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# ***SWORD and PEN***

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

**NOVEMBER 2011 EDITION**

**[www.americancombato.com](http://www.americancombato.com)**

**[www.seattlecombatives.com](http://www.seattlecombatives.com)**



*Wait! Before you read this  
month's editorial, we'd like to announce:*

***IT'S NOW AVAILABLE!  
(And in time for Christmas!)***

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)*<sup>TM</sup> 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 judgement 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 + \$4 shipping and handling (\$15. for foreign orders)

If you purchase the 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. ***That's for a Course of training in which the equivalent of at least 50 private lessons has been included in the curriculum! At the present (2011) rate for private lessons (i.e. \$150 per***

*lesson), that means you are receiving at least \$7,500. worth of training for less than \$600.* You get one DVD FREE. Add \$15 for postage and handling (\$30. for foreign orders).

All DVD purchases are of course nonrefundable.

CAUTION AND WARNING!:

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

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

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

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

Consider this DVD set as a Christmas present  
for someone special — perhaps yourself!

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**And now for this month's edition of *Sword & Pen* . . .**

*E d i t o r i a l*

# What You Can Learn On Your Own

A fitting subject for this month's *Sword & Pen* editorial is that of self-teaching. With the availability of a DVD training Course in *American Combato* it would seem that a comprehensive answer to the question of just what may be accomplished by training on your own would be relevant to many of our visitors.

In part we can answer this question by reference to our own experience and training background. While we have had extensive training in formal martial arts under *live* teachers, we have also learned a great deal by studying books and films (videotapes and DVDs were not yet invented when we were training, during the 1950's, 60's, and for a while through the 70's).on our own. Until we actually became acquainted personally with a man who had himself trained under William Fairbairn and Eric Sykes during the second world war, we relied upon *GET TOUGH!*, *SHOOTING TO LIVE*, *HANDS OFF!*, and *SCIENTIFIC SELF-DEFENCE* in order to learn the Fairbairn doctrine. The same is true for Rex Applegate's work which, until we had the pleasure of meeting the man, and then being his student, friend, and associate for 25+ years, our only source for learning that which he had taught during world war two was *KILL OR GET KILLED*, in the various editions which we had purchased.

As a youngster our only real *live* source of training in the WWII-rooted methodology was Charles Nelson, a fabulous teacher and person, whom we were privileged to know and to learn from for approximately three years. We remained in touch with Charlie until shortly before his passing, while he was still — in his late 70's — running his terrific *School of Self-Defense*, in Manhattan.

Interestingly, Charlie was himself an avid reader of books dealing with all sorts of personal combat and self-defense, and while we were chided by our



classical ju-jutsu and karate teachers for our incessant searching for good books on combatives, Charles Nelson *encouraged* us, and — quite rightly — said that it was never a mistake to keep looking for new information and techniques, if, as he knew was true of us, we loved the subject and intended for it to be an important part of our life.

Bottom line: You *absolutely can* learn a great deal from books, pamphlets, and films. You need to study these source materials carefully and well, but that you can acquire excellent training guidance and knowledge from them is indisputable.

*Now come DVDs!* With ***this*** particular medium we feel that self-instruction can be almost as effective as personal training under a qualified teacher. Obviously, the DVDs must contain worthwhile material, and the one presenting it must be a good enough teacher to explain and to demonstrate the material clearly and well.

Speaking now solely for *our* DVD Course, we believe that it offers anyone with normal intelligence and a serious interest the opportunity to learn a complete personal self-defense method. Short of attending a few years' training under us personally, it will — ***if the material presented is practiced seriously, assiduously, and well*** — enable the student to develop reliable, powerful, practical self-defense capability.

We also believe that studying such excellent books as we listed in last month's edition of *Sword & Pen* will enable the person who *studies and trains hard in that which the books describe* to acquire a great deal of real world close combat and personal protection skills. What is more, we are absolutely convinced that self-study with good books and most particularly professional and authentic DVD instruction is infinitely preferable to classical/traditional or sporting/competitive training **if** the objective is self-defense and serious close combat ability. (Nothing whatever wrong with classicism or sport; but these are completely wrong venues to pursue if the goal is practical combat skill).

Just as is the case with live teachers, books and pamphlets and DVDs come

in both *good* and *poor* quality. Persons with little or no qualification have pounded out *many hundreds* of books and courses in “self-defense”, “unarmed combat”, “hand-to-hand combat”, etc. **Caveat emptor!** We *strongly* suggest that the listing of volumes which we provided last month in this Newsletter be taken as a guide to acquiring worthwhile printed matter on our subject. For every one of those quality books, at least several dozen incompetent works have been penned and published.

Today, the “WWII methods”, “practical self-defense”, and “close combat” bandwagon has been jumped upon by at least a dozen entrepreneurial types (many whose backgrounds are literally laughable, and who merely strive to parrot what we ourself, and the few others who are authentic purveyors of the method, have been teaching since before they were born!). **Caveat emptor.** You can learn on your own, but you don’t want to learn second hand material or outright trash. *Anyone* can produce a few DVDs today. And *anyone* can call the material that he presents in those DVDs “effective close combat and self-defense”. We certainly make no claim to be the only one offering quality instruction on DVDs; but we just as certainly *insist* that we are one amongst the very few who are. **Caveat Emptor.**

In order to self-teach effectively and to be certain that you are acquiring solid, reliable skills, two things are therefore paramount:

- 1. You must be certain that your source of training material and instruction is reliable and professional, and***
- 2. You must be prepared to work and to train hard and persistently as you study the learning materials you utilize.***

The finest volumes ever written on close combat simply make interesting reading *but will train you to do **nothing*** unless you make it your business to train regularly and seriously in that which those volumes describe.

The greatest set of instructional DVDs will, similarly, be mere “interesting viewing”, *unless* you train and work and train some more on the skills and

tactics which they present.

Whether with a live teacher or with a book or DVD, *there is no “easy” or magical way* to develop confidence and reliable skill in individual combat. The person whose bookshelves boast a library of printed and recorded works is merely kidding himself if he believes that mere reading or viewing will produce *practical ability*. It will not!

Obviously, there remain certain limitations (albeit, for a serious student, very *minor* limitations) to self-teaching. First, it is not possible to ask repeated questions and to get personally relevant answers from a book or DVD. Second, no book or DVD can get to know you individually, and tailor advice, technical fine points, and adjustments to your physiological and psychological idiosyncrasies. Third, no book or DVD can *generate verbal motivation* that will enjoin you to work harder, train more regularly, and not take it easy or let your attitude slacken during practice. Fourth — and this is sometimes a teacher’s function — no book or DVD can provide personal counsel and help you with problems in your daily life that might be impinging negatively on your training goals.

One final thing — absolutely irrelevant and immaterial for the person who plainly is interested in *ability* and personal confidence, and whose objective has nothing to do with teaching: No book or DVD can grade you, give you belts, certify you or otherwise acknowledge with documentation that you are “qualified” at any given performance level in the art or system that you are studying. (**Note:** In our opinion, it is misleading and unethical for any entity to certify people based on their “home study” or “DVD instruction”. Unless a student has trained personally under the teacher and has attended a quantifiable amount of instructional lessons and workout sessions *under that teacher’s guidance*, “ranking” is a sham.)

Since any student who is serious about training will be able, through his diligent efforts, to find answers to those questions that arise, *on his own*; all serious students can employ common sense and introspection to tailor their training to themselves; all serious students are by definition highly self-motivated; and anyone needing counseling can seek it through all sorts of

excellent channels other than through his close combat teacher, ***IT IS CERTAINLY FEASIBLE TO LEARN SELF-DEFENSE AND CLOSE COMBAT VIA SELF-TEACHING WITH QUALITY INSTRUCTIONAL MATERIALS.***

One must never expect to master an entire art, per se, without long-term personal training under a qualified professional. However, it is certain that acquiring reliable, functional, powerful, and brutally efficient self-defense and close combat skills via self-study is *quite* possible, indeed.

**Bradley J. Steiner**

**REQUEST!:-**

Last month we received a most complimentary telephone message. It was from an officially retired U.S. Naval Chief at Coronado who – according to his message – continues to teach. He emphasizes some basic boxing. The only name left on the recorder was “*ANTHONY*”. No call back number was left.

Anthony, ***thank you*** for that most friendly and gracious message. We would certainly like to thank you with a return call, so if you are reading this, would you mind telephoning again and leaving a number where we could return your call? You’re much appreciated!

**A Daily Homework Assignment For All**

**Of You!**

**WE** have for approximately three months now been urging our students here at the Academy of Self-Defense to google “N.Y. Daily News” every day, and

click onto the “Crime” section. Now we’re urging *you* to do it, too!

Our reason has nothing to do with the fact that we grew up in New York (The Bronx, to be precise) or that we still feel enormous affection for what that once-great Metropolis *used to be*. In fact we would not dream of returning to live in NYC since the place has become a kind of mini socialist state.

We advocate checking the crime reported there on a daily basis because by doing so you will see for yourself that we do not exaggerate when we pronounce judgment upon violent and troublemaking felons as their being *toxic bacteria*. In fact, we may be doing a disservice to toxic bacteria when we categorize these examples of breathing filth as toxic microscopic creatures. *Real* bacteria is morally innocent.

NYC is a huge place. Millions live there. The amount of horrific violent crime that occurs in that place is outrageous. Not the least of the reasons for this, of course, is the fact that firearms are all but impossible for the citizenry to own and to use in personal defense. Other reasons have to do with the simple — if politically incorrect to name — reason that an awful lot of despicable human garbage is allowed to continue residing amongst the decent, civilized populace; and this muck inevitably rears their empty heads regularly, leaving destruction and heartbreak for innocent humans in their wake.

Just read the news stories in the crime section.

What goes on in NYC goes on throughout America. However, the atrocities are nowhere near as prevalent as they are in NYC. So, by checking the crime stories daily you will get a firm and realistic grip on the violent crime problem — not merely as it pertains to NYC residents, but also as it pertains to *all* of us. The rapes, muggings, unjustified shootings and knifings, home invasions, etc. etc. that you’ll read about in the NY Daily News occur where *you* live, too. It’s just that it doesn’t occur in the quantity that it does in NYC, and the stories tend not to get reported everywhere, so many living in more prosaic-*seeming* environments get away with believing that “they don’t have such a problem where they live”. Yeah, sure. It has just never touched them

personally — so far.

For anyone who believes that we overstate the sort of mindless evil that violent types routinely perpetrate, *visit the NY Daily News site and check the “crime” section!*

You just might come away thinking that we are an optimist.

## **Are Classical Systems That “Emphasize Self-Defense”**

### **Worthwhile?**

**IN** reality *all* martial arts are “worthwhile”. They are not, however, all worthwhile *for the same thing*. Classical/traditional arts are all extremely beneficial and worthy studies, but despite the professed emphasis or lack thereof by any particular art’s representative of his discipline’s value for “*self-defense*” or “*practical, modern applications*”, the truth is, in our opinion, that these arts are largely a waste of time if practicality and realism is your purpose.

Today, the primary classical/traditional martial arts systems that are represented as being mainly for self-defense are: **hapikido**, **aikijutsu**, **ju-jitsu**, **kuk sool won**, and **kenpo-karate**. Proponents insist that these arts are not for sport or for competition, but are primarily taught, practiced, and advanced as being for *combat* or *self-defense*.

Taught, practiced, and advanced however they may be, these classical/traditional methods leave a great deal to be desired if an individual is looking for no-frills, straightforward, no-nonsense hand-to-hand combat abilities.

*Hapikido* is in fact a synthesis of *aikijutsu* and *tang soo do*. These were the arts studied by the Korean who founded hapikido. This Art does indeed *attempt* to emphasize practical self-defense. However, it does so by combining complicated, fine motor skills and acrobatics (high kicks, fantastic throwing maneuvers, elaborate joint manipulations, etc.) in “defense” against

simulated attacks. The problem is that *real world attacks* — even those that parallel the simulated attacks presented in hapkido — simply would never allow the fancy, intricate responses which the hapkidoist is trained to employ. As an *art* hapkido is a beautiful endeavor with considerable physical and mental benefits. But as a true hand-to-hand combat system, anyone with less than several serious years of training behind him *plus* a high level of strength and fitness, would not likely possess even a fundamental ability to deal with a determined, dangerous attacker.

*Aikijutsu* is in effect the *ju-jutsu* phase of training in the *Daito* school (i.e. *Daito-Ryu*) of warrior training, of old Japan. Like hapkido, aikijutsu boasts an enormous number of self-defense techniques. Nearly 4,000, in fact. And while this appeals to those who, knowing nothing about real combat, think that *more is better*, seasoned professionals know very well that attempting to train so that one will be able to apply a specific reaction to every specific attack imaginable is sheer folly. It leads to confusion, frustration, and — unless a lifetime of endless training hours per week is devoted to the study — more of an *inability* than an ability to handle sudden, real world emergencies. Also like hapkido, aikijutsu is beautiful and extremely worthy as a physical training discipline and esthetically pleasing self-defense oriented *art*. But anyone looking for a relatively fast, no nonsense approach to being able to dispatch an enemy on the battlefield or in the street, is advised to pass aikijutsu by.

*Ju-Jutsu* is, in its many styles, forms, and versions, an eclectic method of personal combat that blends throws, holds, locks, strangles, defense reactions, and some weapon arts. And while some very few ju-jutsu systems do (or did) emphasize *blows* over the other methods in their repertoire, *most* ju-jutsu schools place their heaviest emphasize upon throwing and bone and joint locking skills. The *atemiwaza* (i.e. “body smashing techniques”) is used more as a prelude to the application of throws, and also as a means of assisting in “finishing” techniques. The **principles** of ju-jutsu are exceedingly valuable and applicable to hand-to-hand combat. But since ju-jutsu advocates many elaborate and practically impossible-to-apply throwing measures (save for a genuine expert or master) in addition to unusable holds and locks and a plethora of specific self-defense techniques (like hapkido and aikijutsu

advocate), ju-jutsu per se is not a very wise choice for anyone whose objective is, plain and simple, learning quickly and efficiently how to destroy an enemy in hand-to-hand warfare. A young, strong man who possesses black belt level skill in a good ju-jutsu system will likely be able to defend himself. But for anyone lacking the prerequisites of youth, strength, and really top level skill, would not likely stand much of a chance against an enemy soldier who is tough and trained in hand-to-hand combat, or against a hardened streetfighter who is fast and ruthless with his fists, feet, and other underhanded tactics.

*Kenpo-Karate*, “the law of the fist and the empty hand”, was certainly one of the tougher, more practically-oriented methods of martial art, *as it was devised, taught, and practiced by its originator, Prof. William Kwai Sun Chow*. Kenpo-karate advocated several things that were sensible and valuable for personal combat: 1. Never rely upon one strike; always followup with combinations. 2. Work hard on situations that occur in real emergencies, and build defenses against them. 3. Train for combat — working on hypothetical self-defense emergencies, lots of natural weapon conditioning, physical hardening, and strong basic kicks, punches, blocks, and strikes. The problem today is that Prof. Chow’s original approach is gone. And even that approach was too *defense* oriented. Today, kenpo-karate students learn many hundreds of self-defense techniques, falling into the same error as ju-jutsu, hapkido, and aikijutsu practitioners fall into: i.e. being convinced that they can learn to handle every particular situation with a set, pre-planned pattern of reactive blocks and blows. Added to that is the fact that modern schools of kenpo-karate stress classical/traditional katas (utterly meaningless for developing combative abilities), antiquated weapons, and sparring. Thus many modern schools of kenpo-karate are, in essence, teaching **karate** — and adding a lot of complicated, impractical “self-defense” techniques to the curriculum.

Let us say again: all of the above arts are worthwhile and very beneficial for the fitness, health, discipline, and esthetic satisfaction of those who enjoy them. We have no quarrel with classical/traditional arts, whatever. Our point is that, terrific as these arts are, *they do not teach genuinely practical and reliable no-nonsense self-defense skills and attitudes*. Depending upon the



particular teacher of any particular classical/traditional art, a given training hall *might* emphasize realistic skills more than another in which the same style or system is taught. But that is not relevant to the present discussion.

If we assume the most optimistic attitude toward a classical/traditional art in regard to its potency for practical defensive application, then we will say that a person who devotes the necessary years of study in the art to attain black belt, 1st degree, *and if he is in good shape and strong*, will probably be able to defend himself against most forms of physical attack. However, to achieve this position takes more time, energy, and dedication than one who is simply looking for a self-defense and close combat system would want or ever need to apply. A valid close combat system (also a **martial** art, remember) will ready a serious, disciplined student who trains regularly to defend himself as well or better than most classical/traditionalists are able to do at black belt level, by the time the student of combatives has been at his training for six to eight months.

This is not in any sense a “putdown” of any classical/traditional art or practitioner. It is simply a statement concerning the *difference* between that which classical/traditional training can reasonably be expected to provide, and that which modern combatives training can reasonably be expected to provide.

You can have whichever approach to martial arts you prefer: classical/traditional or combat/defensive. Each is valid, valuable, and worthy. But neither fulfills the objectives that the other has been designed to provide.

**P.S. “*What about Israeli Krav Maga?*”**

The genuine article — i.e. the true Israeli Krav Maga as developed by Imi Lichtenfeld — is an excellent, practical system of self-defense. The problem is that what is being taught *as* genuine Krav Maga is for the most part kick boxing with a Jewish accent. In the United States, Canada, and Europe, many have been cashing in on the Krav Maga name, and teaching watered-down nonsense and what amounts to basic karate and ju-jitsu techniques, and *calling* their program “Krav Maga”. (Parenthetically, we can imagine the usual bums doing the same thing to *our* System! Already, we have been made

aware of a charlatan who, having taken a few lessons in American Combato, proceeded to open a studio and to teach — get this! — what he calls *Krav Maga*! The con man is teaching neither Krav Maga nor American Combato — nor *in-depth self-defense*, for that matter — but the public doesn't know this, and some will doubtless accept this individual as an “Israeli expert”.) The IDF, Mossad, and Shin Bet are all instructed in the real Krav Maga. Beware anyone running a private school *outside* of Israel who claims to be teaching this System. If you see sparring, punching, high kicks, elaborate joint manipulations and throws, and the in-vogue ground grappling, you are *not* seeing Krav Maga. By the way, the literal translation of *krav maga* from the Hebrew is: “**contact combat**”.

## Get REAL In Your Training, Now!

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

### ***1. THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT — \$13.***

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

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

## **2. *ATTACK COMBINATIONS* — \$15.**

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

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

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

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

#### **4. *RULES OF SELF-DEFENSE* — \$17.**

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

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

reference!

## **5. *THREE MONOGRAPHS* — \$22.**

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

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### **The Dehumanized Attacker**

**DEHUMANIZING** the enemy is a time-proven method of assisting the fighting man to close with that enemy and kill him — without compunction or mercy. It is also (or at least it *ought* to be) standard fare in the mental conditioning of self-defense students with and without the employment of weapons. See your attacker as a “person” and you may not be able to do to him what needs doing in order to stop him from maiming or killing you, or doing that to someone you love. See your attacker as subhuman, toxic

bacteria, and destroying him is easy. He isn't a human being. He is a kind of disease. He deserves destruction. It needs doing. You act, and you destroy him.

For some decent people who come to the study of self-defense the idea of looking at anyone, even a violent attacker, as subhuman, is anathema. They have a block against doing it, and that block, much more than any problem in acquiring the ability to perform the physical skills of personal combat, is what prevents them from acting and acting decisively at the critical moment.

Remember: *It is not always the most technically expert individual who prevails in a close combat engagement, but rather the one who **acts and who acts without hesitation and employs all of his concentration, strength, and ferocity against his enemy, and who keeps on attacking, who wins.***

To win in real combat you need to **go** — 100% and then some! — when the critical moment arrives, without the slightest restraint, tremor of reluctance, or doubt. There can be no consideration of the harm that you do to your enemy; only desperate determination **not to allow that enemy to harm you or yours!**

Dehumanizing the enemy greatly assists in the achievement of the capacity to do exactly what needs doing, in the manner in which it must be done, and utilizing whatever natural or hand-held weapons may be at your disposal to accomplish the task. And we are convinced that we know of one approach to the task of achieving this component of mindset that is required in the student of self-defense. This approach may assist in overcoming any reluctance hitherto existent in his psyche. ***This approach may in fact assist YOU.***

Consider the act of viewing your attacker as subhuman and deserving of destruction *not* as something which you need to accomplish by altering your own psychic state. Rather, consider that *it is the attacker — the violent, troublemaking felon himself* — who has **ALREADY** decided to become less than human. No one attacks another or undertakes to violate him in any manner “by accident”. All actions of deliberate attack and violation are, by

definition, *acts of choice*. And it is because he, the criminal violator himself, chooses to act in such a manner that he obviously accomplishes the transformation of himself from that of a **human** to a **subhuman** creature.

Decent human beings — like **YOU** and like *ourselves* — would never dream of initiating force or terror or intimidation unjustifiably against anyone. Aside from not bringing us the satisfaction or pleasure or “reward” that such conduct brings the predator, such conduct only fills the mind and soul of the decent individual with revulsion, contempt, and indignant outrage at the mere consideration of its use. And we do not think twice about this. *Revulsion* at the thought of harming anyone in any manner, unjustifiably, is a natural component of the value system and thinking of *any* and of *all* truly civilized and human *human* beings.

Not so the violent predator. And *that* is why he is less than human. And *that* is why you need only ***SEE SUCH AN EVIL BASTARD FOR WHAT HE IS, WITHOUT ARTIFICIALLY ALTERING ANYTHING WITHIN YOURSELF*** in order to recognize that — regardless of his *appearance* as a member of the human species, he is **not** human; not even partially so. He has, by *choosing* predation as his course of action, signed his resignation from the human race and relegated himself to the category of **subhuman**. *His choice. His decision.*

**Your task as a student of self-defense is merely to recognize and to acknowledge what the predator himself has chosen to be: i.e. A less than human, dangerous monster that **MUST BE STOPPED**.**

It is the predator himself who has *dehumanized* himself. Your task, and the task of any student of self-defense, is merely to come to an understanding and to an acceptance of that fact. Then, being guided by what that acceptance and recognition provides becomes *easy*. Why hesitate? Why be compassionate? Why care? What possible reason could exist for seeing the attacker as anything but that which he has in fact decided to become, by his own choice? How could it possibly matter — or be any sort of reflection upon yourself — if you damage or even kill such a beast, should that be necessary in lawful



self-defense? *One does not charge a man for animal cruelty if or when he kills a rabid dog in self-defense.* We ourselves love animals. Dogs are among our favorite living creatures. As a youngster we were once offered a job in a veterinarian's clinic because of the way the doctor observed us handling and relating to dogs. *We could not take the job because we could not stand to see dogs sick, or suffering.* Yet, were we to be attacked by a vicious dog, or see anyone about whom we cared so attacked, we would kill that dog without a millisecond's delay. **The dog itself would have necessitated this.** Our action would have nothing to do with our failing to respect the right of a dumb animal not to be harmed. Rather, it would be the fact that the animal itself brought about the need for our action to be taken, because it (albeit unwittingly in many cases) went on an unjustifiable attack that endangered an innocent human being.

Violent, troublemaking swine who *resemble* human beings are not at all **human**, per se. They are in fact *more* to be held to account for their actions than are rabid dogs. The rabid dogs are morally innocent. They did not "decide" to become rabid. The felons chose their course of action. The dog *became* vicious and dangerous because of a disease. The felon *made himself vicious and dangerous* because of his choice to become so. **He is subhuman because he made himself so.** Accept it! And, if, God forbid, he ever crosses your path and targets you, or poses an imminent threat of destruction to your loved ones, **REACT TO HIM FOR WHAT HE IS! DEAL WITH HIM IN A MANNER COMMENSURATE WITH THE TYPE OF MONSTER THAT HE HIMSELF HAS CHOSEN TO BE.**

It is not *you* who really needs to "dehumanize" your attacker. *He has already done that. The fact that he is attacking you is your proof. Just realize the nature of the beast, and deal with it according to what needs to be done.*

It's as easy as that. At least it is for us, and we hope that we have provided the means by which you can accomplish the psychological conditioning required to make it easy for **yourself**.

Any violent offender, troublemaker, bully, terrorist, or whatever-you-call-him,

is by choice — *his own choice* — a subhuman, less-than-human monster. If he comes to you, ***DESTROY HIM***; you won't be injuring anything human.

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Stay combat ready!

*YOURS IN DEFENSE,*

*Prof. Bradley J. Steiner*

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