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SWORD and PEN

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

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www.americancombato.com

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E d i t o r i a l

***Self-Defense Training Should Be A Part Of
Every Decent Person's Education***

WE know of no one over the age of six who has not had at least a minor experience being bullied or a major experience being violently bullied or otherwise physically assaulted. No sane adult can legitimately make the claim that *anyone* may, at any time, be the the victim of physical violence. The very young are not immune; teenagers are not immune, young adults are not immune, middle aged men and women are not immune, and ——— to the great disgrace of our species and every culture on earth, the elderly are not immune. *That there is a felt need for the education of all civilized humans in comprehensive*

—— *armed and unarmed* —— **COMBAT and SELF-DEFENSE skills is obvious.**

We distinguish between the decent and civilized, and the barbaric and savage. It is and always has been our conviction that these two variants of homo sapien CANNOT COEXIST. Nor do we feel that the barbaric and savage deserve to exist, at all. But here they are, and here they have always been, to the detriment and danger and misfortune and suffering and expense of the decent and civilized.

The fact that you do not look for trouble, that you mind your own business, and that you do not initiate or encourage violence is no guarantee that you will not need to deal with an out of control, impulse-dominated troublemaker, and possibly find your very life in danger or the lives of those you love in danger.

Self-defense skills are *not* a “luxury”. Since violence may strike anyone at any time and in just about any place, possessing the ability to deal with it is a necessity. Anyone who takes it for granted that because he behaves courteously, avoids trouble spots in the city where he lives, and always strives to avoid conflicts and arguments with others he will never encounter a violent predator, is making a very serious mistake. *Avoidance* is wise, to be sure; but it is not always sufficient. And if violence should strike it will be too late to learn how to deal with it. *You want to have the ability to defend yourself and those you love BEFORE trouble confronts you.*

In order to be prepared to defend against violence you do *not* need years and years of martial arts training. Nor do you need to enter fighting contests, become a competitive “champion” or a classical black belt expert. (All of those things are fine if you enjoy them; but you can certainly acquire reliable and even devastating close combat abilities without becoming a traditional martial art expert.) *Serious and war-proven methods of unarmed and hand-to-hand combat can be acquired in months; and acquiring such abilities is one of the most valuable investments of time and energy you can make.*

In many instances violent troublemakers will abandon their effort to injure a person who fights back hard, aggressively, with determination, and skilled actions. Remember: Violent types seek to *victimize* others. They do not want to have to deal with anyone who is well able to defend himself and thus injure *them*. This is not always and everywhere the case . . . but quite often it is so. So by becoming skilled and confident in quality battle techniques, you will often be able to cause punks or savages to *flee*, and eliminate the possibility altogether of being injured badly — or of injuring them severely.

For anyone with common sense it is abundantly clear that physical education is an important part of education. Many scoff at this because that which passes for physical education is often nothing more than playing a game for the duration of of the “class” and calling it P.E. That’s the equivalent of intellectual education that consists of thumbing through magazines for the duration of a class, and reading one or two interesting articles.

Training in a martial art — especially an undiluted *combat* art designed for the modern person — offers serious discipline, the cultivation of courage, the inculcation of confidence, healthful physical exercise, learning about aspects of abnormal and criminal psychology, an understanding of and a realistic appreciation for modern weapons and their lifesaving use by decent, responsible citizens, and the development of indignation and intolerance for human predators and troublemakers, while at the same time instilling the resolve *not to be a victim* of these creatures.

The Chinese have a saying. It derives, we would suspect, from their thousands-of-years-old martial arts history, although no one knows to whom the saying has originally been attributed to : “*MAKE SAVAGE THE BODY AND CIVILIZE THE MIND*”.

We have never heard a saner or more sensible admonition from any high school, college, or university regarding that which *ought to be* one

of the core elements in fully educating a man! And quality training in a comprehensive art of individual combat and self-defense is perhaps the *ideal* way to fulfill that objective.

Bradley J. Steiner



“A good plan violently executed now is better than a perfect plan executed at some indefinite time in the future.”

—George S. Patton Jr.



**TWO GREAT TRAINING COURSES THIS
MONTH AT THE PRESCOTT ARIZONA**

SCHOOL! TAUGHT BY PROF. BRYANS,
7TH DEGREE BLACK BELT.

CONTACT PROF. BRYANS AT:

928-637-6064

Course #1 - Stick Fighting in Close Combat

June 11th 9am to 11am

Cost: \$85. (Limited to 8 people)

Course #2 - Women's Self-Defense

June 4th 9am to 11am

Cost: \$65. — This is a very popular Course. It is repeated throughout the year. If you attend you will surely recommend to friends that they too avail themselves of this lifesaving instruction!

Prof. Bryans is an outstanding teacher and in fact is the only person (aside from ourself) who is an authentic teacher of this System, and who is authorized legally to teach it.

Prof. 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
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!

Escaping A Hostage Situation

A somewhat encouraging statistic is that roughly 80% of those people who

are held hostage survive, by one means or another. A discouraging fact is that no statistics can make you feel very optimistic when and if you are ever so unfortunate as to find yourself one of those who is being held hostage. And there is certainly **no assurance** that you will be among the 20%!

The majority of hostage situations — i.e. the ones that *do* end happily, with the hostage(s) surviving — are resolved in favor of those who were held captive by . . .

- A rescue that is undertaken by specially trained law enforcement or military people
- A negotiated release — again, undertaken by specially trained negotiators operating in a law enforcement or military capacity
- An escape by the hostage(s).

It is with this last that we will concern ourselves now, as this is really the only hostage survival solution that is entirely in the hands of the hostage, himself.

Successful defense against and escape from a hostage-taker is generally best achieved **as soon as possible**. That is, immediate and powerful resistance encountered by the hostage taker *as he makes his attempt to take hostages* is ideal. And there is no sense or purpose served by sugarcoating this fact: **lethal force** is what needs to be resorted to when dealing with a hostage-taker. There is every justification for the use of deadly force — armed or otherwise — in order to thwart a hostage-taking attempt. If firearms are available, ***shoot the hostage taker***. If a knife or other weapon is at hand, ***use that***. If all you have are your natural weapons, ***use them, and use them as savagely and as mercilessly as you are able***. You will have **one chance** to defeat the hostage-taker's efforts. ***Make it work!*** Once you have rendered the hostage-taker dead or otherwise physically incapacitated, ***get away!*** This applies even if the hostage-taking attempt was initiated in your own home. Escape by any available means. ***Run***. Get as far away from the scene as possible, and keep going until you are safe.

Surviving while being held in captivity ***until the moment to resist and escape presents itself*** will be the next immediate challenge that you will have to meet if deadly resistance at the outset was not feasible.

Your tactics now will need to be very different than what they would have been had you been able to resist immediately.

- Remain as calm as possible. Panic and hysteria will likely provoke the hostage taker to panic or to rage, and to violent action against you that he otherwise would not have taken at this juncture. *You gain nothing by “losing your cool”.*
- Do ***not*** be defiant or aggressive! This gains you nothing, and will certainly serve to increase the hostage-taker’s rage and to keep his alertness to your actions at the highest possible level. You want the hostage taker to believe that you feel subdued, helpless, and that you will be completely docile and compliant. You want to lull him into a false sense of security so as to set the stage for your own **attack** and **escape**.
- The more you can interact with your hostage taker in an empathetic way, the better. You need to be a good actor. If you and he can engage in a dialog of some kind in which you can come across to him as a non-antagonistic *human being*, and enable him to feel like you understand him (without necessarily agreeing with him), the better. *You need to be careful not to let empathy become sympathy.* The “Stockholm Syndrome” (a phenomenon by which the hostage becomes emotionally *allied* with and *sympathetic* and *protective toward* his hostage taker) is obviously anathema. We hope that visitors to our sites are hard enough and realistic enough *not* to be subject to this self-defeating occurrence.
- Be constantly alert to securing any possible weapon. But do not be hasty. You will get but **one, single chance**, so bide your time, remain apparently submissive and docile, until that chance offers.

- Once you perceive an opportunity to escape, ***seize that opportunity!*** It may come when your captor falls asleep, is eating, sets his weapon down (or perhaps holsters it), turns to look at something other than you, or is triggered into a state of concern over some sound he hears, etc. ***Then, ATTACK AND KILL!*** Use deadly force, and keep on using it until you see that you are now free to get away, and the hostage-taker cannot pursue you. Do *not* attempt to hold the hostage taker at gunpoint if you manage to seize his weapon. **Shoot him with it.** No words, no warning, no “dialog”. *Just shoot him.* If your hostage taker is armed with a knife that he sets down for a moment, *and you have the opportunity to snatch that knife, stab him with it.*

- If sexual assault is attempted by the hostage taker ***feign cooperation — even enthusiasm — because you will have a perfect opportunity to neutralize him while he engages in his assault.*** Fondling his testicles, ***then crushing and yanking them fiercely until he collapses*** is an excellent counterattack. So is kissing him, caressing his face, and then gouging his eyes while biting off his nose. All extraordinarily unpleasant and ferocious tactics, we agree; but nonetheless **effective**. And remember that an armed rapist must ***put his weapon aside*** in order to complete his attack. If you are ready, willing, and able, you can — at the opportune moment — seize his weapon and kill him with it.

Although obviously not something that is either easy or at all “pleasant”, when life and limb are in the balance ***nothing matters but victory and survival.*** If a female is forced to perform oral sex on her captor ***her teeth should not be overlooked as a perfect weapon.*** To be employed after feigning compliance, submission, and enthusiasm.—— but to be employed with every ounce of strength that she possesses in her jaw muscles, and with the lashing and violence that (hopefully) results in the destruction and literal *ripping off* of the hostage taker’s member.

NOTE: We emphasize that **deadly** force is the only appropriate level of force when striving to defend against and escape being held hostage. In point of fact it doesn’t matter if your hostage-taker literally dies. It *does* matter that you use force against him that either kills him outright or that leaves him so

disabled (perhaps seemingly dead) that you can escape without him pursuing you. **KEEP ON ATTACKING UNTIL YOUR ENEMY IS INCAPABLE OF BEING A FURTHER DANGER TO YOU — I.E. UNTIL HE IS UNCONSCIOUS.**

If you need any incentive to make the supreme effort when the moment of truth comes, and to act without mercy and direct deadly force against your hostage taker, think of your loved ones and that you must return to them.

Skills That May Prove Valuable

Most regular visitors to our sites will doubtless already know this, but the following skills (obtained *before* any hostage-taking crisis) will prepare you to whatever degree preparation is possible, for surviving and escaping a hostage situation:

Unarmed and armed combat abilities — including how to improvise weapons from objects at hand and use them effectively.

Acting ability.

The ability to climb, swim, run, drive motor vehicles, and ride a bicycle.

Land navigation skills.

Understanding and implementing the proper mindset for survival and defense.

Knowledge of the psychopathic criminal and terrorist mind.

Supreme self-control — especially the ability to remain silent and still for long periods of time.

Knowing how to hot-wire cars.

In-depth knowledge of the *Stockholm Syndrome* and how it works (and

how to avoid it)

Knowing how to make a hide and survive in the outdoors.

There has been no intention here to sugarcoat what needs doing. A hostage is at the mercy of the hostage-taker and **NO ONE**'s life and well-being should ever be at the mercy of any violent offender ——— ever.

Note: We understand that a person may be taken captive by more than one individual. While much more difficult and dangerous, *the situation is still not hopeless in every instance*. The basics that have been described are relevant. Tactics such as endeavoring to kill one of the hostage-takers **when the two or more are not together and when one need not do battle with more than one**. Clearly, this situation ——— i.e. of escaping from multiple captors ——— presents a tactical problem that requires unusual abilities and mental conditioning, as well as **LUCK**. Still, the victim must ask: “How desperate am I?” Whenever one assesses that death ——— or a fate that one regards as worse than death ——— is inevitable if one does not resist, then **RESIST! Do not go hopelessly to your own destruction**. Deceit and deception can pave the way for opportunity . . . and then, **one chance**. With times as they now are in the world, we thought this piece would be helpful fuel for thought.

Interesting Anecdote: The late *karate* teacher Robert Trias, according to what we were told many years ago, used his expertise in *karate* to escape imprisonment by the Japanese during WWII, when Trias was serving in the armed forces in the Solomon Islands. *Karate* expertise enabled him to escape from captivity by soldiers during wartime. Never underestimate *classical karate*!

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Miffed!

ANYONE purchasing either live instruction from Prof. Bryans in Prescott, Arizona or from ourself, in Seattle, Washington *or* purchasing DVD instruction for a full course of home study, will learn the finest and most reliable unarmed close combat techniques for offense-based self-defense, and fundamental knifework and stick fighting, that can be had — anywhere in the world. **However**, the foundational element for *all* combat and defense studies is a simple thing that very few address even slightly, and fewer still address correctly and effectively: That is *the warlike attitude*.

The warlike attitude is a component of the process of mental conditioning that is required to make a student of combat skills *truly prepared* to use that which he has learned in a genuine, honest-to-goodness emergency.

What prompted this little presentation is what a colleague recently told us about a “name” shooting school that rakes in a fortune every year, and that has come up with their most recent “cash cow”; a five day course that combines close-in combat handgun shooting and unarmed combat that will enable a student (so the claim goes) to be 100% ready for any contingency in which all-out weaponless *and* pistol skill is demanded to save his noble ass. One cannot help but wonder just what are all of the *other* handgun courses that this wonderful facility offers good for? And each course (of normally five days duration) costs a pretty penny! Will this facility ever conclude that they are finally offering enough training in how to use a **very simple and easily mastered weapon** (*if* you teach the proven point shooting skill, and don’t get sidetracked into the interminable “advanced” combat tricks, skills, gimmicks, and challenges)? *We think not*. When you’ve got a good thing going, why stop?

This facility’s latest armed/unarmed bargain costs a mere **\$8,000.00**. Here’s a

tip, for those who are —— financially —— sucking wind, and who really cannot afford even \$800. for comprehensive training: We assume at this point that you've taken a dirt-cheap NRA safety and gun handling course. Purchase a good basic pistol, 100 rounds of ammo, and a copy of *Kill Or Get Killed*, by Rex Applegate. Set aside 20-30 minutes daily to train in the unarmed, knife, and stick instruction in *Kill Or Get Killed*, and read through the chapters on firearms use —— **study them** —— and after doing so **PRACTICE** exactly what Applegate teaches in his classic book. ***Everything in that book has been combat-proven in war (by soldiers and marines), and in peacetime (by dozens of city, state, and federal enforcement organizations).***

You will, if you stick to that program we described, be fully proficient in armed **and** unarmed close combat, to the point where you possess the mechanics enabling you to more than adequately defend yourself and your family. **But it will take months of real effort and regular effort, and this must be attended . . .**

MAKE CERTAIN THAT YOU ARE ABSOLUTELY DECIDED AND SETTLED ON THE FACT THAT YOU WILL IN ANY EMERGENCY, IF NECESSARY, MAIM OR KILL WITH NOT THE SLIGHTEST TREMOR OF HESITATION.

The above is the key! Read it again. And again.

In all of our live instruction we ***pound*** endless mental conditioning and psychological programming into our students (to whom we teach unarmed *and* armed combat for self-defense) **as well as train them in the technical skills and tactical habits**. That's the only way to do it *for real*. If you are our personal pupil you will be drilled and changed and conditioned so that *you will be more dangerous to a dangerous attacker or attackers than they are able to be to you!* If you are not our personal student, use our self-hypnosis programs. They work marvelously.

Here's the truth: **If you are not fully ready and willing to take human life**

if necessary, then your skill with a firearm (or any lethal weapon — or deadly unarmed combat) is USELESS. *With that attitude — which is a “warlike attitude” — you can meet the deadly, dangerous, psychopathic attacker and **defeat** him.* Remember: **He already is totally ready and willing — and usually ANXIOUS! — to maim or to kill YOU and those you love.**

You do not need five full days to learn what is necessary about combat shooting and handling an attacker, unarmed. You can learn everything you need within 10-12 hours. ***But you will need months of hard, regular practice and training in order to develop the ability to use that which you have learned under combat conditions.*** And unless the base of your preparation is that **readiness and willingness to maim or to kill** when you must, your practice will avail you **nothing**.

Look at how many brainless, ignorant street punks and other worthless savages manage to shoot and kill people; private citizens as well as cops and sometimes military people. They’ve normally had *no* “training” per se. They use random (normally stolen) guns, and their knowledge of ammunition, holsters, tactics, etc. is **nil**. Yet, they do successful armed home invasions, carjackings, terroristic attacks on people for “thrills” or for insane “ethnic vengeance”, and assassinations, etc. No “training”. No “name” shooting schools. No “retraining” in order to stay sharp — or any other popular thing that the ardent, potbellied, coors-swilling, two-hundred rounds a week at the range gun aficionados often do, with absolute dedication. The violent living garbage is **dangerous** and **effective** primarily because it is so subhuman that it has no problem whatever in disregarding the value or significance of human life. It stabs, beats, clubs, chops up, rapes, and shoots its victims because **IT POSSESSES THE WARLIKE, SAVAGE ATTITUDE THAT YOU NEED! YOU HAD BETTER DEVELOP AND CULTIVATE TO AN EXTREME THAT *WARLIKE ATTITUDE* IF YOU HOPE TO BE ABLE TO DEAL WITH THE MONSTERS, SHOULD THEY COME TO YOU.** Your advantage, then, will be that **YOU** have the same ruthless, kill-or-get-killed attitude that the scum has, but **YOU** will also have the best skills and

techniques, and tactics with which to *use* those skills, and with which to destroy the monsters!

We certainly are not suggesting that there is anything wrong with attending whatever shooting schools you wish, or/and, if you are a gun enthusiast and can afford the ammo, blasting away at the range with the regularity of a chronometer. Shooting is great fun! **We are simply saying if that if you want to be able to effectively learn how to use a handgun for self-defense, you need *none* of that in order to achieve your objective.** No teacher and no gun magazine will ***EVER*** suggest that what we present here is the truth. If you cannot figure out *why* they won't, then you should subscribe to all of the magazines and attend each of the "name" shooting schools ASAP. You will **love** what you read and train in! Ditto for the so-called "martial arts schools and magazines" that promote competition, classicism, or (God forbid!!!!) "humane self-defense" (read: **training to commit suicide**).

If you believe that you are going to learn and develop the handgun ability *and* unarmed combat ability you need in an intensive five day course, **go for it!** We can't help you. But the only thing that can be achieved in five full-time days of instruction is to teach you *what* you need to do (and the schools rarely if ever teach that alone — preferring to fill up the hours with every variant of bullshit and with the tendency to overemphasize the obvious. Being able to **actually do it** — **under combat conditions** — **will demand of you months of *hard practice and work***. We ourselves teach short-term intensive courses all the time; ***and we never fail to INSIST to ever pupil that he practice that which we've taught him until it is reflexive and natural, and committed to his motor memory and nervous system.*** And it's all **SIMPLE**.

Armed or unarmed, **ALL** combat and self-defense skills **MUST** be grounded in that warlike attitude, simple and ferociously vicious, savage actions of unarmed and armed combat, and if you can't see (or possibly stomach) that, then don't bother attempting to learn self-defense.

And that's the truth.

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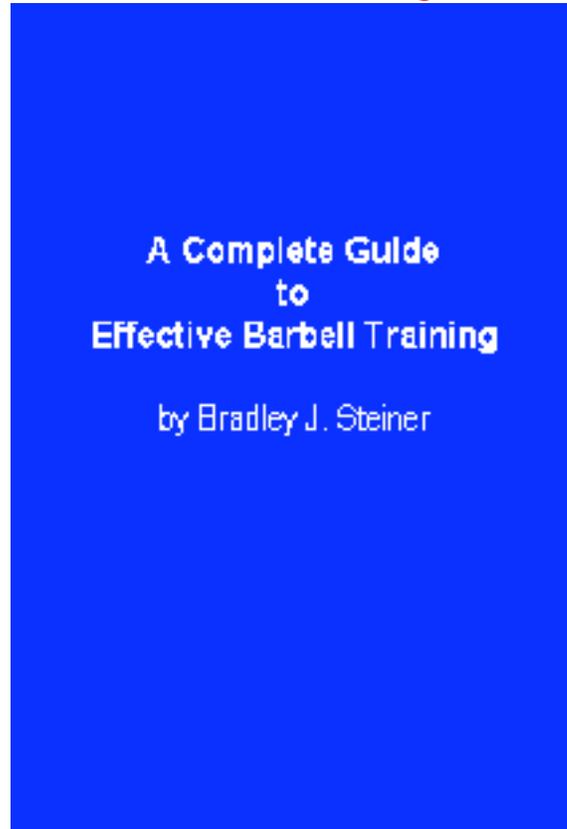
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Work Around It

TRAINING seriously will, for most of us, produce occasional training injuries. This applies to injuries from weight training and injuries from the vigorous practice of close combat. Rarely if ever are these injuries serious, but they *feel* serious when we get them, and the more dedicated we are to training, the more bothersome and annoying they can be. Also, quite a large number of people have injuries that are chronic, or have minor disabilities with which they must live. None of the people we have described should be discouraged from training regularly and vigorously. *All* of them can achieve their objective of acquiring a high level of conditioning and fitness, and the ability to defend themselves well against serious and dangerous aggression.

The idea is to understand that shortcomings can almost always be compensated for, and that by accepting and *working around* whatever temporary or permanent irregularities one might be afflicted with, one can do extremely well, and need not be dismayed. **Self-defense is for everybody.**

The only real requirement for being able to work around an injury or disability — or even a personal shortcoming — is a combination of **acceptance**, **common sense** and **mental toughness**. And we urge all who find themselves needing to deal with this type of problem to understand that *the act of handling this dilemma well, and sticking to the task, will ultimately provide a self-confidence and degree of inner-strength that will benefit them for the rest of their lives, and in all aspects of their lives.*

Years ago in NYC when we ran a rather large gym there, one of our friends injured his shoulder. It was not from the unarmed combat practice, but from weight training. He *refused*, despite our constant warnings that he should **rest** his shoulder and give it as much time as was required to recover fully, to simply *respect the fact that he needed to accept the injury that he had sustained and stop training his shoulder for a while*. So, our friend refused to stop battering his shoulders with hard exercises that could not possibly be productive under conditions where an injury existed, but that were undoubtedly **harmful**. We continued to warn him and insist that he needed to stop this madness and train around his injury. But no use. He continued for a couple of weeks; whenever he came in to train he worked his shoulders — and he could not do his normal shoulder exercise (i.e. heavy pressing), though he foolishly tried. His shoulder was becoming *weaker* and hurting more with every attempt to exercise it that he insisted upon generating.

Finally, our friend became so frustrated and angry that he **literally** picked up a small dumbbell and began to beat his shoulder — stopping only when we yelled at him and ran over to him screaming “You’re crazy! Stop that!”

Instead of eventually recovering from his malady, our friend **permanently injured his shoulder** as a result of his refusal to accommodate a need for **rest and recovery**.

So how did allowing himself to ignore his injury and finally disable himself benefit him? Obviously he only made an uncomfortable situation genuinely serious and **permanent**.

Don’t be foolish. **Accept (for the time being)** any injury or shortcoming that you may have. You’re human, friend! Human bodies get injured on occasion. And, everyone on God’s earth has, or will experience, weaknesses, shortcomings, injuries — along with attendant setbacks — sometimes during their lifetimes. The answer to this inevitability is *not* to become angry because you are not a superman, and to resent and abuse yourself. The answer is to understand and appreciate that you need to **take good care of**

any problem that has arisen, and give your body the rest and care that it now needs.

*Some shortcomings cannot be changed. Like being very short. Or having some kind of chronic illness. Or not being very strong. (Yes, the latter can be corrected to a degree by sensible weight training. We did it. *But despite our having built ourselves up significantly by weight training, we cannot — and never could — even approach the strength that some “naturals” possess . . . and they never touched a barbell!*)*

Common sense will guide you, if you'll use it, to effectively working *around* whatever you need to deal with. Find two or three techniques that will accomplish the same thing for **YOU** that the technique you cannot seem to perform well accomplishes for those who can perform it. Can't execute combinations of a certain kind? So what? Find combinations that you **can** execute. *Build yourself into a custom product!* That's what a good teacher will always be attempting to guide you to do, anyway. You might find your “shortcoming” to have actually been an asset, after a period of striving to work around it. You'll discover things about yourself, you'll build up in areas that you might not have realized were “best for **you**”, etc.

Build yourself! Build your skills for yourself. Develop *you* — and embrace your shortcomings as opportunities, and treat your injuries as you treat a close friend's.

Develop **MENTAL TOUGHNESS**. Refuse to get discouraged. Work *around* problems; *all* problems, not only the physical ones. Doing so will teach you one of the most valuable things that martial arts training can teach you: **Never give up. Hang in there and keep on keeping on! Set yourself to succeed in the long run, and shrug off discouragement and setbacks that *everybody* experiences in some form at some time.**

Injure your leg? Train your upper body intensively until your leg heals. Injure your arm? Shift to leg work. Etc.

You're neither very strong nor very big nor very athletic? **Build the mindset of a murderous, fearsome warrior.** And never forget: Some of history's greatest and most formidable warriors were physically substandard. Audie Murphy comes to mind. Develop your skills to their maximum, but don't fret because others have built *their* skills beyond yours. **You train with weights as you train in**

combative skills: for YOU.

We hope that we've fired you up a bit and set you straight on a matter of *very* serious importance.

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Spying, Bodyguarding, Special Forces: Good

Career Paths For Martial Arts

Enthusiasts?

HELL no! In fact the popular myth that being expert with close combat with and without weapons is the major part of secret intelligence work, providing protective services, or carrying out elite military assignments is **bullshit**. Go on YouTube and enter “CIA” or “Mossad Training”, or “Special Forces Training”, or “Bodyguard Training” and see what comes up. Aside, perhaps, from some interesting **documentaries**, demonstrations of weapon disarming, of all sorts of unarmed combat, of firing weapons, and of all sorts of violence and dangerous action.

“Well, isn’t that what these occupations are all about?” No Bubba, that is ***not*** what these occupations are all about. And if you apply to CIA, the U.S. Secret Service, or the U.S. Army’s Special Forces and present, as your qualifications, that you’ve got a black belt, be prepared for some very

patronizing comments, or low-level hysterical laughter ——— depending upon who you speak to.

If you are wise you will look at your close combat and self-defense training as a valuable personal skill that will assist you throughout life in providing self-confidence and a sense of security, and additionally a wonderful aid to fitness and discipline. However, do not be duped into believing that training with yourself, or Prof. Bryans, or *anyone* for that matter in close combat, will make you a shoo in with any intelligence, executive protection, or elite military organization. It won't.

Having just heard exactly what you may not want to have been told, you might now be interested in knowing what *will* make you a desirable candidate for any of the aforementioned ——— or related ——— “action careers”.

Careers in Intelligence

Perhaps 90% of what CIA does (as an example of one of our Nation's top intelligence organizations) is scholarly, academic work. Listening to and analyzing broadcasts from every nation on earth; poring over business, scientific, industrial, academic, and military journals, newspapers, professional and industrial reports, academic papers, and scrutinizing political, professional, and academic speeches for *any* item or information relevant to the United States of America's and our allies' interests. Translating just about anything you can think of from anywhere you care to name is also among the tasks assigned to intelligence analysts. Please note that word “analyst”. There are many, many times more *analysts* in the field of intelligence than there are those who serve in what you probably have in mind: *clandestine services* (or, if you are in the United Kingdom, the “*field service*” of any of the agencies there). These departments are relatively small compared to the more overt and academic departments within the intelligence community.

So . . . if you still want to know what you would better do in order to get hired by a national intelligence agency:

- Get a bachelors degree. While your grade point average is more important than your major (your GPA should ideally be 4.00), the best bet would be, say, a major in one of the “critical languages” *and* a 4.0 GPA. Those

languages that are considered **critical** vary slightly from time to time. But these are certainly among the current listing: Any of the Arab languages, Korean, Mandarin Chinese, Thai, Tagalog, Japanese, and Russian.

- Keep your personal record clean. Use good judgment in your finances and in your personal relationships. Do not use drugs.

- If you serve in the military you do not need to serve in any elite unit. However, you do need to be honorably discharged and to have a good record. (It is probably still true that members of the Army's Special Forces are, if honorably discharged, offered immediate contract work with CIA. So, **if** such service appeals to you, you might consider SF).

- Develop excellent written and spoken communication skills.

- Stay physically fit. Keep up your martial training.

- A fairly recent major field of undergraduate and graduate study is "Intelligence Studies". Our feeling about this is lukewarm. If you are fluent in Pashtu or Chinese or Russian vs. having a B.A. in intelligence studies we'd wager that **you** would be hired before the intelligence studies guy. Every intelligence agency provides whatever profession-specific instruction a new hire requires. You don't need to come into CIA knowing all about intelligence work. They'll teach you that. But if it's a choice between majoring in "Women's Studies" or "Intelligence Studies" we'd strongly urge the latter.

Careers in Executive Protection

There are some really outstanding "bodyguard" schools. There is Dr. Richard Kobetz' *Executive Protection Institute*, and Gavin de Becker's *Gavin de Becker & Associates*, as well as others. The U.S. State Department has its *Diplomatic Protection Service*, and the U.S. Marshals operate a school for their officers. We have had a number of our students graduate from Dr. Kobetz' facility over the years, and one of our Brown Belts currently works for the *Diplomatic Protection Service*. Another of our students works for the U.S. Secret Service.

In providing protection for public figures, dignitaries, celebrities, v.i.p.'s etc. violence is the **worst** thing that can happen. Whether the President of the United States, or a CEO, or an actress or comedian . . . **no one who requires protection wants anything resembling trouble or violence during the course of his or her activities.** As a professional bodyguard (assuming you want to enjoy a regular clientele) **AVOIDING ALL TROUBLE** is our primary task. *Uneventful* describes a successful bodyguard mission. Yes, you need to be qualified to a high level with firearms, and close combat; but you also want **NEVER** to need to call upon those abilities as a professional protection operative.

Our strong recommendation is that if you want to have a career in protective services you join the U.S. Secret Service, the U.S. Diplomatic Protection Service, the Marshals Service, or another Federal agency in which the mission of protection is an important part of the organization's responsibility. It is possible to be a bodyguard in the private sector, but as a career you will not have the benefits, the authority, the backing, and the quality assistance from other operatives that a government agency can give you.

There is a lot to learn and to acquire proficiency in when preparing for protection work. You need to study emergency medicine, high performance driving, risk analysis, liaison procedures with police departments, threat assessment, lifesaving, and much more.

Special Operations Forces (Military)

The elite of the elite here is the U.S. Army's *Special Forces* (referred to on occasion as the "green berets"). Google "U.S. Army Special Forces Q-Course". That will provide you with much more than we have space here to list about the requirements. And these requirements must be met *after* joining the Army and successfully completing their basic training requirements, *and* jump school. If you fail to qualify as a paratrooper, forget about even beginning the SF training Qualifications Course ("Q-Course").

We have met and enjoyed having as personal students many SF soldiers over the years. A few have reported having **no** army training in hand-to-hand combat, and one described an amazingly extensive program in hand-to-hand that, as a participant in the Phoenix Program in Vietnam, he went through. Obviously, your close combat and self-defense training will be relevant in

Special Forces; but weaponry, unconventional warfare tactics, SERE, foreign language training, and much more will take precedence over any hand-to-hand combat you may already know or be taught in the Army.

Please take this article in the spirit that it is intended: To provide some basic guidance for young combat arts students who believe they might enjoy a career in an occupation that may one day require the use of those skills that they are working so hard now to acquire. There's more to it than you might think; and it's better you know this fact ahead of time than that you discover it too late.

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**:

- 1. We must be quoted in context.**
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PLEASE be sure to tell others about this site and about our other web sites.

We would like as many as possible to benefit from the information and instruction that we provide!

YOURS IN DEFENSE,

Professor Bradley J. Steiner

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—end—