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Sword and Pen

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

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Editorial



Know Your Enemy

“Know thy self, know thy enemy. A thousand Battles,

a thousand victories”

SUN TSU - *The Art of War*

WHEN police recruits in any major city go through basic academy there is instruction given regarding the nature of the offenders whom the officers-to-be will be tasked with apprehending. Recruits learn about the behavior and the tactics that criminals employ in order to get away with their crimes. How do criminals elude (or attempt to elude) detection and capture? How well are the varieties of felons able to use the numerous weapons they possess? Just how competent are the street vermin in physically resisting arrest procedures (control holds, handcuffing, etc.)? How is armed resistance to be evaluated and dealt with? Etc. These are topics orienting the police so that when they are finally graduated and placed on patrol assignments, the dangerous individuals who they might encounter will – hopefully – *not* surprise them. They will **know** their enemy.

Special units of the larger departments (like the NYPD and the LAPD) are grounded in whatever is known and can be conveyed to them regarding those who they will face during their special assignments (i.e. member of organized crime, biker and street gangs, terrorists, etc.). This is so that, once on the job, they will **know** enemy.

When well-run military organizations prepare their recruits for service against foreign enemies every effort is made to familiarize them with the character and nature of the enemy that they will face. His tactics of war, his language, his national customs and religious beliefs, and so on; as much as possible is taught to the armed forces recruit to that, once he is sent into the warzone he understands the character of those against whom he will be fighting.

Martial arts students, presumably people who are preparing to deal with any and every sort of enemy assailant (and often *without* any of the backup and weaponry that cops and soldiers have) rarely if ever receive any instruction whatever concerning how street manure “thinks”, behaves, conducts setups for attacks, what its motivation is, the varying levels of competence in armed and unarmed violence that the trash possesses, etc. (Note: Learning how a

punk seizes one's lapels, attempts a knockout punch, or gangs up with a fellow s—t {or s—ts!} to overcome a victim is only *part* of the necessary instruction). The **character, motive, tactics, and modus operandi** are essential matters that in our opinion **must receive a lot of attention in the training program.**

All too often the typical “martial arts” program is laced with a hodge-podge of mystical/spiritual crap, and irrelevant excursions into other silly fantasies, failing to deliver the education needed in the **nature and character** of the execrable filth that betrays its status as human, and chooses the path of predation as its lifestyle.

We strongly urge you to read *Inside The Criminal Mind*, by Stanton Samenow. Get the revised and updated edition. Excellent! Also, check out several of the books by Hare on psychopathy. Read the papers — especially the stories detailing violent crime. Know your enemy.

We realize and fully appreciate that much of familiarization with violent crime and the criminal filth that commits it will, necessarily, be less than pleasant. However, it is necessary and should be regarded as the strong medicine needed for total preparation.

After all, you do want your hard physical work in mastering techniques to be of immediate, optimum, and life-saving value to you if, God forbid, you ever need it. This is why we cannot emphasize too strongly, know your enemy. Then, with the proper skills and tactics, you will be able to defeat him.

The atmosphere of the *classical/traditional* school, while leaving a great deal to be desired, is still **far, far better preparation for serious combat** than is the *sporting/competitive* school. The latter limits the techniques that may be used, restricts use to a single opponent (almost always of approximate size and skill level), demands sportsmanship and fair play, is overseen and regulated by a referee, in certain cases *allows for and even encourages skills that are contraindicated for combat* (i.e. ground grappling), takes place on a cleared and secured — often **matted** —

area, ignores the prospect of weapons, is invariably for the relatively young, has rules (*no matter what may be claimed for some sport being an “anything goes” affair. They ALL have rules.*

The situation of being attacked is like facing an assassination attempt. *Suddenly, there it is!* You are focused on any one of a hundred normal, everyday activities, and **BANG!**, you are being set upon by one or more lumps of s—t who intend you (and quite possibly your loved ones who may be with you) grievous harm. Often in what may be an overly-dramatic and ostentatiously elaborate manner, a classical system will teach you to attack the eyes immediately, to crush a throat, to break a knee, etc. All sporting/competitive systems teach and require you **NOT** to do so. (Of course the best of all choices if self-defense is your purpose is to take up a **combat** system — like *American Combato*. Just be careful not to get ripped off by an incompetent copycat, or someone teaching tradition or sport, but with students dressed in military fatigues so as to appear to be in the training for “combat” (silly people).

If there is no professionally qualified teacher near you, then consider taking an intensive short-term course with us or Prof. Bryans (and then working relentlessly on what you learn in it, when you return home), or purchasing our self-study Home Training Course on DVDs. But try not to get side-tracked into a sport. And if a quality *classical/traditional* system is what you enroll for, but wish to adopt the training to self-defense, then get our DVDs and/or a copy of *Kill or Get Killed*, by Applegate, *Cold Steel*, by Styers, *Get Tough!*, by Fairbairn, and *Handbook of Self-Defense*, by Martone.

That will more than take care of the **technical** training.

Many violent felons have had a great deal of experience in hand-to-hand combat. Their repertoires of skills may not be approved for commando training, but you can be certain that the experienced, determined violent street scum is **dangerous** and often desperate, as well.

There are felons out there who — literally — will choose to die rather than go back to prison. These are not cream puff adversaries! These violent menaces can often give even highly skilled black belts a hard time; there is nothing to be gained by white-washing this fact. It is their

character, motivation, mindset, experience, and indifference to human life that must be understood and **felt** by all who undertake training in self-defense. **You may have developed the ability to kick, strike, gouge, claw, elbow, head butt, strangle, bite, knee, and use anything at hand as a weapon. But the question remains: “Are you thoroughly grounded enough in the realities of understanding the dangerous garbage who attacks you so that you will use it without delay or restraint — in time — against it, before the sewer manure uses its limited but deadly set of skills on YOU?”**

KNOW YOUR ENEMY! Then, with the proper skills and tactics, you will be able to defeat him.

Bradley J. Steiner

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
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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!

Genetics And Close Combat Ability

WHEN we began systematic weight training in 1963 we did so in order to build our strength for martial arts and to develop a better physique. We wanted greater strength so that our ju-jitsu skills and karate ability would be enhanced and our effectiveness in self-defense drastically improved. We had learned first hand in working with larger and stronger people that the idea “you don’t need strength” was a complete myth.

As everyone who *stays* with weight training and martial arts comes eventually to appreciate: We learned that only a very, very small minority of genetically blessed persons can ever hope to develop world-class strength or a world class physique. Anyone on earth can become *stronger*, and anyone on earth can learn to effectively *defend himself*, but only an exceptional few can reach notable heights in technical performance. *To become “like Bruce Lee” you’d need to possess genetics “like Bruce Lee” possessed.* Period. Training in any particular

art or system will turn you into a performance marvel, only if you have the genetic potential to attain marvelous results.

You can't do much about your genetics. And this accounts for the many who become disappointed after taking up weight training and martial arts. Misleading claims and advertisements often lead people **who certainly could benefit enormously from weight training and self-defense training** to quit in disgust after discovering that muscles do not appear everywhere throughout their bodies after a few months or a year of exercise, and they cannot come close to rendering skills like they observe Sylvester Stalone do it in *First Blood*. (**Note:** While Stalone obviously stays in great shape and has *marvelous* genetics, it is questionable whether the choreographed — but excellent — escape scene in *First Blood* reflected any actual ability on Stalone's part at all — save that of acting ability. **Movie fights are choreographed and artificial — even when the techniques shown are reasonably effective.** Thus the TV or motion picture fight scene tells you **NOTHING** about the actors' (or, of late, the actresses') *actual* skill or capability with combat arts. A technical advisor can coach someone with zero skill or even interest in combatives to “perform” techniques perfectly. In making a movie there may be 50 “takes” before the final scene is produced. In an emergency there is *no* second “takes”!

Your purpose in developing and training yourself should be to actualize **you** and **your capabilities**, however great or modest they may be. With that objective you will push until you have realized your genetic limits; and then you will *keep on training* in order to maintain your own, personal “**best**”. That makes sense. That is realistic. That is doable by all.

A commonly asked question that we used to get, primarily relating to weight training, is: “*How do I know what my genetic limits or potential may be?*” From *American Combato* students, after observing one of our Black Belts drill in counterattacks, we have been asked: “*Will I be that good eventually?*” Truthfully, in reply to both questions we must answer: “*There is no way to tell with absolute certainty. In fact you may possess*

*a potential for strength development and muscularity that is not evident in what we can read in your physical appearance now.” AND “Only time and your personal effort will ultimately reveal your ability in combat arts. You may surpass this particular Black Belt’s skill level, or you may find that your own is significantly below his. What matters is that you **work hard and develop yourself to the maximum degree that you are able**”.*

We have trained a fairly respectable number of personas to Black Belt level. Yet no two of them are similar in either their personal style of close combat or in their objective capacity to render destructive violence. **But each one can defend himself well, and there has been more than enough evidence of this fact over the years so that we can speak with complete authority!**

Competition is fun for many people. Whether it is competition in weight lifting, physique development, or hand-to-hand fighting in any of the combat **sports**, competition is something that many people enjoy. Our personal philosophy, however, is not oriented in the direction of friendly competition. First of all, we could not care less how any given “physique” or “strength level” or “competition ability” measures up against any other. Nor do we see any relevance in regard to how one individual measures up against another in close combat and self-defense skill. ***We do care very much about individual accomplishment for the individual’s sake.*** After all, who will you be living with 24/7 for the rest of your life? How **you** do today versus how **you** did last week (or month, or year) is what matters.

If you’ve been feeling discouraged because your biceps do not stretch your shirt sleeves and you cannot acquit yourself like Jack Reacher, try growing up and maturing a bit, eh? Try **our** viewpoint and philosophy.

It works!

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We've been a pioneer of what today is called "Reality Based Self-Defense" and the purveyance of the "WWII Close Combat Systems" since the late 1960's — — long before most of today's "instructors" were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60

years, and of our training, learning, and doing!

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Visualization: Your Key

To Powerfully Effective Practice

HERE's something that you may not be aware of, but that we can easily prove to you is true: *The human nervous system does not distinguish between vividly imagined and actually lived through experiences.* That's correct. And if you are intelligent you are probably already thinking that if that is true, then through vivid **imagination** you will be able to convince yourself that you have actually *lived through and experienced* the event that you have imagined. **Absolutely true.**

All you need do to see how true this is would be to recall any dream that you may have had (happy, sad, frightening, or whatever) that was so intense and vivid that it woke you up (or perhaps you were awakened out of that dream by your alarm clock) and you were feeling the results of what your dream experience had put you through. **I.e.** You were smiling — perhaps even laughing — or you may have been sweating and feeling horrified, or possibly you were angry, etc. *The point is that your physiological reaction and your psychological reaction to whatever you happened to have dreamed convinced you that you had “really lived” through the experience, and your mind and body reacted exactly as you would have reacted had it not been a dream.*

Please re-read that last paragraph. It is essential that you understand it, and that you appreciate its significance for close combat/self-defense training.

The means by which you can harness and utilize the phenomenon of **vivid imagination** is through the use of *visualization*. That is, by visualizing whatever you may be practicing at the moment in such a way that you *feel its reality and can “see” (in your mind's eye) what is*

happening, you are for all practical purposes *placing yourself in the context of living through, feeling, and “really” experiencing that which you are visualizing.*

*This, by the way, is why the practice of karate kata — with no live partners — actually was a successful means of practice and learning. Remember, in its early days karate was not taught by having a student learn several kata at every new belt level, until, by black belt 1st degree, he had a repertoire of 20 katas! Originally it was usual for a karate master to be thoroughly adept with two or three katas. He worked on those so ferociously and intensely that he actually made himself “live through” the imaginary “battle” that comprised the kata actions. Katas were drilled 15, 20, 25, even 30 times **hard and without rest**, often until the practitioner simply collapsed from exhaustion. No, this is no longer the method of training. And we know today that there are much better ways to deal with most of the “attacks” that the practitioner “defends against” in any given kata. For modern training the classical kata may be dispensed with **for practical close combat and self-defense**. But please note that karate masters of yore — unlike some karate experts today whose primary drill is freestyle sparring — were deadly and often regarded as close to unbeatable in **real combat**. This was before freestyle sparring existed. You may draw what conclusions you will from the apparent fact that the older karate masters appear to have been significantly more formidable than some of today’s karate “experts”.*

Boxers have always employed **shadow boxing** as a primary drill. William Fairbairn stressed what he called “*shadow fighting*” with unarmed, knife, and stick work. **Practice without a partner can be quite effective and sufficient for practical ability IF intense visualization and mental/physical immersion in the drill takes place.** And this is *visualization*.

Some people find it easier to visualize than do others. This is to be expected. No two people are exactly alike. But everyone can develop a

high degree of ability to visualize; and it will pay great dividends to all aspiring students of combat arts to work toward that goal.

Visualization greatly enhances the quality of your practice by making all actions rendered while visualizing feel like you were actually doing them in hand-to-hand combat. As you drive your fingertips thrust into an imaginary assailant's eyes you can actually **see him** before you, **feel** the rage and **indignation** that you want to feel in an emergency, and **teach yourself** to convert any initial *fear* into *rage, hatred, anger, and fury* — the doing of which may well save your life or the life of a loved one in an actual situation. **And by practicing in this manner you can give full vent to your strength, anger, speed, brutality, and focus — without causing the slightest risk of injury to anyone.** (Necessarily, when you practice your counterattacking close combat techniques with a partner you need to exercise great caution. You can easily maim, cripple, and kill with worthwhile self-defense actions, and you certainly do **not** want anything like that to happen unless your life and limb or someone else's is in imminent danger. But training solo, with or without a striking post or heavy bag, etc. you can summon a sense of desperation and all-out animal ferocity in order — as your visualization convinces you that you must — ***save your life!*** It is very difficult to use such a mental drill when working with a friendly practice partner. After all, you **know he is just that — a practice partner, and not an enemy.** But working alone and with extreme visualization you can place yourself in the scariest of life-or-death predicaments. *This is the potential power and benefit of learning to visualize intently when training, and using the process whenever you do train.*)

Tips For Developing Your Ability To Visualize

You doubtless have some ability to visualize right now, even if you believe otherwise. Remember your dreams? And what about **daydreaming**? You must have had numerous experiences when you were daydreaming and were suddenly “snapped out” of the experience you were having (by a co-worker, teacher, boss, spouse, parent, loud

noise, etc.). That's all *visualization*. Your task is to gain control over the phenomenon, and learn to use it regularly to your advantage.

1. Read every violent crime news report you can. *Imagine* yourself in the same scenario that the victim in the news report was in. Recall that when you train and re-live it, being the victim, yourself.
2. *Create* scenarios. This is limited only by your imagination. “What would I do *if . . .?*”. The military uses this kind of mental exercise when training for combat. Do the same.
3. Until intense visualization become habitual, take a moment or two before doing a technique in practice and “create” a context in which you will be *doing it for real* against an enemy.
4. Use spare moments to mentally review and consider how which techniques will be employed in what contexts. **See yourself in your mind's eye actually employing those techniques.**
5. Stick with practical, doable **combat techniques**. Visualization will certainly improve any competitor or classicist at his activity, but **yours is combat**. If you want that which you are visualizing to have carryover value in the real world, work on developing — and visualizing — only practical, **combat and self-defense skills** that are proven to be effective.

Our knowledge of this subject comes from many years' study, research, personal training, and of course our learning of hypnosis and how the mind can be conditioned and trained to serve the objectives of the individual.

We have used and continue to use that which we advocate, ourselves; and additionally, we have had the experience of using it with our students successfully for decades.

We wish you good luck in using it, yourself!

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Your Elbows

TWO of your body's strongest natural weapons are your elbows. They can deliver raw knockout power in any direction. The elbow cannot be blocked (or even seen coming, when it is delivered correctly). And while training the elbow by striking posts or heavy bags is valuable, it is hardly necessary, as the heavy bone does not need any conditioning in order to smash into a human target without sustaining the least injury or discomfort.

Like virtually *every* natural weapon blow, an elbow smash should be delivered as part of a **barrage** of blows. Still, there have been a lot of instances when all it took to flatten an adversary was a *single, individual* elbow strike. They are that powerful.

Most students find, when they are taught the various ways to strike with the elbow, that one or two of those blows is especially compatible with their physiology. We personally love the forward standard or circular elbow smash, the upward elbow strike, and the side elbow strike for **offense**, and the direct back elbow thrust to the sternum/solar plexus, and the high back elbow to the head or face to be natural and perfectly suited to ourself for **defense**. We appreciate and can do the downward elbow smash and the short elbow jabs, but these blows are not at the top of our list of "favorites".

The *forward elbow smash* is one of the sixteen core basic blows in *American Combato*. We have never found anyone who could not execute this blow (regular or circular) powerfully, naturally, and well; and so it is a must in the repertoire of just about every hand-to-hand combat devotee.

In classical/traditional karate systems the use of the elbow is not generally stressed until black belt level. It is often *taught* before black belt, but it receives little use outside, perhaps, of the *kata*. This is OK we suppose, as far as a classical art is concerned, but when you consider the

brutally effective potential of well-delivered elbow strikes, we urge that students be introduced to its employment at **white belt** level (or as rank beginners, if whatever course is given does not use belt ranks).

In certain of the MMA type matches there are restrictions on elbow strikes. This should tell you a lot about their desirability when a street attack emergency arises!

Whenever an assailant is close-in, employing a hold or grip of any type, if the elbow cannot be slammed into him immediately, then after loosening his hold with a stomping kick or knee attack, smash your elbow into his face using all of your bodyweight behind the blow. It is unlikely that you will remain in any grip after that.

Whenever you are able to preempt an attacker, it is extremely effective to attack his eyes or throat, *then slam into him fullforce with an elbow blow*. You will want to followup after your elbow smash of course, but it isn't very likely you will need to if that elbow lands well.

Head butts, scraping stomp kicks, biting, knee attacks, and **elbow strikes** have enormous value in part because of heir effectiveness close-in, where attacks really occur. We like to employ embow smashes against close-in knife *threats*. Often, following the initial move of knocking aside or turning away from the path of the attacker's knife in such instances, one or more elbow smashes are perfect followup attacks.

And one other thought regarding elbow blows: They almost always, upon impact, leave the striking arm perfectly positioned for an immediate followup **handaxe chop** or **hammerfist smash**. If you happen to be holding a **utility knife**, or **yawara stick** in the hand of your elbowing arm, then a horrifically effective *ripping blade action*, or a *pounding and hammering action* (respectively) may be in order.

For any student who happens to find elbow blows to be among his personal favorite strikes, we encourage literally endless practice of them, and the incorporation of them into both *offensive* and *defensive* contexts.

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Intelligence Tradecraft For Personal Security And Self-Defense

VIOLENT offenders have in some instances become more sophisticated in this 21st century than they have been in the past. Dealing with the problem of violent intervention into your life involves more than merely learning how to deliver lethal hand blows and crippling kicks. Ideally, the intelligent person seeks to *avoid* contact with violent scum. Security measures and personal protective tactics as taught to members of our intelligence services for use when working in denied areas and in any clandestine capacity are immensely effective here; yet such skills are little known or practiced outside these very secretive organizations.

Detecting And Losing A “Tail”

We thought that our visitors might find a presentation of some of that which is actually taught to secret agents in order to detect and avoid being followed to be useful and interesting.

Preliminarily, we'll again emphasize *alertness and situational awareness*. This is crucial. It is the only way that any form of surveillance can be detected. Unlike trained intelligence operatives, the majority of criminal garbage is not at all sophisticated in methods of foot or vehicle surveillance — although the truth is that some (especially members of the more well-organized and established gangs) definitely **are**. So, in some instances recourse to tradecraft as employed by the real “James Bonds” may be required to determine that one is being followed and trailed. **Once it has been determined you are in fact being followed you may be certain that you are potentially in serious danger, and the methods employed by professionals are none too good for use in order to get you OUT of danger.**

Let us begin here with a brief caution and disclaimer: The following is intended to assist you in avoiding *criminal* and/or other troublemaking

elements from being able to tail you effectively. It is **not** a guide for eluding police!

Here is information that just might save your life. (It also might save you the need to become embroiled in hand-to-hand or armed combat, and that will be recognized by all but morons as a blessing!): —

- If you suspect that someone may be following you a good trick to foil their effort is to stop abruptly after turning a corner. Observe how the suspected tail reacts when he turns the corner (presumably to remain on your trail). **Note: One way to employ this trick, which we do not recommend** is to surprise the tail if and in the instance that his reaction to your standing there is to prove that he *is* in fact tailing you, is to physically neutralize him on the spot. Remember, however, this will never work against a properly trained individual, His reaction will be to simply continue along his way as though he never noticed you.
- You can draw out and evade a surveillant by making use of public transportation. Lead your tail to a bus stop. Get on the bus normally and then — *if the individual proves to be following you by boarding the bus behind you* — quickly disembark and let the bus leave without you. You'll observe your tail desperately attempt to get off the bus with you. Once again, a *trained* individual will simply remain on the bus and show no reaction whatever.
- Stop at a pay phone and, while pretending to make a call, visually scan the area. Get “involved” in your conversation, and use those minutes to scrutinize anyone in your vicinity.
- Enter an office building and immediately leave via a different exit.
- Use store window or parked vehicle window reflections to see if anyone is tailing you.
- Suddenly stop and pretend that you need to tie your shoelace. While so engaged, scan the area to observe anyone apparently “interested” in you.
- Take the last cab at a cab stand.

- Take a cab and have the driver circle the block once. (Be sure to give him a hefty tip!). Get out and continue to your destination on foot.
- Enter a fairly crowded cafe or shop of some kind and use the store's streetside window to see if anyone stops and positions himself outside, with the apparent intention of waiting until you exit.
- Drop a magazine or piece of paper. Kneel and use the moment when you retrieve the item to scan for a tail.
- One good trick is to walk with a continually *varying pace*. Anyone keeping up with you is betraying his hand.
- **Risky!:** Depending upon the circumstances you might find it effective to suddenly dart out across a busy street, evading traffic as you move. This gives you a head start if you're being followed or draws out your tail as he attempts to keep up behind you.
- Enter a restaurant and have yourself seated as for a meal. Casually get up after ordering and go to the washroom. *Escape through the washroom window.*
- Pass through a very large, open area where a pursuer could not help but make his presence behind you known and observed.
- Walk quickly and for a block or so with your suspected tail behind you. *Suddenly turn . . .* walk in the opposite direction and note any characters apparently thrown off by your altering direction.
- Enter a large office building and take the elevator to, say, the fourth floor. Get out. Now depart down the building's *staircase*.

For vehicle tails:

- If you suspect that a vehicle is following you *slow down*. Force traffic to pass you by. If a vehicle remains behind you he is tailing you.
- "Dry cleaning" is the term that refers to making four successive right turns around a city block. Obviously, the vehicle that remains behind you is following you.
- To ditch a vehicle tail stop suddenly after making a turn. Let your tail pass you by.
- **You need to know the area where you are driving very well, in order to use this trick:** Drive through a succession of alleys.
- If you drive into a dead end street only a tail will attempt to follow you.

- When you enter your vehicle start it up and then stop abruptly. Notice anyone keeping pace with you.
- In mid-block do an abrupt U-turn and leave the area.
- Drive opposite the permitted direction down a one-way street.
- Turn a corner and park abruptly.
- Drive right up to a curb exactly as you would if intending to park, then drive away suddenly.

While driving some distance and you *suspect* that you may be being followed make note of the suspect vehicle's license plate. Note the **first or last three numbers/letters**. This is easy to remember, and you can check to see if that is repeated as you continue your trip.

In conclusion . . .

These tips and tricks are extremely valuable and have been proven "in the field" to work reliably when used correctly. They are only as good as their user, however . . . so learn to employ these techniques naturally, convincingly, and with skill.

Foot and vehicle tails are used by all sorts of scum, from lone muggers to rapists, to intentional terrorists. And while we make no claim that our brief presentation here is exhaustive, it is certainly an excellent introduction to an element of intelligence tradecraft that can be useful in personal and family defense.

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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