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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

www.seattlecombatives.com

**DON'T FORGET! WHEN YOU'RE FINISHED READING THIS
EDITION OF SWORD & PEN, CHECK OUT OUR OTHER SITE:
WWW.SEATTLECOMBATIVES.COM. THERE'S A TON OF
EXCELLENT INFORMATIVE AND INSTRUCTIVE MATERIAL
THERE, PLUS NEW ARTICLES ADDED EVERY
MONTH THAT YOU WON'T WANT TO MISS!**

Editorial

Responsibility

WE hope that you will check the “Monthly Instruction” section on our other

web site — www.seattlecombatives.com — and read the rather lengthy article that we wrote on *Guidelines For The Armed Citizen*. Just about everything written applies to the *unarmed* student and teacher of the skills of close combat, no less than it does to those who are *armed*. However, we will be so bold as to say that, for those of our visitors who believe — as we do — in the indispensable place that firearms play in private citizen self-defense and personal security, *that article is required reading*. It merits careful attention because it covers something that unfortunately is rarely if ever addressed adequately — if at all — in any instruction courses on “combat shooting” or the “self-defense use of firearms”.

The same can actually be said for just about all of the “martial arts”, “self-defense”, “close combat”, etc. programs and courses of instruction that are taught throughout the country. The matter of *responsibility* that must go with one’s acquisition of knowledge and skill in combat arts is a seriously neglected subject. The fact that an instructor might occasionally admonish students not to get into fights, and not to look for trouble, and perhaps not to respond with devastating force to what is clearly a mere annoyance, etc. does not gainsay the fact that an adequate amount of *serious attention to the matter of personal responsibility as a combat arts student* is sorely neglected by the majority of teachers when training their students.

All too often, students of the combat arts are perfectly content to ignore such concerns as personal responsibility. “I just want to learn how to defend myself,” is essentially their mantra. “I’m not worried about *how, where, and when* I will use what I learn.” Ah . . . but they certainly *should* be concerned! And it is the responsibility of all professionals who teach these disciplines to adequately impress upon their charges how critical it is for them to control and to utilize their abilities in a responsible, lawful, socially acceptable manner.

In the last 20+ years literal devastation has been done to the martial arts in America, Canada, and Europe. The challenge matches, the UFC, the so-called “mixed martial arts”, the cage fighting, etc., have produced a new kind of “hero” in commercial martial arts: i.e. the tough guy who relishes fighting and who aspires to be on top of the heap. *This is a philosophy that is*

completely opposite that which sane, serious, and responsible participants in combat arts ought to embrace. It is a philosophy that neglects true **warrior** values, and that instead glorifies the punk, the rowdy, the belligerent, and the brawler. It places an arrogant, snarling, strutting “hard ass”, who possesses the mentality of an out-of-control adolescent, on a pedestal — to be regarded as an example of that which those who take up “martial arts” ought to aspire to become!

Not surprisingly, the recent fad has led to legal troubles for some of the followers. *Steroid drug use* has now become a factor in the quest of many of the brawlers to “stay on top” — or to *get* there, in the first place.

What we urge is an acceptance of serious, adult responsibility, in all close combat and self-defense training. Precisely the same when training in *unarmed* as in armed combative skills. *Do not flaunt that which you are developing. It is **not** a sport or a game or a competitive event for which you are preparing; it is for **SURVIVAL** and for defense against unprovoked aggression by dangerous, psychopathic criminal elements.*

Just as you would properly not discuss, show off, or call attention to the fact that you are armed with a loaded pistol, and you would recognize that the *sole purpose of that pistol is to defend human life*, and **you would not think of bringing that pistol into play unless absolutely necessary**, so you ought not discuss, show off, or call attention to the fact that you possess and practice techniques of unarmed disabling, maiming, and killing, as **THESE, TOO, ARE FOR THE SOLE PURPOSE OF DEFENDING HUMAN LIFE.**

You have, in other words, a solemn responsibility, as we teach it, to be self-controlled, restrained, peaceful, respectable, *non aggressive*, and responsible in your daily life. ***With abilities come responsibilities.*** It may be acceptable for a sportsman to continually seek opponents with whom to prove his abilities. It is ***never*** acceptable for anyone training in combat methods to do so. In fact, the combat student should regard ***AVOIDANCE*** as his first and primary technique of personal defense. Neither combat

techniques nor a combat *attitude* have any place outside a dangerous emergency or away from the military field of battle. Absent a dangerous threat, the student of combat arts has an obligation to conduct himself as a respectable, responsible gentleman. If forced to defend himself, then of course *anything goes*; and it is the fact that a well-trained student has the skill and the mindset to draw upon ferociously brutal “anythings” in order to stop his enemy in any manner possible, that imposes upon him the responsibility *never* to fight or behave provocatively, unless compelled to do so in self-defense.

Doubtless some of those who are afflicted with the current fad will laugh at our urgings. They are not our concern. We are addressing those who possess the character and the intellect *not* to laugh, and to accept and to practice the right kind of behavior and philosophy as they train in combat skills. *These* are the only people who matter to us.

Bradley J. Steiner

Why Some Students Fail

THINK about this: There are more “martial arts” schools in the United States today than there are in all of Asia. In no other Nation on earth has martial arts (products, instruction, publications) become so huge a *multibillion* dollar industry as it has become right here. Canada and Western Europe also are inundated with ju-jitsu, karate, taekwon-do, “kung fu”, kick boxing, judo, Thai boxing, and so forth schools and programs. *Try to find anyone in this Country over the age of ten who does not know what “ju-jitsu” and “karate” are.* Yet, less than 70 years ago the so-called martial arts were virtually unknown outside of Asia; and there may have been a dozen people in the entire Country who had heard (let alone knew the definition) of the art of *karate*.

Yet, with this sea of schools and this plethora of “teachers” (you know very well why the quotes are there!) the overwhelming majority of those who take up martial arts never achieve the ability to defend themselves that brought them to their study. And truth be told, the dropout rate in martial arts — *all*

martial arts — is only *slightly* lower than the enrollment rate!

For the purpose for which *most* individuals take up martial arts — i.e. **self-defense** — most *fail*. And they fail rather miserably, too. Many become convinced that there really is no way to acquire reliable self-defense skills, and others drop out or continue a while longer, with the wind taken out of their sails — convinced that “they just can’t really get this stuff, or hope to ever be able to use it”. They *came* to the martial arts expecting something great; and they *leave* the martial arts completely disillusioned and fed up.

A most important question to ask — and to **answer** — is: “Why is it that so many fail when they take up martial arts?”

We think that we can shed some light on the subject, and perhaps in doing so we can help some of our visitors to *succeed* in their quest for self-confidence, personal defense ability, and the poise and inner peace that comes from knowing that, *if you ever find that you need to do so*, you can defend yourself and those you love.

These are the main reasons, in our opinion, why students fail:

1. They are not knowledgeable enough about the martial arts to be able to select a school and teacher who is offering that which they are looking for.

There are four very distinct and different approaches to training in the martial arts. *Sporting-competitive, combat/defensive, classical/traditional, and theatrical*. While there is *some* relation between these approaches they are certainly not interchangeable. If you want to be topflight competitor *do not* enroll in a classical/traditional or combat/defensive course. And if you are after solid close combat and self-defense ability you are wasting your time and money, in our opinion, enrolling in *any* classical/traditional school, or in any sporting/competitive school.

It is not true that a martial art can be a self-defense system, a physical fitness course, and a sport as well as a spiritual discipline intended to help you achieve enlightenment, at one and the same time. Pick what you are after and

focus on finding a teacher and system that fulfills *that specific objective*. It is certainly in the commercial interest of any purveyor of martial arts to assure prospective students that what his program offers will meet whatever needs and goals the prospective students may have. *But that is sales nonsense!* A truly reputable and honest teacher — a professional — will advise you straight away that he is teaching such-and-such, and that if you are not looking for that, specifically, then you ought to look elsewhere.

You can readily acquire more than enough knowledge by studying the many free Newsletters posted right here on www.americancombato.com, as well as the articles (all free) available on, and constantly being added to www.seattlecombatives.com, to be able to evaluate with complete accuracy the merits of any school or teacher. *as far as self-defense and close combat training is concerned*. So, if that is what you're after, and you're unable to train with ourself or with Mark Bryans, you can use the information we provide to find a more conveniently located teacher and course. **Or**, if you cannot locate such a program, you can always order our DVD Course. It will give you what you need in order to be able to *really* defend yourself and engage an enemy in close combat. Neither our personal training nor our DVD program has anything to offer you if you aspire to be a competitive champion, or if you wish to become an expert in a classical/traditional martial art or way. It is 100% solely and exclusively a course in all-in hand-to-hand combat and self-protection.

2. They fail to comprehend the importance of *mindset* — i.e. mental conditioning and preparedness of a tactical nature for the prospect of encountering and dealing with dangerous, determined physical aggressors.

Here, even some “all self-defense” programs fail. Good techniques without proper mindset is like a beautifully constructed battleship without shells for its artillery, rounds for its machineguns, or torpedoes for countering submarines. It looks great . . . but when the you-know-what hits the proverbial fan, it simply cannot fight back

Mindset can be taught, but not everyone knows how to teach it. A *solid*

background in hypnosis and in the psychology of violence and warfare is all but essential. A man can be a fabulous competitive coach; but preparing someone for combat is not the same as preparing him to win a game.

It is certainly possible to condition your own mind through the serious consideration of all factors pertaining to close combat, and through soul-searching and *mentally focusing on that which must be done while training in techniques*. A professional teacher should be able to do this while taking students through the paces in class drill, as well as by personally counseling and educating him over the course of training. The method of conducting a group class that we developed decades ago has turned the trick, and our success with students who apply themselves is nothing short of fantastic. (***Their*** words — not ours!) Many who have sent for and studied our CD Manual on conditioning the mind for close combat and self-defense have reported enormous advancement in their own progress toward being *really* ready to handle trouble. **However you do it, or however it may be done, it *must* be done.** Those who succeed in acquiring the proper mindset *do not fail* in their study of self-defense and close combat! Those who fail to acquire the proper mindset do fail. Period.

3. They do not train seriously.

The finest combat skills are not magical. They cannot be acquired overnight, and although they may be learned relatively quickly, they ***must be developed, internalized, committed to motor memory, and wholly “absorbed” by your mind, spirit, and body!*** Students who are lazy or who lack motivation to *work hard* when they train, fail.

Years ago we had a grown man in our Class whose attitude was, frankly, shameful. He whined more than he trained, and he could never muster the drive to get to class regularly and *drill hard*. Why? Well, we asked him once. “It’s boring,” he simpered. Okay. “**A**” for honesty. “**F**” minus for manly character and determined resolve. Sad. But it happens. People like this always drop out, and they fail.

Once you have settled on a teacher and a system, ***TRAIN HARD and TRAIN CONSISTENTLY!*** It is the only way to acquire practical, functional, reliable skill.

Dilettantes get nowhere. They often skip from school to school, from teacher to teacher, and/or from DVD to DVD. *But they do not train seriously.*

In fact this fact is so important that I made a point to emphasize it repeatedly in the DVD Course I prepared for self-study. You are not going to be able to use techniques after watching them demonstrated on your TV screen. You must **practice** those techniques. And then you must practice them *more*. And still more. And you need to do so regularly and seriously.

If you do train seriously, and if you are following a professionally taught program — live or on DVD — then you will begin to feel, deep down, a solid ability to handle yourself beginning to develop within ***only a few months***. You should, after six to eight months of regular, consistent, *hard* practice, have made yourself into what Dr. Malcolm Harris (a British law enforcement instructor) calls, ***“a man to be reckoned with”***. And that is not a false or exaggerated claim. It simply is an assurance that *if and when you train properly in the right kind of skills, the results you are after need not take many years to develop*.

If you do not train seriously, regularly, and **HARD**, then you’ll likely fail. Because that is a very common reason for failure.

4. They attempt to master too much.

It is quality and not quantity that matters when learning combat skills. And while it is true that a comprehensive combat *martial art* (like *American Combato*) presents a full and extensive curriculum, the purpose is only to expose students who train seriously to all of those effective skills that exist; over time; **not** to have them attempt to master the lot of them! Each student must pick and choose as he trains and develops, selecting those techniques that fit his physiology, temperament, and personal idiosyncrasies. Our set of **7** fundamentals, **16** basics, **30** attack combinations, **125** counterattacking

methods, and 6 modern weapon arts is more than enough for a lifetime of study and training — and on no account ought a student to attempt to “master” all of that material! He will, over the months and years, find those particular skills (including some that his growing experience in the Art will enable him to develop on his own) that *suit him perfectly*. The goal is always an individualized, customized, personal *system* (or **style**, if your prefer).

Arts that entail the study of *thousands* of techniques (ju-jutsu methods, aikijutsu, hapkido, etc.) are fascinating *classical/traditional* studies, but they remain practically **useless** for real world self-defense and wartime close combat applications.

Do not attempt to acquire encyclopedic capabilities with hundreds or thousands of specific techniques. *That route leads to **failure** for anyone seeking realistic, practical combative ability.*

5. They neglect tough physical training.

Weight training and working with dummies, posts, or striking bags *regularly* is a must. There is no way around this fact, and unless a person is infirm, helplessly elderly, handicapped, disabled, or sick (in all of which instances he needs a **firearm**, and let’s not deny that!) then a sensible program of weight training coupled with training in striking *something that offers resistance* is required.

Many people are duped into believing that a two-day seminar, or a short-term “course” is enough — and that no ongoing, steady practice or **physical training** is needed. Hogwash!

Whenever we train students on a short-term basis, covering the essentials in a relatively brief course of lessons, we emphasize two things to that student: 1. He needs serious, consistent, ongoing *practice* in order to thoroughly develop that which he has been taught, and 2. He needs a regular program of physical training with weights to bolster and supplement his developing ability, along

with practice in *applying* the destructive blows and actions he has been taught. (Some carefully controlled practice with live partners is possible in the development of combative skills, but real force and power in technical application *must* be reserved for inanimate objects. **Actual combat techniques are too dangerous to practice without restraint on human partners.**)

In combat strength is required. It is not necessarily the deciding factor, but anyone who declares that strength isn't necessary is either misinformed or lying.

Get in shape, and stay that way. Otherwise you are courting failure.

6. They live in a fantasy world.

“Martial artists” are a strange lot. The field is inundated with mystery, odd forms of spiritualism, and a large dose of unadulterated *bullshit*.

Many students of different arts and systems are led to believe that in fact there is something actually supernatural about the powers and abilities that they are in the process of acquiring. This is a **LIE**, and anyone looking to be truly prepared to defend himself had better get that much through his head, right now.

There are no secrets, mysteries, inexplicable miracles, or superhuman possibilities attendant the study of ANY martial art. And the realities of serious combat and dangerous self-defense emergencies demand that anyone aspiring to real confidence and skill in dealing with these situations accept and acknowledge and accommodate that simple truth.

Many refuse to do so. As far as acquiring worthwhile self-defense and close combat abilities is concerned, these people are destined to fail.

7. They quit.

“A quitter never wins, and a winner never quits!” There is profound wisdom in that old saying, and it would do well for anyone training to be able to defend himself to take that admonition *seriously* to heart.

Laziness, whining, lack of resolve, poor habits of discipline, permitting oneself to be easily discouraged, self-pampering, refusing to demand solid effort when the “hard part” comes, becoming bored, etc. etc. etc. are some of the causes for quitting; and anyone wishing to succeed in training had better ***EXCISE THEM ALL*** completely from his own psyche!

No doubt about it. The quitters are failures. Is that really so surprising?

Conclusions

While the majority of those who take up martial arts for self-defense and self-confidence fail, ***you do not need to be amongst them***. By avoiding the seven pitfalls we have enumerated *you can achieve your objective and enjoy the rewards of having done so*.

Very few skills and studies in your life are as beneficial and rewarding as the study that provides you with the inner certainty that ***you need fear no man***; that if you *must* do so, you can handle any dangerous emergency that might arise to threaten you and yours. You will never again be helpless.

No sane person would ever wish to fail in attaining ***that*** significant a prize.

DVD Course NOW AVAILABLE!
***(You Can Learn Self-Defense and Close
Combat At Home!)***

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)*TM 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.

CAUTION AND WARNING!:

These DVDs have been prepared in high quality and are protected by a COPY GUARD that prevents illegal duplication! These DVDs will play on DVD players and not on computers. Any attempt at unauthorized and illegal duplication may result in damage to the equipment employed.

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!

.38 Special Or .380 ACP
(Which is best for a second gun?)

THE .38 Special “*snubbie*” revolver and the .380acp semi-automatic pistol have both been around for a long, long time. Each is popular, and there are super-high-quality weapons available in both configurations. In fact, many people throughout the world rely upon either a .38 Special revolver or a .380 autopistol as their primary carry or self-defense sidearm.

For anyone who has already made up his mind and has settled upon his personal choice for a second carry weapon, this article will be of little value. However, based upon our personal experience, and that which we have learned from listening to and reading about the experiences of others, we’d like to present what we believe may be a helpful personal opinion — an

educated opinion — regarding what the reader might wish to consider if he is searching for a second (sometimes called a “back up”) handgun. In our opinion *all* law enforcement officers should *always* have a second weapon on their person when on the job. Carrying two handguns when off duty is not all that terrible an idea, either. And private citizens who go legally armed might wish to consider having that *second gun option* available to them — just in case.



ABOVE: THE SMITH AND WESSON *CENTENNIAL*. WE PREFER THIS WEAPON IN ITS STANDARD RATHER THAN AIRWEIGHT MODEL — *ALWAYS* IN .38 SPECIAL. THE ABOVE IS AN “AIRWEIGHT” (ALUMINUM FRAME MODEL) WHICH SOME MIGHT LIKE INSTEAD OF THE ALL STEEL VERSIONS. THE *CENTENNIAL* WOULD BE OUR FIRST CHOICE FOR A SECOND GUN. AFTER THAT WE’D OPT FOR THE S&W *BODYGUARD*, OR *CHIEFS* — EITHER IN

STAINLESS STEEL OR BLUED STEEL; BUT ALWAYS IN REGULAR WEIGHT AND .38 SPECIAL ONLY.



EITHER THE OLD INTERARMS PPK *OR* THE PPK-S IN .380 ACP WOULD BE OUR CHOICE IF WE WERE FORCED TO CARRY A .380 SEMI-AUTO. THE QUALITY AND RELIABILITY OF THIS LITTLE PISTOL IS SUPERB. IT IS IN FACT STILL A FAVORITE WITH INTELLIGENCE OFFICERS BECAUSE OF ITS COMPACT SIZE AND REASONABLE DEGREE OF POWER.

Recently, the introduction of the extremely small revolvers in .357, and the extremely small automatics in .45acp has caused some to grab these obviously more powerful weapons as their second guns. *We do not think that this is wise.* In the smallest possible configurations these .357 and .45acp weapons are very difficult to control in rapid fire. And for the ranges that one may realistically anticipate the need to utilize such a handgun (i.e. up

close, and *real* personal), ***proper shot placement*** with the .380 or the .38 Special will do the job. The greater ease of handling in rapid fire, in our opinion, makes the .380 and *certainly* the .38 Special quite adequate.

Our hands down personal preference *for a second handgun* is the .38 Special snub-nosed revolver. We like the Smith and Wessons (especially their old classic models), but we can't quarrel in the least with anyone who prefers a Colt Detective Special, or one of the old Colt Cobra models. The 5-shot capacity of the Smiths makes the weapon a *little* smaller, and thus a *little* easier to conceal (especially for someone of average size, like our self). But a fellow who has the size and body bulk would likely not find the Colts at all inconvenient. **Note:** Smith and Wesson also offer 6-shot snub-nosed weapons, but if we were going to carry a six-shot snubbie we'd grab a Colt. In our experience they are more comfortable to carry in snub-nosed versions having a six round capacity. (Please don't make too much of this if you prefer the other manufacturer. We freely admit that our choice to an extent reflects our personal taste). And, we would of course be remiss if we failed to acknowledge those terrific little .38 snubbies that Ruger offers for sale. We recognize their quality and desirability. We simply prefer S&W's — or Colts.

Why the .38 Special revolver?

We believe that the .38 Special 5-shot revolver is ideal because:

- It is a rock-solid, utterly reliable weapon. There is never a problem with feeding, as there sometimes may be, with semi-autos.
- The weapon is not sensitive to the configuration of ammunition that the shooter uses. *And we certainly recommend +P or +P+ hollowpoints for "social" use.* We'd go with a 110-grain or a 125-grain hollowpoint bullet.
- If a *Centennial* is selected (or a *Bodyguard*) the revolver can be fired reliably from inside a pocket, handbag, or from underneath a coat

Even the best quality .380acp's (like the *Walther PPK* and *PPK-S*) might on occasion get finicky with ammunition feeding. You certainly would not want to

compromise any reliability by not firing the full metal jacketed hardball round in an emergency — and there is a *marked* difference in what a .380acp fmj round will do, versus what a +P hollowpoint round in .38 Special will do at close quarters. The .380 acp fmj round does *not* equal the .38 Special.

Like the old warhorse (i.e. the Browning designed 1911 .45acp pistol), which in either Commander or Government Models is *our* first choice of a primary handgun (the Smith and Wesson Model 19 *Combat Magnum* is our second choice, for anyone who may be interested), the .38 Special snub-nosed revolver is a long proven quantity. It is, in our opinion, the *best* “second gun” to carry.

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REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

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This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of

American Combato (Jen•Do•Tao). You'll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

3. *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* — \$30.

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. *RULES OF SELF-DEFENSE* — \$17.

Perhaps the most politically INCORRECT presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jitsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have"

reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

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**The Explosive Reaction In Self-Defense:
A Key To Survival In Any Dangerous Emergency**



THE MOST EFFECTIVELY TRAINED COMBATANT GIVES NO WARNING OR INDICATION OF HIS ABILITY TO RESIST ATTACK. BUT ONCE THE ASSAILANT MOVES ON HIM, HE LITERALLY *EXPLODES LIKE A BOMB* AND WIPES OUT HIS AGGRESSOR BEFORE THE AGGRESSOR KNOWS WHAT HAS HAPPENED.

UNDERSTANDABLY, a normal human being is astonished when he is suddenly and for no apparent reason set upon by a physical assailant. One of the most important things that any self-defense program should teach is to react *immediately* to violence, and to do so with *overwhelming violence*, oneself. Overwhelming violence, we must add, that is as destructive and vicious as possible. And, what is more, violence that *continues relentlessly* until the assailant's onslaught has been neutralized and he has lost the will and the ability to pose a further danger. All of this ideally takes place as a shocking *explosion* in the face of the attacker.

Many years ago, in New York City in the early 1970's, we gave a seminar in self-defense at a rather large gym which we were running at the time. In attendance were people who ranged from the completely inexperienced (in any form of self-defense) to the expert (i.e. those who were black belt competitors, or practitioners of a classical/traditional ju-jitsu or karate/"kung fu" style).

At the beginning of the talk that preceded the technical instruction and hands-on practical work, we asked the group if anyone had any questions they'd like us to answer regarding what we taught. One fellow, a regular in the weight training section of the gym, and also a top competitor in the sport karate scene (which was *very* popular at the time), raised his hand and asked, "I'm wondering why your flyer announcing this seminar emphasized that this had 'nothing whatever to do with judo or karate contest or competition training'. I know that you're a black belt in both ju-jitsu *and* karate, and you know what freestyle sparring and contest entails. I'm very seriously into competition, and I don't think there's any real difference between being able to beat someone in a match and being able to beat someone on the street. In fact, if you can beat a black belt in a match, how could some untrained guy give you much of a problem?" He wasn't being argumentative or disrespectful. He was raising a point that he truly needed clarification on, and

that gave us the chance to elaborate to him as well as to the other attendees on how *complete* and how *crucial* the difference between combat/self-defense and competition/sparring is.

“A huge difference,” we began “is the *context* in which a *sparring* opponent vs. an actual *attacker* assails you. You always begin equally in any match or sparring session. You are always ready. You *come* to the event or to the class at an appointed time, and you follow strictly the commencement rules for the onset of the physical ‘encounter’. You are warmed up. You know who you are confronting. The actions permissible to both your opponent and yourself are **strictly** limited and regulated. The area and place for the encounter is sanitized (i.e. *safe*), and there is absolute certainty regarding the fact that the only thing on your opponent’s mind is defeating you according to the terms and conditions — the rules — of the activity. No one wants to cripple or to kill you. And there is a stern referee present to make certain that you and your opponent ‘play fair’. In a violent physical attack, as you already know, there may be *multiple* assailants; your attacker(s) may be *armed*; you may be out of shape; or you may be ill; you may be with loved ones about whose safety you are concerned; the attacker’s ultimate motive for attacking you is impossible to guess; and the terrain as well as the place and time of the attack may be entirely unforeseeable and unfavorable; and you will *not* be wearing a gi or other special attire. However,” we continued, “we will sum up the essential difference by saying that an attack in the street — or anywhere else — is more like an **ASSASSINATION ATTEMPT** than it is like any agreed upon ‘bout’ or ‘match’.”

The fellow nodded in agreement, as did quite a number of others who were present. We were glad that he had given us the opportunity to spell all of this out.

The reaction necessary when you are suddenly subjected to a violent attack is a reaction of *explosive. offensive violence*. Not having any possible way to know what the capabilities or the intentions of an attacker are, *you simply must be conditioned to react to a violent physical attack with an assumption that the worst is happening.* This means that all of your

resources must be immediately brought into play and directed ferociously against your opponent. Naturally, if the attacker is stopped immediately and by your first rendering of resistance, *stop*. Do not continue to attack when it is clear that the threat is gone. This would be the case if the attacker turned to flee, if you found that your initial reaction had given *you* the opportunity to safely flee, or if — by some incredible turn of good fortune — your initial action *dropped* your attacker, and he was obviously unable and unwilling, due to his disabled state, to continue posing a threat of harm to you. But real world violent attacks are *rarely* if *ever* stopped so favorably and neatly. Normally, it takes a great outpouring of effort, and a lot of followup to bring a determined physical assailant to a halt. And, let us be frank about this, if you realize that your attacker is armed, you **must** render him unconscious in order to insure that he will not be able to kill you. Self-defense is no game.

An “explosive reaction” consists of **unhesitant aggressive action that terminates only when the threat has been neutralized**. This must begin the very moment that you realize that you are under attack. Forget “defensive” moves. *Go on the offense! Now! Right away!* The longer you permit the offense to remain solely your assailant’s prerogative, the longer you remain unable to stop him.

The importance of applying this in a dangerous situation cannot be overemphasized. If there is any way for the victim of a violent attack to compensate for his attacker’s initial advantage then it is by employing **this** counterattacking strategy! It will surprise the attacker, and it will shift the aggressive advantage that he enjoys initially to **you**.

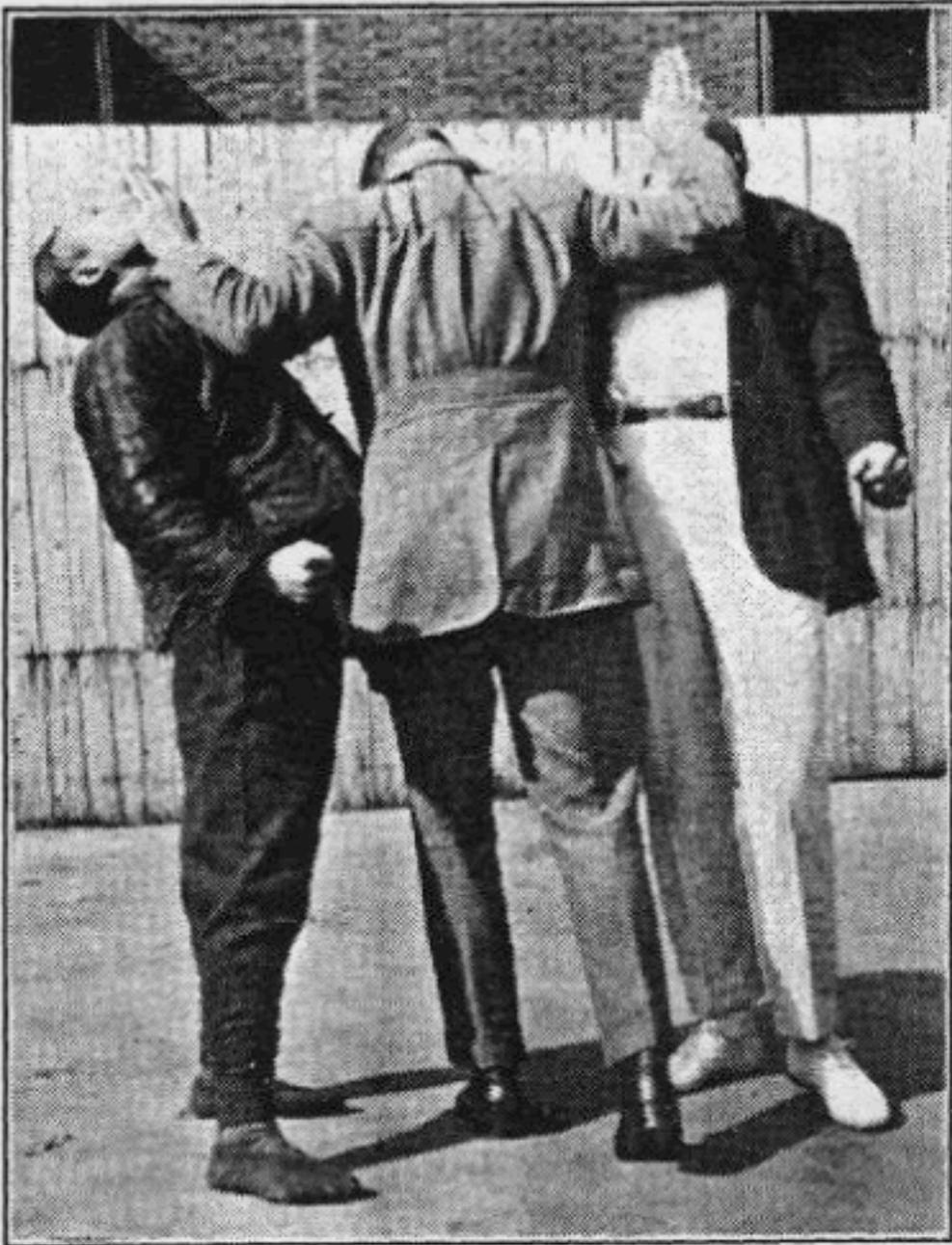


FIG. 175

ABOVE PHOTO FROM FAIRBAIRN'S CLASSIC *SCIENTIFIC SELF-DEFENCE* SHOWS FAIRBAIRN'S SIMPLE METHOD FOR DEALING WITH TWO MEN WHO APPROACH FROM BEHIND: *TURN SUDDENLY AND ATTACK! SMASH THEM BOTH AT THE SAME UNEXPECTED MOMENT WITH EXPLOSIVE CHINJAB SMASHES!*

While many students of different martial arts train endlessly to deal with this or that attack by parrying it, blocking it, releasing its grip, stepping out of the way of its momentum, dislodging its hold, and so on . . . the truth is that, *precisely because a surprise attack catches you by surprise, there will often be no time to do any of those things. However, because most attacks will **not** disable or kill you outright when they are launched against you, there is a chance for you to launch your own counteroffensive, and ruin the attacker's day by **attacking HIM!***

Obviously, this explosive reaction must be fierce and destructive. Immediately shoving or slapping or swinging a wild punch at your attacker is better than nothing — but not much better than nothing. **Your explosive reaction should be one in which you attack your attacker's eyes, throat, or testicles. It should be a lashing kick that breaks his leg, a vicious and deep bite that injures and terrifies him, a crushing grip on his ears that culminates in tearing them from his head, a hand edge blow that smashes him in the carotid artery, etc.** If you go after your attacker with halfway measures ***and he is formidable, determined, and driven by a mind that is made up to maim or to kill you, then you do not stand a chance.*** And never forget that in any sudden, real world attack, you have no way on earth of knowing that this is not true of your adversary. Remember this and train incessantly with it in mind if you aspire to be prepared to handle a real, dangerous, violent attack.

You must always strive first and foremost to *avoid* trouble. Failing that, be prepared to *preempt* any assailant, and stop him before his attack gets underway, employing your own attack. However — if avoidance and preempting could not be utilized in some given instance when, unfortunately, you find yourself under surprise attack from an unexpected quarter, **react like a wild animal. Go after your attacker instantly and with every fiber of your strength and determination in your action. EXPLODE!** And, just like a *literal* “bomb” that gives no warning but simply

“goes off”, *so must you.*

The truth of how to handle dangerous physical aggression is not often known by those who teach martial arts, because numerous martial arts are unsuitable for real world application . . . and those who teach these arts simply pass on that which their teachers have taught them, thus, unwittingly perhaps, perpetuating information and skills that *do not work*.

Often, people do not *want* to know or to be taught the truth. It isn't pleasant. They don't like it. It's nicer and more comfortable to live in a kind of fantasy world, where those who are among the elect who are “martial artists” can easily and safely handle anyone or anything . . . by recourse to the “secrets” and to the “mysteries” and to the “unbeatable” skills that they believe themselves to be in possession of. When fantasy meets reality, however, *reality* prevails.

Do not deceive yourself about that which works and is consistent with the requirements of close combat and self-defense. Where the safety, survival, and well being of you and your loved ones is concerned, **only the truth and real world skills** will do.

That's what we are all about. And that's what we have to teach **YOU**.

As we receive numerous requests to quote items and passages that appear here in *WORD & 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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