

©Copyright 2013 by Bradley J. Steiner - ALL RIGHTS RESERVED.

SWORD and PEN

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

AUGUST 2013 EDITION

www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

E D I T O R I A L

Be Your Own Bodyguard

PROVIDING protective services (i.e. *bodyguarding*) is a type of work that is grossly misunderstood by the majority of those who are attracted to it as a career. And most of those “bodyguard schools” that advertise their courses do so by “*selling the sizzle*”. That is, their ads are usually peppered with action photos showing lots of handgun and shoulder weapon work, martial arts techniques being applied, and ominous-looking “agents” wearing dark glasses and well-tailored suits, and looking very grim and very dangerous. Most (by no means all) who enroll in bodyguard academies are physically fit young men (rarely do women enroll) who workout, practice some martial art,

and envision themselves as globetrotting “James Bonds” whose daring do will set the world on fire.

All bullshit.

Having *been* a bodyguard, and having *trained* bodyguards in the past (students were attracted to us by an article we wrote for *Soldier of Fortune Magazine* many years ago, detailing the truth about the profession — which, surprisingly, did *not* turn off as many people as we suspected it would) we know something of this occupation. It can be rewarding. It can also be nauseating. *Suffice it to say that we do **not** pursue that calling, today.*

Our advice for anyone seeking a career in protective services is that they apply to the U.S. Secret Service, the U.S. State Department, or the U.S. Marshals Service. **Those** organizations offer the best career opportunities in the United States for someone who wants to be a bodyguard. There are a few private schools that teach protective services, but most are garbage. One that is *not* garbage, is the ***Executive Protection Institute***, headed by Dr. Richard Kobetz. Some of our own students have in fact graduated from this Institution’s excellent courses. Their web site is:

www.personalprotection.com. If you’re dead set on this career, and for whatever reason cannot get hired by those organizations run by Uncle Sam, *start with **EPI***. You’ll get the best possible training for your money, and you’ll get a realistic orientation in what being a bodyguard really means. It does ***not*** mean being Rambo!

In point of fact those who are self-defense enthusiasts would do well to employ and to apply some of the *principles* that are used by professional protection specialists in providing for their and for their families’ security and defense. These principles make a hell of a lot more sense than 90% of what is taught in so-called “martial arts” schools. By utilizing these principles you can in essence be your own bodyguard. And unless you are a highly placed individual in a sensitive position who really needs a team of professional protection people to safeguard him and his loved ones, you will be able to do for yourself and for yours what a trained protection specialist would do, and

save yourself many thousands of dollars.

AVOIDANCE is key.

Just as properly trained and experienced protection specialists seek *not* to allow any situations in which force must be utilized to arise, so should *you*.

You might remember that *American Combato*'s **first** rule of self-defense is: *Avoid trouble whenever possible*. Professional protection is not first and foremost about crushing windpipes with open hand strikes, or shooting down assassins. It is about **anticipating** possible predicaments that might enable troublemakers to make their approach, and then planning and carrying out procedures that *avoid* insofar as it is possible to do so, any contact whatever with such types.

KNOW YOUR ENEMY.

Gathering intelligence on potential troublemakers, danger spots, and activities that might involve a high risk of interpersonal conflict is a crucial aspect of professional protection. The epitome of professionalism, as far as protective service goes, is the U.S. Secret Service. It should be instructive to note that this unparalleled organization depends to a large extent upon *protective intelligence* — or gathering, maintaining, studying, and assessing information about threats and threatening individuals — painstaking, ongoing analysis of **information**. Yes, Secret Service agents are expert in the use of firearms, unarmed protective methods, evacuation procedures, emergency medicine, and counterterrorist vehicle maneuvering. *But at the foundation of their efforts in safeguarding the life of our President and the First Family is knowing as much as possible about who and what might present any possible danger to their protectees*. Quite properly, the Secret Service takes *nothing* lightly. Every hazard — every situation or person that might potentially present a potential danger — is scrutinized; and measures to thwart or to bypass such situations and people are put into place. Outright threats are **always** taken seriously, as they ought to be.

USE TECHNOLOGY AND ALL AVAILABLE ANCILLARY MEASURES.

No bodyguard who is worth more than minimum wage neglects to advise clients on the importance of security and alarm systems, vehicle protection devices, low profile tactics for daily living and working, the value of protection

dogs, and the importance of *not* allowing personal and family plans for business trips, vacations, social and business events, etc. to be communicated to *anyone* not having a personal ***need to know***.

IF POSSIBLE *ESCAPE* A DANGEROUS SITUATION

“Cover and evacuate” is the rule for protecting the principle when and if danger strikes. Remember that awful day when former President Ronald Reagan was targeted by that nut would-be assassin? Since the entire sequence of events (which, thank God, ended in the effective saving of the President’s life) was televised, it is easy to observe how the Secret Service’s *close protection detail* reacted. **Note that the agents did not fire a single round (despite their having plenty of firepower *instantly* available in their hands).** They ***COVERED*** the President with their own bodies, *shielding him from further injury, and they **EVACUATED** him immediately from the scene to a medical facility.*

BE READY, WILLING, AND ABLE TO OFFER WHATEVER LEVEL OF VIOLENT RESISTANCE IS NECESSARY WHEN THERE IS NO OTHER OPTION.

This — i.e. the employment of unarmed or of armed violence — is the bodyguard’s ***LAST*** resort. Never is it his first and preferred choice. Using the example of the Secret Service’s outstanding performance in saving the life of former President Reagan, *it is clear that every agent present was armed and ready.* Automatic weapons appeared instantly in agents’ hands, and **had it been required** these men would have not hesitated for a millisecond to fire. *But it was not necessary in that case.*

To do for yourself and for those you love and care about the same thing that the finest protection force in the world — i.e. the U.S. Secret Service — does for the American President will, then, involve . . .

1. Using great discretion, foresight, judgment, maturity, and self-control to ***AVOID*** conflict, whenever possible.
2. Educating yourself about violent and dangerously troublesome people.

What makes them tick, how to spot them, etc. Come to familiarize yourself with individual warning signs of trouble from people. *Learn all about psychopaths.* Not all psychopaths are violent and physically dangerous; but many are — or have the potential to be. And it behooves you to get to know and to understand as much as possible about these types, as well as about *all* variants of bullies, impulse-dominated punks, violent troublemakers, terrorists, etc. *Don't live in a fantasy world. Recognize that the world is in fact a dangerous place, and know all that you can about who makes it dangerous and how they might affect you.*

3. Safeguarding your home with a good security system. Consider having one or more protection dogs, if that is feasible. Keep your residence well lit and free of shrubbery that might assist an invader in concealing himself while engineering a break-in. Always arrange for your home to *appear* occupied if and when you are away. *Lock all doors and windows at night.* **To whatever extent the law permits where you live ARM YOURSELF, and keep weapons concealed about your home so that the option of offering deadly resistance to save innocent life is always available to you and to your loved ones.** Weapons are *tools*. They provide a means of enhancing whatever physical combat skills you possess. And, in the case of the sick, the elderly, and the frail, they offer a means of *equalizing* when violent danger threatens.

4. Be prepared (and *willing*) to **run away** whenever possible. Forget about *machismo*. If it is at all possible to do so without increasing the danger to yourself or to any innocent person you care about, who depends upon you for protection, **get the hell out of and far away from any dangerous predicament.** Engaging an attacker with force is the last and final option — and if things get that bad, then they are ***REALLY*** bad, indeed. Sometimes, unfortunately, it *is* necessary to do battle. However, just as highly trained professional protection specialists will ***always*** opt to evade and to escape any scene that appears to indicate the onset of an attack, rather than to physically engage **WHENEVER POSSIBLE**, so should *you*. Do not let any absurd philosophy of “toughguyism” (*machismo*) or even justified anger prompt you to do otherwise. This will not only provide you and yours the greatest

measure of *safety*; it will also provide the greatest measure of **legal** protection. For if the situation should become violent as a result of you being pursued when you attempt to escape, and you then must take action, it is very clear that you acted *only* in legitimate self-defense. **Fight *only* when circumstances absolutely compel it; never raise a hand or reach for a weapon when the opportunity to *escape* is present.**

5. As a last resort be completely prepared to **FIGHT**. This means, unless age, health, or other unavoidable factors prevent it, being physically able to use your natural weapons to inflict whatever degree of injury may be necessary upon your attacker(s). *You* need to protect yourself or those you love. There is no “principle” or protectee whose safety must be considered before your own. Thus, as a private individual acting in lawful defense of yourself ***your task is easier than that of the bodyguard!*** Just drop the adversary. *The only catch is: Make sure that you have either exhausted or have not been provided with any other choice.*

We sincerely hope that this editorial is helpful to you.

Bradley J. Steiner

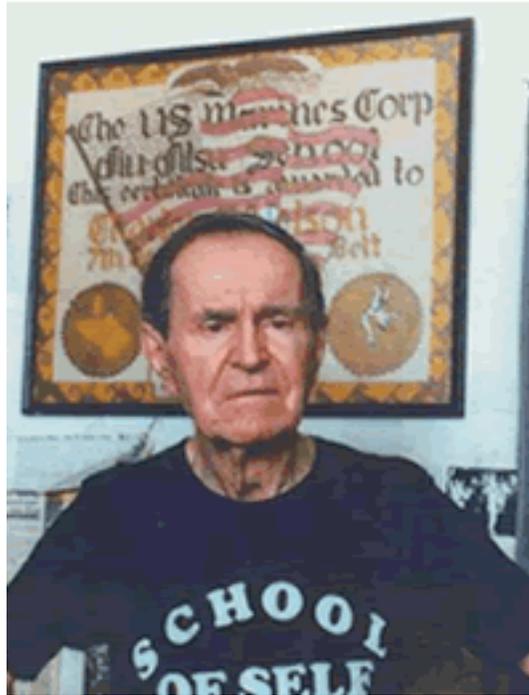
Want to know the one advantage that the violent offender has – and how to overcome it? Check the new article in the “Articles” section of **www.seattlecombatives.com!**

Lessons Learned From Studying Real World

Situations

WE have all seen that despicable, inhuman act of barbarism and sadistic

violence that was caught on the nanny cam that videotaped the scummy animal who invaded a New Jersey home late June. The gutter animal mercilessly beat a helpless, non-resisting woman that was less than half his size, while her three year old daughter sat motionless on the living room couch — probably frozen in fear.



ONE OF OUR BELOVED FORMER TEACHERS, THE LATE CHARLES (“CHARLIE”) NELSON, WAS A FANATIC ABOUT SAVING AND STUDYING NEWS CLIPPINGS THAT REPORTED STREET VIOLENCE, AND REAL WORLD ATTACKS OF ALL KINDS. WE PICKED UP OUR HABIT OF DOING THE SAME THING (NOW USING THE MODERN INTERNET!) FROM CHARLES NELSON. THE ONE SOURCE OF RELIABLE FEEDBACK ABOUT WHAT *REALLY* HAPPENS IS — *REALITY*.

A suspect was arrested soon after the heinous act. He was, as we understand it, identified with the help of the videotape and by the victim, herself. *What we would wish to see done to the creature who invaded that home and who beat that woman is unprintable.*

Let us hope and pray that that family is able, over the coming weeks, months, and years, to cope effectively with their trauma and overcome its effects.

Whenever such acts are caught on tape by surveillance devices they provide invaluable lessons for those who study and prepare for unprovoked violence.

From this particular atrocity we observe:

- **Violent home invasions and attacks against innocent people can and do occur in “nice” middle and upper class neighborhoods.** Perfectly decent, upright, normal, and aboveboard citizens may be targeted by violent scum. Such attacks are *not* restricted to “bad” areas of the inner city.
- **Violence is to be expected whenever some sewer creature invades a home — *even when the resident does not resist.*** This violence would often appear to be the result of sheer sadistic pleasure — *joy* in tormenting and beating (often maiming and killing) — for its own sake.
- **Violence will likely *not* take any “skilled” or especially “efficient” form, but is successfully employed by the offender(s) crudely.** It is the unhesitant and aggressive nature of the animal that makes its attack dangerous; not necessarily any “ability” that it possesses.
- **Violence directed against a victim is mindless, ferocious, relentless, and potentially lethal.** It is a miracle that the lady in New Jersey was not murdered by that scummy beast.

Because of the above points that we observe, we can and should conclude:

- **That it is ridiculous to suppose that one need not fear the possibility of a home invasion or attack because one lives in a “nice” area. Nor ought one to ever assume that because one lives sanely and decently that one will not be targeted by a wild animal who is little more than a dangerous jungle savage.** Wherever you live and however reasonably and peacefully you conduct yourself, *there is always the possibility that you may be called upon to defend yourself against a gutter animal, quite possibly in a situation in which a loved one is present and potentially at risk, also.* The only town that is free of violence or the threat of violence is a ghost town, where there are **no people**.

• **You ought properly to meet an attacker — home invader, mugger, rapist, kidnapper, etc. — with the fiercest, most brutally savage and merciless counteroffensive possible. *IF YOU ARE ABLE TO LEGALLY OWN AND TO EMPLOY A FIREARM IN SELF-DEFENSE AGAINST A LIFE-THREATENING ATTACK, DO SO!***

Use a knife. Use a fire poker. Use *anything*. And of course be prepared to use your natural weapons. *Attack the attacker!* Wait not one fraction of a second longer than it takes to perceive the deadly threat (and a home invasion is *always* a potentially deadly threat) before you drop your assailant. And waste no time, mercy, compassion, or hesitation in doing so!

• ***Don't let fear paralyze you. USE it to energize and drive your own attack!*** Notice how *ineffective* the beast's punches and kicks were against the diminutive woman in that awful attack. She was not knocked out, nor (thank God) did she suffer permanent damage. Quality unarmed combative methods enable *serious* damage to be done speedily; and you want to rely upon *that* in a crisis. Neither employ nor fear the usual clenched fist punching of the anthropoid. *Go after your man with war-proven stuff!* Show no more compassion than you would show the polio virus. Your chances are excellent if you attack like a wild animal and use proper skills.

• **Do not be seized by shocked surprise if or when some savage attacks you. BE PREPARED!** These subhuman creatures need no justification for beating, maiming, killing, and torturing their victims. The truth is they *enjoy* it. So . . . if God forbid it ever comes to *you*, hesitate not one second. *Go after that swine with the determination to destroy him. And don't stop attacking him until you are completely safe and the threat has been neutralized.*

Like one of our beloved former teachers, the late Charles Nelson, we have for decades been poring over news reports, police reports, and personal accounts of *actual* violence. We painstakingly analyze these tragic events and extrapolate from our analyses whatever may be concluded that will help real victims in the real world deal with real attackers.

We offer our conclusions, based upon decades of study. We urge you to begin doing your own studies. And to draw your own conclusions.

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

The First and Only Complete Self-Defense and Close Combat Course in American Combato (Jen·Do·Tao) on High Quality DVDs!

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J.

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

doctrine.

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

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

IMPORTANT NOTICE!:—

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

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

Due to the serious nature and lethality of the techniques shown, no one under 18 should be instructed in the techniques.

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

Minors lack the proper judgment and emotional restraint and discipline

and should not be entrusted with the techniques contained herein. Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

DVD#2 BASIC BLOWS

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

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash

- The basic straight punch
- The ear box
- The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front

- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

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

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

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

DVD#11 KNIFEWORK

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

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

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

All DVD purchases are of course nonrefundable.

Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner
P.O. Box 15929**

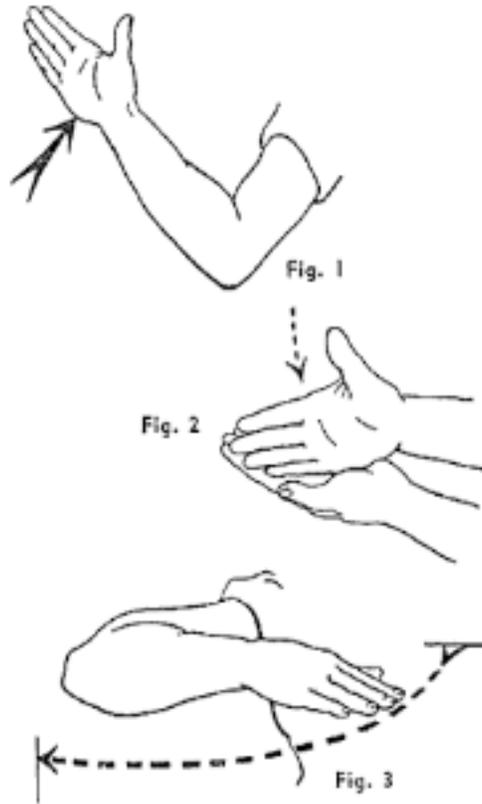
Seattle, Washington 98115
U.S.A.

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

**The “Chop” — In *Karate, Ju-Jutsu, And*
In WWII And Modern Combatives**

AMERICANS' first exposure to the blow was largely via television and the cinema. It was popularly referred to as the “*judo chop*”. This was in the 1950's.

The reason why the edge-of-the-hand blow was first called a *judo chop* is because the general public at that time had no clear understanding of the difference between **judo** and **ju-jutsu**. The term “*karate*” was then, for all practical purposes, foreign to Westerners. Thinking judo and ju-jutsu to be one and the same thing, the **ju-jutsu** blow (a part of **atemiwaza**) was regarded as fundamental to “judo”. Pure Kodokan judo men in fact do not become exposed to any striking until they are black belts. *Ju-jutsu* students, however, learn the edge-of-the-hand blow — and others — very early on. Our military during WWII — notably the marine corps — did refer to its own brand of lethal unarmed combat alternatively as “**combat judo**” or “ju-jutsu”. And the edge-of-the-hand blow — i.e. the “chop” — was basic to the the marines' style of close-in fighting



ABOVE, TAKEN FROM FAIRBAIRN'S WARTIME CLASSIC *ALL-IN FIGHTING*, ILLUSTRATES HOW COMMANDOS, SECRET AGENTS, RANGERS, AND RAIDERS WERE TAUGHT TO DEVELOP THEIR "EDGE-OF-THE-HAND BLOW."

It is worth noting that the legendary Fairbairn learned the edge-of-the-hand blow in his **ju-jutsu** training. Thus it was in the form that ju-jutsu men learned to employ the blow that Fairbairn had himself learned it, and passed it on in his "*Defendu*" method (later replaced by "*The Fairbairn System*", when he altered his Shanghai police techniques to accommodate the requirements of war). Along with the **chin jab**, the **tiger's claw**, the **side kick**, and the **knee-to-groin**, Fairbairn quite understandably and correctly regarded the **edge-of-the-hand blow** as one of the few key and essential blows of unarmed combat for war.

Fairbairn's exposure to *karate* was, as far as we can tell, limited to possible observations of the external shaolin boxing (ch'uan fa or "*external kung fu*") school, and to some formal training in the **internal** "boxing" system of *ba gua ch'uan* (the "**eight trigram fist**"). **Ba gua does not emphasize a knifehand strike.** *Fairbairn was never drilled in the kind of "knifehand strike" as is taught in virtually all of the external Chinese systems, as*

well as in the Korean, and in the Okinawan and Japanese systems. Thus, Fairbairn never acquired the superior karate style of forming the tensed hand when delivering the blow. We make this point deliberately in order to clarify a misconception that has been advanced in some circles regarding Fairbairn's reason for teaching the stiffened hand and thumb up version of "chopping".

It is *not* true that Fairbairn advocated the method of open hand chopping that he did because such is "more natural" or "more practical" than the *karate* version. **If it was Fairbairn's concern not to impose any type of deliberate forming of a natural weapon before striking then he never would have taught the Tiger's Claw, the Chinjab, or the Side Kick.** Each of those blows demands mastering a *method of formation* of the natural weapon. Fairbairn would *never* have taught the side kick! The *front kick* surely comes more naturally to any completely untrained individual. **Fairbairn taught the method of edge-of-the-hand striking that he did because that was the way he had learned it, himself!**

Do not fall for stories that have been invented by others in order to *rationalize* some presumed "superiority" of the methods that they personally prefer to advocate.

It is desirable that modern combatives students learn to slightly curl their fingers, tense their hand, and tightly curl their thumb into the ridge of their hand when applying the "chop". This hand formation can be learned in a few minutes, *developed* after a few *weeks* of practice, and provides a better natural weapon *and* a safer method of striking than the old ju-jitsu method. (NOTE: *Modern* [i.e. mid to late 20th century Western schools of ju-jitsu] have adopted the *karate* style of hand formation for the hand-edge chop.)

In *American Combato (Jen•Do•Tao)* we teach students to develop their chops using the balpeen hammer like bone at the base of their hand-edge. (In fact this formation derives from *karate*, and is referred to as the *ox-jaw hand strike*). We do acknowledge that, until they develop this extremely penetrative and destructive method of striking (it is more concentrated than

the *side* of the hand version, and it protects the fragile bone of the back of the hand) new students will be extremely effective using the *side* of the hand (as customarily taught in the various *karate* styles).

The specific Fairbairn version (or, more accurately, the ***WWII VERSION***) of the “chop” (we call it the **HAND-AXE BLOW**) is perhaps suitable when there is no more than five or six *hours* available to cram skills into a neophyte in a wartime emergency. But there is no reason why anyone with months and/or years available for training should not avail himself of the best possible hand formation for using the **critical** “chop” in close combat.

We thought our visitors would find this bit of historical/practical clarification interesting.

You Might Be Interested

To Know That . . .

WE have received numerous emails — plus a few phone calls — declaring how satisfied purchasers are with our DVD Home Training Course and our new line of self-hypnosis programs!

Our DVD Course provides the techniques of unarmed offense and defense, as well as the stick and knifework skills, that *really work* in close combat and self-defense. And you *can* learn from this Course *without* a live teacher! The instruction is presented in a manner so as to *teach*. The methods are carefully and slowly

demonstrated; their effects explained in detail; and provided you study and practice what is taught you **WILL** learn.

Our self-hypnosis programs — **ALL** exclusive and copyrighted — have been produced so that virtually anyone can be assured of *outstanding* results in mental conditioning if he will but follow the simple directions included with each program. *The feedback that we have received from users is terrific.* After daily use of the program(s) purchased (for as little as one or two weeks in some instances), users report that their mental preparedness, confidence, and deep inner assurance that they are **READY** should violence strike, has skyrocketed to a point where they are rock-solid in their certainty that — should they ever need to defend themselves or their loved ones — *nothing* will hinder them!

The DVD Home Training Course and the self-hypnosis programs constitute a real breakthrough in self-teaching, and **when used together** the results are *outstandingly* satisfactory!

And Now You Can Train Your

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

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

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

— General George S. Patton, Jr.

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

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

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

001 - “Fear Into Fury!” — Mastering Fear Energy

002 - Embedding The Combat Color Code

- 003 - Eliminating Your Fear of Being Physically Beaten
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat
- 005 - Tapping Into Your Vital Reserves
- 006 - Building The Determination to Prevail In Close Combat
- 007 - Become Attack Minded
- 008 - Develop An Instant-Violent-Response Capability
- 009 - Develop Ruthlessness For Self-Defense
- 010 - Sharpening Your Situational Awareness
- 011 - The Anticipatory Attitude - Overcoming Astonishment
- 012 - Developing Real Courage
- 013 - Build Confidence When Facing A “Tough Guy”
- 014 - Develop Coolness And Nerve in the Face of Danger
- 015 - Mastering the Ability to Take an Enemy by Surprise
- 016 - Becoming Convinced That it Really Can Happen to You!
- 017 - Banishing The Fear of Bullies *Forever*
- 018 - Become Ready, Willing, and Able to Do Anything In
Self-Defense
- 019 - Eliminating Hesitation and Becoming Decisive
- 020 - Raising Your Threshold of Pain

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

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

Lecture A - Rules of Self-Defense

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

This Lecture Is \$30. Plus a \$5. Shipping and Handling Fee. \$12 for foreign orders.

Send cash or money order (payable to Brad Steiner) to:

Brad Steiner

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

Knifework

WRITING in the December 1952 issue of *Saga* magazine, John Styers wrote of the knife, that “In the hands of one who would use it against you, it is a formidable enemy, in yours, it becomes a friend and an ally. Its range is short, but within that range it is a masterpiece of destruction, needs no ammunition, and cannot fail mechanically.” (**Note:** Styers’ book, *Cold Steel*, is one of the great close combat classics. In it he describes the method of knifework that he taught — heavily influenced by the teachings of his mentor, Anthony Biddle. The Biddle-Styers System of knife fighting has been incorporated into our own system of knifework, in *American Combato*).



THE ABOVE PHOTO SHOWS MARINES TRAINING IN KNIFE DEFENSE DURING WWII. ALTHOUGH DEFENSE AGAINST A KNIFE ATTACK IS *POSSIBLE*, IT IS VERY DIFFICULT, EVEN FOR AN EXPERT. DURING THE WAR THE USMC RAIDERS WERE EQUIPPED WITH A FIGHTING KNIFE PATTERNED AFTER THE FAMOUS *FAIRBAIRN-SYKES COMMANDO KNIFE*.

The knife is somewhat unique in that it is as valuable and functional in close combat today as it was when the first knife, likely fashioned from stone, was utilized by a cave dweller! Modern fighting knives are perfectly balanced, razor sharp, and can be driven easily through the thickest clothing (and in some cases, body armor, as well), but in basic design they differ little from knives that were fashioned thousands of years ago.

With the need for effective self-defense increasing virtually everywhere, many people who, for one reason or another cannot own and carry firearms, are coming to rely more and more often on a *knife* for personal defense. The stick is an excellent weapon, to be sure. But next to a handgun the fighting knife is the most dangerous and effective weapon that exists, for close combat.

We like knives. We regard quality fighting knives as valuable and important weapons, and we personally see no reason why — so long as they do so

legally — people should not avail themselves of the option of carrying a sharp knife for personal protection. *No one wants to be cut or stabbed!* The psychological effect on a mugger, street punk, or other variant of human scum when he is slashed deeply and by surprise — or stabbed — is wonderful. Even if the knife user is half the attacker's size, is a woman or an elderly person, etc., *it registers instantly with the violent felon that **he has picked the wrong victim!***

We are well aware that the law regarding carrying a fighting knife is severe. In every location that we know of, in fact, it is illegal, *even if the individual has a permit to carry a firearm concealed*. But, as far as we know, **keeping one or more fighting knives in your home is completely permissible, and we strongly recommend doing so**. Having several fighting knives concealed within the dwelling, but within quick reach by the homeowner in an emergency, is a marvelous idea. (Most people cannot afford to have half a dozen handguns concealed strategically within their home “just in case”; but half a dozen knives — and they need not be of collector quality — are affordable for most of us). We recommend the *Fairbairn-Sykes Commando* knife (Linder Knives of Germany offers a top quality version) or the *old* leather-handled USMC *Ka-Bar Knife* for the budget-minded. If you can afford them, then there's pretty much little question that you'll want to select your cold steel companions from the justifiably famous assortment of fighting blades offered by *Randall Made Knives* and the *Ek Commando Knife Company*.

With the occasional exception of such elites as the army's special forces and the navy's SEALs, our military is completely negligent today when it comes to instruction in knifework. But that does not mean that soldiers and marines cannot pursue the skill — and make the purchase of a suitable knife — on their own. We encourage them to do so, as having a stout fighting knife can mean the difference between living and dying for the fighting man, in certain emergency situations.



ABOVE: TWO CLASSIC RANDALL MADE KNIVES — THE MODEL 1 “ALL PURPOSE FIGHTING KNIFE” (TOP) AND THE MODEL 2 “FIGHTING STILETTO” (BOTTOM). THESE ARE TWO OF THE FINEST COMBAT KNIVES EVER MADE, AND — ALTHOUGH EXPENSIVE — ARE WORTH FAR MORE THAN THE ASKING PRICE, IN OUR OPINION.

“*Knifework*” is the designation (we believe, coined in WWII) that we personally prefer when referencing the skill of hand-to-hand combat with the fighting knife. And learning this skill is *not* at all difficult. After a few hours of serious practice the average person can acquire the mechanics. And after a few more hours he will become expert, *if* he trains hard. The real problem is not the *mechanics* of knifework, so much. It is the **attitude** that is required. Some people neither have nor are willing to acquire the appropriate mindset for dispatching a human being with a knife. These people should not arm themselves with a knife. *In fact no one should ever arm himself with any*

weapon that he is not only **able** to use well, and that he is **willing** to use, if necessary.



ABOVE: THE FIVE VARIATIONS NOW AVAILABLE OF THE SUPERB EK COMMANDO KNIFE. WE HAVE ALWAYS LOVED EK KNIVES AND REGARD THEM AS SECOND TO NONE. THEY ARE REASONABLY PRICED AND WILL CONVINC ANYONE OF THEIR TOP QUALITY THE MOMENT HE TAKES ONE IN HAND! NOTE ALL MODELS HAVE MICARTA GRIPS.



ABOVE: THE FAMOUS *KA-BAR* FIGHTING KNIFE. ALL BUSINESS. TERRIFIC WEAPON. VERY INEXPENSIVE.

Linder[®]
SOLINGEN



ABOVE: *LINDER'S* NEW F&S FIGHTING KNIFE. A GREAT BUY, AND A FORMIDABLE WEAPON.



ABOVE: A LITERAL MASTERPIECE OF FIGHTING KNIFE ENGINEERING: THE *APPLEGATE-FAIRBAIRN FIGHTING KNIFE*. CAUTION!: DO NOT BUY THE VERSION MADE WITH SERRATIONS. PURCHASE THE VERSION — THE *ORIGINAL* VERSION — SHOWN IN THE PHOTO. SERRATIONS ARE FOR CUTTING ROPE, NOT CAROTID ARTERIES.

Quality instruction in authentic knifework is hard to come by. There are a few publications in which excellent skills are described . . . and we recommend these over and above most of the “knife training courses” and “knife fighting seminars” that are today being offered. Preeminent among the printed works are, of course, the late Col. Rex Applegate’s *Kill Or Ge Killed*, and *The Double-Edged Fighting Knife*. There is also some excellent material about knifework in *The Close Combat Files Of Rex Applegate. Cold Steel* by Styers is good, although we regard the “knife-in-the-forward-hand” position as suitable for use mainly in either **self-defense** situations or in those rare and unusual cases where one confronts an adversary who is also armed with a knife. In nearly all instances we favor the Fairbairn-Applegate position in which the knife is held in the *rearmost* hand. The basics of our system of knifework, which incorporates both the Fairbairn-Applegate and the Biddle-Styers methods may be learned from studying our DVD #11: *Knifework*.

And anyone wondering if he has the mental conditioning that is prerequisite to using a knife in self-defense should peruse our selection of self-hypnosis CD programs. Working with the program or programs he needs will correct any psychological “misgivings” he may have about knifework — or anything else in close combat!

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

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

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

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

**\$30. + \$3. Postage, cash or money order, payable
to Brad Steiner. Send order to:**

Brad Steiner

P.O. Box 15929

**Seattle, WA. 98115
USA**

**BACK IN PRINT! A CLASSIC THAT
WILL TEACH YOU THE RIGHT WAY TO USE
WEIGHTS FOR COMBATIVES AND GENERAL
ALL-ROUND DEVELOPMENT!**

**A Complete Guide
to
Effective Barbell Training**

by Bradley J. Steiner

New Release!
In Stock and Ready to Ship!

A beautiful 6 x 9 softcover book with 112 pages, 15 chapters, including 73 photographs of the author posing for each exercise!

ALTHOUGH written decades ago this book, originally published by Peary Rader in the *original* Iron Man Magazine, contains everything you need to know to use weights sensibly and effectively to develop strength, muscularity, and the kind of solid, all-round condition you need for self-defense and close combat.

“You can order a copy directly from us. If you order this book from us, I will autograph it personally to you.” ***Bradley J. Steiner***

Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign orders*** total cost is \$35. (in U.S. funds) to:

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

You CAN Defend Yourself

LEARNING the correct techniques for self-defense is of course vital. However, it is easier for most people to learn the *techniques* of personal defense and close combat than it is for them to acquire the **confidence** and **combat/attack mindedness** that constitute the precondition for putting those techniques into actual use against a real attacker.

No one will attempt to do that which he believes is not possible. Unfortunately, there is a fairly large number of people who believe, deep within themselves, they they just “can’t fight back effectively”. No matter how good the techniques with which they are instructed, deep within their subconscious mind is the conviction that they are destined to be victims — to lose — and that in any violent conflict they *don’t possess what it takes* in order to defeat a truly formidable and determined aggressor. For them, effectively dropping a dangerous offender isn’t possible. It does not matter that this belief is not true. *Intellectually* they may agree with the instructor who assures them that the skills will work, and that practice will impart these skills, and that once learned they can employ these skills successfully. However, in their “heart of hearts” as it were (i.e. in their **subconscious**, emotional, non-critical mind) they still *feel* destined to be ineffective in a crisis.

Not only *can* this misconception be eradicated, it **MUST** be. That is why correct mental conditioning must accompany correct technical training in close combat and personal defense. Armed or unarmed, the person who remains convinced that he “can’t” handle a crisis, won’t.

The techniques that we teach are without peer for effectiveness. *But they must be applied by the student in order to be effective in a self-defense emergency.* To “know” them is not enough. One must possess the physical and mental readiness, willingness, and ability to **EMPLOY** them.

In this brief commentary we can only provide reassurance and encouragement to anyone who may in fact be a victim of the “for me it’s impossible” philosophy. There are powerfully effective ways to overcome such an erroneous, self-defeating conviction. Working personally with a **qualified, professional teacher** is one way. Using such self-training materials as our DVD Course and our self-hypnosis programs is another way. But please know that **a)** overcoming this block to effectiveness in self-defense *is* possible, and **b) you** can do it. No one is born with or without any innate ability to engage in unarmed and armed combat effectively. Such ability is **acquired**. (NOTE: Some people may be born with a more or less favorable

degree of physical strength, and with a greater or lesser degree of physical agility and athleticism — but acquiring strength is also possible through the use of correct weight training; and anyone can, with practice, acquire more than the necessary degree of athleticism to handle an enemy in close combat. *Actual wartime experience **proved** this to be true.*)

Training in the right kind of martial skills is necessary. If an individual is intelligent then he will naturally and obviously see that complex, elaborate, classical *artsy* or sporting skills are impractical. His common sense will tell him that after a few months of training, even if he is a complete novice. We remember one of our students telling us about his experience prior to coming to us. “The stuff we were learning looked great when the teacher and his assistant demonstrated it,” he said. “But it was obvious that they were well rehearsed, and it was plain that those complicated moves couldn’t work in a real attack.” Skills such as those, perhaps worthwhile for *art’s* sake, will only ruin the student’s confidence when he realizes that he simply can’t do them well unless a partner cooperates in their performance. And a similar situation exists in regard to *sporting* techniques. A self-defense emergency demands that **NOTHING** be restricted or forbidden, if the defender is to have a chance. It also demands that the *goal* be realistic. **Knocking a violent attacker out, or disabling him with a vicious and crippling technique can be accomplished under combat stress by a practiced individual.** Pinning one’s attacker (or attackers) to the mat (*what “mat”!!?*) or scoring quality points against him via jumping, spinning high kicks, or deftly delivered clenched fist punches **WILL NOT WORK IN DANGEROUS HAND-TO-HAND COMBAT**. Contest and battle are worlds apart. And, once again, those individuals who possess intelligence will *see this and grasp it for themselves* after a few months of contest-oriented training. So . . . the types of skills that the individual trains in certainly will contribute to the development of his **confidence** and his **combat/attack mindedness**.

When you can see and feel for yourself how practical and effective techniques are, you will be much more inclined to go ahead and rely upon them in an emergency. That, coupled with solid and sound mental conditioning for real combat and defense emergencies is what you need.

We know that of which we speak. We hope that we have encouraged you to challenge any possible notion you may have been plagued by that has made you doubt that **you, too** can effectively defend yourself. **Believe us, please: By undertaking training in the right techniques, and combining that training with proper mental conditioning, you CAN defend yourself!**

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.**
- 2. Credit must be given for that which is quoted/referenced.**
- 3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal approval or agreement.**

PLEASE be sure to tell others about this site and about our other web site. *We would like as many as possible to benefit from the information and instruction that we provide!*

YOURS IN DEFENSE,

Professor Bradley J. Steiner

www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

— e n d —