Close Range — Quick Reaction!***

*(What you don't learn in the shooting  
schools, but what has been proven to be the  
right way to use a handgun in personal*

*defense and in war)* **\$4.**

**Brief #7: *Remembering Charles Nelson And His Valuable Lessons***

*(We remember our years with “Charlie”;  
including some of the actual self-defense tips he  
taught, and a copy of the Men's Magazine article  
about Charles Nelson, from 1960)* **\$4.**

**Brief #8: *Most Common Street Attacks - Per Dept. Of Justice And  
Other Studies - And Tips On Defense***

*(Here are the most likely ways in which you may  
expect to be attacked; with powerful tips on how best  
to be prepared to defend against them)* **\$4.**

**Brief #9: *Kicking In Close Combat And Self-Defense***

*(The war-proven kicking techniques that will work  
in real combat — and serve you for a lifetime!  
Absolutely devastating kicks requiring no stretching or  
loose clothing)* **\$4.**

**Brief #10: *The Really Vital Vital Points***

*(No nonsense about “secret” nerve centers or bullshit  
about hidden targets. This teaches all of the truly  
reliable vital points that really stop strong, determined  
aggressors — not merely cooperative students in  
practice sessions)* **\$4.**

**Brief #11: *Interactive Tactics — The Approach (1)***

*(Learn exactly how to be ten steps ahead of anyone who approaches you with dangerous intentions. Be ready without appearing ready)* **\$4.**

**Brief #12: *Interactive Tactics — The Threat (2)***

*(Never be shaken again when some punk or troublemaker makes it clear that he intends to beat your head in. Instead, be ahead of him, by mastering the right tactical skills for dealing with the threat)* **\$4.**

**Brief #13: *Interactive Tactics — The Attack (3)***

*(When and if some troublemaker actually initiates violence you want to have your mind and body programmed to nail him instantly. This PDF Brief covers exactly what you need)* **\$4.**

**Brief #14: *How To Really Handle A Physical Bully***

*(Bullying is always a cowardly act; but people have been injured or killed by bullies, and many people are scarred for life by a scumbag bully. This most politically **incorrect** presentation will teach you the truth about how to handle a violent bully. Here's the unvarnished truth!)* **\$4.**

**Brief #15: *Spontaneous Reaction, Not "Lightning Reflexes"***

*(Action is always faster than reaction. The real secret to being able to handle any attack is to cultivate an immediate and spontaneous reaction. Do not depend upon blocking.)* **\$4.**

**Brief #16: *How To Hit With Great Power***

*(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility.)* **\$4.**

**Brief #17: *Adopting Classical Karate To Modern Close Combat***

*(Although a powerful martial art, classical karate has numerous drawbacks for the person seeking self-*

*defense exclusively. This Brief explains in detail how to modify any classical method you are studying so that it meets the necessary standards for real combat and street survival.)*

**\$4.**

**Brief #18: *Adopting Kodokan Judo To Realistic Self-Defense***

*(Although judo is much more than a mere “sport”, it is not an all-in combat method. Some judo experts may be able to apply their training in real combat, but to make judo really effective in an emergency the modifications enumerated in this Brief are necessary.)*

**\$4.**

**Brief #19: *The Two Biggest Technical Errors Made In Self-Defense Training***

*(Essential instruction for anyone training in any system or style for self-defense. Teaches how to overcome those errors that result in nearly 100% useless “self-defense” techniques.)*

**\$4.**

**Brief #20: *Self-Defense Training For Senior Citizens***

*(A truly complete compendium of guidelines and technical instruction that works for senior citizens who want to be able to defend themselves. No “feel-good, socially palatable, politically correct bullshit”. Here is the truth about how to be truly prepared to defend against some of the lowest scum on the planet.)*

**\$4.**

**Brief #21: *Fighting Vs. Self-Defense***

*(Legally, morally, technically, tactically, mentally, and physically, “fighting” and “self-defense” are different. This Brief teaches how and why this is so — and explains to every student and teacher of self-defense just why it is so important to understand the difference.)*

**\$4.**

**Brief #22: *The Importance Of Solo Training***

*(Training without a partner is essential for the fullest*

*development of self-defense skill and mental preparedness. This Brief teaches why this is so, and how to train solo with optimum benefits and maximum practical skill development.)* **\$4.**

**Brief #23: Find And Depend Upon Your Best Techniques**

*(Every student and expert is different and everyone serious about self-defense must discover and perfect his own best skills, which need to be drawn from combat-proven doctrine. Here's how to do it.)* **\$4.**

**Brief #24: Observations, Thoughts, Notes, And Miscellany About Self-Defense And Close Combat**

*(A potpourie of insights and tips covering all aspects of practical self-defense and close combat as garnered in over 60-plus years of immersion in and passion about the subjects.)* **\$4.**

**Brief #25: Tactics For Countering A Gun Or Knife Threat**

*(There are numerous “techniques” for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that the American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.)* **\$4.**

**Brief #26: Triple Your Learning And Retention With Mental Review**

*(Few give any thought to the importance and value of mentally reviewing the physical skills that they acquire and wish to be able to use. Fewer still do their “mental reviewing” correctly. Learn how from this Brief, and start to enjoy much greater progress in your personal skills and confidence building.)* **\$4.**

**Brief #27: The Fighting Knife: A “Must Master” Weapon**

*(This is a unique instructional work for all students of*

*self-defense and close combat. It offers a complete analysis of the significance of the fighting knife — its indispensable role in the combat arts curriculum — and valuable training advice for achieving mastery.)*

**\$4.**

These valuable Training Brief presentations are perfect compliments and supplements to our DVD Home Training Course and/or to any martial art you may be training in!

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## **Personal Advice From A Long-Time-Ago**

### **Warrior: Japan's Greatest Swordsman**

**MIYAMOTO** Musashi was an incredible warrior. Although he flourished in times of antiquity, his specialty was *personal combat* (at that time in history, with swords) and so he really has, in the Classic which he wrote, *A Book Of Five Rings*, left combat arts students and teachers a wonderful message. His slim volume speaks pure wisdom, and we recommend it to not only combat arts people, but anyone who appreciates strategy, good tactics, cunning, and winning in *all* kinds of conflict. *A Book Of Five Rings* is a kind of *Art Of War* which, unlike Sun Tzu's Classic, is directed toward the individual combatant himself, rather than toward his leaders.

Dave Smith, historian, retired teacher, long time student of ours, 3rd Degree Black Belt, and author of the single finest Black Belt Thesis in the entire history of our System, was kind enough to bring to our attention a compendium of Musashi's admonitions for living. He wrote *The Dokkodo* ("Way of Walking Alone") one week prior to his death. We present it here, with much thanks to Dave for his making us aware of its existence:



## The 21 Precepts Of Dokkodo

1. *Accept everything just the way it is.*
2. *Do not seek pleasure for its own sake.*
3. *Do not, under any circumstances, depend on a partial feeling.*
4. *Think lightly of yourself and deeply of the world*
5. *Be detached from desire your whole life long.*
6. *Do not regret what you have done.*
7. *Never be jealous.*
8. *Never let yourself be saddened by a separation.*
9. *Resentment and complaint are appropriate neither for oneself nor others.*
10. *Do not let yourself be guided by the feeling of lust or love.*
11. *In all things have no preferences.*
12. *Be indifferent to where you live.*
13. *Do not pursue the taste of good food.*
14. *Do not hold onto possessions you no longer need.*
15. *Do not act following customary beliefs.*
16. *Do not collect weapons or practice with weapons beyond what is useful.*
17. *Do not fear death.*
18. *Do not seek to possess either goods or fiefs for your old age.*
19. *Respect Buddha and the gods without counting on their help.*
20. *You may abandon your own body but you must preserve your honor.*
21. *Never stray from the Way.*

At the conclusion of this list, Dave indicated #22. \_\_\_\_\_. When we asked him what that blank was for he told us that it was for whatever important 22nd “way” he might settle upon, himself. *Great concept and suggestion!*

Our comment on this *Dokkodo* is that readers may take from it what they will. It is the product of a fine mind (Musashi was not only a great swordsman/warrior, he was a highly respected artist. He painted under the name “Niten” and his works are revered in Japan today). Musashi was — like all notable masters of *genuine* martial virtue, in our experience — a philosopher, too. He clearly held a Buddhist’s perspective, as far as his religion is concerned. And speaking as a Christian, ourself, we must say that in our experience with so-called “humans” in this life, Buddhists are perhaps the finest non-hypocritical “Christians” to be found anywhere!

Musashi’s personal life was deeply spiritual. His nonmaterial values shine through in his list. And we confess, some of his admonitions are a bit puzzling (if not frankly difficult to take). For example: #1. Although this smacks of the the late genius Dr. Albert Ellis and *his* “rational-emotive therapy” views, with which we are intimately familiar through our study of his works and some marvelous conversations that we enjoyed with Dr. Ellis, it’s a challenge, to say the least! No. 4. We are inclined, frankly, to view matters from the exact *opposite* perspective! No. 5 is a helluva piece of advice. No. 8, 10, and 11 are damn difficult. No. 13 is a bit surprising. No. 14 we wish our dearly beloved wife of 43 years would take to heart!

You might think of Musashi’s precepts as being in a *small* way a kind of Asian straight-prose form of Kipling’s immortal Poem, *IF* (for samurai, perhaps!); one of our favorite pieces of writing — in *any* form. The Eastern mind is different than the Western mind . . . and you might say that this accounts for the virtues and characteristics which Musashi espoused as being indicative of true manhood, vesus those that Kipling extolled, being different. Frankly . . . *we’ll go with Kipling.* We are *not* making light of Musashi’s principles. Here is insight into a great warrior’s personal values. Hope you enjoy perusing it and perhaps comparing it to your own list of personal values.

**An Essential Reference Library**

WE do not believe that anyone needs to acquire books on self-defense and close combat if all that is sought is basic defensive skills and self-confidence. A good course with a professional teacher (not all that easy for everyone to find) or, and we have no compunctions saying so, the purchase of, *and serious use of via practice of the contents therein* our DVD Home Study Course, will certainly do the job. However, most people who visit this site and our others regularly — whether students or instructors of close combat — have much more than a basic interest in acquiring the fundamentals of self-defense. They tend to be truly drawn to this subject, fascinated by it, and in time desirous of becoming expert in it. For such individuals the literature of self-defense and close combat is all but a “must have” item! Without a reference library at home from which to draw every insight possible, and explore every valid technique and tactic of real world personal close combat, and to read the actual words of the past masters, these devotees would feel at a loss.

We understand! Since before we took our first lessons in Kodokan Judo at Jerome Mackey’s *Judo, Inc.* in the 1950’s as a little kid in elementary school, we have been a voracious collector and reader of just about anything and everything that we could get our hands on dealing with individual combat. Judo and ju-jitsu were the thing in the 1950’s, and we confess to having sent away for some bona fide **junk** that was advertised in comic books and mens’ magazines. It didn’t matter to us. If it was a publication on ju-jitsu, judo (or later, in the 1960’s) *karate* — the new art of self-defense to appear on the block — *we wanted to supplement our personal instruction with it.* Books cost relatively little then, when the U.S. dollar was worth something. We ordered pamphlets, manuals, and courses for anywhere between \$.50 and (for the really costly stuff) \$2.00 or \$3.00. Most were a dollar. Today, although not really worth that much for their instruction, we have seen some of those publications we acquired in the ’50’s and early ’60’s selling — literally — for hundreds and hundreds of dollars! So, maybe book collecting can be profitable.

In any case, for those who would like our recommendation regarding which publications it makes sense to acquire, if possible, we want to provide a list.

Don't worry, *all* of the books that we present here on recommendation have value and will enrich the study and training of those whose interest in close combat is genuinely serious and long-term.

We suggest trying **ABE BOOKS**, and **ALIBRIS BOOKS** for a search to obtain these titles. You might also find that eBay is helpful. You will more than likely discover that the cost of these publications is **not** cheap. But quality must be paid for . . . when purchasing books and pamphlets as well as live instruction. Reprints are as valuable for learning as are the original editions. But if you are a real collector and are looking for original editions, you must expect to pay considerable sums for some of these works. They are long out of print, very rare, very *valuable*, and in demand by collectors, worldwide.

1. [Kill Or Get Killed](#), by Rex Applegate  
The first edition and the 1975 edition (a reprint in hardcover by the no longer in existence *Paladin Press*) are in our opinion the best.
2. [The Close Combat Files Of Rex Applegate](#), by Melson  
We were given the original documents by our late teacher, Col. Applegate, and we will assure you that they are all most worthwhile and important
3. [All-In Fighting/Get Tough!](#), by William E. Fairbairn  
This is Fairbairn's most widely known and utilized book. One of our teachers, a wartime student of Fairbairn and Sykes when with the FBI, told us that *Get Tough!* was the single most widely used book on the subject of close combat during WWII. *All-In Fighting* is essentially the same book, but has a couple of pages on the use of the Enfield rifle, plus a somewhat more extensive introduction by Fairbairn. This was the first edition of Fairbairn's wartime book, in England.
4. [Shooting To Live](#), by Fairbairn and Sykes  
Solid gold on the use of the one-hand gun by the Father of combat

handgun shooting! As valid today as it was when first written. Despite nonsense to the contrary, point shooting **is** combat shooting, and for the use of a handgun in close combat you want to learn and to practice its simple doctrine.

5. Handbook Of Self-Defense, by Martone  
A terrific little book describing some practical methods of close combat. On the order of Kill Or Get Killed. Intended mainly for law enforcement officers, but 100% applicable to private citizens who are looking for a no-bullshit presentation of realistic skills.
6. V-5 Hand-To-Hand Combat, by U.S. Naval Institute  
Some excellent material in here. Somewhat of a too-heavy emphasis on wrestling-type skills, but the producers of the contents — Wesley Brown and Joe Begala — were wrestlers.
7. Do Or Die! (second edition), by Anthony J.D.Biddle  
Aside from some nonsense about presenting Jim Bowie's method of knife fighting, Biddle provides some basic and reliable unarmed combat instruction here.
8. Cold Steel, by John J. Styers  
Styers was Biddle's protégé and in our opinion quite surpassed his teacher. The unarmed combat and stick fighting sections in this book are excellent. Unfortunately Styers carries on Biddle's questionable practice of teaching knifework as a kind of dueling. The knife fighting material is OK, but we reserve the use of a knife in the lead hand for use of the knife in *self-defense* only, and against another individual armed with a knife (the sort of thing that virtually never occurs).
9. Combat Judo, by Robert Carlin  
This is an excellent book. In fact a PDF copy is sent FREE, along with our PDF Book, Mental Conditioning For Close Combat. Originals of this work are nearly impossible to locate. Carlin was a U.S. Marine and a hand-to-hand combat instructor. Ninety-five per cent very practical stuff.
10. FM 21-150 Combatives (1971 edition), by U.S. Army  
Here is the most extensive presentation of the O'Neill System. It is a thousand times more practical than the army's current field manual on combatives. *This does not contain the entire syllabus of O'Neill's*

*wartime course as taught to the First Special Service Force. It blends much of O'Neill's material with other pretty good stuff that the army used to teach.*

We could provide a list of dozens of additional titles, but for visitors interested in getting started collecting a worthwhile reference library on the subject, these are among the very best ever written. Other volumes are of value largely because they repeat and reflect the material contained in these ten.

Other books that are fairly easy to locate and not too expensive when you find them are those by the late Bruce Tegnér *that deal exclusively with unarmed self-defense and use of the stick for self-defense*. We'd skip his titles dealing with judo, kung-fu, savate *for sport*, karate *for sport*, and obtain only his self-defense titles, which are excellent.

**Happy book hunting!**

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**Your Personal Arms Battery**

Back in the 1970's a gentleman by the name of Mel Tappan wrote an interesting book titled *Survival Guns*. The book was a delight for gun enthusiasts because it provided seemingly excellent excuses for a gun buff to acquire just about every firearm he could think of. Seriously, the book made some good points, but as far as being a valuable guide to a statistically average-income family man's "needs for a survival battery" Tappan might as well have been writing bad jokes.

But he wasn't. He was *serious*.

Any reader of this book who was of modest means, and trying to make it in a bad economy afflicted by near runaway inflation, who sought to arm himself and his family for possible socio-economic collapse and widespread violence, and who thought that here — in *Survival Guns* — was to be found the Right Answer, would probably put whatever gun he happened to have at the moment to his temple, and pulled the trigger! *No way* could anyone of even above-average income afford the kind of extensive arms batteries that the late Mr. Tappan's book urged. Reading through his recommendations would, for those who are really knowledgeable regarding the subject of survival, produce low-level laughter. Come on! If you wish, get hold of a copy of *Survival Guns* (it certainly isn't *all* silly; there's some good stuff there) and read it for yourself.

But serious talk now . . . what *is* a "good survival battery". What guns should you acquire while you can, and *why*? We are not now speaking to gun bugs who can find a reason for purchasing anything that can fire a cartridge; we're talking about statistically average people who appreciate and understand firearms, realize that they are essential tools for defense and survival, and want to prepare for eventualities — or what seem too damn often today to *be* downright inevitabilities! People of limited financial means.

Here's our opinion in a nutshell:

Each able-bodied male member of the family should have one good battle rifle. We recommend a no-frills Springfield Armory M1-A or an FN-FAL. These are .308 NATO caliber weapons, and we believe this to be the proper round for a battle rifle.



For ladies and children: Each should have a Ruger Mini-14 carbine. These are rugged, well-made, reliable carbines built on the Garand design, and firing the 5.56 or .223 round (same as the M-16/AR-15). We **much** prefer the Mini-14 to the M16/AR-15. It is more ruggedly built, much less costly, we feel less finicky and likely to require repair than the M16/AR-15. No, the Mini-14 is not as accurate as the M16/AR-15. But unless you are shooting two-foot high stick figures, the Mini-14 is way accurate enough! Besides, this is a *carbine*, not a true battle rifle, and while optimists will disagree with us, we wouldn't want to use anything chambered for the 5.56/.223 round beyond 150 yards. (In reality, should it be necessary to employ the family's battle rifles/carbines, the range is most unlikely to be in excess of perhaps 50 to 100 yards — if that.

For the family in general: One Remington Marine Magnum 12 gauge pump shotgun. (If you can afford it, two of these would not be a bad investment).

For the family in general: One Winchester Model 70 in .308 caliber. This is a big game getter. It will bring down *anything* on the North American Continent. Ballistics almost identical with the 30/06. We like keeping the caliber compatible with your battle rifle.

One good sidearm for each member of the family. Could be a 1911 type 45, or a four inch barreled .357 (Smith and Wesson no-frills **old** Model 19 or 65). If finances permit each member of the family would benefit having a .38 Special Smith and Wesson Centennial (but the essential handgun is a reliable .45ACP or .357 sidearm). In a situation of anarchistic, social collapse you will be wearing your handgun and holding your shoulder weapon whenever you go anywhere!

You'll want plenty of ammo. At bare minimum 1,000 rounds for each battle rifle and carbine (*much* more is better!). At least half a dozen quality spare magazines (20-rounders) for each battle rifle and carbine. One thousand rounds minimum for your Winchester hunting rifle. At least 200 rounds for your shotgun . . . 00, or #4 buck. Not a bad idea to have a few Brenneke 1.5/8 ounce rifled slugs available, if possible.

For each side arm: 6 spare magazines if a semiauto. At least 300 rounds of .45ACP for the 1911; 300 rounds of .357 for the open carry revolvers; 200 rounds each for the little Centennials.

Spare parts for all weapons except the revolvers. Cleaning supplies. Holsters for the revolvers. Tools.

Nowhere near as comprehensive as *Survival Guns*, and doubtless, because we haven't mentioned something here and there that every jerkoff who fancies himself Daniel Boone, Rambo, Wyatt Earp, or whathaveyou believes is essential. ***Not by any means the "last word"; but we hope a helpful guide for many with limited means.***

Remember this, please. Men have gone to war with but a single rifle, and/or in some cases a sidearm, and *that was it*.

In real emergencies you can make do. You can hunt with a battle rifle, so if money is really tight, get an M1A or FN-FAL. We really would not recommend dealing with the kind of dangers and lunacies that a genuine collapse (God forbid) might bring without a powerful, reliable combat rifle.

And yes, yes, yes, we know: *You need to learn how to handle and fire your weapons well!* We only wanted to touch on the "battery" question for now.

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- **Train so that you don’t panic, freeze, or hesitate when split seconds count in order to save your life and the lives of those you love!**
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### **Attack With A Vengeance!**

**VIOLENT** offenders are used to violence. Sometimes, with the lower-level garbage, merely offering *some* resistance will do. The mere fact that you are not the easy pickings that this abominable sewer s—t thought you were is enough to send the f—ing rodent scurrying away

to his rat hole. Don't count on that, however, and *don't train with the idea of that being generally true, in your mind.*

A reaction, or “defense” if you prefer, that will rout a high-level sack of garbage will easily end the efforts of some piss-ant rat to harm you. But the reverse is not true. And in point of fact if you attempt to handle a determined, dangerous, experienced street bastard with less than decisive force, it just might **encourage** him to devastate you even more.

What we insist is that the student of self-defense cultivate what is essentially a simple, one size fits all reaction-setting in his mind, regarding violent attacks: That is: upon being confronted with violence, **assume the worst, and explode with the most vicious, determined, merciless onslaught against your opponent of which you are capable.** And with training — good training — you will be capable of a helluva lot!

If you haven't seen the movie *A History Of Violence* we recommend that you see it. Essentially for two great scenes. The first is the main character's reaction to an armed robbery and rape attempt by two pieces of s—t at his diner, just before closing. The second scene is one in which the main character's son, a high school boy, finally takes on the bully who has been endlessly prodding him, along with the bully's cohort. In this scene you might *think* that you are witnessing what we call “attacking an offender with a vengeance” when the boy finally goes after the bully. But we'd hardly call it that. Not even close. *Watch the movie, please (or at least those two scenes, probably on YouTube) and that may help you grasp what we mean by “Attack with a vengeance!” when we say that the boy's action against the bully was a mere “love tap and smile” compared to **our** concept.*

So . . . we're too harsh, right? We “overdo” it, eh? Our view is “too extreme” isn't it?

OK, you're free to think so. We dare say, however, if the day comes when *you* encounter some beast or beasts who decide to beat you into

the sidewalk, rob you, and perhaps rape your wife or girlfriend, you will change your mind drastically — *if* you survive.

The real world violent offender does not, in our opinion, deserve to live. In a sane and rationally just society, those who violently prey upon innocent human beings would be put down in much the same manner as rabid dogs are put down. *People should not have to live with the danger of being pushed around, maimed, raped, or killed by members of their own species who remain free and present in their society.* Why such predators are tolerated speaks, we think, to the fact that mankind has not yet fully evolved to a state of civilization.

In any case, it is sheer folly to develop anything less than a merciless, all-out destructive reaction to such scum, when and if you ever encounter it. Learn quality close combat and defense skills and determine to employ them by attacking any predator who fancies *you* and *yours* a target by ***attacking it (not “him”) and devastating it with a vengeance.***

“With a vengeance . . .” now just what do we mean by that? We’ll try to give some examples.

Imagine that you suddenly came upon a very large, strong, feral rat approaching your infant child in his crib. Let’s say that there was a length of pipe handy that you could grab and use before that rat got to your child. Now just how do you think you might attack that rat? We personally would beat it to the point where it was utterly squashed and where it appeared that the damn thing had been run over by a cement truck. We suppose that we would be beating it for several minutes after it had died, too! We’d be in a desperate, manical frenzy, obsessed and determined to save our baby with no possible thought other than killing that f—ing rat!!! We suspect that you might be in a similar state of mind, and be physically inclined to an equal outpouring of your own protective violence.

Imagine the love of your life being seized by two stinking savages from the gutter and dragging her into an alley, clearly bent on rape and

murder. How would you react? We would determine to die killing them, if necessary . . . but **NOTHING** would stop us from killing both of those monsters. *Nothing*. They would die even if they begged us for mercy, and if the last thing on earth we did was end their lives.

Imagine an aging loved one confined to a wheelchair; the single closest person to you in your entire life. Someone who never failed you, took care of you as a child. Nurtured, protected, and educated you, and taught you how to live well and happily. Some sadistic nut is about to beat this wheelchair-bound loved one across the head with a steel bar and kill him. How would you react? You might already know what *our* decision would be, eh?

When we urge that you attack your assailant with a vengeance we mean nothing less than going after him with every ounce of your body, mind, and spirit focused like a laser on his total destruction. We mean explode with hatred. Bite a chunk of his face off. Rip out his eyes. Crush his throat. Kick him. Use anything at hand to maim, cripple, mutilate him.

**Do not have any restraints. Do not have any human feelings. Tear off his ears. Pound his face and head into the sidewalk, into a fire hydrant, into the bumper of a parked car. Keep on attacking until you are safe and able to get away! Let no power on earth stop your fury or moderate it!**

Oh, how we wish this attitude had been pounded into those poor kids who, during months and years recently past, had been mercilessly bullied! Those who disdain this attitude for self-defense have no idea how absurd they are and what an **injustice toward the innocent** they espouse.

We began to deliberately cultivate and develop this attitude at around 20 years of age after becoming genuinely educated in the nature of the troublemaker, bully, and violent offender of every type. Today it is our core philosophy of self-defense. **And we strive to convey it to others so that, if they ever find themselves facing what well may be their murderer, it is him — the predator — who ends up destroyed in a heap of broken, mangled, bleeding flesh, wherever he falls.** Let the punk end up beaten beyond recognition. Let the home invader get zipped

up in a body bag. Let the rapist live out his years as a mindless vegetable unable to function. Let the mugger end up in a wheelchair, aided by an oxygen tank. But the innocent must prevail at any cost!

Are we communicating here?

Attitude is what fuels your skills. Learn the best techniques of course. We teach them, and we have been teaching them for decades upon decades. And with those techniques become a *nightmare* to the violent predator by mastering the mindset that drives you to prey upon *him*, when he attacks you!

We are well aware that this advocacy will raise eyebrows and cause the softer members of what passes for our “civilized society” to pause in surprise. *But there is no better, finer way to be fully prepared to prevent yourself and those you love from ending up statistics. There is no “nice way” to defend yourself.*

We are forever on the side of the decent person, the *victim* and the potential victim. We all can and should do without the victimizers; and if you absorb this lesson, you may one day see that you and yours, at least, *have* rid yourselves of someone or someones who had intended to victimize **YOU**.

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## **In An Emergency: Try This Simple Attack**

**WE** are forever counseling our students to keep their hands relaxed, open, at sternum level, and close to their bodies whenever they face someone in our off-angled relaxed-ready position. This would be the “ideal” hand position to maintain whenever facing someone you do not know and trust, personally. Hands are 50% closer to the individual’s face, neck, throat, and eyes (his key targets for a powerful, fast first strike, if necessary), and your forearms guard your liver, spleen, abdominal area, solar plexus, and sternum. Open and relaxed the hands convey no readiness to attack — but they are indeed ready, and a thrust or chop to the throat, neck, or eyes, nose, etc. is only one quarter of an untelegraphed aggressive second away!



But suppose your hands are by your sides? Can an effective attacking combination be launched from this position? This could occur when you are standing in line somewhere, for instance. We'd like to share a most nifty little attacking technique with you.

With your hands down, simply snap the back of the open, relaxed hand that is closest to the opponent quickly into his groin. This is purely a distraction for the next move.

Now, *turning your body and all of your weight completely into the blow*, execute a chinjab smash into the opponent's jaw with your opposite hand. If done correctly this blow will drop any man. The distracting action to his groin will cause him to pull his groin area back. This brings his head forward, and his mouth will open. Always train for followup!

Obviously if the chinjab drops him and he's out, the incident is over. But in case your attacker is as strong as the dumb ape he behaves like, relax your chin-jabbing hand and arm the moment the blow is completed, and drive a forward elbow smash with the same arm into his sternum. Followup with a knee to his testicles (using the leg congruent with your elbowing arm).

Like we said, it is very unlikely that delivery of the kind of full bodyweight and power chinjab described will not drop the strongest man; but always assume and train for the worst.

Another option, following conclusion of the chinjab smash would be a slight step-off to the adversary's side (the side *opposite* your chin-jabbing arm) while cocking the hand that delivered the chinjab across your face or shoulder area, and delivering a full power handaxe chop to the adversary's side of neck or temple area. In the very unlikely event that your opponent is still on his feet(!) execute a side stomp kick into the side of his knee.

**Caution, Warning, and Disclaimer!**: The techniques described are strictly for use to save yourself from serious injury or death at the hands of a dangerous, violent attacker! They must *never* be used carelessly, to

show off, or in any situation that poses no real danger. The techniques must be practiced carefully under expert black belt supervision. The techniques should never be shown to children. **The user bears 100% responsibility for the use, misuse, or abuse of these techniques. The author, his heirs, and assigns bears and accept NONE.**

In developing this technique and variations we were thinking solely about the practicality and efficiency of the moves by a physically average man. We can assure readers that one need not possess inordinate strength or agility to execute this vicious combination! Practice for a few minutes a day for one week should make the actions feel very natural.

Always apply an emergency self-defense technique with **speed, balance, accuracy, mental determination, and power. Never make actual contact with a live practice partner using these or other *American Combato* techniques.** Control all blows and hold them short of contact. Make contact with heavy bags, dummies, posts, etc.



### **Here Are A Couple Of Emergency Survival/Defense Tips**

**IT** is clear that certain demands, even of heavily armed abductors, simply *cannot be complied with*. If, for example, you submit to being handcuffed, duct-taped or zip-tied\*, proned out, or locked in a vehicle's trunk, your survival odds are almost certainly **ZERO**. After all, just what do you think armed offenders want you to be rendered absolutely defenseless and helpless *for*? They want no obstacle or resistance to killing you.

When commanded to get into the trunk of a car you can (if you are a fool) rely on fairly well-known and well-touted methods of releasing yourself by manipulating the trunk's lock from inside. OK. So your abductors are driving along at 60 mph in the middle of nowhere and you

pop the trunk. Now what? Jump onto the road and cripple yourself? Have the offenders stop the car and go after you — and shoot you or use some other means of killing you? Wait ‘till your abductors arrive at the place they are taking you and greet them with a smile and the open trunk? **No!** *Pretend to comply and at the last moment as it appears that you are getting into the trunk, attack!* Deadly force is always justified (and necessary for your total defense) when resisting a kidnap.

Here’s something to consider for those rare instances when you may find yourself overwhelmed (possibly in your own driveway as you return home) and find yourself coming to consciousness inside the trunk of your *own* car: Keep a loaded handgun concealed inside your vehicle’s trunk. A snub-nosed .38 Special is excellent and very easy to hide there. So is a .45 Combat or Lightweight Colt Commander or one of those great three inch barreled, round butt S&W .357 Model 13’s!

When your abductor(s) opens the trunk upon arriving at the destination he wishes to take you, **SHOOT HIM**. (If you’re feeling humorous, yell “*April Fool You dumb-ass motherf——r!*” as you shoot him.

It is always a great idea to have a loaded handgun concealed where offenders would least expect it to be. Having one under a cushion on your couch can provide a nasty surprise to a home invader. Under desperate conditions if you were held captive in your home, having a loaded handgun in one of those water-tight heavy-duty plastic zip-bags that fishermen use, hanging inside your shower stall could save your life. Of course you’ll *ask permission* to use the bathroom, because you “*feel ill*”.

We dislike and resent conventional methods, used alone. If you wish to be truly prepared, then take the *unconventional* steps, as well.

Don’t talk about what you’re doing. Don’t trust anyone, except of course your immediate family members. But be inclined to deviousness, subterfuge, and unorthodox methods. *They really work!*

Watch the great German Classic movie *Funny Games*. Just imagine if those naive homeowner victims of those two psychopathic punks had a loaded handgun in a kitchen closet. “Hey fellows, let me make you some sandwiches. You will absolutely *love* them! All our friends do. You just sit tight and I’ll prepare them.” If the housewife in that movie had only been thus armed and *devious* when she realized her home was being intruded upon by those two freaks. Rule: Never show a person who is beginning to make you suspicious that you’re on to him and are becoming concerned (or worse, *panicky*). Act dumb and gullible. Draw him into a trap and then . . . well, do what you must to protect your life and the lives of your loved ones. *Spring the trap and make it **deadly!***

Predators never count upon becoming the **PREY**. Surprise any who would victimize you.

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- \* In what amounts to little more than a bunch of happy horse-s—t fantasy, in our personal opinion, it is touted in some “survival courses” that you can easily break free of zip-ties or duct tape bindings. *And you can* . . . if you are bound by a retarded moron who applies the ties from the front, or behind you in such a way that you remain mobile and are able to bring your bound wrists to your front. *Come on, will you!* If you are ever bound by dangerous felons you may count upon two things:
1. You will *not* be bound so that you can apply the stupid parlor trick that is taught as some “secret agent” bullshit escape method! *You will be bound by being “hog-tied”*. Maybe Houdini could escape from our bindings, but we frankly doubt it. And *you* certainly couldn’t, using the parlor tricks-masquerading-as-espionage-tradecraft being sold in some circles!
  2. You will not be left alone to struggle with easily-defeated bindings. You’ll be under armed guard — or you’ll be drugged/or/ and knocked unconscious.
- Real world, folks. Real world.***
-

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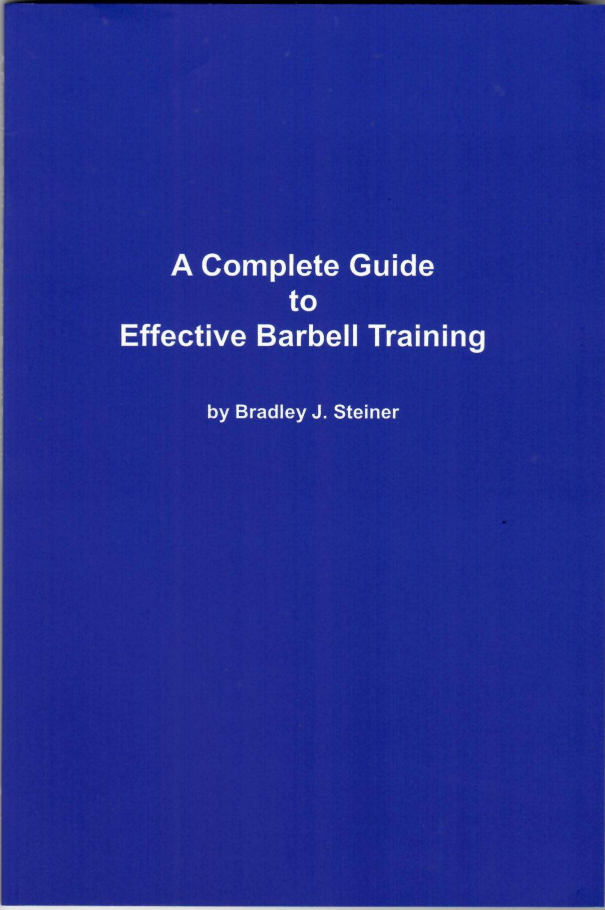
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**We would like to end this edition on a positive note. The following, however, is more infuriating than positive. However, when you consider the philosophy that we**

**espouse, it is confirming of our views. And it should serve to inspire your efforts in developing self-defense skills and self-reliance.**

**We feel it only fair to say that blaming the police is a rotten cop-out. The police are directed by political hacks whose motive is self-aggrandizement, votes, money, and power. If the police were let free to really do something, *they damn well would!* But when complaints against officers are leveled because they do their job, how can you expect them to “serve and protect” with great enthusiasm? Scum gets sympathy when cops shoot it, but when a cop gets shot by scum you hear savages chanting against law enforcers. We ought to want to see predators shot on sight, but we snivel that they need “help”. OK — now you’ve got a society in which the average moron’s answer to being preyed upon is to understand, love, help, finance, and give a break to toxic manure that hardly deserves to live. The last sentence of this article should include: “. . . because a collection of worthless s—t controls and directs them.”**

**There’s a nearly 40 percent chance you’ll get away with murder in America**

The police’s solve rate is even worse for other crimes.

By German Lopez@germanlopezgerman.lopez@vox.com Sep 24, 2018, 1:20pm EDT

There’s a nearly 40 percent chance you’ll get away with murder in America  
The police’s solve rate is even worse for other crimes.

By German Lopez@germanlopezgerman.lopez@vox.com Sep 24, 2018, 1:20pm EDT

If you murder someone in America, there's a nearly 40 percent chance you'll get away with it. If you severely assault someone, there's a 50 percent chance. And if you commit any other crime, there's a good chance you'll get away with that, too.

That's the takeaway from the FBI's latest data on crime in the US. The FBI put this data in a hideous, unreadable chart. (Then again, if I were law enforcement, I'd want to hide these figures.)

The figures show the "clearance rate," the percentage of property and violent crimes that are resolved in an arrest or other means by police — essentially, cops' solve rates for crime.

The numbers are bad across the board. For murder, the clearance rate is 61.6 percent. For aggravated assault, it's 53.3 percent. For rape, 34.5 percent. For property crimes, it drops below 20 percent.

In short, police aren't making arrests for the majority of crimes.

What's worse, these numbers only tell part of the story. In some communities, the murder clearance rates, for example, drop even lower. Wesley Lowery, Kimbriell Kelly, and Steven Rich recently reported on that disparity for the Washington Post. In an analysis of killings over the past decade in 52 of the US's largest cities, the Post found that "black victims, who accounted for the majority of homicides, were the least likely of any racial group to have their killings result in an arrest. ... While police arrested someone in 63 percent of the killings of white victims, they did so in just 47 percent of those with black victims."

In some of the worst-off communities, David Kennedy, a criminologist at John Jay College, told Mother Jones in 2015, the clearance rate for murders and nonfatal shootings can fall even further — "down to single digits."

The good news is the crime and murder rates fell in 2017, following two years of increases in violent crime and murder in particular. But the clearance rate numbers suggest that there is room for police to improve. In

fact, the low clearance rates might be one thing that helps keep crime higher in the US than it would be otherwise.

To prevent more crime, police should do better

This is nothing new. The murder clearance rate has generally hovered around 60 percent for years. And the violent crime clearance rate has remained around 45 percent and the property crime clearance rate around the high teens, according to a Pew Research Center analysis.

A chart showing the rate of crimes reported and solved in the US.

This has dangerous consequences, contributing to what scholars call “legal cynicism.” When crimes go unpunished, people are more likely to think that the government — and particularly the police and criminal justice system — aren’t taking such acts very seriously. And that makes people distrust the police and justice system.

That not only makes people less likely to report crime, but it might lead to even more law-breaking. For one, if criminals are more likely to think they can get away with the acts, they’re more likely to commit them. And the lack of arrests keeps repeat offenders on the streets as well, free to commit more crime without consequence.

But there’s another piece to this too: If people don’t feel like police will protect them, they may be more likely to take the law into their own hands.

Consider a hypothetical murder that goes unsolved. If you believe that someone shot and killed a family member and may try to go after you next, and that police aren’t going to do anything about it, then you might be more likely to try to go after the shooter on your own to stop them.

Journalist Jill Leovy documented this phenomenon, with a focus on black communities, in her award-winning book *Ghettoside* (which, really, you should read). As she put it: “Take a bunch of teenage boys from the whitest, safest suburb in America and plunk them down in a place where their friends are murdered and they are constantly attacked and threatened. Signal that no one cares, and fail to solve murders. Limit their options for escape. Then see what happens.”

Leovy argues that this reflects a lack of resources going to solving murders, particularly in minority communities. Some of this is intentional, because, over the past few decades, police have favored approaches that they believe prevent crime, instead of solving crimes after they happen. (Indeed, there is good evidence that some proactive strategies, like hot spot policing and focused deterrence, do reduce crime. But these policies don't have to be either-or; the police could solve and prevent crimes, as is generally expected of them.)

Community distrust also plays a role, since it makes it harder for police to get cooperating witnesses needed to solve murders. In this way, community distrust and poor crime solve rates feed into each other — people are less likely to cooperate with police when they feel unprotected by the law, and police are less able to protect people without cooperation. All of this together leads to fewer arrests, especially when black people, who are less likely to trust the police, are the victims.

On the other hand, some evidence indicates that police could do better if they put more resources toward solving crimes. A 2017 study by criminologist Anthony Braga looked at the Boston Police Department's efforts to increase the murder clearance rate by dedicating more resources and technology to solving such killings.

The study found that Boston police raised the murder clearance rate from 47.1 percent before the changes (2007 through 2011) to 56.9 percent during the changes (2012 through 2014). In contrast, the national clearance rate remained stable during these time periods, while the rate for other Massachusetts police agencies actually declined. While the study couldn't definitively link Boston's improvement to the specific strategies the city's police used, the research indicates that improvement really is possible, one way or another.

That suggests that police are generally doing much less than they could to investigate and solve the most serious crimes.

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