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Sword and Pen

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

EDITORIAL

*Are you going to wait another year before
you get started in a training program?*

It is our wish for you and yours that this Christmas Season be joyous, and that every day be filled with the warmth, love, and fellowship of this most beautiful of holiday times.

It is our hope that you will also find the resolve, if you have not yet done so, to finally get started in a good, regular program of self-defense and close combat training. Your mental and physical health, your and your loved ones' security, and every aspect of your daily life will benefit from your doing so.

We seem to recall having said this last year (and every year before *that*, in fact), but here goes again: **WHAT IN HEAVEN'S NAME ARE YOU WAITING FOR? WHY DO YOU NOT — FINALLY — DO SOMETHING ABOUT GETTING INTO SHAPE AND DEVELOPING THE SKILLS AND SELF-CONFIDENCE THAT YOU HAVE ALWAYS WANTED TO POSSESS?**

Human beings are experts at making excuses, putting things off, and always finding “reasons” why “the time isn't just quite right, yet” to get off their rear ends and ***DO THAT WHICH THEY KNOW THEY GENUINELY WANT TO DO, AND THAT WHICH THEY KNOW***

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WILL BRING THEM THE REWARDS THAT THEY ARE SEEKING. They then wake up one day and realize, looking back over the years that have somehow slipped away, that they have never actually undertaken the things they had “always wanted” to do.

We have always found it fascinating that some people can actually contact us, obviously with a serious attitude at the time they initiate e-mail or telephone contact, express a strong interest in learning that which we teach, receive a prompt, complete, and encouraging reply from us, and . . . fade into oblivion, never to followup on their initial inquiry, or on the information which we happily provide, and never to be heard from again.

It does not seem that many people understand not only how important training in self-defense and personal security can be from a practical standpoint, but also how supremely valuable such training is to those who participate in it, ***every day of their lives***, by increasing their courage, self-confidence, poise, and self-reliance. That’s too bad, because by treating the prospect of pursuing self-defense training as though it were just another casual “social fad” such people trivialize something that potentially can alter their entire life for the better, and — God forbid — if they should ever need to use what their study has given them ***save their very life, itself***.

What keeps people who think that learning self-defense is a good idea from actually making the effort to learn it? In part — for some — it is likely the same laziness and lack of character that keeps people from doing ***anything*** that they continually talk about “always” having wanted to do. But specifically, as far as getting started in a good self-defense course is concerned, the following reasons (which really amount to **excuses**) seem also to be common:

“I don’t have the time.”

Nonsense. People make the time for those things that they genuinely want. Anyone can carve a few hours a week out for something as valuable, healthful, and (for urban living, today) ***essential*** as self-defense training. Those who say they haven’t the time generally ***do have the time*** to talk endlessly with their friends, watch lots of television, or surf the world wide web for hours on end. They really refuse to make the time for something that appears to be serious, disciplined, and demanding of commitment. But **ANYTHING IN LIFE THAT IS WORTHWHILE** is “serious, disciplined, and demanding of commitment”. Well, they’ll “do it tomorrow”.

“It’s too expensive”.

Nonsense. One of the best buys you’ll ever get in life is in the purchase of quality training in self-defense! Training, for example, at our School costs less than monthly parking in the

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downtown area of a major city. It costs less than many people pay for cigarettes, or for liquor. **And it certainly costs less than the possible medical expenses you might need to pay if you are ever physically attacked and suffer serious injuries.**

Naturally, good training is not free. In our own case our students pay for the fact that we have been immersed in our subject for more than 50 years, and derive our lineage directly from from men like Rex Applegate, William Fairbairn, Dermot O’Neill, Charles Nelson, and other top men in this field (not to mention that we have more hours than can be counted of training and practice behind us in ju-jutsu, kenpo-karate, taekwon-do, varmannie, and other arts and methods). We are a professional when it comes to teaching, and we bring to bear a background in physical training, psychology, hypnosis, intelligence, and protective service (bodyguard) work that makes what we teach rich with content and utterly, absolutely authentic. **BUT THERE ARE OTHER GOOD SCHOOLS AND TEACHERS OUT THERE, TOO!** Perhaps you do not live near us, or possibly a trip to train with us for a short period is not feasible. Okay. Find a good teacher near to yourself. But get started!

Look at the cost of quality training as an investment that pays huge dividends directly to you; and as one that might one day “pay” you for your having made the investment by **SAVING YOUR LIFE.**

“I’m intimidated by doing this kind of thing”.

Okay . . . now you’ve brought up something that deserves consideration and support. Speaking only for myself and for Prof. Bryans, I can say that every possible effort is made to make a student feel comfortable and at ease when he begins training. Beginners are treated as beginners, and there is **NOTHING**, absolutely **NOTHING** that we do that physically or psychologically treads upon the dignity, safety, or well-being of **ANYONE.**

The same, we are sure, can be said for any good teacher, anywhere. By getting started with your training **IN SPITE OF FEELING A BIT “INTIMIDATED”** you are taking your first important step toward the solid confidence and self-assured poise that you want to have. Do it.

We have never believed in “New Year’s Resolutions”. Resolutions to do that which is important, beneficial, reasonable, and necessary should not be restricted to any specific date or time. However, as is so often the case, that which *we* believe is inconsistent with that which most people take for granted. So, knowing that most people do believe in and make New Year’s Resolutions, why not make yours right now, and decide to get started training for self-defense and confidence in an increasingly dangerous world?

We have been teaching people for more years now than most of our adult students have been alive. We have never had a single individual who applied himself (or herself) properly to the course of training that we offer, regret having done so. *Not ever.*

If you've "always wanted to learn how to defend yourself" then why not — **FINALLY** — take step number one and ***GET STARTED NOW***?

BRADLEY J. STEINER

Holiday Cautions

WHILE Christmas is the most beautiful time of year, and it is difficult for many to believe this, it is nevertheless a fact that at this time of year *crime* — especially violent crime — often tends to escalate. This is because of the deep-seated discontent of so many people who are embittered by their personal situation. Christmas time, when many people have loved ones and friends with whom to share the holiday experience, can be a lonely, sad, and very frustrating time for many. Some of those "many" lash out.

The present horrific economic situation that we **ALL** are in has affected some people much more than it has affected others. *Hopelessness*, which many, unfortunately, have been made to feel by that which is transpiring, can be an enraging feeling. Often, when people feel hopeless and a knowing sense of "what's the use" they see no reason to contain, control, or even make any further effort to understand their rage. They do not want to see others happy. They feel resentment toward others who are happy, and they want to attack.

This is a dark and often unacknowledged side to the festive Christmas Season, and we do not call your attention to it in order to dampen whatever happiness, joy, and satisfaction may be your personal blessing at this time of year. We raise this point in order to assist you in that which it is our mission to assist you on doing: ***PROTECTING YOURSELF, YOUR LOVED ONES, AND YOUR PROPERTY.***

Robbery escalates at this time of year. Shoppers must be very careful when they park, exit, lock up, and later return to their vehicles. Here's a tip for lady shoppers:

ALWAYS KEEP A LARGE MAN'S HAT WITH YOU WHENEVER YOU DRIVE ANYWHERE, ALONE. PLACE THAT HAT CONSPICUOUSLY OVER THE WHEEL OR THE DASHBOARD SO THAT ANYONE GLANCING INTO THE VEHICLE IS

IMMEDIATELY LED TO BELIEVE THAT A BIG MAN IS THE DRIVER. This can prevent some forms of crime that involve violence against women.

Do not leave anything on the seats or anywhere in your vehicle that might tempt any punk to pull a “smash and run”.

Always **LOCK YOUR VEHICLE DOOR** the moment you enter. Always visually inspect the inside of your vehicle **BEFORE** you enter it. *RUN* if anyone is inside — **NEVER** attempt to confront any criminal when you do not have to do so.

Try to always park your vehicle as near as possible to the mall or store entrance. You do not want to walk any significant distance burdened with packages.

It is certainly our sincerest wish and hope that you and yours encounter only pleasant and joyful situations during this Christmas Season. But it never hurts to be cautious — just in case.

Fight Science

ONE of our Black Belts called our attention to a new edition of a show called “Fight Science”. Segments may be accessed on the National Geographic Channel. We googled the Show and thought much of what was presented to be quite good (with the sole exception of what appeared to us to be a rather misguided “defense” against a drunk, by a UFC fighter). Blows that were advocated by the defense experts in this Show were excellent, and on the money. The ear box, smashing the throat, attacking the eyes, biting — all excellent and very reliable material.

It is obvious to all — save possibly those with all of their irons in the MMA/Cage/UFC fire — that vicious and powerful **BLOWS** to the body’s most vulnerable and vital target areas constitute the way to go for real world combat and defense. One need only see how *absurd*, when juxtaposed to the striking and gouging methods, the grappling demonstration was. At least this is our personal opinion. We realize that no one amongst the True Believing New Breed Of Grappling/Competition-Is-The-Way-To-Go crowd would or could ever permit themselves to see our point.

We’re writing, as we always have been, to the real world oriented **MINORITY**.

Check out that Fight Science presentation. It’s worth watching. There are two male instructors and one female, plus a Navy SEAL, who are *very* impressive.

We applaud the producers of this excellent Show.

Quick Review Of The Way To Attack A Dangerous Physical Assailant

THE truth cannot be stated or emphasized often enough. And the truth, as far as real world self-defense and close combat is concerned, is that —

a) If you are to be effective, then you must be **OFFENSIVE**. “Defense” is a proper *motive*, but “offense” is the most effective *means*.

b) If you wish to be equipped with the proper *method* by which your offensive would better be launched, then you need to train in the proven **BLOWS** (kicks, knee attacks, strikes, gouges, jabs, smashes, bites, and butts!) of unarmed close combat, and master them as individual **and** as sequential attack skills.

There’s no secret or mystery here, and we surely did not invent all of that which works in close quarters hand-to-hand combat. It is true that there are different opinions on the matter of what truly constitute the best and most reliable techniques for individual combat. However, **combat experts** agree on the following fundamentals:

- Fully 95% of that which comprises serious, war-adequate technical doctrine in hand-to-hand combat consists of **blows** (using the widest possible definition of “blows”, to include biting, butting, gouging, clawing, seizing, spitting, and fingertips jabbing, etc.)
- Single, “one blow stops” are unrealistic and must never be anticipated. This is one element of traditional *karate* that simply makes no real sense — especially for today’s combatant in the modern setting
- To be effective in self-defense OR in offense, you must be **ATTACK MINDED**. This is not a contradiction at all, as far as “self-defense” goes. Like we first said and wrote in the early 1970’s: ***When you are attacked, you must attack your attacker!***
- Competition has nothing to do with combat. There are no rules in combat; anything goes.

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- Good tactics and sound mental conditioning are **vital**, and the specific *kind* of tactics and mental conditioning that are required in real combat bear no relation to those that enable a man to win in contest competition.
- There is never any guarantee that anything will work flawlessly, or that predictable outcomes are possible in close combat. **LUCK** is an important factor.

With all of that rather grim preliminary material understood, we can now proceed to explain some of the key actions that might save your life if, God forbid, you ever find yourself facing the prospect of death or disablement at the hands of one or more violent offenders.

THE SIDE KICK

This is the King of the Kicks for close combat. It is properly delivered **low** (never higher than the enemy's knee), and it is executed like a *whiplash*, driving the heel of the foot (preferably) or the bottom or the edge of the foot (perfectly acceptable if sturdy footwear is being worn) **THROUGH** — not “on” — the knee. The ideal combat side kick combines the lashing speed of the French *savate* kick with the driving power and destructive force of the taekwon-do side thrust kick. Unlike the customarily taught side kicks, however, the side kick in combat is **NEVER** directed higher than the knee. It is excellent against the shinbone, and — close-in — it will smash the instep bone of the foot by being driven *downward* into that vulnerable target.

In any difficult or dangerous situation when it is feasible to do so, **THIS** is the kick to use and to rely on! It would, literally, not be a bad idea for the student of unarmed close combat to practice several hundred side kicks whenever time and energy permit. The action of rendering this kick should become so automatic that, in a crisis, the user has lashed out and broken his assailant's leg before his foot sets down.

The knee is one of the most important attack points for self-defense. It is broken by 80 pounds of force counter to the joint (a measure of power that any healthy ten year old girl can learn to generate, with ease). Every assailant has **TWO** knees, and if he is to harm you, he must bring *at least one of them* into kicking range! The knees cannot be moved out of the way of a surprise kick with any amount of speed because the legs support the body. Also, the attacker is concentrating and thinking about ***moving in against YOU***, not about the prospect of having his knee broken as he does so.

The side kick will make any wrist or arm grab (single or double) go away, pronto! In fact, when an attacker seizes your wrists or arms he is not only making himself an ideal target of the low

stomping side kick, **he is helping you to stay balanced and lash out by the very nature of his attack!**

Every student of self-defense, whether one of our own, studying *American Combato*, or some other system or method, should prioritize mastery of the basic, simple, low side kick to the knee.

This is the single finest way to attack the vital knee targets, as well as the shin bones and insteps of the feet.

THE HANDAXE CHOP

While there is some controversy regarding whether the thumbs up and hand stiffened, or the more classical/traditional *knifehand blow* formation of the striking implement is best, there is no disputation regarding the supreme effectiveness of **any** form of this blow — except perhaps by individuals with no knowledge of human anatomy, physiology, kinesiology, hand-to-hand combat, and the **history** of this blow's value to men who do it for **REAL**.

The handaxe chop is the King of natural weapon strikes with the hand.

While virtually any target of the human body may be struck effectively with this blow, for serious emergencies we urge the emphasis and focus be on whipping the untelegraphed chop directly into the enemy's throat, neck, side of head, or face. "That's a pretty big target area, isn't it?" you might say. "You bet it is!" we'd reply, "So have no fear of striking your man and having no effect!" In a dangerous emergency, when you know that serious injury is imminent at the hands of any troublemaker whom you are unable to avoid, **GO FOR HIM WITH THAT WHIPPING HANDAXE CHOP!** And keep on chopping!

The handaxe blow bears the same relation to the clenched fist that an F-22 Raptor bears to a piper cub!

One of the finest *specific* points to hit is the carotid artery — struck by slamming a sharp blow to either side of the windpipe, fairly close to the base of the neck. **NO ONE** can withstand a sharp, full power handaxe blow to the carotid artery; and this is an extremely dangerous strike. It is not always fatal, as a hard chop to the windpipe would be, but it certainly *could* be fatal. Our advice is: Hold this excellent technique — the handaxe chop to the facial/head/neck/throat area — in reserve for only the gravest of emergencies.

Some possible hit points, like the jaw hinge, point of chin, bridge of nose, or philtrum will ***probably*** not result in lethal injury; however the unpredictability that is inherent in all applications of serious combat moves makes it the wiser course of action to refrain from using ***potentially*** deadly strikes unless you believe that you are in a potentially deadly predicament.

THE HEEL OF HAND SMASH

The classic chinjab smash is of course a winner; however, it is not generally appreciated just how versatile and destructively practical *variations* of the heel of the hand blow are. We exploit every one of them in *American Combato*; and, for attacking certain vital target areas, we suggest that you do the same.

The basic chinjab is excellent. Use it to devastate the underside of the jaw, thus shocking (and perhaps breaking) the vertebrae in the neck, and knocking a few teeth out of the opponent's head while, with any luck, rendering him unconscious. Rule with the chinjab: Hit as directly **UPWARD** as possible, and as far and deeply **UNDERNEATH** the jaw as you can.

In boxing, the *hook* punch is very powerful and a reliable knockout shot when directed to an adversary's temple, or — in the ring — to the **MENTAL FORAMEN** nerve (which is located by placing a fingertip at the corner of the mouth and then drawing a short line straight down to the edge of the jaw). Take no risk of the almost inevitable injury to the hand that occurs when a normal fist is employed in delivering the hook, by using the **HEEL** of the hand as the impact point. This is a stronger and better weapon than the normal fist, and with practice provides a jarring blow that should knock most individuals senseless.

Short, driving jabs with the blow that we call the ***INVERTED HEELPALM STRIKE*** (fingers pointing downward or sideways) the liver, spleen, kidney, bladder, or pubic bones may be devastated. We have been teaching this blow for many years now and were pleased to see it demonstrated on that Fight Science show to which we alluded, earlier. These trip-hammer shots can catch an adversary quite off guard, and have the potential of dropping the biggest man like a sack of rocks!

The straight heelpalm thrust (which was a favorite “power strike” with our late friend, John McSweeney) offers another way to use the heel of the hand to good effect. While virtually any spot on the face will be effective in shocking, and usually stopping, just about anyone, we like using this blow to the **EYE**. Unlike a punch to the eye (that actually hits the brow and cheekbone, causing a “black eye”), the **HEEL** of the hand actually strikes the eyeball, itself. This is a serious and dangerous blow, and will instantly knock most men out. It also may damage the eye permanently.

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Directed to the **sternum**, this blow was dubbed the “rock crusher” during WWII by Fairbairn. It’s a good blow, but will only work for people with wrists that are flexible enough to permit the *heel* to be projected forward for impact, when the blow is delivered.

THE HAMMERFIST SMASH

The properly clenched fist can be used with greatest destructive effect when employed in a *hammering* as opposed to a “punching” fashion. The hammerfist smash utilizes the little finger side of the clenched fist, and the blow that is struck with this weapon is struck in a manner similar to the way in which a hammer is employed. The Japanese and Okinawans dubbed their *karate* version of this blow the “iron hammer” (*tetsui*) strike.

In unarmed combat this blow is excellent when employed in a sharp, elliptical snapping-type of smash into the bridge of the nose, temple, side of the jaw or jaw hinge, or into the kidney or brain stem (when an enemy is doubled over).

A speedy, untelegraphed snapping blow directly forward into the sternum from a nonchalant ready stance is very effective. When the opportunity and position permit, smashing the hammerfist to the bladder, pubic bones, groin, or solar plexus is good.

THE CUPPED PALMS “EAR BOX”

We have loved this blow since the first time we were introduced to it as a boy, through a copy of *GET TOUGH!* This is one of the most excellent basic attack methods there is. Interesting enough, the Fight Science Show had a demonstration of this blow.

The double ear box may be applied any time an attacker attempts to grab you under the arms, or pulls you in close, by the lapels. This makes for a most powerful and decisive counterattack action. The ears are the only targets for this blow.

It should always be born in mind that an attacker who has been disconcerted by any blow that causes his arms to drop and/or his head to come forward, is wide open for this strike. Also — a *preemptive* attack using the double ear box is excellent, ***but the double ear box must never*** be done as the opening, or first move in an attack — since it opens you up wide to action by your adversary. Once slammed in the face or throat with a handaxe chop, however, or jabbed smartly in the solar plexus by a punch, the cupped palms blow should finish the encounter succinctly.

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Although rarely acknowledged, a *SINGLE* hand ear box is a most effective and useful blow. If the arc of the attacking limb is kept to a tight elliptical path, then the single hand ear box may, on occasion, be the opening strike in a sequence.

When an adversary has been doubled over, using the ear box as musician smashes cymbals — right in front of you, in a clapping action — is excellent. Then, ***GRAB THE EARS***, and using the same action you would in drawing a bow, rip them off the attacker’s head.

Another great followup when the ear box lands against an upright enemy, is to bring both thumbs forward and jab them into the enemy’s eyes, gouging deeply. (**Note:** A knee to the crotch at this point is almost too good to resist applying! It will drive the thumbs deeper into the enemy’s eyes as he lurches forward from the knee’s contact.)

THE TIGER’S CLAW

This blow is simplicity itself. The hand formed as for a chinjab, it is directed *forward* and like a boxer’s jab, it thrusts into the enemy’s face. The fingers hit the face, and the heelpalm “collapses” onto the face, adding a blow to the claw. Get your body behind this blow and do not telegraph prior to delivery. If the situation allows, ***GRAB HOLD OF THE ENEMY’S FACE*** as the blow lands, and go after him with continued kicks, and other blows.

THE FINGERTIPS THRUST

Obviously, the *EYES* are key targets in self-defense. One of the simplest and best ways to attack an attacker’s eyes is with a quick, direct, extended fingertips thrust.

We find it fascinating that Pat O’Neill (First Special Service Force hand-to-hand combat teacher, and originator of the “O’Neill System”) and Bruce Lee *both* came to advocate the almost identical “one-two attack” of thrusting to the eyes with the fingertips, and then whipping a side kick into the assailant’s leg. Lee probably never heard of Pat O’Neill, and there is no evidence that he was ever exposed to any aspect of the wartime O’Neill System. O’Neill certainly never knew Bruce Lee! And, again very interestingly, *the martial arts backgrounds of each of these men differed radically*. Yet, when considering what works best in **COMBAT**, both the “grappler” (O’Neill was a staunch judo man) and the “hitter” (Lee was a ch’uan fa [“kung fu”] man) arrived at **BLOWS OF THE HANDS AND FEET** as the way to go. And what’s more, each concluded **the same thing about the same techniques:** i.e that eye thrusting and low kicking were key actions.

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From an off-angled stance either the foremost or the rearmost hand can be employed to thrust the fingertips directly into an enemy's eyes. **Do not telegraph!**

In many situations where an attacker moves in and applies a grip or is about to strike, a fast fingertips thrust to the eyes will neutralize his action and enable you to either escape or followup with further action.

Keep fingers relatively **RELAXED** when thrusting. Tension weakens the thrust.

Restrict this move to the eyes only

There are of course other ways to strike with the hands, arms, elbows, knees, feet, and head — but the methods listed are among the simplest and you should be able to acquire a pretty good level of practical proficiency by practicing daily for two months. Some people learn faster; others more slowly. But rest assured, the actions described work and are well worth devoting the ten to twenty minutes daily in practice that proficiency requires.

Remember: To stop a dangerous attacker attack *him*.

A Two-Exercise Mini-Workout

THIS may be a particularly appropriate piece of information now that the bustling and busy Holiday Season is upon us. With family and other social commitments, it may be the case that you are unable to maintain your normal schedule of physical training via comprehensive total body workouts.

When time is at a premium and you are next tempted to miss a scheduled exercise period, you will find the following abbreviated session a real convenience. While the workout we are about to suggest requires of you only two exercises, we assure you that these two exercises, properly done, will maintain your physical development and might even increase your strength.

The session of exercise that we recommend is a super-abbreviated program consisting of the **SQUAT** and the **MILITARY PRESS**. It is preferable to do these exercises with a barbell, but if a barbell is not available and you have only a pair of dumbbells, that will do nicely. (**Note:** Because your pair of dumbbells will almost certainly be a lot lighter when totaled than a barbell, we suggest — if this is so — that you use dumbbells in a **CLEAN AND PRESS**, rather than in the simpler “military press” mode. The added work doing the clean with each repetition

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compensates for the lighter poundage being used. Naturally, if you train with *heavy* dumbbells, this compensatory step can be omitted).

While we appreciate that some instructors might disagree with us, it is our opinion that it makes no difference whatever which of the two exercises you begin with. Our advice is: Do the two exercises in whichever order you fancy — just *DO* them!

Purely for the purpose of setting the schedule down for your reference, we select a “squat first, then military press” sequence.

Here is the mini-workout:

- 1. SQUAT — 1 SET OF 18-20 REPETITIONS, rest only long enough to get your breath back, then do 1 SET OF 8 REPETITIONS (being sure to add weight for this second set).**
- 2. MILITARY PRESS — 1 SET OF 10 REPETITIONS, rest only long enough to recover your strength, then do 1 SET OF 6 REPETITIONS (again, adding weight for this second set).**

While you must use heavy poundages, we wish to **DEFINE** precisely what that means, so that relative beginners and newcomers to sensible training are not misled: A “heavy poundage” is a poundage that *makes YOU work hard, and that YOU feel is heavy.* There is no arbitrary or objective standard (unless we were discussing competitive weight **LIFTING**, where specific records were being made and broken, according to fixed and known weight amounts). We are concerned with **TRAINING**; with **WORKING OUT** for all round development and conditioning, as well as to bolster our combative skills capabilities.

Always — **A-L-W-A-Y-S** — use weight resistance that you can *properly work with.* If it’s heavy for you, then it’s **HEAVY**. There is nothing competitive about this. Your goal is to build you up; not to lift or train with more weight on the bar than anyone else uses.

To be certain that you do this correctly, let us provide the correct pointers for training. Some of what follows is repetitive — **BECAUSE IT’S IMPORTANT!**—

- Use weights that are heavy for you. Be certain that you are able to handle and work with whatever weights you use, properly. A good indicator that you’re doing things correctly is when you feel the last one or two repetitions in a set to be a hard fight, ut the repetitions up them are simply “demanding”. The last repetition or two should **NOT** involve “cheating”, but should always be fought out in correct exercise form.

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- Consciously focus on working each repetition through a full range movement and **feel it** all the way. No “bouncing” or “dropping” when squatting, and no “jerking” or “heaving” when pressing. If you cannot handle the weight that you are using in correct form, then USE A LIGHTER WEIGHT; you are **NOT** benefitting yourself by cheating!.
- Rest **minimally** between sets. The entire workout consists of only four sets, but when you do it you’ll see that each one, done as we advise, takes a lot out of you. This means that you will not be able to “breeze through” the two exercises. Nevertheless, you are robbing yourself of valuable conditioning benefits if you rest too long between sets. “Too long” is resting beyond the moment when you feel that you can do the next set.
- Finish this mini-workout within 12 minutes if you possibly can. Do **NOT** allow yourself more than 15 minutes. If you can’t do the workout in 15 minutes then you’re using too much weight ***OR*** you are dawdling.

So-called “abbreviated workouts” such as this one were popularized by the late, great Peary Rader in his (then) marvelous periodical, ***IRONMAN MAGAZINE***. Mr. Rader was one of the most sensible, honest, and realistic trainers in our Nation’s history. The old ***IRONMAN*** reflected his wisdom and his immensely practical philosophy of training.

As Peary Rader pointed out, abbreviated workouts can be incredibly effective (sometimes triggering gains in individuals who found the usual full body workouts consisting of eight to twelve exercises to be too much). Normally, we recommend and prefer a comprehensive total body workout of between five and about ten or so individual exercises. Still, when well chosen, two or three exercises are enough — **if you work them very hard** — if a regular length routine is for the nonce not feasible.

The squat and the military press were the two exercises most responsible for developing Paul Anderson. Anderson was regarded as “The Strongest Man In The World”, so don’t worry about these two exercises not being effective!

For the dyed-in-the-wool training devotee who bitterly resents missing a workout or two (**even if it is during the Holiday Season**), and has no confidence in “short” workouts, we would offer some parting words of encouragement:

Peary Rader once noted that he was never able to see any difference between the physiques of men who took about an hour to train, and those who lived in the gym, and spent half the day at it.

Harry B. Paschall — one of our personal “heroes of the Iron Game”, and a writer/teacher of matters pertaining to weight training, par excellence — always emphasized the value of **REST** as an aid to muscle building. In a classic article that he authored he once wrote that he never saw really outstanding development in those who trained compulsively and rigidly, but that he did see the best size and strength gains in those whose training was *irregular*.

We hope that we’ve been of help to you here.

Involuntary Occurrences In Combat

A correspondent who is involved in combat handgun training wrote that he wanted to know the scoop on correct trigger control. He had been told by an instructor at a rather well-know shooting facility that “one must squeeze the trigger and achieve a ‘surprise break’ when engaging an enemy in combat”. We must add that this was taught in conjunction with the idea that, while applying this trigger squeeze, he was also to keep his eye on the front sight.

Having been a personal, certified student of the late Jeff Cooper (who promulgated the ideas which this shooting school is touting) as well as a student of the late Col. Rex Applegate and a student of a man who had trained personally under William Fairbairn, during WWII, I know the fallacy inherent in what my correspondent was taught at the shooting school.

The method of handgun employment that Jeff Cooper promoted, and that is still in some circles being promoted, is a *competition, sporting method*. It was in fact **DEVELOPED DIRECTLY AS A RESULT OF COMPETITIVE SHOOTING EXPERIENCE, NOT AS A RESULT OF STUDYING OR PARTICIPATING IN COMBAT**. The method taught by Fairbairn and Applegate (which Applegate personally certified us to teach) **WAS** developed directly as a result of experiences in and studies of **real world close combat handgun shooting**.

In actual close combat one cannot “squeeze” a trigger, deliberately. One ***PULLS*** the trigger. One cannot “focus on the front sight”, either. **NOT AT CLOSE RANGES, WHERE ACTUAL ENCOUNTERS USING HANDGUNS OCCUR**. Focusing on the sights and squeezing the trigger while breathing slowly is appropriate for deliberate aimed and sighted ***DISTANCE*** firing — of both handguns and shoulder weapons. But in combat at ranges of about 20 feet or less, one’s organism functions in a manner that precludes certain actions from being employed. Competition shooting (just like competition unarmed sporting “combat”) ***DOES NOT CORRELATE IN THE LEAST WITH ACTUAL COMBAT***.

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Professionals know this, and while others continue to believe that what one can do and accomplish on the mat or on the range is identical with that which is suitable to **BATTLE**, the truth remains true. You cannot function in close combat using fine motor articulations, elaborate and complex movements, or actions that assume conditions and circumstances that can only be assured in a **sporting** or in a **competitive** venue.

We do not now see, and have never seen, that any conflict need exist between sporting training and participation, and combat training. However, many continue to feel that it does. This misleads a lot of people who are led to accept that what they train in for competition (armed or/and unarmed) translates into what ought to be developed for close combat and self-defense.

Nothing could be further from the truth, and the widespread belief (encouraged, unfortunately, by the mainstream periodicals which exist solely to sell magazines and advertisers' products) that "competition" prepares one for "combat" remains **NONSENSE**.

Please remember when you train that the following occurs **INVOLUNTARILY** in a close combat situation. It does not occur until or unless the organism feels itself to be in imminent serious danger. And while in many instances no heed need be paid whatever to the following factors **during controlled practice (unarmed and hand-to-hand work, or armed range firing or practice drill with knives and sticks, etc.)** unless one accepts their reality when selecting which methods to train in, one will not be able to use those methods **for real**.

1. In any hand-to-hand and close combat situation one loses the ability to employ fine motor skills. Only gross body movements are possible.
2. One invariably *locks on visually* to an enemy in close combat. and can see nothing else. Psychologists call this the "peripheral optic dysfunction phenomenon".
3. Adrenaline surges through one's system as one's blood pressure soars. This precludes doing **ANYTHING** complicated, but facilitates anything of a gross muscle nature being employed. **Example:** One would not be able to dial the phone for assistance while a home invader was charging one from a distance of three feet. But one **WOULD** be able to pick up the phone and smash it into the invader's face!

We always elaborate upon these and other factors when teaching, and the articles that we post on www.seattlecombatives.com emphasize these and other relevant points, constantly. For right now, PLEASE, just appreciate what we're saying. We speak not merely from **our** personal lifetime of study, training, and experience, but from and for that which hundreds of **real world**

combatants (in military, law enforcement, protective service, and intelligence functions) have documented.

If, may God forbid, you ever find yourself embroiled in a life-threatening situation where you must employ close combat and self-defense skills to save yourself and perhaps a loved one, you will then know the truth of that about which we speak, teach, and write.

Please don't wait for that to happen.

Great Success With Out-Of-Towners!

WE thoroughly enjoy meeting and getting to teach private lessons to those who follow our work and decide to visit us and take a bit of training at our hands. Recently we received a wonderful e-mail from a highly graded black belt holder in both ju-jutsu and karate who had completed a series of private lessons with us. “I learned more in my six hours with you about **real world combat and defense** than I learned in my 20+ years of ju-jutsu and karate training! Thank you!”

Gee. Thank **YOU**.

We cannot promote people through the ranks of our System (*American Combato [Jen•Do•Tao]*) unless they attend our Classes, take ongoing private lessons and participate for the necessary number of years in our System. In the distant past we made the huge error of doing this, and the catastrophic results made themselves all too clear to us. **HOWEVER**, we can readily train individuals who come to our facility — or our colleague Mark Bryans, can train them at his, if Prescott, Arizona is more conveniently located for the individual than is Seattle — in basic and advanced close combat and personal self-protection. Our training leaves serious students who apply themselves with a great deal more than most classical/traditional martial arts people ever come to learn, even when attempt to compensate for the shortcomings of that which they learned and self-teach (as we recommend) through books.

When we work with a student privately we get **A LOT DONE**, and we can cram tons of serious, proven, practical, real world self-defense and close combat training into the hours that a visitor has available. Mark Bryans does the same. So . . . if you are serious about training, do consider coming to Seattle or to Prescott, and taking a series of intensive, practical private lessons.

This is no “sales pitch”. We will continue to provide **FREE** training instruction, encouragement, and advice via this and our other web site, and we hope that you will enjoy and

benefit from our presentations. We add material *AT LEAST ONCE A MONTH* — quite often, more frequently.

We hope that you'll continue to tell others about our sites. We really appreciate it.

A Christmas Present Of Self-Defense Training For Your Child

IF you have a son who is too young to participate in the kind of training that, for instance, we offer, do not think that he cannot learn self-defense, and that there's "nothing out there" for, say, a youngster of about ten to fifteen years of age. There is.

One of the finest self-defense programs that a boy can participate in *while he is a "boy"* is a combination of **Western Boxing** and **Kodokan Judo**. And while we do not teach this, there are some wonderful judo schools throughout the country, as well as some dynamite boxing coaches who love to work with kids. Why not consider purchasing instruction in judo and boxing for your young son this Christmas? If he has expressed a desire to learn self-defense, such a program is *IDEAL*.

Two to three months of boxing lessons, and six months of judo instruction under a Kodokan-certified teacher should equip any boy with the confidence and skill that he needs to defend himself against any contemporary physical troublemaker he might encounter and need to deal with.

Should your boy develop an interest in pursuing serious close combat work as he comes of age, then the boxing and judo foundation that this early training will have provided will be invaluable.

That about wraps it up for this month's *SWORD & PEN*. We'll close by wishing you and yours a blessed, wonderful Christmas, and of course a Happy, Prosperous, Joyful New Year — when, of course, we will see you again in the January 2010 edition of this Newsletter!

MERRY CHRISTMAS! And stay COMBAT READY!

Prof. Bradley J. Steiner

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