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# ***SWORD and PEN***

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

**JANUARY 2017 EDITION**

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

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

### *Preparing For War*

**WE** were thinking about the 180-degree difference between self-defense/close combat and any other form or variant of “martial arts” training and application in considerable depth the other day. Primarily, we were searching for additional ways — always rooted in observable truth — to teach this critical fact to our sites’ many visitors. The nonsense and propaganda suggesting that some form of sporting contest constitutes “self-defense” or “hand-to-hand combat” training has been misleading countless people who, unaware of what it *really* is that they should be studying, have enrolled and

still continue to enroll for training in **sport**, when what they need in order to achieve their objectives is **combat training**.

When we say what we do we are in no sense attempting to suggest that training in competitive skills —— and in fact *competing* —— is an undesirable course of action. Nor do we believe that sport is “inferior” to combatives. **We do absolutely insist, however, that combat and sport are different.** And unless this difference (which is extreme and for the objective thinker, *obvious*) is recognized and taken into consideration, not merely *time* may be wasted in inappropriate training, but serious injury and even death could occur for the person who had been attempting to get ready for an emergency by practicing a game.

Since the early 1970’s we have been telling our students that “**self-defense is war in microcosm**”. Thus, we believe that preparing to defend oneself, one’s loved ones, or —— if one is a law enforcement officer or soldier —— others who need protection, is nothing short of **PREPARING FOR WAR**.

Doubtless, some will at first blush regard our philosophy as “too extreme”, or, possibly, the manner in which we present it as being “overly dramatic”. Over the many years that we have been teaching we have even heard such *utter nonsense* as: “**your techniques and tactics are too violent and destructive**”. This last can only be the result of measuring that which we teach against a significantly diluted standard or model. *And that is exactly what happens when people turn to sport (or in some instances, to fantasy) for their “self-defense” training. And/or when well-intentioned but ignorant people allow themselves to be duped into preparing to handle dangerous violent offenders with impressive looking but woefully unrealistic crap; crap that is taught by either teachers who are not competent to teach actual combat, or teachers whose commercial objectives override their honesty and integrity, and they instruct gullible people who know no better, and who embrace a curriculum that accords with what is “popular”, or with that which students “like to hear”.*

We never argue with proponents of ineffective doctrine. We have no need to do so. After presenting that which works and which is necessary our attitude is, honestly: “If you don’t want to accept the truth, then suit yourself. *Do whatever you like.*” We neither teach nor lecture nor write in order to convert antagonists.

We know that of which we teach, speak, and write, and at the risk of sounding arrogant we believe that we have always made, and continue to make our case irrefutably (except for those who do not *want* to understand and accept the facts — and they are no concern of ours).

Remember that the word “**martial**” literally *means*: “Of or pertaining to war.” *Martial arts* were — long before they became sports or esthetic and character training disciplines, fitness activities, and competitive *games* — **arts of war**. Arts of war with and without weapons.

When and if you are ever attacked for real — in the street, in your home, at your place of employment, while traveling, while out with your loved ones, at any time, in any place, or for any psychotic or psychopathic “reason” that has materialized inside the skull of some stinking, lowlife predatory bipedal **WILD ANIMAL** (or group of animals), *and if you survive* — you will never question our thesis. We suggest it is wisest to pay attention to it **now**; before a life-threatening situation occurs.

The first thing to go in war is **rules**. The second thing is **mercy**, then **forbearance**, then **ethics**. *The objective is simple: Defeat the enemy in the most efficient manner possible, and defeat him decisively.* Use **ferocious, dangerously harmful** — even **lethal methods**. **Concentrate on OFFENSE**, “defense”, if necessary, paves the way for extreme offense and **lots** of followup. **Remember this: SO LONG AS YOU ARE “DEFENDING” YOU ARE LOSING! SO LONG AS YOU ARE ATTACKING YOU ARE WINNING!** That’s the way wars are won . . . whether between nations or individuals. In war, as Napoleon taught, you **employ your strongest weapons against the enemy’s weakest areas**. Whether state-of-the art artillery that blasts apart an enemy’s poorly

protected location, or a powerful, accurate, and fast open hand blow that crushes a would-be murderer's windpipe, the **principle** is the same. And it is easy to see its validity, practicality, versatility, and legitimacy when engaged in **real** self-defense or **wartime** military close combat.

Don't be persuaded by that which is "popular". In most areas and instances that which is believed and accepted by the unschooled majority is, well, hokum.

The matter of preparing to defend your life and the lives of those you love demands clear and objective thinking . . . skills validated and proven in **WAR**, not skills that win sporting contests, or skills whose proof of validation consists of the fact that they have been practiced for hundreds or thousands of years. People have, throughout history, most often believed nonsense rather than facts.

The facts, Heaven knows, are not pleasant. Still, when they are accepted and when they serve as the basis for doctrine and training methods, they **work**. And although no one can legitimately offer any guarantees, *if successful defense against whatever form of dangerous, violent attack with which you may have to deal is **possible**, then the odds are most greatly in your favor if the skills and tactics you rely upon are solid, war-proven, simple, fierce, merciless, and optimally destructive.*

They will be if you make your preparations for self-defense as you would for **war**.

**Bradley J. Steiner**

*"The whole secret lies in confusing the enemy, so that he cannot fathom our real intent."*

———— Sun Tzu **THE ART OF WAR**

# *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!

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Seattle, Washington 98115  
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You will want to study these DVDs again and again, as they are rich in content and packed with solid, reliable information and instruction!

### **The Most Important Hand Blows**

*AMERICAN Combato* utilizes sixteen key blows of the hands, feet, and other body parts. These are regarded as the core or *most* essential blows in unarmed close combat, and it is with these essential blows that serious, long-term students are encouraged to train incessantly. Once mastered, these sixteen blows (in fact, merely *one half* of these sixteen key blows) provide a

selection of natural weapons well suited to handling just about any emergency situation that might arise. *American Combato* in its entirety teaches and recognizes a total of **50** “basic blows”, however these are of either lesser practical significance for application, or suited only for individuals of particular physiological compatibility.

But what of short-term students; persons wishing to learn self-defense, but *not* interested in long-term training or black belt level expertise? What blows are essential for *them*? What does the person who wants to learn some excellent, practical, and reliable techniques *in a hurry* need to be taught?

The two most powerful, practical, readily learnable, universally adaptable, easily retainable, versatile, and totally reliable blows with the empty hand are the venerable **chinjab smash**, and the **handaxe chop**. These open hand blows rank highest in our opinion; and while there are many more *excellent* blows that must be learned by serious long-term students, *these two alone will do for the busy person who has no interest in becoming an expert, but who wants to know something that he can use in an emergency.*

The chinjab smash can be delivered with not the slightest telegraphing movement. A reasonably fit man who has developed the blow can with six inches of traveling distance can break the jaw of a big, strong man, and knock him out. The blow can transition into a vicious clawing attack to the face and/or be employed to effect a very damaging throw. This is done by whipping the lead hand around the adversary’s lower back and smashing him in the kidney *while* chin jabbing, clawing, and driving him backward and down —— to smash his head on the ground.

Chin jabbing can be done in two or three rapid blows —— using the same hand. Alternate chinjabs to either the enemy’s jaw or his jaw then his temple or jaw hinge is very effective. The chinjab blow delivered to the enemy’s eye, nose, solar plexus, or sternum is excellent. A simultaneous chinjab smash delivered in a slight *upward* direction against a punk’s chest with both hands will send him flying when done with a strong falling step into him. A downed attacker may be effectively struck with rapid-fire chinjab smashes delivered to his face, slamming his head repeatedly into the ground.

And there are other ways to use this great blow.

The handaxe chop may be employed in all directions (including *back*, into the testicles, when an adversary seizes you from behind). This blow is almost unlimited in the variety of ways that it may be used — and it never need be made obvious that you are about to use it. It is effective almost anywhere on the human body it lands, and like the chinjab smash there is never any damage to your hand — even if you strike into the hardest part of the skull.

These two blows are also excellent when employed in combination. Chop into the enemy's face or throat, then follow up with an opposite hand chinjab smash. Or chinjab and then chop with the handaxe! Very simply execute a series of fast, snapping handaxe blows as you advance into an adversary.

Write your own ticket. These are *war-proven* blows that have proven themselves many, many times in vital combat; in some instances against trained and experienced soldiers. In other cases against experienced, seasoned violent criminals. ***These blows work!*** And they are so adaptable and versatile that the man mastering them will need little if anything else to finish his enemy in close combat.

Again, do not misunderstand us to mean that these two blows are all that anyone need bother learning, or that there isn't an array of additional blows that are **extremely desirable** to have in your repertoire. However, the majority of those who want to learn self-defense will not spend much time at it, and they lack the discipline, interest, and level of serious commitment necessary to gain a good grasp of more than a handful of techniques.

The chinjab smash and the handaxe chop plus a low, simple kick, a knee-to-testicles, and perhaps finger thrusts to eyes and a personalized set of three or four *combination* attacks and a couple of dozen counterattacks can provide serious short-term students with a shockingly effective reaction capability to dangerous attacks.

With no strengthening or "hardening" the handaxe chop and chinjab enable even a slightly built person to pack a jolting *wallop* when they strike a vital

target. Of course any conditioning of these weapons will add materially to their effectiveness . . . but in a short-term course there may be no opportunity for this.

When the chips are down and there's no time or opportunity to guess, fall back on the most proven, reliable, *dangerous* and *destructive* actions. You'll never do any better in a desperate emergency than the war-proven blows that the military and intelligence elites of WWII employed against an Axis force that had nearly conquered the world. They work admirably today on the mean streets and in the dark alleys of our once great cities.

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## **This Training Suggestion Might Help**

### **You**

**PHYSICAL** injuries from training or from anything else do not always or necessarily have to bring your training to a halt.

Unless an injury is very superficial we recommend that you have it checked with an MD, just to be on the safe side. Get whatever treatment the doctor recommends, and if a doctor actually tells you to discontinue all vigorous physical activity for a specific period of time, **do so**. Most of the time the medical recommendation is likely to be "*no physical activity for that part of your body that has been injured*" until you have fully recovered. As far as training in combat and defense skills this can actually serve to provide you an opportunity for **very useful training**. Training that you might never have thought to employ otherwise.

Let's say that you've injured your right arm. Let's say further that you are right-handed. A bummer. However, what you can do is train using your **left** hand and arm only (including kicks and knee attacks) and getting some serious practice in so that you could if necessary defend yourself using only one arm. An injury to one leg poses a different challenge. Usually you need two fully functional legs in order to kick; one leg for solid support, and one to

do the kicking with. So, an injured leg (assuming standing on it and walking is still possible — just no kicking) can push you to develop to a very high degree the ability to defend using your hands and arms only. Being deprived of half your body's natural weapons does **not** mean that you cannot still your body's remaining natural weapons to defeat an assailant. Injured both hands or arms? **Polish and perfect your kicks.** In a dangerous situation a few well-placed and skillfully applied low kicks will often suffice to stop and opponent. *Make certain that you can do so. With the misfortune of being unable to strike hand and elbow blows comes the **opportunity** to work triple hard on your basic kicks, and make them as formidable as possible.*

Injuries may afford you the opportunity to train more extensively with one of the most under rated personal weapons: the walking stick. At such time as you simply cannot use your natural weapons as you normally could, due to injuries, work hard with your walking stick. In our System we teach this weapon (as we do *all* hand-held personal weapons), and anyone who builds a solid skill level with a stout walking stick can be pretty confident of dropping an assailant. The walking stick assists you in getting around **and** it provides a very formidable weapon.

Remember that an injury is not the same as an illness. With an illness you should rest and focus on recovering your health fully. With an injury that does not require your entire body to rest, you can use the temporarily imposed limitation that the injury has placed upon you to **build and polish other skills.**

In physical training an injury might mean that certain of your normally included exercises must be foregone until the training injury heals. Fine. Accommodate the need for rest where required, *but if possible do other exercises.* The fact that you have a shoulder injury and cannot do press movement does **not** mean that you cannot squat, deadlift, row, and curl.

Serious students of combat arts and physical training become — often — “routinized”. That is they become habituated to their customary routines and

suffer a serious **psychological** setback when circumstances (which, let's face it, are all but inevitable for *all of us* whose lifestyle includes training regularly) occur. Try to take any unfortunate situations that block you from your particular routines sternly in hand and **do not** let them get you down. *Training injuries and setbacks can only be avoided by not training at all, and that is a ridiculous option. Do not take it.* Instead, view your situation when injured as manageable. See the **positive** side of it by appreciating how you can adjust your training to enhance other much-needed areas of your combative abilities.

Someone once wrote: "When life gives you lemons, make lemonade!" Sounds funny . . . but it's *not* so funny, really. It's damn good, profound advice!

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***"If you are going to win any battle, you have to do one thing. You have to make the mind run the body."***

— **General George S. Patton, Jr.**

**Mental Conditioning** is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority in the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

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## **Drastically Improve Your Self-Defense Training**

**REGARDLESS** of what particular martial art or self-defense method you may be practicing, if your sole purpose in training is to ready yourself for

actual close combat emergencies we're confident that by following the eight suggestions we present you will *greatly* improve your physical, technical, tactical, and mental ability to protect yourself and those you love.

**1.** Constantly seek out and acquire the most destructive, simple techniques you can find. *Really determine to master those techniques and make them your own.* Techniques of “pain compliance”, control, non-injurious “defense” are, like it or not, highly questionable and will **not** stand up under extreme conditions. Self-defense is *not* a sport or a friendly contest. When you are attacked by a dangerous violent predator your life and well being are in imminent danger. Your techniques must be **simple** and **extremely destructive**.

**2.** While mastering a balanced and adequately comprehensive repertoire of skills (powerful hand, foot, knee, elbow blows / simple and fierce combinations of attack methods / versatile defensive techniques that enable you to deal decisively with all general types of attack), continually look to **reduce** your number of techniques to those that suit you best. By doing *less* as far as **quantity** is concerned, the **quality** of your repertoire and its effectiveness will increase. Most trainees attempt to learn too many techniques.

**3.** All of your techniques should be broadly applicable. You should discard all “lesser” actions which, when you analyze it objectively, are not needed. For example: Learning a defense against a tough guy who squeezes your hand when you shake his hand. *A simple front kick to his shin or even his testicles will release you. No need for anything like finger or wrist manipulations, etc.*

**4.** Find and focus upon those techniques that fit you best. This applies to the *best* techniques, once you've compiled and determined to learn them. You don't need to master a dozen destructive and practical blows. Pick the five or six that come naturally to you and that you feel the greatest compatibility with.

5. There is no substitute for **practice**! Although in 2017 very, very few people can train for hours every day, that is not necessary if simple, quality skills are selected. Practice for about 30 minutes a day — consistently. In addition, when you have a few spare minutes, review one or two techniques and get in another five minutes. Concentrate. Make practice sessions regular and serious.

6. Let your own personal style evolve. You are not a robot, and if you attempt to be fanatically precise in learning every technique that you do *exactly* according to how your teacher presents it, you're making a mistake. As you learn and develop the technique "make it yours". Feel free to alter **slightly** whatever you must if, after learning the basic form, you find that you can employ it better, faster, stronger, more accurately by a slight alteration in form.

7. Recognize and train for fitness, agility, and strength. Weight training is all but essential in any real world approach to individual combatives training. Quality techniques **will work when done correctly by persons with little strength**, but the more strength you possess, the better. When you hear people say that strength, natural weapon conditioning, and all round fitness is not needed (only "skill" is necessary) just smile and walk away. They do not know what they are talking about.

8. Study as much as you can about violence per se; about real attacks, criminals and their attitudes, and what really transpires on the street or wherever close combat occurs. Become attack minded yourself; be a realist, and set your mental state so that you are always alert, ready, and willing to react with ferocious and destructive violence when required to save innocent life and limb.

Much, much more could be presented, and in *American Combato (Jen•Do•Tao)* much more *is* presented. But for the individual just now transitioning to effective combatives and personal survival skills, this set of simple guidelines will serve as an excellent jump-start.

Good luck!

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