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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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E d i t o r i a l

Just A Few Good, Reliable Techniques

***"Some Warriors look fierce, but are
mild. Some seem timid, but are
vicious. Look beyond appearances;
position yourself for the advantage.-***

Deng Ming-Dao

TO become an expert in any traditional martial art takes years of serious hard work. To achieve a black belt in our own System, *American Combato (Jen•Do•Tao)* also takes years of hard work; **but you can acquire the ability to defend yourself in most difficult and dangerous situations with our System in a matter of months.** To be able to use a classical art with practical effectiveness in the real world normally demands *at least* a few years of training. This latter path also demands great flexibility and the maintenance of agility, since the techniques taught are in many instances unnatural and require that the user be in regular training, top shape, and not too past middle age.

American Combato skills are readily retainable throughout one's **entire lifetime**, are doable by persons in their 70's and 80's, and may be retained by only a minimum of regular practice time, once acquired.

For **self-defense**, regardless of who you are, your occupation, and your age (providing you are an adult), *you want American Combato if you want a practical, reliable lifetime system of real world close combat and self-defense.* All of the martial arts are good. But they are ***not*** all good for the same thing. Close combat and personal defense is a field of study unto itself. And while you might be able — — after years of training — — to *adopt* some of classical or competitive techniques to real defense emergencies, undertaking their study *if you want combat training* would be a serious mistake.

For practical self-defense ***quality*** by far outstrips mere quantity. That is, extensive knowledge is nice, and those few who become dedicated to close combat and defense training will always enjoy acquiring extensive knowledge over their lifetime of training; *but the person simply wishing to be able to defend himself should realize that **intensive mastery of and ability with** a relatively small number of techniques should be his objective.* How few? We'd say that anyone training with us either in person or via our DVD Course should emphasize culling **8 to 10 Basic Blows, 8 to 10 Attack Combinations, and Two Dozen Counterattacking Techniques** from the material he is exposed to and ***MAKING THEM AUTOMATIC, REFLEXIVE, STRONG, FAST, ACCURATE, AND DOABLE UNDER THE WORST DEGREE OF STRESS.*** This takes time. Not "many years", but it definitely cannot be done in a couple of weeks.

Training hard, practicing assiduously on a daily basis, it can be accomplished in **4 or 5** months. More likely, it would take most students **10 to 12** months.

If that's too much, then don't entertain the idea of being capable of defending yourself against dangerous and violent offenders. We are *not* dealing in magic, and we misrepresent *nothing*.

Even serious, long-term students of our System are counseled to go through our core curriculum *with an eye to discovering that which suits them best, and that which they would better leave aside*. No one needs encyclopedic knowledge and ability in order to be formidable in close combat and self-defense, and while the personal repertoire built by the serious, long-term black belt student will certainly be more extensive than that of the short-term dilettante, our recommendation for him is not greatly beyond that of our recommendation for the dilettante: He should focus on mastering **the 16 Basic Blows, 12 to 15 Attack Combinations, and 35-40 Counterattacks**. (Obviously, I am not including our weapons programs — — *knife, stick, firearms, tomahawk, expedient weapons-at-hand* which also require mastery by serious, long-term, black belt students).

This is not “a lot”. Juxtaposed with classical martial arts it is a *very* condensed and abbreviated program. But it is as **effective** a program as exists anywhere — — as far as practical close combat and self-defense is concerned!

While some very admirable classical schools of the Asian martial arts understandably stay with tradition and demand that students learn the rather large body of doctrine that their systems contain, *precisely because they are classical arts* (and we applaud this), too many martial arts schools today offer what appear to be *endless* numbers of skills and techniques, **purely to keep students coming**. No one needs *thousands* of individual “self-defense” techniques. Indeed, to approach such a program with the idea of actually acquiring *proficiency* in even **half** of what is offered amounts to idiotic folly of the worst order. For real world self-defense and/or military combat purposes only a relatively few — — but ***top quality, destructive, adaptable, learnable, retainable, and versatile*** techniques are required, not narrowed-down, single-purpose, limited, *specific* techniques that fry the student's mind when he attempts to learn and remember them!

Keep this in mind if your purpose is acquiring solid confidence and solid, practical ability in close combat and self-defense.

Bradley J. Steiner

Postscript:

Fairbairn emphasized only four critical blows in his classic training film “*Gutter Fighting*”, which he produced during WWII for the O.S.S. These four blows — **tiger’s claw**, **chinjab smash**, **handaxe blow**, and **side kick** — are all taught in our DVD #1 (in addition to other essential material). *Only four basic blows*, and in his film he demonstrated how virtually unlimited sequences and combinations may be spontaneously utilized with those blows. It was made quite obvious that mastery (*not* mere “learning of”) those simple four blows enabled their user to deal with nearly *anything*. Very impressive. But more important: *absolutely true!* Today, when students during peacetime have months and even years to learn and to train and to practice, we need not limit our repertoire to so few actions. However, even when learning a considerably more comprehensive syllabus, the goal of the student should always be to **boil down** his personal repertoire to his “hardcore best”. Quality, not quantity.



ABOVE: A STILL FROM “GUTTER FIGHTING”. FAIRBAIRN DEMONSTRATES THE EDGE-OF-THE-HAND BLOW TO THE CAROTID ARTERY. THIS SIMPLE BLOW CAN BE

DELIVERED TO MANY TARGETS ON THE HUMAN BODY, AND IT IS AS DEVASTATINGLY EFFECTIVE AS IT IS VERSATILE!

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!

H u m o r

SOMETIMES we forget that not all of those who visit our web sites and read our monthly offerings are like the typical 99.9% whom we know to be intelligent, honest, and genuine truth-seeking persons of way above-average intellect. Every once in a while, it appears, a card-carrying **HORSE'S ASS** peruses our material and comes away confused, befuddled, and, well, as mixed up as we'd expect a horse's ass to be!

No, Virginia, there is no "Bradland".

We honestly thought that no one could be so, ahem, dull, as to believe that we were either *referring* to an actual geographic location on planet earth, or that we *believed* that such a place existed. Surprise, surprise.

Some time ago we received an email in which some poor fool declared that we were “hallucinatory” because we referred to a “Bradland” — i.e. a place, this master of earth science and geography informed us, that “Doesn’t exist!”

No kidding.

We use the term *Bradland* occasionally — and we will continue to do so — to refer to an **imaginary** place where people would live, and circumstances would be as *we, personally* would like them to be. (For any kindred spirits — read **horses’ asses** — of that poor soul who emailed us, please note: **We are “Brad”.** **When we use the term Bradland, we mean an imaginary place that meets our personal ideals.** Don’t fret; we are simply kidding. Got it?)

Okay. Now you can go and play in the sandbox and not worry your little head over the matter.

Throwing In Close Combat

A handful of ***combat*** throws definitely are worth learning and developing. However, as we have discussed years ago, *throws of the customary judo type are of very questionable value in real world hand-to-hand battle.* Yet, just about every martial arts school purporting to teach **ju-jitsu** actually instructs students in the conventional throws of Kodokan **judo**. (We note that one of the most prestigious schools in the Bronx, N.Y. teaches the same repertoire or curriculum of throws that is taught at the Kodokan Judo Institute! And these throws are taught as a part of the school’s **ju-jitsu** system).

Jigoro Kano, the Founder of Kodokan Judo, was a student of several different schools of ju-jutsu. Believing that the art of ju-jutsu taught many excellent and outstanding principles of physical and mental development, but also realizing that ju-jutsu was a dangerous and warlike art (and was diminishing in popularity as the age of the samurai was coming to a close) Kano sought to create an art that taught the essential principles of ju-jutsu, but that could be practiced by everyone of any age. He wanted to develop a martial *WAY* that offered healthful physical training, mental discipline, enjoyable fellowship, competitive sport (for the youngsters), and that could be adapted for emergency self-defense should a crisis ever come up in the life of the judo student. We believe that the good Dr. Kano succeeded brilliantly in his purpose and we cannot praise the Art of Kodokan Judo enough. Of all the combat *sports*, we rate Kodokan Judo — along with Western boxing — the highest. And while we will be the first to acknowledge that a seasoned and expert judoka (i.e. usually someone in his late 20's to mid to late 30's who has achieved 2nd or 3rd degree black belt in the Art, and who is in *hard training*) can almost always defend himself well against a violent troublemaker, we will also insist that judo is **not** close combat or pure self-defense. The person looking for combat training per se should not train in a sport in order to achieve his objective. (Remember that *all* combat sports — wrestling, boxing, judo, fencing, football, kick boxing, competition karate, etc. and so on — can be utilized by a highly skilled and accomplished participant, for self-defense). One can also say that any race car driver of high ability and experience could probably adapt his driving abilities to the job of a bodyguard/chauffeur. But if you wish to learn anti-terrorist/protective driving as a professional bodyguard ***do not start training for the Indianapolis 500***. Study protective, high performance driving under teachers who know how it's done.

The throws of judo are ***not*** the throws that a student of close combat and self-defense should learn. Even when these throws are **labeled** “ju-jutsu” (or in the case of the MA/BJJ followers, “**jiu-jitsu**”) they are judo throws. For actual combat two rules obtain: **1. Blows are the primary means of combat**, and **2. Stay on your feet**. In judo (as in MMA and BJJ both of which use **judo**, not **ju-jutsu**); rule number two is of course irrelevant. The

goal is to *throw your opponent, and then go to the mat and apply a suitable submission hold* — winning the match). Great sport! Not one word against it — **unless someone represents it as hand-to-hand combat or practical self-defense**. In judo more often than not, the thrower *ends up going to the ground with the one he throws*. Again, this is fine and sensible, since the objective of submitting the opponent in a judo contest is almost without exception achieved on the ground. **BUT TRAINING IN SKILLS THAT ADVOCATE GOING TO THE GROUND IN ORDER TO CONCLUDE THE ENCOUNTER ARE, FOR SELF-DEFENSE, STUPID, IMPRACTICAL DANGEROUS, AND ADVOCATED AGAINST BY EVERY GENUINE COMBAT TEACHER!** We are perfectly content to have others disagree with us. But for those who are training and learning *for real world self-defense* we are presenting facts and proven doctrine that has been validated time and again and proven hands down in **war**.

Okay. Now — *in general* — the following is a brief orientation in *why* judo and competitive throwing is less desirable (and *far less practical*) than delivering blows of the hands and feet, and occasionally using *combat* throws to defeat an enemy . . .

- Competition throws demand close-in contact and “tying up” with an enemy before they can be executed. In Kodokan Judo it is recognized that **SPORT** throws demand *three separate steps*: i. Off-balance the opponent, ii. Place yourself in position for the throw, and finally, iii. Execute the throw. **Combat** throws, being far less elaborate and complex, require but *two* steps: i. Strike or smash the opponent viciously, off-balancing him *and* placing yourself in position for the throw, and ii. Execute the throw. **No “finesse” is employed to push, tug, or maneuver the opponent into an off-balance position.**

- Competition throws demand real skill in order to be *able* to off-balance one’s opponent through agile maneuvering. This skill takes a long time to develop and is unnecessary for combat. *Making oneself subject to the application of this principle via continued drill makes for a*

potentially deadly error when the “contest” is a real hand-to-hand battle.

- Competition throws just about *always* involve the thrower going to the ground with the one whom he throws. This is s.o.p. in **sporting competition** because — as the Gracies correctly contend, *just about every fight goes to the ground*. What they cleverly and self-servingly **NEGLECT TO MENTION** is that that observation applies to **SPORTING “FIGHTS”**, *not to hand-to-hand combat*. **MARK THIS FACT WELL!** In close combat the true *combat* throws put the opponent on the ground and leave the thrower *standing*. Finishing is not done in combat with “submission” holds; it is achieved by kicking, stomping, knee-dropping, and otherwise *striking* the downed adversary.

- Competition throws, *unless executed by a real master and expert*, leave the thrower vulnerable to being struck by any of a large number of blows as he is attempting the throw. **The opponent in a contest may only avail himself of specific allowed actions, usually the same identical actions that his opponent uses against him! In a hand-to-hand battle ANYTHING GOES, and that makes attempting skills that depend upon rules and agreed tactics in order to be effective very, very dangerous to rely upon!** A Masahiko Kimura might be able to employ the judo hip throw (O-Goshi) against a violent attacker, but 95-99% of the rest of us would be better advised to apply a side stomp kick to the enemy’s knee, a front kick to his testicles, or a tiger’s claw or fingertips thrust to the eyes, when an enemy moves in to do us real harm! **Combat throws are simpler and DO NOT demand that we deliberately turn our backs on an enemy before slamming him to the deck.**

- Competition throws — and competition, per se — is normally conducted with participants being matched according to weight, size, and/or skill-level classes. Using judo type throws *even most black belt experts* would have a difficult if not impossible time succeeding against a stronger, larger foe who was fierce and experienced in rough-and-tumble (“street”) fighting. Combat throws, while always less desirable to employ than blows, at

least *are feasible and doable against a stronger, larger, dangerous enemy.*

- Competition throws (being intended for employment on protected, matted surfaces) do not pose a danger to the skilled contestant who employs them, since his going-to-the-mat with his opponent is **NOT** the same as smashing down on *concrete* or *rocky, debris-strewn ground*. **Maki-komi, Tomo-enage, and Uchi-mata** are just plain too dangerous to use in real combat. Combat throws do not pose such a hazard.

- Competition throws are the **mainstay** for bringing one's opponent to the ground *in competition matches*. Almost *always* in real combat, when in a position to *attempt* a throw, one is in a great position to *use blows*. One of the serious dangers of competition throws (and of competition) is that the participant becomes habituated to *doing things the sporting way*. This is dangerous because in combat one is not competing in a sport, and in combat one resorts to that which one has become habituated to, through training. The combat student lashes out with fast, destructive blows and only rarely if ever employs a throw. For the combat student throwing is a minor and exceptional technique; so even though he uses throws that do not possess the shortcomings of the competition throws, *he uses even those throws sparingly*.

For reader-reference the throws we teach in *American Combato* (vastly subordinate to **blows**) are the following — always taught in *conjunction with blows*:

—— **Head-twist throw -or- “takedown”** Taught as the concluding action in a counter to a frontal, underarm “bearhug”

—— **Leg-block throw** Taught as a finishing move in a counter to a one-arm clothing grab

—— **Leg and testicle pick-up throw** Taught as finishing action against a rear underarm “bearhug”

—— **Flying mare (ju-jutsu shoulder throw)** Taught as finishing action against a straight-in thrust

- Fairbairn’s hip throw* Taught as part of an attack
- Throat-lock/mouth hook throw —— Taught as part of an attack
- Chinjab/kidney smash throw —— Taught as part of an attack
- Reverse hip throw (ju-jutsu hip throw) —— Taught as part of an attack
- Arm hook to throat throw —— Taught as part of an attack

There are no breakfalls for these throws. All throws entail *serious injury* inflicted prior to and *while the throw is being executed*, with likelihood of permanent injury or death when adversary hits the ground.

*** FAIRBAIRN HELD A 2ND DEGREE BLACK BELT FROM THE KODOKAN JUDO INSTITUTE. HE WAS A JUDO/JU-JUTSU EXPERT. NOTE THAT HE THREW OUT THE JUDO HIP THROW (O-GOSHI) AND TAUGHT HIS OWN VERSION OF WHAT, DURING WWII, HE REFERRED TO IN *ALL-IN FIGHTING* AS THE “HIP THROW”. IN REALITY OF COURSE FAIRBAIRN KNEW VERY WELL THAT THIS WAS NOT THE “OFFICIAL JUDO THROW OF THE KODOKAN” BUT A MUCH MORE DOABLE, REALISTIC THROW FOR ACTUAL COMBAT USE. REFER TO FAIRBAIRN’S EARLIER MANUAL WRITTEN FOR THE SHANGHAI POLICE (i.e. SHANGHAI MUNICIPAL POLICE MANUAL OF SELF-DEFENCE). In this Manual Fairbairn illustrates the same throw he depicts in *All-In Fighting* as the “hip throw” but titles it the “Leg Trip Throw”. This proves that Fairbairn understood the clear difference between his “hip throw” in WWII, and the formally taught hip throw of the Kodokan.**

WHY IS THIS IMPORTANT?

Because it illustrates the absurdity of Robert W. Smith’s assertion (in *Martial Musings*) when discussing Fairbairn, that the manner in which Fairbairn taught the hip throw “brings into question his judo credentials”. BULLSHIT! Fairbairn’s altering of the classic O-Goshi to a combat valid throw (which he coincidentally called the “hip throw”) proves how well Fairbairn did understand judo, and how he saw —— and overcame —— its flaws for serious individual combat.

Robert W. Smith is perhaps the greatest Caucasian authority in America on the internal boxing methods of China ——— Pa Gu'a, Hsing Yi, and T'ai Ch'i ——— but he knows little about Fairbairn (or Applegate or O'Neill for that matter; and *how* they taught, and *why* they taught as they did). As far as **real world** close combat and self-defense is concerned, the good Mr. Smith should do his research and find out the facts, before he speaks out about that which is unrelated to his own areas of expertise.

It is further notable that Fairbairn tossed out Kodokan's Ippon seoinage (the Shoulder Throw) and taught instead (but never stressed too strongly) the *ju-jutsu* version of that throw — i.e. palm up, break arm and smash opponent head first into the ground. FAIRBAIRN KNEW REAL COMBAT AND HOW DIFFERENT IT IS FROM COMPETITION!

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American Combato “Too Vicious”?

EVERYONE is certainly entitled to his opinion, but sometimes we hear things that make us wonder what the hell someone could be thinking, to have formed an opinion such as they express.

Every so often we hear, or are told of, the comment from someone who has been reviewing our written material or who has seen one or more of the techniques that we teach — either courtesy of a personal student of ours, or from someone using our DVD Course — that our methods are “too vicious”, or “too severe”, or “way too damaging”, etc. for “ordinary (the commentors’ own words) self-defense”.

Huh?

First of all, we cannot imagine what any rational adult could mean by the term “*ordinary self-defense*”. If anyone knows anything about the experience of being attacked by one or more savages in the street, in one’s home, at work, or wherever the hell it might occur, one knows without doubt that such an experience is ***anything but “ordinary”!*** For heaven’s sake, has the populace really become so wimpified and feminized that grown men and adolescent boys no longer appreciate the gravity and the reality of combat? Do some people actually believe that one needn’t equip himself with techniques that are *extremely destructive* (i.e. **effective**) in order to be able to defend himself and his loved ones from the savagery that is typical on the mean streets (and rural roads) of America? Do some feel that violent offenders do **not** deserve to be treated with severe brutality and merciless

ferocity ——— *the way they treat their victims* ——— when people take action against them?

To the accusation that our System is vicious, ferocious, severe, and that we advocate dealing with violent felons **without mercy**, and with utter disregard, we proudly plead **“Guilty!”**. Anyone learning *our* brand of close combat and self-defense is taught to react to unprovoked criminal violence like a wild animal, and to do anything and everything in order to neutralize the danger foisted upon him.

To those who criticize us for being a strong and unrelenting, uncompromising advocate of the **2nd Constitutional Amendment** who urges that private citizens avail themselves of firearms (as well as knives, tomahawks, sticks, and *anything* that they can get their hands on to defend themselves against serious injury or death) we say, **“You are 100% correct!”** And we will continue to advocate the fiercest and most effective unarmed and armed methods for personal protection and survival on earth! ***And*** without really caring how much this offends or bothers anyone, **we are proud to say that our System of close combat and self-defense, our modern martial art, *American Combato*, offers the finest approach to mentally conditioning the typical private citizen so that he will attack, brutalize, devastate, and strive to utterly destroy any violent offender who threatens his life or the lives of those he loves.**

We certainly have no illusions about anyone being able to *guarantee* his success in defending himself (and we regard those who present or imply “guarantees” to such an effect as the foulest of charlatans) but we want our students to have every possible chance of success if, God forbid, they ever must actually defend themselves. That’s why we teach warlike methods. **Self-defense *IS* war . . . it is war in microcosm**, as we wrote in the mid-1970’s, and as we have been teaching via our System.

Do we believe in moderating physical force in self-defense? **No.**

Do we believe that adults who are attacked by youngsters owe their youthful

attackers some measure of mercy? **No.**

Do we believe that the all-out employment of deadly, armed force is “too extreme” against home invasion, car jacking, forcible rape, abduction, or gang attack? **No.**

Do we believe that victims of violent attack should strive to measure their act of self-defense so as to *just exactly stop the immediate threat*, but not excessively injure their assailants? **No.**

Do we feel that it is a tragedy when a defender maims an attacker for life, or kills him? **No.**

Do we feel *any* compassion for those who mug, beat, rape, kidnap, carjack, do drivebys, bully, or otherwise torment and violate innocent people? **No.**

Do we wish to see mercy extended to literal *children* who beat, maim and kill innocent people? **No.**

Do we believe that defenders (law enforcement officers or private citizens) who use armed, deadly force, kill their attackers, **and are not found to be criminally guilty** should be vulnerable to civil action? **No.**

Do we believe that vicious and extreme physical damage, rendered in self-defense by a child in school against a bully or bullies is inappropriate? **No.**

Do we believe in the death penalty? **YES!**

We offer the foregoing just to clarify ourself and to —— with a smile —— make the job of our critics easier! Enjoy yourselves, you f—ing fools!

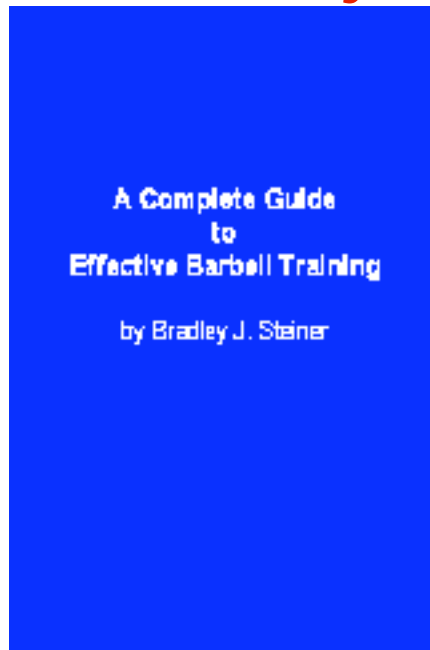
The right to life means nothing without the concurrent right to **defend** your life. And when your life is endangered by some goddamn predatory garbage, there should be no ruling against your doing whatever you can to protect

yourself and your family. Fortunately, the law in *most* locations in the United States is still a bit saner than segments of the the idiot public whose bleeding heart concern is always with the bacteria-masquerading-as-humans that infect society with their predatory presence. Thus, we urge what is lawful and just, if distasteful to some . . . and we do so with apologies to **NO ONE**.

And to the snivelers, whiners, and apologists-for-scum who ask us with their pleading or outraged stare “Why is your *American Combato* System so vicious and brutal?” we answer with pride: “**Because we have not yet found ways to make it *more* vicious and brutal! But we never stop researching.**”

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SPEED!

“ . . . let us say that the necessity for speed is vital and can never be sufficiently emphasized.

“ . . . It is literally a matter of the quick and the dead.”

—————**William E. Fairbairn**

THE quote above is taken from Fairbairn and Sykes’ classic book on the use of the handgun in combat, ***Shooting To Live***. This book was classified during WWII, and is **The Seminal, Foundational Work** on how to use a handgun in close combat and self-defense emergencies. It is as valid and valuable today as it was when written in 1942.

The point that we wish to make here and now is that Fairbairn’s emphasis was and is no less important and applicable to *all* of the components of close combat: **unarmed offense and defense, knifework, stick fighting, use of the tomahawk, and use of expedient “objects-at-hand”**. *Speed* is essential when engaged in close combat, whether in wartime on a foreign battlefield, or down the block from your house, in peacetime, against violent criminal offenders. *The point made in Shooting To Live in regard to combat handgun use applies to all aspects of self-defense training and preparation — and it always will!*

Let’s shift our focus for now to **unarmed** combat, offensive and defensive.

Your blows and combinations, your counterattacks and attacks ***all*** must be delivered with maximum speed, or they will not likely succeed when utilized in an emergency to save yourself or those you love.

Normally, the majority of serious students of personal defense will at some point realize the importance of speed, and they will always strive to move as quickly as they can when employing their skills.

But there is more to **speed** in close combat than merely moving as quickly as possible. *It is essential to appreciate those things that **facilitate** speed, because you will not remain as fast moving when you are 80 as you were when you were 30; yet your need for **speed** in defending yourself will be at least as great when you are “on in years” as it was when you were in hard training, in your prime.*

Learn and apply the following when you train for combat and defense, and you will optimize the likelihood of being adequately fast should you need your skills in a real emergency:

- Master the art of **non-telegraphed attack**.

Your speed will be enhanced if you move against your foe without betraying any indication that you intend to move, at all. Be deceitful. Learn to attack your enemy by surprise ——— *real* surprise ——— the total surprise of him realizing that you intend to whack him ***only when he is whacked!*** Betray nothing of your true intentions, capabilities, or combat attitude. Then when the moment comes when you are convinced you finally must act, **go!** The enemy’s eyes should be jabbed, his knee broken, throat crushed, or testicles kicked before he knows what hit him; and your followup barrage of destructive attacks should leave him (if he is somehow still conscious) as bewildered by the fact that you moved, as he is crippled by what you did to him!

You may as you grow older be unable to move as fast physically as you were once able to move, but the fact that your enemy has not the slightest idea that you intend to move against him at all, will contribute to the speed by which you are able to neutralize him.

- Forget about *any* complicated or unnatural techniques or movements.

Simplicity facilitates speed. The shortest distance between two points is a straight line, not a convoluted and winding series of curves.

A straight fingertips thrust to the eyes or a tiger's claw to the face is infinitely faster (and much more likely to succeed) than a turning backfist strike, or a spinning reverse kick. Sure, the complicated movements *look* spectacular and do impress audiences at demonstrations and new students in martial arts classes, but so what? *If your goal is self-defense you must "get there firstest with the mostest" and that means you need unimpeded speed when you take action. Simpler is better — and simpler is also easier to learn, easier to develop, easier to apply, more versatile in situations, and easiest to retain.*

- Destroy what's offered; have no preconceived notions about what you're going to do.

If you condition yourself to **always attack the closest target that your enemy exposes to attack with your most expedient natural weapon at the moment** you will be very fast in any situation. You'll waste no time, no thought, no energy; you'll simply drive in without warning against the most readily accessible vital point at the moment. And this is the fastest possible way to go in any situation.

- Have a made-up mind.

Hesitation can slow down the most finely trained and conditioned athlete. No hesitation enables virtually anyone who is so unencumbered to move speedily against his enemy in combat. *Do not wait until a situation occurs before you decide how you will handle it.* Think over the threatening predicaments, the possible scenarios, the approaches, the attack modes, and **make up your mind what will, in any instance, trigger your attack.** This greatly facilitates speed since the decision making process has already been taken care of ahead of time.

- Train to react *instantly* when attacked outright.

Instant retaliatory violence is the only practically efficient way to teach yourself to react when — without warning — you are seized, shoved,

punched, etc. Never allow any type of attack that catches you off your guard go beyond the moment you perceive it happening before you explode with aggression and offensive violence, yourself. *This step in conditioning will make and keep you fast* for handling emergencies. Many people who are attacked report the incident as having appeared to them to be “unreal”. They “couldn’t believe it was happening”. Although emphasizing the preemptive strategy for dealing with physical violence, it must be recognized that a possibility always exists — even for the advanced expert — of being attacked when unready. We try to avoid providing any opening for such an attack, but realism demands that we all recognize that it **could happen to anyone**. And your reaction must be violence of the most viciously aggressive kind **IMMEDIATELY** when and if it happens to you. That makes your counterattacking as speedy as possible and insures that you will act fast.

Finally . . .

- Strive always for the *minimum efficient repertoire of techniques*.
Seek constantly to boil your personal repertoire of skills down to the hardcore essence of what you need to handle everything and anything that might occur. If you master 30 techniques and emphasize their use you will be faster into action than if you attempt to master those 30 *plus* a dozen or so “lesser” techniques that are not really necessary. You want a fast, fluid, efficient repertoire that is versatile and that enables you to flexibly deal with *anything*. This repertoire is easy to cultivate speed with, and to use unhesitantly and automatically in a crisis.

Your physical fitness, mindset and desire when training, and your frequency and regularity of practice all contribute to the speed with which you will be able to act and render your skills in an emergency. Your genetics even plays a part in this . . . but that’s one thing we can’t do anything about.

You’ll be okay if you constantly bear Fairbairn’s admonition in mind:
Nothing may be permitted to interfere with your development and maintenance of speed.

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

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