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SWORD and PEN

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

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www.americancombato.com

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E d i t o r i a l

Now That It's 2018 . . .

IT is always a sad thing when a person lacks the will and the drive to do and to achieve that which he himself desires. While balking at efforts that are demanded of you from without, enjoining you to do something you have no interest in and see no point to, is a sign of healthy self-assertion and an independent mind, stumbling through your years in a namby-pamby state of procrastinative-indolence — plainly never simply **doing** what you want to do — is, well, unmanly and shameful. *And excuses and rationalizations for this pathetic way of existing abound (because so many follow it!), so “explaining away” why you’ve not yet “gotten around to doing” what should have been done 20 years ago is a cakewalk.*

Hopefully this message nudges *some* of you out there to take hold of yourselves and, instead of making excuses and finding reasons why “you can’t really get started in training quite yet; but ah! *next month* will be different” you will be prompted to, frankly, **get off your ass and get started, NOW!**

The dropout rate in any martial art (sport, classical, or combat) is very high. Problem number two, you see, is **sticking with your training, after you finally get started**. People talk a great game. The discovery that more yapping and blab will do *nothing* to provide and polish your ability to defend yourself is a discovery that many people make after their first month or so of training. Some discover it sooner than that! Of those who do discover this non-secret, perhaps 90-96% simply quit. Too busy at work. Too busy at school. Funds are short. Gotta straighten out some business matters first. Wife or girlfriend is giving me a hard time. Ad nauseum.

Who the hell are these people kidding? Hell . . . they don’t even really believe their own bullshit! They’ve had too many experiences of cycling and recycling through their excuse-laden routine, and the one habit that they have formed is avoiding the discipline and effort to reach their goals.

Do you relate to *any* of this?

The start of a new year invariably prompts many to indulge that most meaningless of activities and exercises in self-delusion; i.e. *making “new year’s resolutions”*. Honestly now: How many have you made? How many have friends and relatives of yours made? Now the big question: *How many of those “resolutions” were actually followed up on and seen through?* Yeah . . . that’s what we thought.

Here’s something to think about if you “haven’t quite gotten down to” that training in self-defense that you made that “solemn resolution” to begin — years ago: ***Can you appreciate just how much time you’ve wasted; and just how confident and capable you would be today had you begun and stayed with serious self-defense training when you first realized it was an important goal for yourself?***

We do not bring all of this up out of meanness or to throw a monkey wrench into your enjoyment of the New Year. In fact we wish you and yours the very best for this coming year. May you all be healthy, happy, and prosperous. The simple truth is that we know very well that you will be healthi**ER**, happi**ER**, and much more mentally and spiritually prosperous if you finally get started in serious training and *stick with it*.

HAPPY NEW YEAR TO ALL OF OUR FRIENDS AND SUPPORTERS!

Bradley J. Steiner

Street Survival Rules

RECENTLY a correspondent asked if we could summarize the twelve most important rules for street self-defense. Rules that anyone and everyone training in any martial art can apply and rely upon.

The following is no doubt incomplete. However, in response to our correspondent's request (which we agree will help just about everyone training in self-defense, regardless of school, style, or teacher, etc.) we compiled a set of twelve important "rules" for street survival.

We hope that these rules help *you*:

1. PRACTICE THE HABIT OF SITUATIONAL AWARENESS.

By being *alert* you not only prepare yourself so that no street scum will likely take you off guard, by surprise. You'll see it coming. And with a proper mindset and a good set of quality close combat skills honed and ready to be called upon, you are most unlikely to be successfully victimized by the garbage. Also, street garbage that preys upon others deliberately endeavors to pick victims that are **not** alert; persons who are distracted and who will

never see them (or the street scum) coming at them in the first place. Look alert, aware, and like you're paying attention to whoever is near you, and the odds of being attacked are greatly reduced. Not eliminated entirely, but *reduced*. And if you are situationally aware, you'll be set to deal with any attack that some gutter filth initiates.

2. DEAL WITH ANY ATTACK BY ATTACKING YOUR ATTACKER.

So long as you are “defending” you are *losing*. So long as you are **attacking** you are winning. Your basic tactic in *any* violent attack is to ***turn the tables ASAP and attack your attacker!*** We first began advocating this in the very early 1970's, when we finally came to fully appreciate that *being defensive* in any emergency will no more work for an individual than will being defensive work for a nation that has been attacked by an enemy nation. **Wars — whether between nations or individuals — are won by attacking and destroying the enemy.** And while this concept applied to individual self-defense may offend some soft souls, it remains 100% valid. Go after that piece (or those pieces) of s—t who decide that they are going to injure, maim, or kill you — or someone you love — and **DESTROY IT/THEM!** Leave the fantasy “self-defense” bullshit to those who are unwilling to accept the simply truth.

3. PRIMARY TARGETS ARE THE ENEMY'S EYES, THROAT, AND KNEES. PRIMARY WEAPONS ARE YOUR OPEN HANDS AND THE LOW, POWERFUL SIDE KICK.

Ram your extended fingers *hard* into your attacker's eyes; chop him across the throat or neck; chinjab him with every ounce of your available strength. These are simple, speedy hand actions that can save the day. A sudden, powerful side stomping kick that lashes out and breaks an attacker's knee should be a mainstay in your self-defense arsenal of skills. Combine these simple movements. Use the element of surprise. Attack without warning and ***keep on attacking*** your assailant(s). Minor targets are important, but if you are completely new to this field of real world combatives and personal combat, begin building a repertoire of these few simple skills.

4. RELY UPON TWO BASIC KICKS: THE FRONT KICK AND THE SIDE KICK.

For self-defense and hand-to-hand combat all high and fancy kicks are to be tossed. The basic front kick (to testicles, knees, and shins), and the basic side kick (to knees, shins and insteps — using the scrape/stomp) is the way to go. These kicks can be executed in all sorts of normal, everyday attire, with no warmup. And they are doable on all sorts of ground and terrain.

5. ALWAYS USE ANYTHING AT HAND AS A WEAPON TO ASSIST YOURSELF IN STOPPING YOUR ATTACKER.

Even if your assailant is unarmed (which you *must never assume that he is, even when there is no weapon visibly in his hand*) grab anything at hand and jab, stab, slash, bash or strangle him with it! Even if all you have is a magazine in your hand or a candy bar, ***throw it in his face and attack him!*** A self-defense emergency has nothing to do with an agreed-upon sporting contest. The attacker must be stopped. Any way you can stop him/ He deserves no more concern or consideration or mercy than you would give a fly at a picnic table.

6. USE OF THE DIRTIEST POSSIBLE TACTICS MAKES PERFECT SENSE, AND SHOULD BE UNDERSTOOD AS BEING HIGHLY DESIRABLE, AND NECESSARY.

Biting, gouging eyes, ripping ear off, seizing and crushing testicles, etc. are all excellent, highly recommended tactics for the person set upon by street scum. Maiming a piece of street s—t who might maim or kill *you* makes perfect sense, and is simply good, logical thinking when forced to defend yourself.

7. THREE FORMS OF ATTACK ARE ALWAYS TO BE PERCEIVED AT ONCE AS DEADLY — AND YOUR RESPONSE SHOULD BE UNBRIDLED, DEADLY FORCE IN DEFENSE.

The three types of attack are: a) attacks with a weapon, b) attacks from behind, and c) attacks by more than one adversary. This is not to suggest that ***any*** violent attack can easily prove deadly and fatal to the targeted victim; however upon realizing that you are dealing with any of those three types of attack, ***know*** that you *must* use deadly force immediately, yourself. Your life

is now on the line.

8. NEVER AGREE TO “FIGHT”. WITH THE SOLE EXCEPTION OF *SPORTING FIGHTS* THAT ARE CONTESTS OF SKILL, FIGHTING IS NEVER JUSTIFIED. DEFEND YOURSELF IF YOU MUST; BUT NEVER “AGREE TO A FIGHT”. MUTUAL COMBAT IS ILLEGAL AND STUPID.

Obedience to this rule can go a long way to keeping you out of trouble with the law, not to mention keeping you safe! It also will maintain the “mantle of innocence” for you in any instance where you really have no choice but to defend yourself.

Use no “fighting stances”. Stand off-angled, outside of arms’ reach if possible, and keep hands relaxed, open, and at sternum level. *If the scumbag attacks, defend. But contribute nothing to the escalation of violence; not even a harsh word.*

9. ONCE YOU MAKE THE DECISION TO ATTACK IN DEFENSE OF YOURSELF AND TO NEUTRALIZE AN UNAVOIDABLE THREAT TO YOUR LIFE OR TO A LOVED ONE’S LIFE, CONTINUE TO ATTACK WITH ALL OF THE SPEED, STRENGTH, DETERMINATION, VICIOUSNESS, AND SAVAGERY OF WHICH YOU ARE CAPABLE UNTIL YOUR ASSAILANT NO LONGER HAS EITHER THE WILL OR THE CAPACITY TO BE A FURTHER THREAT.

When the moment comes when force needs to be committed, *commit it totally!* Do not hold back. Go after your attacker with the same attitude, resolve, and strength that you would exercise in breaking the door down so you could escape from a burning building.

To whatever extent you restrain yourself and fail to put **100%** into your effort to destroy your enemy, you *are helping your attacker in his effort to harm you!* Do not be foolish. Efforts to walk away, avoid trouble, run, apologize, etc. are certainly to be exercised **BEFORE** it becomes clear to you that you are in danger, and your adversary *will not be reasoned with*. It is his intention to harm you — period — and no avoidance efforts will work. **At that point you answer your tormentor with merciless savagery and the**

most brutally destructive actions of which you are capable. No more talk. No more nothing! You *just defend yourself*. Anything goes, and the piece of s—t who attacked you is the one responsible for whatever you must do to him.

10. EXPECT TO GET HURT AND REACT TO INJURIES YOU SUSTAIN WHILE DEFENDING YOURSELF AS A WILD JUNGLE CAT REACTS; I.E. HE IS MORE DANGEROUS AND AGGRESSIVE WHEN INJURED!

Superman was a fictional comic book and TV character. Entertaining, but most unrealistic. No martial arts master is superman. No martial arts master is invincible. *No one — novice or accomplished expert — can reasonably expect to engage a serious, determined physical attacker without the risk of being hurt in the process.* Odds are the expert will win; but on no account, if he *is* an expert, does he anticipate remaining unscathed after engaging an enemy in close combat. Accepting that you will be hurt, ***and not being even slightly hesitant to take action despite that fact***, makes for one very determined and dangerous individual! The Samurai was trained to “enter battle seeking death”. If you do, there’s **nothing** that will scare you or cause you to falter. Nothing. In a desperate situation, perhaps defending loved ones in a home invasion, the attitude of “**I will die killing him!**” will often bolster your effectiveness tenfold.

11. MASTER — REALLY MASTER — A SMALL REPERTOIRE OF DESTRUCTIVE, SIMPLE, WIDELY ADAPTABLE COMBAT TECHNIQUES THAT SUIT YOU PERFECTLY.

In *American Combato* serious students are, over time, exposed to many different techniques. This is not to encourage them to acquire encyclopedic knowledge or ability; rather it is to encourage them to constantly search and seek for whatever **suits them individually and ideally**, and to build their personal skills repertoire around that. Training should be a process of perfecting and refining *the best techniques that suit you the best*. Unless you are limited for a good reason and will only have a very short time available for training, you want exposure to all of the *good* and the *practical* techniques for actual close combat that exist. As you train and study your

personal “style” will emerge. It will be based upon and derived from all of those quality techniques that **work**, while being tailored to you, personally. When it comes to building a skills repertoire for actual close combat and self-defense, **QUALITY** outstrips mere quantity every time!

12. CULTIVATE THE ABILITY TO TURN ON A “WILD ANIMAL” FEROCITY IN A FRACTION OF AN INSTANT.

How rapidly you are able to react when you are attacked is an important matter. *The quicker the better!* And, no less important is the **savagery** and **murderous ferocity** that accompanies that reaction.

You want to *overwhelm* and *shock* your attacker. You want to flood his mind with confusion and surprise, and you want to seriously injure him before he even fully realizes that you are after him, and that *his* attack has been foiled.

The intended victim of violence who explodes in a killing frenzy and attacks like a wild animal will almost certainly be successful in defending himself. The attacker, please remember, would not be attacking you if he did not feel reasonably confident that he could rather easily defeat you. A vigorous and determined reaction of counterforce on your part will be unexpected. Add to that what will occur when that vigorous and determined reaction of yours is a terrifyingly brutal and animalistic reaction — and the scum who attacks you is momentarily frozen in shock *as he is being injured*. Followup and followup through after this initial advantage, and your victory is all but guaranteed.

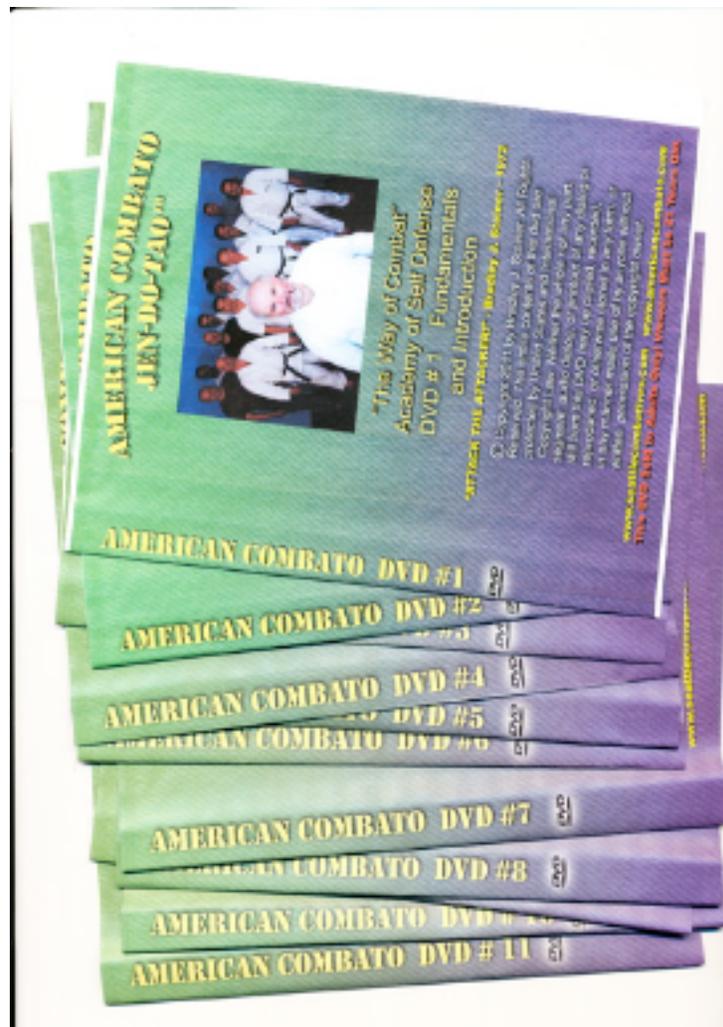
The more ferociously aggressive and murderous your reaction to attack, and the faster that reaction explodes in your enemy’s face, the better.

Deceit and deception work as well in individual combat as they do in war. Always strive to mislead your opponent. Feign illness, compliance, fear, or confusion — then go off like a nuclear explosion.

While attributes such as size, strength, athletic acumen and a more aggressive personality can certainly be improved and cultivated in anyone willing to work at it, there are of course genetic limits we all must live with. **Tactical, technical, and strategic factors, however, are there to learned — often more effectively by the less genetically advantaged.** By

assimilating and making use of the twelve points or “rules” that we have presented here, we are confident that you will greatly enhance your ability to deal with any physical assailant, regardless of your size, strength, or athletic ability.

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)[™] 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!

Do Not Expect Ethics Or Decency

From The Street Scum

IT is pathetic when you consider the number of “martial artists” who honestly believe that contests and sparring represent the best of all ways to prepare for a self-defense emergency. Street fighters, muggers, gang members, rapists, kidnappers, home invaders, car jackers, bullies, strongarm punks, and troublemakers abide by no rules, and ***do not attack in any way approaching how an opponent in a sporting match confronts his adversary.***

Very seriously and honestly look at the way scumbags ply their predatory inclinations and activities. **They virtually *all* carry weapons. They prefer**

to attack in pairs, groups, or packs (just like many wild animals). Often, the approach of the street garbage is in a deceptively *friendly* manner, giving no hint of the monster's actual intention. The animals have no compunctions about blind-siding totally unaware, innocent persons (i.e. the “knockout punching” phenomenon). Predatory street manure thinks nothing of maiming and killing for “kicks”, “fun”, or “thrills” — or, today, for some specious excuse like the target-victim's ethnicity. People are maimed and killed by living trash because the filth is meeting some “requirement” to join some gang; or perhaps the scumbag simply wishes to *impress* fellow pieces of s—t as to his “toughness” and “prowess”.

The bottom line is: The enemy you face on the mean streets of urban America (or urban *anywhere* in the modern world) is a dangerous, clever, violent and ruthlessly unethical subhuman beast. He bears no relation to the fellow against whom you freestyle in class, or compete against in *any of the various competition venues*. The scumbag will stomp on your head after knocking you to the sidewalk because . . . well, because the creature “feels like it”.

Among the crawling trash that our ignorant society fails to exterminate are underage predators; “children” in their early teens — sometimes even younger — who are every bit as willing to beat, maim, rob, and kill as the older, full grown rats they emulate. And *girls* are among these scum. In small groups underage predators can be as dangerous, and often are, as fully grown street garbage. *It is a lot different confronting any variant of the stinking s—t that enjoys attacking, maiming, and killing, than it is confronting even the most skilled opponent in any sporting bout.*

Our training in *American Combato* has **always** been with protection against such undeserving forms of life as we have mentioned, the uppermost concern.

Before you can solve any problem you must know that you have the problem, and you would better know as much about the problem as you are able to learn. Then, you can prepare and bring into play a plan to **deal** with the problem.

Learn this and learn it well: *The rules of human decency do not apply in violent encounters with street trash/ The predators have no basic sense of the value of life, let alone the need to be considerate and ethical in dealing with other people.* **IF YOU EXPECT ANY KIND OF CONSIDERATION, FORBEARANCE, SYMPATHY, MERCY, SPORTSMANSHIP, OR HUMANITY FROM ANY LUMP OF STREET S—T, YOU ARE NAIVE AND COURTING DISASTER!**

Why is it so critical that this point be understood, appreciated, and never forgotten when training, practicing, and reacting to any actual physical danger or threat? The answer is because it is critical that YOU — the defender — react without the slightest degree of hesitation or reluctance to inflict injury when you are set upon! Any delay, any hesitation, any thought of consideration (because your attacker is a youngster, because your attacker is a female, because your attacker is not apparently armed, because your attacker is a senior, or because . . . whatever the hell nonsense you may tell yourself) merely **assists your attacker in carrying out whatever act of violence and violation he wishes to carry out against you.**

This is easy to say or to put into print here in this article . . . but **YOU HAVE TO COME TO BELIEVE IT AND TO ACT UPON IT, BOTH IN HOW YOU TRAIN, AND — GOD FORBID, IF IT EVER COMES TO IT — IN HOW YOU HANDLE AN ACTUAL ATTACK.**

It is politically incorrect in today's asinine and pussified climate of softness and sensitivity to state that violent offenders are not human beings, and that they should be dealt with by their intended victims as their intended victims would deal with any wild animal attack. Too bad. **IT HAPPENS TO BE TRUE.** And those who accept this truth and who take a no-nonsense attitude toward their training in self-defense will *never* be easy targets for this scum. To be **mentally armed** in this regard can be no less valuable than to be technically armed — or literally equipped with a weapon.

Individuals *choose* to be violent, aggressive, predatory, and harmful to others.

Decent human beings choose **not** to be, but instead to treat others with respect, honesty, and — when playing against them in any sporting contest — to be **FAIR**, and to abide by all rules, regulations, and safety mandates.

Self-defense is **WAR**. Granted it is war on a very small scale; but it is war, nonetheless. We have always believed that an excellent way to view the predicament of living with the threat of violent crime always looming is to think in terms of H.G. Wells' classic, *The Time Machine*, and the conflict therein between the **ELOY** and the **MORLOCKS**. Sadly, too many people in our society today are like the *eloy*. They are weak, soft, and non-aggressive. They are indecisive, dependent, and just about 100% vulnerable to whatever variants of *morlocks* might intrude upon them. The innocent, with too few exceptions today, are **fed upon** by the predators. The idea that violence per se is invariably “wrong”, that force can never be justified, that to get tough and deal with predators in the most destructive, merciless way possible is “not the solution” is **ALL A BIG BUNCH OF WIDELY BELIEVED CRAP!!!**

Any member of the human species who chooses to use force against another, ***except for self-defense***, has abandoned his right to be regarded as fully human. He has declared himself — by his actions — to be a dangerous beast. And dangerous beasts should be destroyed, so that decent human beings need not fear being harmed by them.

Understand how important it is to see the pure **evil** in the troublemaker, mugger, gang attacker, rapist, bully, home invader, car jacker, and terrorist. Expect of these scum nothing less than unconscionable, inhuman conduct ***and you will be right on the money***. **THEN COMMIT TO MASTERING THE ART OF DEALING WITH THESE DESPICABLE BACTERIA IN A WAY THAT COMPLETELY PROTECTS YOU AND TOTALLY DISREGARDS THEM.**

Do not make the mistake of thinking that simply because someone *appears* to be a human being, he in fact is a human being. The individual who preys upon and violates others is **NOT** “human” in the deepest philosophical meaning of the term. In fact we can observe greater **humanity** in numerous other living

creatures than we observe in homo sapien predators. Dolphins come to mind. So do elephants, dogs, cats, apes, and often even those animals that we classify as “*predatory*” : i.e. lions, grizzly bears, tigers, and so on. Provoked or injured, or being in search of food, yes, these creatures are *dangerous*. But it seems that only the species of homo sapien (and possibly rodents, too, if we can accept Dr. Konrad Lorenz’ presentation) are dangerous out of hand. We know of not creatures — other than “people” — who prey upon their own kind for fun and profit and power. All people do *not* behave in this manner; in fact the vast majority do not. But if the vast majority is to be safe from the acts of the predatory minority, then the majority must begin thinking in the terms we are advocating here.

It was the great philosopher Aristotle who advised that all things must be treated according to their nature in order to be successful in dealing with them. The serious self-defense student and the teacher of **quality** who instructs in the arts of self-defense will recognize, accept, and train in accordance with the fact that **utter indecency and foulness is all that one should expect from any violent predatory individuals, AND UTTER INDECENCY AND FOULNESS IN THE FORM OF MERCILESSLY FEROCIOUS VIOLENCE AND DESTRUCTION** is how these scum must be dealt with.

If you don’t believe us, fine. Let us hear how you feel if ever you are actually victimized by real world attackers. That is of course, **if you somehow are alive afterward to tell us about it.**

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Strength

THERE are numerous false beliefs that are common in the martial arts —

some of them less so today than they were, say, 60 years ago, but one thing that anyone pursuing self-defense and realistic close combat training **canNOT** afford is to believe in a myth, and to let it affect his training physically and his preparation mentally for the “real thing”.

The almost contemptuous view that many “self-defense experts” apparently take of raw muscular strength is outrageous. Strength, while not necessarily *the decisive factor* in individual close combat, **certainly is a factor!** To suggest that strength is unimportant in hand-to-hand battle is to confess ignorance of the subject and *incompetence* if one fancies himself a teacher of the subject.

With the popularity of such Arts as *Aikido* and *T'ai Ch'i Ch'uan* the myth of the “insignificance” of strength abounds. This is OK **if the arts are not being pursued as self-defense methods, but merely as physical and mental disciplines for personal fitness and mental cultivation.** Any art, however, that is pursued for **self-defense** and **real combat** must acknowledge and should advocate ***serious strength training with weights*** as a supplement to every student’s training curriculum.

Do not deceive yourself or be deceived by others. Strength is an important factor in an individual encounter. (Having said this we certainly acknowledge that it is quite possible to defeat an adversary who is stronger than yourself; but do not forget that in doing so *you will need every ounce of strength and skill that you possess.*)

How well we remember those marvelous demonstrations that the late Prof. Florendo Visitacion would put on with one of his top students, the late Moses Powell! Powell was a true GIANT in the martial arts — both literally and figuratively. He was an incomparable physical master of technique, *and* a huge, imposing individual. *And he possessed great strength* as well as cat-quick reflexes and the agility of a circus performer! Prof. Vee (as we called him, affectionately) was a giant in the martial arts, too; but he was physically diminutive. And although he was a strong man, his physical strength paled in comparison to Moses Powell’s. We’d guess that Powell was perhaps five

times stronger than Prof. Vee. *And Powell was certainly — as a matured expert — equally skilled and knowledgeable as Prof. Vee.* So, it was very impressive to see Prof. Vee tossing his top student around and *easily* overcoming the bigger and stronger man’s “attacks”. **How was this possible?** Very simply put: Moses Powell was **cooperating with his teacher!** **When the two demonstrated self-defense actions, they followed a choreographed pattern of preset movements.** This in no way detracts from the expertise and brilliance of Prof. Vee; it simply explains why he was able to do what he did with a man three times his size, *much* stronger, and quite likely no less skilled than himself. Both men were great figures in the martial arts world, and we point this fact out for any to whom it was not obvious at the time. **In an actual hand-to-hand battle . . . well . . . it appears obvious that Powell’s skill PLUS his much greater strength would have enabled him to overpower Prof. Vee.**

It is nice and it is comforting to imagine that merely learning some “secrets” and special skills will enable you to hobble anyone in any violent encounter, even if he is much stronger than yourself, and even if you have only a little training in the “special secrets”. Such a belief can easily get you killed when you carry it out into the real world and find yourself confronting a would-be killer. **You need strength. You need it *in addition to all of the quality and practical skill you can develop.* And do not allow yourself to think otherwise.**

Set up a supplementary weight training program for yourself and *follow it*; follow it with the consistency with which you follow your combat training. For when and if the moment of truth ever comes — and it may — you will need *everything* (including **raw strength**) to prevail.

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A Serious Reminder For 2018

And Beyond

WE live in a dangerous world. All of us, you need an attitude of realism and acceptance before you can hope to be prepared to deal with man-caused dangers *should they come to you or to your loved ones.*

No one who was beaten, shot, stabbed, raped, jumped, **murdered**, got up the day of the catastrophe thinking that this would be the final day of his/her life — or the final day when his/her life would be normal and terror-free, and where he/she would be able to function normally without the combined mental and physical disability that some outrageous and hideous attack would leave him/her with. **Everyone thinks that the goddamn travesties perpetrated by the scum of the earth happen to “the other guy”. But to *the other guy* YOU are the “other guy”! And believe us, please; it CAN happen to you!**

Being an avid sportsman or competitor does *not* equip you with the serious tools of **unarmed warfighting** that you will need if — may God forbid — the worst ever comes to *you*. Nor will the complicated, fancy, flashy, acrobatic skills that so many train in, *believing what they are learning is how to handle a dangerous troublemaker or street attacker.* What you **do** need is a quality repertoire of close combat skills that have been culled from what actual war has proven to work against dangerous, even trained, adversaries.

If you are unable to train with us here in Seattle or with Prof. Bryans in Prescott, Arizona, then **please get our DVD Course.** Start *now* to insure that should 2018 — or any year that comes after this New Year — see you facing a moment of horror that you *cannot avoid*, you will be **ready, willing, and able** to handle the predicament forced upon you.

Everybody should possess a working knowledge of self-defense . . . *just in case.* No one lives where violent crime is unheard of; and no one is immune to

being targeted by the scum who exist via predation. Using the best judgment possible (i.e. staying out of bars, not venturing into areas of your city where the violent crime rate is particularly high, avoiding verbal exchanges with obnoxious or difficult people, being ready to apologize — even if you're not wrong — when dealing with a belligerent, etc.) does not and cannot guarantee that, one day, you will have a critical need for the ability to defend yourself and quite possibly a member of your family. **Are you prepared?**

Never mind the crap that “You're going to do something next week (or next month, etc.).” ***You're going to do something NOW or another year will roll by when you do nothing.***

Look at learning self-defense as you would learning first aid. You certainly don't need to go to medical school in order to learn how to handle unexpected physical injuries or illness. You don't need to become a black belt in order to learn how to handle a dangerous physical attacker. And while you *may* acquire a serious interest in becoming an expert in self-defense, you don't need to, in order to learn the basics, and have a good, solid level of self-confidence and skill. Once an emergency occurs it is too late to learn how to deal with it.

We wish you and yours a happy, healthy, and prosperous New Year.

Let this be the year when you take up and **stay with** a good course in unarmed and hand-to-hand personal protection.

As we receive numerous requests to quote items and passages that appear here in *SWORD & PEN* and on our other web site, **www.seattlecombatives.com**, from the various sections there, we will again state the terms by which our material may be used **and used only non-commercially**:

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