

©Copyright 2016 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

**DECEMBER 2016 EDITION**

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

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

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

## **E d i t o r i a l**

### ***It's All Really Very Simple***

*“ . . .no rules . . . the most important thing  
is to hit as quickly as possible.”*

— Chris Dolman

**CHRIS** Dolman is the legendary Jon Bluming's top student. Dolman is a world class champion competitor, and *also* an experienced security professional, power lifting notable, and **self-defense** expert. Like his mentor, Dolman is a fierce and deadly combatant. He is *not* merely a competition

man. This combination is rare indeed and, frankly, impossible for most men to achieve. You can be a topnotch competitor **or** a topnotch combat man; but only the rarest of the very rare few — who possess the deepest devotion to training, and whose genetics and mindset are impeccable — can be both. Dolman is both. And so was his mentor Jon Bluming in his prime.

The point we wish to make here is that when discussing the **actual combat** side of Dolman's career and activities he (like every legitimate expert in close combat and self-defense) stresses *striking*. “. . . Hit as quickly as possible.” **Hit**, not grapple or go for a takedown. **Hit**.

If any visitor cares to go to YouTube and watch Chris Dolman in action in competition, he will see that — **in sporting competition** — Dolman's forte is leg locking on the ground (or, better put, on the *mat*). When playing, grappling is Dolman's choice of technique. When engaged in battle, *striking* is.

Now look at Dolman's incomparable mentor, Jon Bluming. Over his extensive career Bluming studied and excelled in both judo and karate. Rising to grades of 9th dan in karate and 10th dan in judo, Bluming defeated numerous Japanese Kodokan black belt experts, and was privileged to have trained under such top rated karate masters as the late Mas Oyama. He also studied other arts, and had no poverty of experiences in actual self-defense encounters. Bluming is in that small category of “incredible” classical masters of martial arts, with Jim Harrison, Gene Le Bell, and a handful of others.

It might interest you to know that with a background of mastery in *all aspects of classical martial arts combat skills* — *grappling and striking* — *Bluming has, now as a senior, settled upon a very simple, basic attack combination (which, by the way, we teach in American Combato) as his favorite personal reaction to physical violence* (should any fool be so amazingly idiotic to actually attack this man!). His technique? A fast, powerful, surprise front kick to his assailant's testicles followed by a powerful straight heelpalm thrust to the adversary's face.

Our late close friend and colleague, “The Father of Irish Karate”, John McSweeney, settled upon a series of nine basic blows — “power strikes” as he referred to them — as *his personal repertoire for self-defense*. This, after being one of Ed Parker’s first black belts (and learning Prof. Chow’s *very* extensive set of **hundreds of self-defense techniques**) and many techniques of *ju-jutsu*, “*kung fu*”, and *Kodokan judo*. John also had a strong background in boxing. In the end he boiled his personal self-defense method down to **nine basic blows**.

This is virtually universal among **combat** experts: **B L O W S**. Simple low kicks, elbow smashes, and open hand strikes, coupled with a couple of simple punches to soft body targets only. Those are the most effective and reliable **real** combat techniques.

This is where the **real world** of self-defense and close combat for either personal defense or warfare is at.: Real masters and experts eschew the grappling and throwing and ground submissions of the martial arts — even when they have become experts in these skills. Perhaps history’s two greatest examples are W.E. Fairbairn, and Pat O’Neill. Both these men are legendary figures in the justifiably revered “WWII methods” category of combat skills, and **both** were highly qualified judo/ju-jutsu men. However, for **combat** both men focused upon blows of the hands and feet.

We fully understand that today’s popular (and drastically misleading) fad advocates against this. But anyone with half a brain can see clearly that by advocating *against* an emphasis on **blows** rather than against contest-type throwing, holding, and ground-grappling, one is advocating nonsense that contradicts wartime experience *and* the experience and counsel of the greatest masters of combat who taught during and following the WWII years.

It’s really very simple. Everyone is of course free to believe whatever he wishes, and free to train as he pleases. But all who have been and done, and all who follow in the footsteps of those who have been and done, and who have painstakingly worked to continue the development of true **MARTIAL art** in the tradition of wartime methods of the most reliable and extreme kind,

know what gives, and practice and teach it.

**For real combat blows of the hands, feet, knees, elbows, head, and grasping, crushing, biting, and clawing constitute the “real deal” as far as self-defense and close combat is concerned.**

Have *you* learned this lesson yet?

**Bradley J. Steiner**

***DVD Course NOW AVAILABLE!***



# *(You Can Learn Self-Defense and Close Combat At Home!)*

Here are a few comments about us and what and how we teach, from a handful of the many genuine authorities in the field of close combat and self-defense who are familiar with us and with our work:

**“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”**

**— James R. Jarrett,**

**Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.**

**“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”**

**— Greg Anderson,**

**Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.**

**“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is incredible!”**

**— Detective Ralph Friedman (NYPD Retired),**  
Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

**“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”**

**— Maurice (“Maury”) Geier,**  
Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

**“Your American Combato is a very good System”**

**— Charles (“Charlie”) Nelson,**  
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

**“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”**

**— Grandmaster Jim Harrison,**  
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim

**Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim Harrison's accomplishments and contributions to the combat arts in America.**

**“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”  
— Grandmaster John McSweeney,**

**The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.**

**“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”  
— Dr. Albert Ellis,**

**One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis’ contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis’ works.**

**“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”**

**— George Kalishevich,**

**Former USMC Sergeant and combat veteran of Southeast Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960's. He was also an experienced bouncer. He passed away several years ago.**

**“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.**

**The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner's writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner's vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner's”.**

**— Grandmaster John Perkins,**

**The brilliant innovator of ‘Guided Chaos’, John Perkins' background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.**

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)<sup>™</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 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 plays 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!

**From: *Business Insider/Military and Defense***

# **Here's what happened when UFC fighters took on Marine Corps martial-arts experts**

**David Nye  
Aug. 17, 2015.**

Have you ever wondered how the toughest competitors in the Ultimate Fighting Championship would stack up against the military?

Well, you can stop wondering. A YouTube video called "UFC Fighters Experience Marine Corps Martial Arts" gives a look at what happened when five fighters — Marcus Davis, Rashad Evans, Forrest Griffin, (Marine veteran) Brian Stann, and UFC President Dana White — made the trek to Quantico, Virginia's Marine Corps Martial Arts Center of Excellence, better known as MACE.

After seeing a morning demonstration of tactics and techniques, the fighters attempted a training lane used to test Marines for their ability to train with knives, bayonets, and fighting sticks. The fighters lost to the Marines. Badly.

To be fair, even Marine veteran Brian Stann had some

trouble standing up to his fellow Marines who were experts in the Corps' Martial Arts program.

---

√Note: It is interesting to remember that the current USMC unarmed & hand-to-hand combat program is, in the opinion of an impressive number of qualified USMC Officers and non-commissioned officers *who have "been and done"*, and who are familiar with the WWII methods which were taught to the Fleet Marine Force and the Marine Raiders during the second world war, the WWII method was **greatly superior** to the present System. (We probably do not need to mention that *we* agree with that opinion 100%-**plus!**) The WWII method was rooted in Fairbairn's doctrine, and in the work of Applegate. Combat and competition are completely different. You are ***not*** preparing for combat and defense by UFC/MMA sport fighting. **PERIOD.**

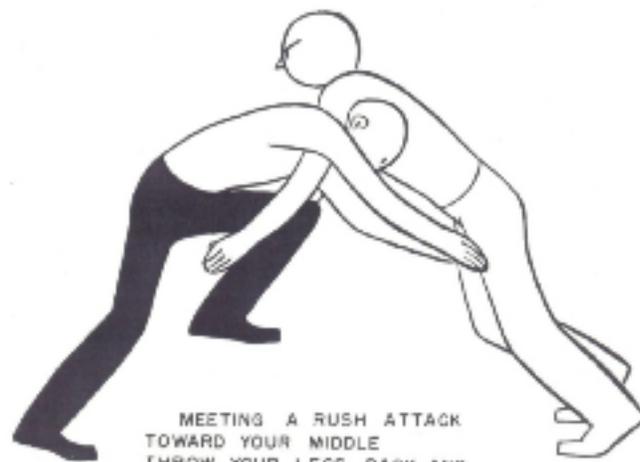
### **Handling A Tackle Attempt**

**TO** believe that all hand-to-hand combat situations "go to the ground" is to believe a myth. To train *with your basic strategy being to take your opponent to the ground is to train foolishly and dangerously*. Fine for judo and wrestling. **Suicide** for real combat.

This simple truth was known and taught in WWII. Recent mythology that has been introduced into the martial arts has screwed many people's head up and now has them believing utter **BULLSHIT** about real hand-to-hand combat an self-defense.

We thought that you might like to see the simple and effective doctrine that was taught by one teacher during WWII, regarding how to deal with the enemy who attempts to engage in a tackle and bring his opponent to the ground.

These are certainly *not* the only viable methods. There are others. Still, just about anyone can learn and master these two simple methods. It is possible that these methods *might* be thwarted by an accomplished wrestler or experienced black belt judo champion. However, violent offenders, as far as we know, do not normally come with such credentials. These techniques were proven in **war**. If you want a simple means of dealing with an offender who tries to tackle you, learn these. (This was extracted from *Dirty Fighting*; a WWII Manual for soldiers on unarmed combat.)



MEETING A RUSH ATTACK  
TOWARD YOUR MIDDLE  
THROW YOUR LEGS BACK AND  
BLOCK HIS ARMS USE A FRONT  
STRANGLE OR BACK ROLL.



MEETING A LOW DIVE  
PUSH DOWN ON HIS HEAD  
SPIN HIM BY LIFTING HIS  
CLOSE ARM.

Try these practical techniques out, but do so **carefully**.

---

*Do Not Miss!* . . . . .

**An enormous source of instructional articles, professional commentaries, book reviews, and the American Combato System's structure, contents, and philosophy. NEW MATERIAL ADDED EVERY MONTH . . . ALL FREE!**

**GO TO:**

**WWW.SEATTLECOMBATIVES.COM**

**Total of over 400 articles packed with instruction, training tips, suggestions, insights, and technical close-combat and self-defense advice!**

**After reading the latest entries, check the "archives" (bottom of each page) for lots and lots more FREE material devoted to quality skills, mental conditioning. Years of valuable writings!**

**We've been a pioneer of what today is called "Reality Based Self-Defense" and the purveyance of the "WWII Close Combat Systems" since the late 1960's — long before most of today's "instructors" were born! Our writings reflect**

**the knowledge, skills, and experiences of our training, learning, doing, and teaching, acquired over a period of 60 years!**

---

### **About The Clenched Fist . . . And Boxing Doctrine**



**WHEN** used by an experienced and well-trained boxer, or an experienced and well-trained karate expert, the normal clenched fist can be a pretty fair natural weapon. However, the clenched fist, per se, is one of the poorer and weaker natural weapons for the overwhelming majority of private citizens, soldiers, and law enforcement professionals. For real, actual hand-to-hand battle we recommend limiting the normal clenched fist to blows delivered to the solar plexus, sternum, bladder, testicles, and kidneys; and relegating this weapon to a *distant* second place for most students of close combat and personal defense.

Some are very surprised and even confused when we say this, and then go on to praise Western boxing as an Art that teaches a tremendous amount of practical wisdom about **real** combat. In reality there is nothing to be confused about.

Boxing teaching much more about ***HOW* TO STRIKE WITH THE BODY'S NATURAL HAND WEAPONS THAN DOES KARATE**, in our opinion. It also offers much more sensible doctrine regarding footwork

and all round body movement when engaging an adversary, or interfacing with him. *Boxer's hit hard, they hit fast, they invariably train in combinations, they realistically focus on attacking not "defending", and they are never dismayed when they are hit and when they are hurt. They expect this. And they rely upon high repetition training with the blows and combinations that they learn.* Boxers are tough realists who labor under no illusions about "size and strength not mattering", "secrets that enable people to defeat all comers", "age being of little significance", and plain hard work in basic training being the key to solid mastery of their most important techniques. Boxers also build their own personal style, and the process of learning and then **mastering** boxing inevitably leads every boxer to build his own unique "style".

Boxers concentrate on the cultivation of one **one single weapon** (i.e. the normal clenched fist), and a few ways of hitting with it that work in fast-paced, serious fighting: the **left jab**, the **hook**, the **uppercut**, and the **straight right**. Boxing is **not unarmed combat** or *self-defense*; but it can be adopted to the needs of a personal defense emergency **in most instances** better than *judo, competition karate, or wrestling, etc.* Other sporting forms of fighting generally **pale** in comparison to boxing. In a nationally televised TV show about a variety of martial arts and their potency as far as plain destructiveness is concerned, **it was a Western boxer whose punch hit the hardest**, *not* any of the "martial arts" people. And these martial arts people included a marvelously skilled tae kwon do expert who was probably 20 years younger than the boxer, and built like Mr. Universe!

We'll say it again: **Boxing is not a true combat art, it is a sporting form of fighting. Anyone desiring to master self-defense, or warrior skills needs a COMBAT art — not boxing. However, boxing definitely offers the combat arts student the finest tutelage available on how to USE and how to APPLY combat techniques.**

**From Western boxing learn:**

- Footwork. How to stand, move, reposition yourself, face an enemy or a

suspected assailant and use your body's coordinated footwork to hit like dynamite

- To expect any encounter to cause injury to *YOU*. You are neither a wizard nor superman, and while you may indeed one day become a combat expert that will *not* assure you of either an instant victory nor an injury free victory.
- Hitting is the fastest and most destructive action in personal combat. Train constantly to increase the speed, balance, accuracy, power, and followup that you are capable of *with the best natural weapons of unarmed combat*.
- Over time, precisely which natural weapons **suit you best**. Build combinations with them. Practice them endlessly both individually and in sequences of devastating followup and combination. In *American Combato* we recognize **50** natural weapon blows using hands, feet, and other natural weapons. Of these we identify **16** as the most critical, which we place a special emphasis upon — especially during the preliminary months of training. The student who polishes and **perfects** the eight to ten basic blows that *suit him best* will inevitably be superbly prepared to handle an adversary in the real world. His combinations of these blows will similarly equip him to handle strong, dangerous enemies at close quarters.
- **Keep everything** aggressive **and** simple. Neither a boxing match nor a hand-to-hand battle in wartime can be won decisively by “defense” — blocking, parrying, evading, etc. — or by endeavoring merely to deal with the preliminary moves of an aggressor. **ATTACK AND KEEP ON ATTACKING** until your adversary has lost the **will** and the **capability** of endangering you further.
- Don't “box” with an opponent or with opponents in close combat. Use **edge-of-the-hand, chinjab, straight heel-of-palm, whipping heelpalm, elbow smashes, fingertips thrusts and jabs, knee blows, low front and side kicks, and scraping side stomps, and head butts, as well as clawing and biting**. But use these combat blows with the fluidity, balance, dexterity, simplicity, and power that boxing teaches boxers to use.

- Reserve your clenched fists for the enemy's weak, soft body targets. Never punch into the head or at the bony facial structure. When you do punch, do so with a whiplash type blow and . . .

- **Do not “counterbalance”! Throwing one punch (or other blow) out while retracting deliberately the *non*-striking arm negates the blow's force; it does *not* produce real power.** If you doubt this then ask yourself why, whenever karateka do breaking techniques they *never* counterbalance their blows. **Instead, they drive their blow with 100% total body commitment.** They remain balanced and never overextend themselves while hitting with every ounce of their available strength — *just like boxers*.

- You must actually **hit something**. While punching someone with gloved hands is part and parcel of boxing, the blows of unarmed combat (to the eyes, ears, throat, neck, knees, kidneys, etc.) are far too dangerous to employ in competition. Still, the practice of properly controlled kicks, strikes, and so on needs to include actual contact with training aids (dummies, striking posts, heavy bags, etc.) in order to instill certainty in the student that he can in fact blast into targets full force, and thus really smash into a human adversary if necessary.

We cannot too strongly recommend Jack Dempsey's Classic, *Championship Fighting*. Way back in the dark ages it was this very book that we learned the “falling step” and applied it to unarmed close combat. We also learned a few other tips about striking from Dempsey's work. Additionally we can recommend the now out of print little pamphlets by “Champ Thomas”, and the U.S. Navy's wartime book *Boxing* (which is one of their V-5 classics).

The boxer will use a left jab. If *you* will learn how to properly jab, but instead use a fingertips thrust to the eyes, your fingertips thrust will be a fabulous blow! This is but one of a dozen ways you can make excellent use of the wisdom of Western boxing when you study and train in close combat and self-defense.

---

## **Live In The Seattle Area?**

Call Us About Our Standard Course, Or About Short-Term Intensive Training. Group Classes And/Or Private Lessons. Complete Beginners Always Welcome.

## **Live Anywhere Else?**

Call Us About Our Intensive Courses For Out-Of-Towners. Or check out our Home Study DVDs!

**Practical, Effective, Reliable, No-Nonsense**

**Training In Real Self-Defense!**

**52 years teaching experience: Including law enforcement, military, security professionals, bodyguards.**

**We customize courses for anyone with special personal or professional requirements.**

**206-523-8642**

**Don't put it off. Start building lifesaving skills and self-confidence before you need it.**

# **An absolute must for city living!**

**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 in 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 are **20 Complete Self-Hypnosis Programs** available:

**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.

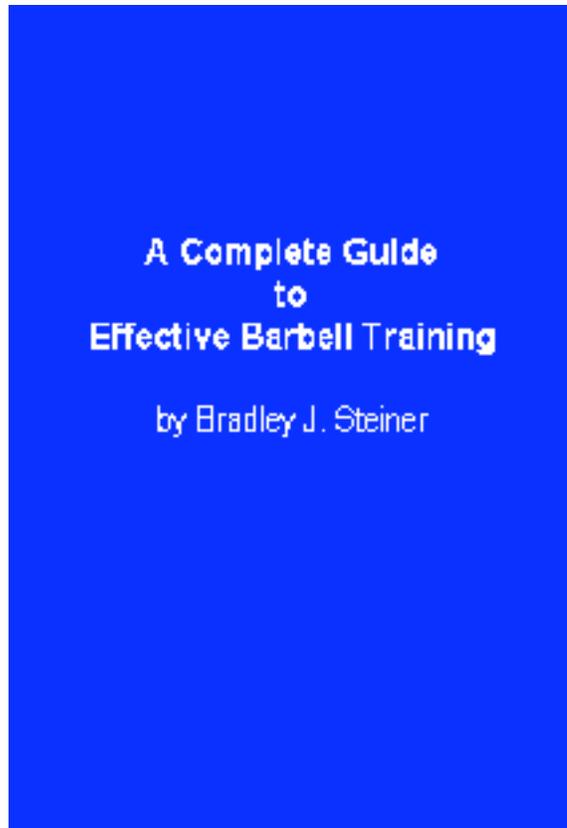
Send cash or money order (payable to Brad Steiner) to:

**Brad Steiner**

**P.O. Box 15929**

**Seattle, WA. 98115  
U.S.A**

***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.

---

***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**

**WE THOUGHT YOU MIGHT ENJOY THIS!**

Article From **GUARDIAN NEWS AND MEDIA:**

**The article below was forwarded to us by Mike Ruddel, a college professor and long-time student of *American Combato*.**

**Natural born killers: humans predisposed to murder, study suggests**

Although it's unclear whether genetics or other factors are responsible, new study suggests that lethal violence is part of our evolutionary history

The research also shows that levels of lethal violence among humans have fluctuated over time. **Nicola Davis**

**@NicolaKSDavis**

Wednesday 28 September 2016 13.06 EDT

Last modified on Wednesday 28 September 2016 13.48 EDT

Humans are predisposed to murder each other, new research suggests, although it remains unclear if it's down to genetics or other factors.

Researchers from Spain have found that a tendency to bump off members of the same species is particularly common among primates, and have estimated that around 2% of human deaths at the origin of our species were down to such lethal spats.

“What it is saying, in the broadest terms, is that humans have evolved strategies for solving problems with violence,” said Mark Pagel, professor of evolutionary biology at the University of Reading, who was not involved in the research.

But, the authors add, the impact of society can greatly modify how aggressive humans are, with the proportion of human deaths due to people fighting between themselves fluctuating over mankind's history.

“Lethal violence is part of our evolutionary history but not carved in stone in ‘our genes’,” said José María Gómez, first author of the study from the Estación Experimental de Zonas Áridas (EEZA) in Spain. “At least to some extent, the way humans organise in societies influences our levels of lethal violence.”

The question of human violence has puzzled thinkers for centuries, from Thomas Hobbes in the 17th century, to contemporary psychologists such as Jared Diamond and Steven Pinker, the Johnstone professor of psychology at Harvard University and author of *The Better Angels of Our Nature*.

Pinker has previously argued that humans engage in lethal violence as a “natural condition,” but that deaths from such violence have decreased with the rise of modern societies with sophisticated institutions and laws. But the idea has proved controversial.

The new research is likely to add further fuel to the debate.

Writing in the journal *Nature*, the team of researchers from four Spanish institutions sought to unpick the evolutionary contribution

to lethal human violence by looking at how commonly a range of different mammals kill members of the same species.

To do so, they examined the evolutionary family tree of mammals, looking at data from more than 1,020 species, as well as 600 human populations stretching as far back in time as the Stone Age, drawing on evidence from human remains found in archaeological excavations.

For each species of mammal, the team looked at the proportion of deaths that were down to violence between members of the same species. The findings showed that such lethal violence is more common in some mammals, such as primates, than in others, such as bats or whales, and is more common among mammals that exhibit social and territorial behaviour than those that go it alone. Using statistical models, the researchers then estimated the likely levels of such lethal violence for evolutionary ancestors at various points in the family tree of mammals.

The results revealed that for the ancestor of all mammals, around 1 in every 300 deaths was down to lethal violence between members of the same species. But, the authors note, for evolutionary ancestors of the primates and apes, the figures were higher.

Around 1.8% of deaths are thought to have been down to lethal violence for the ancestor of the great apes, and around 2% for the first humans - a figure more than six times higher than at the origin of mammals.

“We cannot tell that 2% of violence is due to genetic factors,” said Gómez. “Not only genes are inherited from ancestors, also environmental conditions and ecological constraints. Those are also probably influencing the human lethal violence in our evolutionary past.”

But Pagel believes it is important to emphasise that genetic adaptations could be at play. “Humans emerged from a very long lineage of species - great apes and before them the primates - that all expressed relatively high levels of lethal violence,” he said.

“When you immerse an animal in a particular environment, it evolves genetic-based strategies for dealing with that environment. There is good reason to believe this reflects a real genetic or innate tendency to solve problems with violence.”

The research also shows that, according to observed evidence, levels of lethal violence among humans have fluctuated over time. While the figure was around 2% for prehistoric man, matching the expected level from the calculations, the proportion of deaths down to such violence rose during other eras such as the iron age and the post-classic period (around 800-500 years ago), falling in contemporary times to below 2%.

“From the empirical figure of 2% of deaths by lethal violence in primitive hunter-gatherers, different historical times have had different levels of lethal violence,” said Gómez.

Pinker told the Guardian the new research is impressive and supports his views that humans have a natural tendency to engage in lethal violence, that rates of such violence were high in prehistoric societies and are higher in tribes and chiefdoms than hunter-gatherer bands, and that such impulses are dampened in modern societies. “Though I made all these points in *The Better Angels of Our Nature* in 2011, [the authors] have demonstrated them with much greater precision, rigour, and depth,” he said.

But Douglas Fry of the University of Alabama at Birmingham in the US, disagreed, saying that: “Gómez and colleagues demonstrate that recent assertions by Steven Pinker and others that violent death in the Paleolithic was shockingly high are greatly exaggerated. To the contrary, the findings show that social organization is critically important in affecting human violence.”

Gómez says the research highlights the control humans have over their situation in life and death. “The main message of our study is that no matter how violent or pacific we were in the origin, we can modulate the level of interpersonal violence by changing our social environment,” he said. “We can build a more pacific society if we wish.”

## Guns In The “Martial Arts”?

**IT** is always interesting to us when we receive correspondence asking about *why* we include and advocate firearms in teaching **unarmed** self-defense. Well, *unarmed* self-defense is not all of that which we teach and practice. We teach **unarmed and armed** close combat and self-defense. And we do so because unarmed combat is a crucial **part** — but not *all* — of what “self-defense” must include.

In ancient times this was as true as it is today. The only difference is the *type* of weapons included in the various martial arts curricula. For generations long past the weapons were primarily edged, bludgeoning, and throwing weapons — swords, spears, knives, maces, clubs, staves, chain-link weapons, darts, etc. The weapons of today include firearms, and the handgun is the ultimate weapon of personal protection.

*That’s* why we include guns in our System, and why we vigorously advocate the responsible ownership and use of firearms for people wishing to learn comprehensive self-defense.

Over the years we had occasion to learn the combat use of the handgun from three *extremely* competent and knowledgeable experts:

1. Colonel Rex Applegate
2. Colonel Jeff Cooper
3. Former counterintelligence agent, Maurice Geier

We hold certifications for teaching from both Col’s. Applegate and Cooper. However, we do *not* believe that the Cooper System is suitable for close combat. It is excellent for *competition* shooting; but for **combat** (as many already know) we advocate and teach **POINT SHOOTING**. Maurice (“Maury”) Geier had learned personally during WWII from Fairbairn and

Sykes, and of course was a strong proponent of point shooting. Maury gave no “certifications”, and we honestly cannot say that we had any affection for him —— as we had for Rex Applegate —— but we **do** credit him for teaching us good, solid combat technique and tactics; *all* consistent with the teachings of Fairbairn, Sykes, and Applegate.

When we trained in the more conventional martial arts (i.e. ju-jitsu and karate) we were unimpressed with and uninterested in learning classical Asian weaponry. We did a *little*, but we knew, given our personal focus, that strictly modern weapons were the order of the day, and the classical weaponry would never be any concern of ours.

To repeat: ***firearms*** are the most powerful individual weapons, and the *handgun*, specifically, is **the ultimate weapon of personal protection**.

If you are one of our students this brief statement is no news. However, if you are perhaps a student of some other system or method of self-defense, then recognize that the unarmed aspects of that system —— however effective —— are only a **part** of that whole subject that you want to study, *if* your objective is self-defense and the practical application of combat skills.

This is “why” we so frequently reference **guns** as being critical in any complete program of self-defense.

Think about it.

---

As we receive numerous requests to quote items and passages that appear here in *WORD & 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 sites.

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

*YOURS IN DEFENSE,*

*Professor Bradley J. Steiner*

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

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

[www.prescottcombatives.com](http://www.prescottcombatives.com)

—end—