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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**

IN MEMORIAM

WE were greatly saddened last month to learn of the passing of a friend and student: Mike Nicholson. Mike, a well-respected and longtime judo and karate black belt and self-defense teacher in his own right, came to us in Seattle with his son Ben, from Australia. The two took an intensive short-term private lesson course from us, and our meeting was one of those occasions when two people who think very much alike meet, and become instant friends. We feel very sorry that Mike's desire to return to Seattle for additional instruction in our System will never materialize, and we so

wish that Mike – a fine and strong man with the heart of a warrior – could have won his battle with cancer which he fought like a hero for years.

God bless you, Mike Nicholson. Rest in peace, dear friend. And our deepest and most sincere wishes to all who knew and loved Mike – family and friends and students – for comfort and peace.

The Spanish have a saying:

¿QUIEN HA PROMETIDO EEUU MAÑANA? (Who has promised us tomorrow?).

None of us are getting out of this alive . . . so let us live and love well while we are here.

E d i t o r i a l

Must Self-Defense Measures Be “Cruel”?

“ . . . a time to kill, and a time to heal . . . ”

— *Ecclesiastes*

WE never cease being amazed at the fanciful (read: *idiotic*) thinking of so many people today! While acknowledging the awful rise of truly hideous criminal violence in our Nation and throughout the world, so many react by wringing their hands, wanting “the police” and “the law” to “*do something*”; and then shrinking away into a corner and whimpering about how unsafe the streets are. *Then* . . . and this is what amazes us . . . these same people,

realizing that being able to defend themselves **as individuals** is a pretty useful skill, go looking for training and instruction in self-defense; *and* what remains a most serious concern to these people is *not* insuring that they, and not their tormentors, be able to walk away whole from a situation, *but that they inflict no more than minimal injury upon any violent offender, and that “lethal force” never be a part of that which they learn how to employ.* My God, how far we have come — in the wrong direction — from where this Country *used to be* in the 19th and through the mid-20th centuries.

Self-defense has nothing to do with sportsmanship, skill-testing, competition, games, or feats of prowess with which athletes show off. It is about **survival**. It is about coping with violence that comes to one *outside of any “sporting” context*. Nor is it a “fad activity” in which youngsters compete while in their teens, and twenties. It involves people of **all** ages and of **every level** of personal fitness and strength. It involves men *and* women, and it involves people who have no interest in becoming “martial arts experts”. It is about victimization, being terrorized, beaten, maimed, killed, raped, kidnapped, stabbed, shot, or any combination of those awful things. It is about these despicable things possibly happening to **YOU** or to **YOUR LOVED ONES**, and about *you being able to do that which is necessary to stop the attackers.*

Violent offenders — ranging from the scummy little bastard who is a bully in grade school, to the professional and dangerous adult predator who thinks nothing of killing in order to attain whatever he seeks to attain — are malicious, evil monsters. They are people who *choose* to torment and injure others. **To be even remotely concerned about how badly these toxic bacteria may be hurt when their intended victims act in self-defense is, in our opinion, to be a FOOL.** It makes some sense to be reluctant to employ force because one fears legal consequences, and because one does not wish to be wrongly persecuted by a “criminal justice” system; *but to care in the least or the slightest about the well-being of violent predators per se is to be a kind of useless Eloi; an Eloi who makes the task of the Morlock who feeds upon him easy and fun!* (**NOTE:** For any reader unfamiliar with the terms “Eloi” and “Morlock” we refer you to H.G. Wells’

classic, *The Time Machine*. The best film version of that novel appeared in 1960, starring Rod Taylor and Yvette Mimieux.).

The phenomenon of “*humane self-defense*” and/or “*non-injurious self-defense*” has been touted in some quarters. The very idea of spending time, effort, and money learning how to *non-harmfully* stop some gutter swine who endangers one’s life should be offensive to any self-respecting human being. Apparently, however, it is not. A lot of misguided individuals embrace the philosophy and skills that such programs and teachers present. **What these poor fools do not realize is that *REALITY* prevents such nonsense from being effective.** Violent assailants go after their victims with not the slightest regard for those victims’ welfare. Killing, maiming, crippling, terrifying, and violating in the most egregious ways *is simply par for the course for these unspeakable scumbags.*

Yes, Virginia, violent crime is really life threatening, and yes again, *if you wish to be capable of dealing with a violent aggressor you must be ready, willing, and able to wreak awful damage upon him. You must be capable of adopting a WARRIOR’S ATTITUDE and you need to possess the methods of inflicting injury of the worst and cruelest kind AT ONCE upon him. There must be no hesitation, compassion, reluctance, mercy, or forbearance in you when you are defending your life — or when you are called upon to protect your loved ones.*

When confronting a violent aggressor you are obliged to adjust to the animalistic jungle philosophy and actions of *his* distorted and evil universe; you cannot remain tied to the principles of civilized behavior that normally guide *your* conduct, when you are safely functioning in your own world and with your own daily activities, amongst decent people.

REAL SELF-DEFENSE TECHNIQUES, ATTITUDE, AND TACTICS ARE CRUEL!

So what?

Nothing is more cruel and unjust than the victimizing of human beings by other

presumably human beings. When, where, and if such victimization ever occurs it is right and good that the intended victim should fight back with absolute disregard for his attackers, and that he should match that attacker's viciousness and cruelty, and overcome him, thereby.

Learn the real stuff. Adopt the right attitude. Train for what actually could happen. Don't be a fool.

Bradley J. Steiner

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)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this

modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs individually, or you can purchase the entire Course, in which case you pay for only ten DVDs. You receive one FREE!

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:—

The system of martial arts presented in these DVDs is not a "traditional" or "classical" martial art.

These DVDs, and the information, and techniques contained within should not be taught, shown, or divulged to anyone under 18 years of age.

Due to the serious nature and lethality of the techniques shown, no

one under 18 should be instructed in the techniques.

Due to potential serious injury or death, minors under the age of 18 should not be allowed to purchase or view the techniques demonstrated on the DVD's and in the system.

Minors lack the proper judgment and emotional restraint and discipline and should not be entrusted with the techniques contained herein.

Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

Please keep DVDs in a safe place out of the reach of minors, similar to safekeeping of firearms.

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness
- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior experience in any martial art can understand and develop the skills! These are the first four of *American Combato’s* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

DVD#2 BASIC BLOWS

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash

- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

- Powerful and devastatingly effective combinations of attacking actions which are adaptable to an infinite number of situations and emergency circumstances. These attack combinations utilize the Key Blows, and include additional offensive unarmed combat actions and tactics, which enable you to infinitely combine, and improvise limitless sequences and applications of ferocious attacks of your own.

This DVD focuses on attack combinations leading with *HANDAXE CHOPS* and *THRUSTING ACTIONS*, the first two categories of “attack combinations” in *American Combato*.

In this and the next DVD you will learn more combinations of each type than you would ever possibly need.

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

- Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable, offensive combatant in close quarters combat. You’ll be an expert at taking the battle into the enemy’s camp and *attacking your attacker!*

This DVD trains you in *DISTRACTING LEAD ATTACKS*, *KICKING LEADS*, and *MISCELLANEOUS LEADS*.

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

- No realistic close combat system is worthwhile unless the matter of

counterattacking (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

• Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn

- How to counter sudden grabbing attacks from behind
- How to counter holds that may be applied from behind

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

• The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

• Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats

- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

DVD#9 COUNTERING MULTIPLE ATTACKERS

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

DVD#10 HOW TO USE THE STICK FOR SELF-DEFENSE

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC's Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

DVD#11 KNIFEWORK

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*
- Defending yourself with a knife

The cost of each individual DVD is \$59.95 + \$6. shipping and handling (**\$20. postage and handling for foreign orders**)

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

Personal checks may take up to three to four weeks to clear, in some

cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner
P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

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

Followup On Home Invasions

WE have received a number of requests from visitors for a followup to the brief article that appeared in last month's *Sword & Pen* regarding home invasions. Very specifically, several firearms owners asked for a primer of effective guidelines for the use of their **legally owned** personal weapons, in the event of a home invasion. We will oblige, but with the following caveat:

We are not a lawyer and we do not offer any legal advice. That which we offer is personal advice. For legal advice and answers to questions regarding the law, we urge you to contact a lawyer.

It will never do — for *any* defensive purposes — to merely purchase a firearm and ammunition and “keep it around” in case of an emergency. You *must* learn proper handling, safety, maintenance, and combat firing methods. So . . . our first piece of advice is: **learn these things *before* you obtain a weapon, or *before* you regard yourself as prepared to use a weapon properly, if you already have a firearm in your home.** Once these preliminaries have been attended to, we urge that you read and *study* our article on the www.seattlecombatives.com web site: *Guidelines For The*

Armed Citizen. It is posted in the “Monthly Instruction” section of that site.

Now, very specifically for the purpose of preparing adequately to manage the crisis of a violent criminal home invasion, we offer the following:

- You should fire without hesitation *as an invader is entering your home* if he breaks through a window or breaks down your door.
- You should fire without hesitation upon being attacked directly by an invader.
- You should fire without hesitation upon seeing an armed intruder moving about inside your home.
- *Never* fire through a window or door at anyone who appears to be an intruder and who is *outside* your dwelling.
- *Never* fire from inside your dwelling through a window or doorway at anyone vandalizing or stealing property from your front or back yard area. **Call the police!** So long as vandalism or property theft is the issue, *let the criminal go*. The exception that would come to our mind is if someone were in the process of attempting to commit **arson**, and burn your home. Clearly, such a monster *must be stopped at once*, and we feel that shooting him would be the best way to do it.
- *Never* leave your dwelling to confront a criminal trespasser on your property. **Call the police!** Obviously you should remain armed and ready *inside* your home in case the criminal initiates forcible entry; but *do not exit your home to confront him!*
- *Never* fire at a burglar who has not physically attacked yourself or a family member, but who is in the process of fleeing; **even if he is fleeing with your property!** Never *pursue* such a criminal. **Call the police!**

We are not at all enthusiastic about the idea of a “safe room” which has been

advocated in some quarters. First of all, *very few people* can or will be able to invest the time and money to provide for a truly secure “safe room”. Second, should the psychos who invade your home wish to do so — as *many* might — he/they might set fire to your home, and you would be trapped. Third, *just about every “safe room” that is amateurishly set up can be breached by determined invaders.*

What is the all-round “best” home defense weapon? In most cases a 12 gauge shotgun. We prefer the Remington 870 loaded either with #4 or 00 buck . . . and we like the Remington *Marine Magnum* or the *Police Shotgun*. Also recommended if a handgun is selected is the 1911 .45 automatic pistol *or* the .357 revolver. In automatics we prefer either the original series ‘70 Colt or the Mil-Spec Springfield Armory pistol, and in revolvers we’d opt for the old *S&W Model 19 Combat Magnum*. The ammunition we recommend is the *standard* 230 grain full metal jacketed .45 acp round (“GI hardball”) for the automatic, and 125 grain jacketed hollowpoints for the .357.

Finally, we do *not* recommend rifles for home defense. The .223, .270, .308, and 30/06 rounds are certainly super-reliable man-stoppers at close range; **however, there is a very real danger of over-penetration, and of someone in a neighboring house or in the street outside your home being hit with the round(s) that you fire!**

We would conclude by adding that *all possible precautions* should be taken to discourage any home invasion attempt. This means a good security system, never leaving windows or doors open when unattended, not having shrubbery around entrance points where felons could conceal themselves, having the area well lit, having a reasonably managed block watch program in effect, and *never* opening your door to anyone who you do not know and who is not expected to arrive. **Be extremely careful, too, never to give any information to anyone who telephones you, who you do not know personally, and trust. Just hang up on sales or stranger calls!** Remember that the use of *any* force is a last ditch option; and your firearm’s purpose is **ONLY** to save lives.

Always report suspicious individuals “prowling about” your neighborhood or home.

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.

RECORDED IN THE HIGHEST QUALITY SPEED, AND ON THE FINEST QUALITY CD DISCS IN “PDF” FORMAT FOR YOUR CONVENIENCE AND LIFETIME LEARNING.

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Don't Believe Everything That Is

Taught About Self-Defense!

THE art of self-defense and close combat is a very specific discipline. The mere possession of a black belt, or/and the fact that one has won contests or is a *karate, judo, MMA, UFC*, or other “champion fighter” means ***NOTHING*** about one’s ability to effectively instruct in the discipline of realistic close combat and personal defense. And even knowing that this is going to offend some overly sensitive souls we must emphasize that ***neither is the fact that one is or was in an armed service, or that one is or was a law enforcement officer*** evidence of any particular expertise and knowledge in the art of personal combat.

Unfortunately, some of those with irrelevant credentials have gone into the field of close combat and defense training. Perhaps in some instances well-intentioned but nevertheless *incompetent*, some of these individuals have touted “advice” that is very definitely **undesirable, and that could result in real tragedy** for those of their students who attempt to follow it. For example:

“The litmus test for which techniques work and don’t work in combat is freestyle sparring or mixed-skills competition.”

Hogwash. You are not facing the kind of adversary in *any* match that you may find yourself confronting in real combat. What you do to win a contest is unrelated to what you must do to save your life.



THERE IS A WORLD OF DIFFERENCE BETWEEN THE SITUATION YOU ARE IN WHEN YOU FIND YOURSELF CONFRONTING SOME MONSTER AS SEEN AT LEFT, ABOVE, VERSUS WHEN YOU AGREE TO A CONTEST WITH A FELLOW SKILLS PRACTITIONER SUCH AS THE GENTLEMAN ON THE RIGHT, ABOVE.

The overwhelming majority of “martial artists” practice, develop, and teach skills and methods that are *somewhat adaptable* to self-defense if mastered to an expert level of proficiency, but that are most emphatically not **combat** techniques. The means by which they sharpen and perfect their skills — i.e. through sparring and competitive match fighting — does not parallel hand-to-hand combat. In fact it conditions trainees to use tactics and techniques that are often *dangerous to them* in a real world encounter.

“Learning to punch effectively develops the basic hand technique to be used in close combat.”

The hell it does. Any advocacy of clenched fist punching *over blows that employ the open hand* marks a training program seriously flawed, if its purpose is to teach practical self-defense.

While hand-to-hand combat students definitely should learn the correct way to deliver a basic punch, as well as learn the very few targets that the clenched fist may be employed successfully against, *the fist is a very limited purpose weapon* in actual close combat.

“You can’t handle more than one adversary in an encounter, and there’s no point in thinking that you can.”

This is one of the awful myths promoted by those who advocate the competition-type, ground-grappling oriented *JUDO/WRESTLING* that has in recent years become popular.

If a program of training is genuinely a *combat* and *self-defense* program, and if the teacher is a professional, then you will not only be taught how to react when and if attacked by more than one attacker, you will be taught that — although a deadly threat — defense is *possible*, and that you mustn’t resign yourself to being maimed or killed when two or more attackers move on you.



OBVIOUSLY YOU *CANNOT POSSIBLY* EMPLOY GROUNDWORK AND WRESTLING/GRAPPLING AGAINST MORE THAN A SINGLE ASSAILANT! BUT THIS FACT ONLY VERIFIES THE LONG-ESTABLISHED TRUTH THAT *BLOWS* OF THE HANDS, FEET, ARMS, LEGS, KNEES, AND HEAD ARE THE LAST OF TRUE COMBAT SKILLS! YOU CAN DEFEND YOURSELF AGAINST MORE THAN ONE ATTACKER. IT HAS BEEN DONE AND YOU CAN LEARN HOW TO DO IT — AND YOU MUST, BECAUSE MOST REAL WORLD STREET ATTACKS INVOLVE TWO OR MORE VIOLENT FELONS!

“Ladies will do well to carry a defensive handgun in their handbag, where it will always be available.”

No they would not be well advised to do any such thing. A common attack against women is a handbag snatch . . . and the best tactic is to let the bastard have the handbag and not fight over it. In such a situation you **will not be able to get to any firearm that is concealed inside your handbag**, and **knowing that your weapon is in the handbag you will tend to fight desperately against a purse snatcher.**

Carry your weapon in a holster that is worn *on your person*. There are designs especially for women, and we'd *strongly* recommend them over “handbag carry”.



CARRY NOTHING THAT YOU ARE UNWILLING TO LOSE IN YOUR HANDBAG! WOMEN HAVE BEEN KILLED OR SAVAGELY SLASHED BY SCUM WHO SNATCH PURSES.

“You only need concern yourself with skill. Strength is insignificant in hand-to-hand combat and self-defense.”

This myth is a carry-over from the 1940's/50's, and 60's when ignoramuses allowed their over infatuation with the *mystique* of the Asian martial arts to dazzle their rational faculty.

Of course you need strength! It is rarely the single decisive factor in violent combat, but it is a factor. **The disdain for weight training that so many fools in the martial arts once had (and in many instances, still have)**

only serves to persuade trainees who are looking to be able to defend themselves to *avoid* the finest means possible of building strength for that task: i.e. weight training.

“Never make the first move. Always block, evade, or use a *defensive* action *first*, whenever you must defend yourself.”

Tons of real world experiences — notably those of the allied fighting forces during the second world war — **PROVED** that this “strategy” for personal combat is nonsense. Marines with but **HOURS** of training in *offense-based, practical* skills, overcame **black belt Japanese experts** in judo and jujitsu, in the pacific theater of the war. Soldiers and naval aviators similarly were able to defeat adversaries who had been *much more extensively trained and prepared for war than they were, themselves, when they were instructed in the **commando style of personal combat*** that was so wisely imparted to them before their being deployed. **The key to that which has of late become popularly known as the “WWII methods” (but what we have been teaching since the 1960’s) is that it was OFFENSIVE . . .** and those so trained were **COMMANDED** to *go get the enemy! Take the battle into the enemy’s camp*, as Fairbairn was fond of saying. **Attack!** The way to win is to *always* strive to make the first decisive move! And keep on attacking until the enemy has been completely defeated.

We could go on and list a dozen or more other myths (or lies) that are so popularly widespread in the interests of commercialism, and that *must not be accepted*, but we’ll stop here.

We sincerely hope that we’ve rocked the boat enough to make you cognizant of what *not* to do — and what *not* to believe — of you wish to remain “afloat”!

And Now You Can Train Your

Mind As Well As Your Body, With Our ...

New And Exclusive **Self-Hypnosis** Programs! (The *Perfect* Compliment to Our DVD Training Course!)

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

— General George S. Patton, Jr.

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

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

There will be **20 Complete Self-Hypnosis Programs** made available this year. The first **nine** are now ready, prepared on quality CD discs, and available for shipment:

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat**
- 005 - Tapping Into Your Vital Reserves**
- 006 - Building The Determination to Prevail In Close Combat**
- 007 - Become Attack Minded**

- 008 - Develop An Instant-Violent-Response Capability**
- 009 - Develop Ruthlessness For Self-Defense**
- 010 - Sharpening Your Situational Awareness**
- 011 - The Anticipatory Attitude - Overcoming Astonishment**
- 012 - Developing Real Courage**
- 013 - Build Confidence When Facing A “Tough Guy”**
- 014 - Develop Coolness And Nerve in the Face of Danger**
- 015 - Mastering the Ability to Take an Enemy by Surprise**
- 016 - Becoming Convinced That it Really Can Happen to You!**
- 017 - Banishing The Fear Of Bullies Forever**
- 018 - Become Ready, Willing, And Able To Do *Anything* In Self-Defense**

Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for foreign orders.

And we are also making available a series of **Combat Training Lectures**, which enable you to gain information, insight, tips, suggestions, guidance, encouragement, and valuable instruction listening to professionally presented lectures on all subjects pertaining to close combat and self-defense. The first Lecture, **Rules of Self-Defense**, is ready for shipment.

Lecture A - Rules of Self-Defense

Complete on *two* quality CDs. One and a half hours you'll want to listen to again and again for reference and inspiration in training!

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U.S.A.

Yet *Another* Important Point To Remember

About The *IN*advisability Of Contest

Methods For Use In Real World Self-Defense

WE only wish that whichever bureaucrats were responsible for the present awful state of affairs that exists in hand-to-hand combat training for our military and law enforcement people would reflect upon what this Nation and our allies learned during and shortly following the close of WWII about individual combat. The military services of this Nation, our FBI, and virtually every law enforcement agency in America would do well to throw out the nonsense that it is presently teaching to recruits, and return to WWII-systems-based methodology. *The present competition/grappling/ground fighting approach that is popular is **sport**, not close combat, and it is absurd to be teaching people who need practical skills these contest methods!*

Consider, please, one very important point about the nature of *all* serious close combat — i.e. that it is **for keeps** and not for points — and that the idea of causing an opponent to submit when a hold is applied becomes **IRRELEVANT** in serious combat.

First of all, *attempting* to apply a submission or “pinning” action against an enemy in combat is ridiculous. In serious combat one acts immediately to *disable, knockout, maim, or kill*.

Second, *even if one were to be successful in applying a submission hold to an enemy in combat, what the hell would the point be to doing so?*

Do you really think that if you secure a submission hold on an enemy soldier or would-be murderer he will then meekly give up, agree that you've won,

shake hands, and bother you no more? *Even if, for example, a street attacker were to admit defeat after you've "pinned him", don't you think there's a possibility that he just might be lying, and that he might resume his attack against you once you've released him from your hold?*

"But," you say, "I would proceed to knock him out or worse in any *real* encounter once I got him in a hold. I wouldn't release him."

Well then, why not do what's necessary straight away, and *not waste time and take all of the risk that is necessary to get him in a hold, in the first place?*

That is real close combat!

If you're enamored of competition, go for it — with our blessing. But for heaven's sake don't confuse that which makes perfect sense in a sporting contest with what you should be resorting to when attacked, or when facing a deadly foe in military hand-to-hand battle!

Law enforcement officers do have occasional need for control holds. But military people and private citizens do **NOT**. And even in the case of law enforcement, control techniques should be taught *only after the officer has learned how to save his life against serious aggression!*

When we engage in hand-to-hand combat we are not concerned with "winning a match". We are concerned with **surviving**, and with destroying an enemy who is intent upon — at the very *least* — disabling and crippling us. Often, a defender is fighting for his very life when he must cope with one or more physical aggressors — either in an urban defense or military battle

situation.

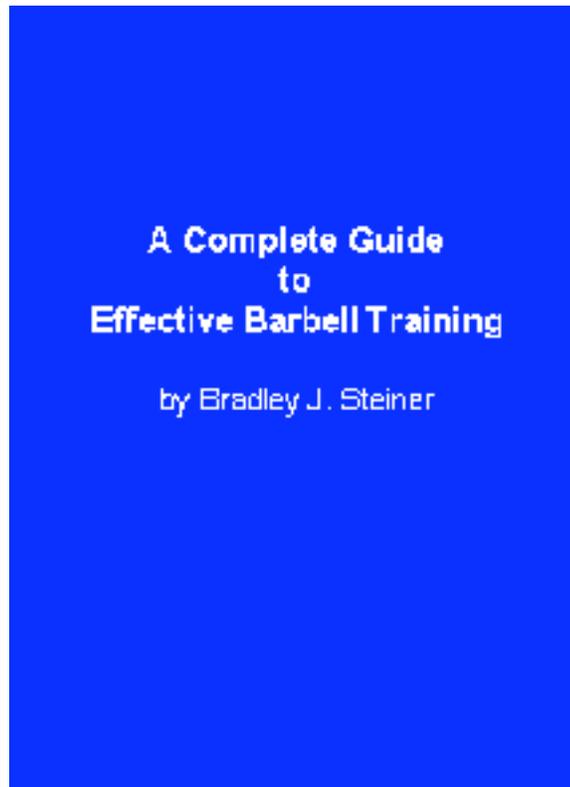


OKAY! YOU'VE GOT YOUR MAN IN A SUBMISSION HOLD! *NOW WHAT?* IF YOU ARE IN SERIOUS COMBAT YOU'LL HAVE TO DISABLE HIM DECISIVELY (WHICH YOU COULD EASILY HAVE DONE WITHOUT WASTING TIME AND ENERGY GETTING HIM INTO THIS HOLD). SO YOU WASTED YOUR TIME AND TOOK UNNECESSARY RISKS. IF YOU NOW RELEASE HIM, BECAUSE HE *SAYS* THAT HE GIVES UP, WHAT IS TO PREVENT HIM FROM PULLING A KNIFE OR GUN AND ELIMINATING YOU — IN PAYMENT FOR YOUR “MERCY”?

SUCH TECHNIQUES AS GROUNDWORK AND SUBMISSION HOLDS, AND GRAPPLING, ARE FINE FOR COMPETITION IN MMA AND THE UFC, AS WELL AS IN JUDO AND WRESTLING. *AND THIS IS WHERE THEY BELONG.* BUT IT WOULD BE VERY, VERY UNWISE TO THINK OF THESE TYPES OF SKILLS AS “COMBAT” OR “SELF-DEFENSE” TECHNIQUES. BY THE WAY . . . WHAT DO YOU THINK MIGHT HAPPEN TO THE FELLOW APPLYING A SUBMISSION HOLD IF A SECOND ATTACKER WERE TO BE PRESENT, AND IF THAT SECOND ATTACKER DECIDED TO KICK THE DEFENDER IN THE HEAD?

If you are training for self-defense or for military close combat, ***do not train in ground-grappling, “wrestling” or contest judo type skills.*** These are skills that are functional and sensible in **sport**. In real world combat you ***kick, gouge, claw, bite, strike, butt, smash with elbows/arms/knees,*** and **USE ANYTHING AT HAND IMMEDIATELY TO ASSIST IN DESTROYING OUR ENEMY.** *That’s the real world. Occasionally a throw might be employed, and neck-breaks and strangulations are sometimes used. But forget about contest methods. They are for sport. Don’t confuse the real world with the competition arena.*

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AS we explain to our personal students: The reason why our System teaches the relatively large number of techniques that it does (nowhere *near* the number taught in classical/traditional systems, however) is ***not*** because a student needs to master all of them — or even *half* of them. It is because our System had culled that which works from *all* of the WWII methods, and from several formal martial arts, as well as from numerous related systems (like the Nelson, the Bujosa, the Sigward, and the Martone methods), and from rough-and-tumble (“street”) fighting and street tactics, as well as boxing and the dirty tactics of prison fighting (“trick fighting”). We also include a curriculum of modern weapons training. *While all of that has given us an extensive martial art unto itself, it is a condensed and practical martial art — with all of the fat cut away — which teaches everything you need and nothing that you don’t need.*

Obviously, each student is different. Each individual requires a unique and “personalized” skills repertoire if his techniques are to be optimally practical

and usable *by himself*. Remember: Our *American Combato* System is for real world, practical use — for private citizens, soldiers, security and intelligence specialists, and law enforcement officers. For the System to work, it must provide for the unique requirements of each person studying it, and the skills must be usable for all ages, both genders, and for a lifetime.

Therefore, each student approaches our curriculum not with the idea of mastering everything, but rather with a commitment to **expose himself to all of those techniques that work, and to select from them those that work best for himself**. Then, having found those effective skills that are best for himself, the student trains long and hard to perfect them.

This, we suggest, is the best way for YOU to train, also. You may be studying our DVD Course, or you may be a student of some other system. Still, remember that finding that which suits you personally, and that is most natural for your body type and your psychological propensities is crucial if you expect to be truly able to use what you learn in actual combat.

Never mind striving to learn ten ways to handle a clothing grab or any other type of attack. Learn **ONE technique** that you feel totally confident about and that you can use speedily, naturally, and effectively. **Drill** until you can employ that technique reflexively and without conscious deliberation — the very moment you are attacked. Then you'll really *have* something!

We teach sixteen basic blows and more than 30 “minor” blows in our System. **No one** needs that many for practical use. *However*, by learning and working with all of those blows over months and years of training, a student learns which to discard as inapplicable to himself, while retaining and focusing on those that fit him best. The same applies to the many *attack combinations* and *counterattacks* that we teach. The student trains to discover and develop **that which he can do best, personally**; not to become a “technical encyclopedia”. In time, the student automatically develops a capacity for **spontaneous fighting**, using — like a boxer uses only four basic punches to box naturally, freely, and fluidly — that which he has developed in order to

cope with any situation, anywhere, at any time, under any conditions, against anyone.

Learn, train, study, explore, and strive to continue your personal development throughout your life. But do not make the mistake of thinking that you can become proficient in every good technique that has ever been developed. No one can do that.

What you *can* do is develop **YOU** to your ultimate, eventual *best*. Then, you'll be prepared for anything. **And you'll know it.**

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