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Sword and Pen
Official Newsletter Of The International
Combat Martial Arts Federation (ICMAF)

www.seattlecombatives.com

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Editorial

Self-Defense Is Not Vigilantism!

PLEASE go to YouTube and watch “The Confessions of Bernhard Goetz (Subway vigilante documentary)”. We have been a passionate sympathizer of Bernhard Goetz’ since the incident for which he has been *maligned* as “The Subway Vigilante” occurred, more than 36 years ago. The despicable and almost terrifyingly **stupid** conduct, speech, assumptions, questions, and reactions of the three who appear as Mr. Goetz’ interrogators will be apparent to any right-thinking adult human being who listens to this YouTube presentation. Goetz was victimized by four monsters who, in our opinion, had no right to be alive in the first place. He shot them in what was a clear case of self-defense. He was arrested, criminally charged, and sent to prison. This should scare the sh-t not only out of any New Yorker who also (more than understandably!) fears for his and his loved ones’ safety and security, but of *every living human being on the planet who has a shred of common*

sense. What the Berhard Goetz case demonstrated is that private citizens have much more to fear from their government than they do from violent felons. **You can protect yourself against violent felonious attack; you cannot protect yourself against an unjust system!** Under the color of “law” the people of New York City (now NY State, as well) are for all practical purposes disarmed and helpless. The goddamn place even locks up people from other states who *have valid concealed carry permits, if they bring a firearm with them into the City*. Actually, it does not need to be a firearm. It could be an empty *magazine*. Or a round of ammunition. (We haven’t heard of anyone being locked up for having possession of a leather holster yet, but we wouldn’t really be surprised if it happened.) Can any sane person seriously wonder why a visitor to New York City would carry his licensed handgun with him when he ventured into the streets of that jungle?

We remember New York City from the 1940’s and ’50’s. We **LOVED** the City. As things became more and more unbearable (i.e. violent crime, out-of-control cost of living, impossibility of being lawfully armed, horrendous onset of socialist programs, etc.) we had to leave in 1975. We would not step foot in New York City today. Unbelievable. Insane. Absolutely crazy, how decent, working men and women, struggling to survive in an ever-more-difficult and challenging *dangerous* environment are denied a property right — i.e. the right to own firearms. *Mere possession* of a handgun gets you locked up in New York City! **No matter what any crooked, Machiavellian scumbag lawyer says — regardless of how the bastard might butcher words and their meanings and foment confusion amongst the not-too-bright who are dumb enough to listen to him — ARRESTING PRIVATE CITIZENS FOR THE MERE POSSESSION OF FIREARMS IS A CLEAR AND BLATANT VIOLATION OF THE PROTECTION OF THEIR RIGHT TO KEEP AND BEAR ARMS, WHICH APPEARS IN THE CONSTITUTION UNDER THE SECOND AMENDMENT!**

Damn right we are angry! Damn right we are passionate about this. And if you are not, *why the hell aren’t you?*

But there is something else that is critical here. It is this miserable attempt to label someone who *does* defend himself successfully (with or without a gun) as a “vigilante”. *Vigilante?* How the hell can you open your f—ing mouth to accuse a person who defends himself against violent assault and imminent danger from one or more pieces of unconscionable, indefensible, breathing sewer-garbage of being a “vigilante”? Have we reached a point in some of the benighted areas of this once-great Nation where **self-defense** is now regarded as vigilantism? (Read up on vigilantism, if you have no understanding of who the vigilantes were, what they did, and how and why they did it. You’ll learn something.)

You have a right to self-defense. Unless you are acknowledged by the governing powers where you live to have the right to self-defense, then logically, **you have no right to life, itself according to those powers.** You exist by state permission. And *that* is the crux of the matter! Where and when the state, or any piece of sh—t employed by the state, wishes to see individuals and their options for protecting themselves and those whom they love abridged, regulated, and measured-out by state *permission*, **tyranny** is in the offing.

Our approach to self-defense includes not only unarmed methods, but modern personal weaponry, too. The **TOOLS** of self-defense do not merely consist of those weapons given you by Nature. They consist of firearms, knives, sticks, and *anything available to you in any emergency* that you are able to resort to, employing effectively in order to save your life and the lives of those dear to you. **This is not vigilantism, and you must learn to recognize as the voice of a would-be tyrant, any proclamations declaring that your right to defend yourself, and to own, keep, carry, and when necessary USE whatever weapons you possess is subject to permissions, issued by the state.**

“Remember Bernhard Goetz!” might be a good battle cry for those determined to fight for the right of citizens to keep and bear arms.

Bradley J. Steiner

Learn To Be Crafty, Deceitful, And To

Misdirect Your Opposition

OUR release of PDF Training Briefs, which beautifully complement and supplement our DVD Training Course, has piqued the interest of a number of visitors (who are themselves quite interesting!). While the first 30 Briefs are centered around close combat and self-defense skills, tactics, and conditioning, we are beginning to make available some PDFs on secret intelligence service *tradecraft*. Why? Because we believe that much of that which is taught to intelligence operations officers is directly relevant to the person seeking practical security know-how, and *genuinely workable* ways to deal with predatory intervention — or the attempt at such intervention — into their lives.

Intelligence officers who work in the field of clandestine operations must master ways of coping with dangerously efficient enemies; counterintelligence and counterespionage officers who are well trained to seek them out, hunt them down, and arrest them. When you are operating outside the law in a country that has been declared a *denied area* for the presence of



STEALTH AND CUNNING CAN ENABLE THE PHYSICALLY WEAKER TO OUTWIT AND EVADE THE STRONGER! THIS IS ONE OF THE OBJECTIVES OF TRAINING IN “TRADECRAFT”.

foreigners engaged in any form of intelligence work, you had damn well better be effective in clandestinity! You need to know skills that just aren't taught in local colleges, university programs, and vocational schools! The nerve-wracking work of the secret servant cannot be done by persons whose wits have

not been sharpened by the mastery of very unusual and special methods.

Many of these methods can be put to good use by those who are serious about learning self-defense. And that is why we will be offering, amongst the other subjects that the PDF Briefs deal with, insights into spy tradecraft and how to use the skills of the secret intelligence operative to protect yourself and those you love.

Remember, in addition to the mechanics of physical unarmed and armed combat, mental set, tactics, and sensible strategies of interacting with people are all necessary for the *real world* management of real life situations. Learning to be **deceitful**, **misleading**, and to manipulate the minds and activities of others — perhaps unfortunately — are vital skills for living in an increasingly irrational, hostile, downright feral world.

P.S. Need some help in acquiring the ruthless, non-sporting mindset? Check out the article on our www.seattlecombatives.com web site, in the “Articles” Section: *The Fair Play Trap*.



DVD Course Now Available!

*You Can Learn Self-Defense and
Close Combat At Home.*

*Here are a few comments
about us and what and how*

***we teach, from a handful of
the many genuine authorities
in the field of close combat
and self-defense who are
familiar with us and with our
work:***

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

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

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

— Greg Anderson,

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

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

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

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

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

“Your American Combato is a very good System”

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

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

— Grandmaster Jim Harrison,

The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would not like to fight. It would take a thick pamphlet to describe all of Jim Harrison's accomplishments and contributions to the combat arts in America.

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

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

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

— Dr. Albert Ellis,

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

“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and

command of the subject of fighting that very few people have”

— George Kalishevich,

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

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's

advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

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

— Grandmaster John Perkins,

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

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and

the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

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

IMPORTANT NOTICE!—

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

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

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

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

Minors lack the proper judgment and emotional restraint and discipline and should not be entrusted with the techniques contained herein.

Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

DVD#2 BASIC BLOWS

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

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:
 - How to immediately react with devastating and decisive force against any grabbing type attack from the front
 - How to break holds that attackers might apply if they catch you off guard
 - How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn
 - How to counter sudden grabbing attacks from behind
 - How to counter holds that may be applied from behind

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental 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!

Escape The “Fair Play Trap”!

Read the latest article in the Articles Section of www.seattlecombatives.com.

What The Hell Is Happening

In England?

WE note with alarm, disgust, and concern for our British cousins in their great City of London, that **knife violence** is epidemic and literally out of control. The sewer dregs have taken to using knives as their instrument of terror, violence, and oppression of the decent citizens. Why? Well, obviously, because — a) These scum cannot get their hands on guns, and b) Decent citizens cannot carry guns, either. If citizens *could* carry handguns, and if the law would only encourage them to defend themselves against the vermin, the recent catastrophic reports of violence by street garbage would have much happier endings. How marvelous it would be to hear of the filth that dares to prey upon the human getting **shot down where they stand**, whenever they make a hostile move against a decent citizen.

Gun control, anywhere and at any time, does nothing to curtail violent crime. *The control of violent criminals* is what is needed, and that is simple — but only when the powers that be have the will to carry out the needed action. (That action is, of course, is the *elimination* of violent offenders. Absolutely refusing to tolerate their continued existence amongst the peaceful, decent people of human society.)

Our knowledge of and appreciation for the British military and intelligence machinery is immense. Their military and intelligence apparatus is second to none! (In fact we are convinced that we could still learn some valuable lessons from MI5 and MI6). However, we remain

utterly befuddled at the British attitude toward citizen ownership, carry, and use of firearms for self-defense. We are aware of the recent arming of some “elite cadres” of police officers with firearms, *but why not provide the police in general with training and guns?* We are certain that atrocious violent crime would just about go away if the British citizenry *and* their uniformed protectors had the capacity to deal with the violent sewage as the violent sewage needs to be dealt with.

In the United States where guns are all but impossible to obtain and carry, violent crime is out of control. Cities like New York and Chicago are, in many places, death traps for innocent people. So it is with the British. Their solution, as we see it, is to strip away all of the impediments to citizen self-defense, *most particularly* the laws forbidding ownership, carry, and use of firearms. *Let the law-abiding British citizens be armed where and when they choose to be!* And arm the police. Not just a few “special” police, but the departments.

Just our two cents.

Perfect Your Favorite Blows

THE question concerning whether striking is to be preferred over grappling — or vice versa — is only asked by novices, when it comes to real world hand-to-hand combat and defense. The answer is, *clearly*, that blows of the hands, feet, and other body parts to vital target areas is by far the **right** way to approach serious individual combat. This has been proven in war no less than it has been proven in peacetime, *not in competitive matches, but in actual violent engagements between individuals who were NOT engaged in anything resembling “sport” — but who were doing battle for REAL!*

We certainly are not claiming here that throwing is to be completely abandoned when it comes to actual combat. Far from it. The principles of effective throwing and of taking an enemy to the ground (to be

finished by **blows**, not by “submission” holds or pins!) is an important but **secondary** part of close combat and self-defense. In a short-term course that must be given in an emergency to men with no prior experience (in wartime, for example) throws can be omitted from the training. However, we certainly believe in and advocate combat-type throws, and we teach them at the white belt level, integrated with certain counterattacks. We also strongly believe in strangulation and choking techniques . . . which we’d say are really the only *holds* that make sense for real world combat. **But blows constitute the core and essence of real world hand-to-hand combat, either for military or private citizen purposes in self-defense.**

There are numerous excellent ways to strike, punch, kick, jab, butt, smash, gouge, seize, bite and claw and enemy in close combat, and the *American Combato* System teaches them all. However, no one who trains in our System is ever expected to master all of those blows. In fact, that would be an unrealistic and undesirable objective. Unrealistic, because every individual is different and will find that certain blows — however excellent they may be — just do not fit him well. And other blows are natural for him, and are wholly compatible with his physique and psychology. Undesirable, because it is much more important that a man cultivates and perfects *those blows that fit him well, and that he can do perfectly*, and that he *put his training time and effort into these blows*, than it would be to attempt encyclopedic mastery of every good blow there is. We utilize **16** Key Blows and others that are taught as components of our Attacks and Counterattacks . . . bringing the total number of workable and practical blows to about **50**. By being exposed to all of these blows over time, each student has the opportunity to select those best suited to his nature, and to perfect them through (we hope!) endless, serious practice. No one needs “a lot” of blows to be effective in unarmed combat. Half a dozen or more, **perfected**, will suffice. Done in powerful and destructive combinations or singly, a polished and perfected series of quality combat blows will enable just about anyone to handle practically any emergency. (If you doubt this, consider how many ways the simple **handaxe chop** and **chinjab smash** may be applied. Consider how much can be dealt with, defensively, relying simply upon

no more than these *two* key blows). And as far as *offensively* (using these blows to preempt) it would take a superman to withstand well-executed, properly placed handaxe and chinjab blows that were relentlessly applied full force against him in whatever sequences or combinations the user chose.

Our recommendation for all serious students of self-defense is that they build a personal repertoire, over time, of their favorite ten to twelve key blows. Some may be kicks, most will be hand blows, and quite probably an elbow smash or/and knee attack will be chosen. These blows — or the *variation* of these blows that an individual prefers — must be drilled until they are powerful, fast, accurate, and are done without telegraphing and while retaining perfect body balance. This facilitates followup — and continued attacking is *always* the right strategy for any dangerous reaction by a defender to any violent attacker.

Delivery of blows must be brought to a peak in speed and power . . . but *accuracy* is also important. **The accurate impacting with the adversary's most critical vital points makes for a decisive self-defense.**

Most martial arts schools and programs radically overestimate the number of vital targets the human body possesses. We utilize about fifteen. Remember now, these targets need to be such that they will immediately and decisively **injure** the individual who has been struck. “Pain compliance points” do not count for serious hand-to-hand combat. Pain is subjective, and some people, *especially when amped up in a combative frame of mind and body*, can virtually ignore mere pain. Their threshold goes through the roof. Break a man's knee, crush his eyes or throat, powerfully smash into his testicles, kidney, sternum, bridge-of-nose, ears, etc. and his “threshold of pain” almost becomes irrelevant. Certainly attacks of a powerful, focused, vicious kind to the *really* vital points of the body will normally produce considerable pain in the recipient; but regardless of whether they do or not, the **injury** that they cause will produce trauma that will drop the person. In some instances (justifiable when defending your life against, say, multiple attackers or

an armed assailant, etc.) well-delivered blows can prove fatal. *Pain*, please remember, is not what determines the value of any particular blow to any particular target. **Injury** is the acid test of real combative effectiveness. Police and people in related occupations may have use for some pain compliance skills; but for **self-defense** they are a waste of time, and entail way too much risk for the defender. No law requires any victim of a violent attack to arrest and control his attacker. And no one who trains for self-defense should impose the burden of being able to effect arrest and control methods upon himself. What for? Violent offenders do not search for ways to *minimally damage* their victims. Nor do they especially give a damn if they kill or maim their victims for life. *The offender seeks to get away with his actions and escape the law.* The defender should be concerned solely to stop the attacker. Injuries that the attacker sustains are the result of ***the attacker's own actions!***

Train in your favorite blows so that they explode in the face of an attacker the very second he initiates violence against you. No telegraphing. Learn to execute your favority blows without warning. *Just attack!* Let that chinjab blast into your assailant from seemingly nowhere. Snap that handaxe chop into his carotid artery before he realizes you intend to make any movement at all. Whipe your kick into his knee (or testicles) so unexpectedly that he collapses or doubles over before he realizes what hit him!

Get your **entire body** into your blows! Learn to strike and kick with devastating, destructive power. It isn't difficult. Persons with a great deal of natural or developed strength of course have an advantage here, *but when you train correctly to get your entire body behind and into the blows that you deliver* you will be hitting powerfully, even if you are a relatively small person of average strength, and you are striking a large, powerful adversary. **It does not take much to devastate the eyes, or the throat, or the carotid artery or vegus nerve. And even a twelve year old girl can generate more than sufficient power to break the largest man's knee, or double him over with a kick to the testicles.** Do you get the point?

Waste no time in sporting-type blows (i.e. fancy kicks, high kicks, and clenched fist punching*, etc.) The basic front kick and the basi side stomping kick are all you need; and a simple — but *perfected* — slamming blow of your knee into a man's testicles will do a most workmanlike job. Remember **never** to rely on single, one-blow actions to stop a dangerous attacker. *Always attack in a relentless barrage of blows; and keep on attacking until your enemy has lost the will and the capacity to pose any further danger to you.*

If you follow this advice you will soon become a very dangerous threat to any attacker; and that's what self-defense requires of you, as far as the techniques upon which you rely are concerned.

* Some clenched fist punches are excellent in close combat. A straight driving vertical-fist punch into the sternum, an uppercut into the solar plexus or testicles, and — for some — a whipping punch into the liver, spleen, or kidney, when an opening arises, can be most useful in hand-to-hand combat. *Never punch to the bony facial area, however.* And rely **primarily** upon open, rather than closed, hand blows. One exception is the hammerfist strike, which some come to favor.

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One Key To Avoiding Needless Violence:

Desensitize Yourself

WE insist that, aside from *sporting* “fights” in which people compete with their judo, boxing, wrestling, karate, kick boxing, MMA, etc. skills, there is **NEVER** (no, *never*) any justification for getting into a fight.

Self-defense is not “fighting”; it is not *mutual combat*, which is what fighting is; it is a predicament that is thrust upon someone, in which he has no choice other than to allow physical force to be used on him by an aggressor, or to resist with sufficient violence to stop the attacker.

In *American Combato* we do not teach people to engage in the insane activity of mutual combat. We **do** most assuredly teach decent people how to deal with savages and psychopaths who attack them and leave them with the choice of being possibly maimed or killed, or using effective violence to protect themselves.

We note, thank God, that people who live sensibly, exercise good judgment, and interact tactfully and courteously with others, and who avoid frequenting places where violence is likely (certain establishments or neighborhoods, and so on), are not very likely to encounter violence. *That doesn't mean it won't or can't come to them; it only means that they have wisely minimized the likelihood of encountering it, by living and behaving sensibly.*

Fights occur way too often in what some euphemistically refer to as “civilized society”. Oversensitivity, short-temper, grandiose illusions about one's status, imagined (or perhaps real) verbal insults or challenges, etc. have caused many fools to “thrown down”. Many of these fools are college-degreed morons . . . grown men or women . . . who lack the self-control once demanded in our culture of a well-brought up ten year old. But those times are past, and the qualities of character that once were advocated and admired no longer have much influence over the self-indulgent idiots of this 21st century. What to do?

Well, for openers, don't kow tow to the behavior of the statistically predominant savages. People who see violence as a way to vent anger, settle disagreements, teach someone a lesson, or whatever, belong in a zoo, not in a civilized neighborhood amongst human beings. **Do not let these scum pull your chain!**

Our philosophy might help you.

We remain impervious to the belchings of those who would attempt to insult, provoke, or unjustly criticize or berate us. How? By adherence to the following:

First, we have a healthy degree of self-respect. We are human, of course, and make no pretense of being perfect. However, we credit ourself honestly and realistically, and we haven't one iota of regard for how others might rate us (or attempt to berate us).

Second, when anyone respects us that person *rises* in our estimate of him (or of her). When anyone disrespects us or criticizes us unjustly that person *falls* in our estimate. Our self-respect remains intact and we are unaffected by the negative opinions of others. And as for "insults", or "challenges", we have such a low opinion of people who permit themselves to hurl insults or issue challenges, that we simply disengage forever from such living debris. One does not remain in the presence of stinking filth after encountering it; nor does one feel it necessary to respond in any way to dog excrement that one almost stepped in, on a city sidewalk! We leave living debris *and* insentient excrement (which to our way of thinking are frequently one and the same) to whatever it wishes to feel or believe.

Another very powerful concept that has guided us for years is that of viewing provocative, annoying, insulting, disrespectful, antagonistic, disagreeable, rude, dishonest, and inconsiderate or arrogant individuals as *road cones* or *detour signs*. When you encounter anyone in any of the "undesirable categories" just smile and say a silent word of thanks for the warning that these individuals' conduct has given you! *They are telling you — like a road cone or detour sign — "AVOID ME! — BE WARNED — I AM TROUBLE! — STEER CLEAR!"*

Why let these scum bother you? You have better sense than to drive or walk into an area where a detour sign warns you of possible danger, right? So why remain in the company of, or ever permit

yourself to be near, a living “hazard” or “wreck” once you are made aware of what he (or *it*) truly is?

Now we submit that if you will *really* and *truly* accept and believe in the truth of our philosophy’s validity, and embrace and accept it for yourself, you will never be drawn into *anything* by *anyone* who seeks to engage in violence with you. You **will** certainly defend yourself — as well you should! — if or when such a creature initiates violence against you. But such swine will no more be able to goad you into a “fight” than could a hog that belched at you in a barnyard cause you to become personally offended, and feel a need to retaliate by telling the hog off, or fighting with him!

It works! It’s sensible, sane, healthy, and valid. And it can help you to insulate yourself against the kind of smelly bipedal bacteria that, regrettably, find their way into most all of our lives, from time to time.

Avoidance is self-defense technique number one! And by healthfully and realistically desensitizing yourself to those who might otherwise provoke you, you enhance your capacity to avoid trouble.

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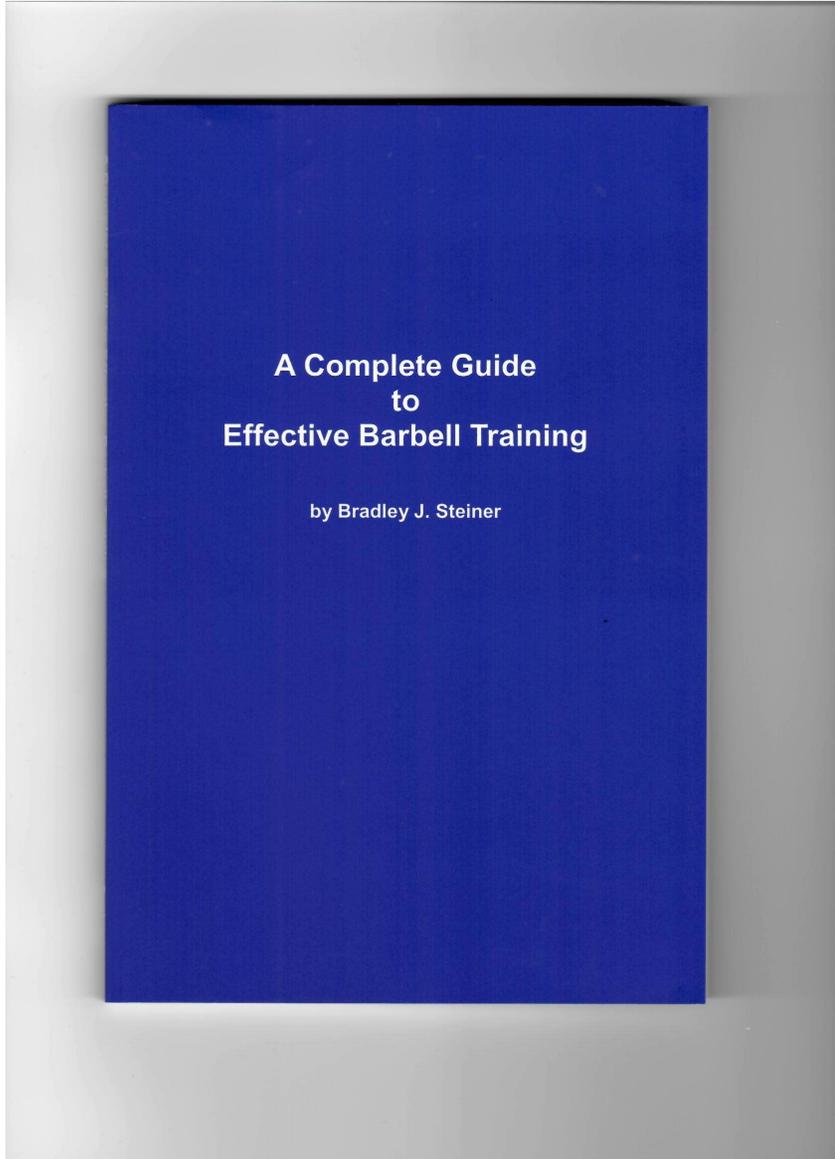
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Handgun, Knife, And Stick

THEY are the most useful and effective personal weapons. Yet how many who train in martial arts today *for self-defense* recognize this, and are enthusiastic students of these weapons? Not too many.

“Weapons of the martial arts” are customarily thought to be *nunchucks*, the *nine foot pole*, the *manriki-gusari*, the *sai*, the *tonfa*, of course the *sword*, and, among other implements, the *sythe-ball-and-chain*. Those who study Chinese systems of ancient *ch’uan fa* (“kung fu”) may be exposed to dozens of different weapons . . . chain weapons, steel, wooden, edged, and throwing. All to the good for those solely concerned with *classical training*. But for modern use it is absurd to practice with the antiquated martial arts weapons. It is absurd because it takes an enormous amount of time to become proficient with these weapons, and none of them are as practically adaptable to the exigencies of modern violent combat as **modern weapons** are! And yes, we agree that *some* of the classical weapons may be employed by experts in modern situations. But, for that matter, a horse and buggy may be employed in modern society, also . . . but a quality motor vehicle is — hands down — far superior, and a much wiser choice.

Over the years we have heard vehement criticism of firearms and fighting knives (not so much of stick weapons) by high ranking ju-jitsu and karate teachers. One teacher whom we respect enormously in regard to some matters pertaining to practical individual combat — i.e. the late Bruce Tegnér — we believe should have known better! In so many ways he was ahead of his time, yet in regard to *weapons for self-defense* he only acknowledged the stick as being, according to himself, “acceptable”. *As though there was something wrong with using a fighting knife or combat pistol to stop a would-be murderer!*

Many, many people (i.e. the very young, the very old, the disabled, the injured, the sick, the very small and weak, etc.) ***need*** weapons to protect themselves. Even a young, well-trained student of practical combatives who is in hard training and great shape, physically, *would be a fool not to employ a weapon when confronted by multiple attackers, an armed assailant, a sudden home invasion or car-jacking, etc.* And, despite the popular nonsense that would have everyone believing that women in general “can do anything in combat that men can do” (utter **BULLSHIT**) we would like to see young ladies receive training in modern weapons when they reach adolescence. Yes, there are some young women who, like some young men, are irresponsible and cannot be trusted because of poor impulse control, possibly also psychopathic tendencies. We wouldn’t teach them. But a young girl (or boy) who is home alone (say fourteen years of age, or around that) could easily defend against a home invasion or physical attack if she possessed proficiency with firearms. Without a gun what chance would the statistically average teenage girl have against two or three grownup male scumbags who broke into her home when her parents were away? Even if they were unarmed and she was a black belt in some martial art, she *would not stand a chance* if they decided to attack and rape and possibly kill her.

Knives — and we are referring to combat knives, here — are legitimate, effective, highly desirable modern weapons. In police state societies such as NYC, where only the well-connected, rich, and

politically approved stand any chance of obtaining a general carry permit for a handgun, keeping a few razor sharp fighting knives around the house or apartment is a damn good idea. Certainly better than being completely unarmed, grabbing a fighting knife with which he had proficiency would be a lot better for someone confronted by a break-in; at least his chances of successfully saving himself and perhaps his family would be better than they would be if all he had were his unarmed skills. Knives designed for combat may not be carried on the person in most if not all cities in America, but as far as we know it is legal to keep such knives *in your home*.

Sticks are outstanding weapons. Japan's greatest swordsman, Miyamoto Musashi, was defeated *only* by one warrior, and that warrior used a **stick** versus Musashi's sword! It was more-or-less a "friendly duel", but Musashi got the point. *Thereafter he carried two **bokken** (i.e. **wooden swords**) which proved superior to the actual steel sword.* No one in his right mind would walk the streets where he lives carrying two bokken; but carrying a good hardwood walking stick (we like the Irish or English *blackthorn*s) is sensible. Four or five serious hours of training with a good walking stick will place in your hands the ability to beat someone twice your size and three times your strength to a helpless *pudding*! It also will give you a far better chance of defending against a knife-wielding attacker than you'd have with only your bare hands. The old *yawara* hand stick, although **not** useful for self-defense by employing the classical skills associated with that weapon, **is** a formidable self-defense weapon when utilized with the kinds of techniques we teach in *American Combato*. And, sticks of all lengths and kinds may be found or improvised virtually everywhere. Thus, when you master quality combat stick skills you are prepared to seize any stick or stick-like weapon and go up against a dangerous enemy with a real advantage.

If you are uninterested in the *sport* of so-called "competitive combat shooting" then waste no time or money on an expensive shooting school. You need learn only point shooting and become familiar with use-of-sights shooting for rare, rare occasions when it *might* be effective. The chapters in *Kill Or Get Killed* will teach you how to use a handgun in

combat. *Shooting To Live*, by Fairbairn and Sykes is also a valuable reference, and the excellent classic *Quick Or Dead*, by William Cassidy is an indispensable reference. **Before self-teaching combat shooting via the study of what these publications offer, you should take a handgun familiarization, handling, and safety course.** Do *not* just go out and buy a gun. Learn thoroughly how to safely and correctly handle and fire a sidearm; *then* make an informed choice about the weapon you wish to purchase, and train with supreme caution and care. A good teacher can train you in real world close combat/self-defense shooting with a handgun inside of ten hours. Many will learn within two hours of quality instruction.

Weapons are integral to *American Combato (Jen•Do•Tao)*, and whether you are a student of our System or not, **if you are concerned about real world self-defense, weapons should become integral to *your* training and preparation.** Exclusively training in unarmed skills will at best give you confidence and ability to use your unarmed combat in situations where a weapon is not needed. However, in close combat and emergency self-defense situations, ***weapons are needed.*** Do not deceive yourself in this regard.

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There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons*.

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(There are numerous “techniques” for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that the American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.) \$4.

Brief #26: Triple Your Learning And Retention With Mental Review

(Few give any thought to the importance and value of mentally reviewing the physical skills that they acquire and wish to be able to use. Fewer still do their “mental reviewing” correctly. Learn how from this Brief, and start to enjoy much greater progress in your personal skills and confidence building.) \$4.

Brief #27: The Fighting Knife: A “Must Master” Weapon

(This is a unique instructional work for all students of self-defense and close combat. It offers a complete analysis of the significance of the fighting knife — its indispensable role in the combat arts curriculum — and valuable training advice for achieving mastery.) \$4.

Brief #28: Finding The Right Teacher And Method For Yourself

*(There are more martial arts schools and teachers in the State of California or New York alone than in all of Asia! And today there are hundreds claiming to be teaching practical, reliable close combat and defense. From the Founder of the first comprehensive and authentic all-combat American martial Art here is a **complete** guide to locating and evaluating the right teacher for you. Also — what to do if you have limited recourse and can't find a teacher.)* **\$4.**

Brief #29: Conditioning The Natural Weapons

*(In this 21st century the student of practical self-defense needs impact practice more than the kind of comprehensive natural weapon hardening typical of the classical “karate” schools. Still, for the super-enthusiastic self-defense/close combat student there are some efficient toughening approaches that should be used if hardening of the **practical** weapons is desired.)* **\$4.**

Brief #30: Analyzing The Combat Merits Of A System

(All of the martial arts are good; but they are not all good for the same thing. Very definitely, there are distinctive characteristics that make a system in question better for combat and personal defense than another system. This Brief provides the information needed to properly assess a given system's value for combat — not for competition or tradition.) **\$4.**

Brief #31: Repetition And Attitude: The Real “Secret” Of Developing Ability

(Most who take up martial art training of any kind do not succeed in achieving their desired objectives. And the reason is simple: They do not do enough, and they do not do what they do with the right spirit and attitude. Ninety five percent of those who consider themselves “martial artists” spend more time on backyard-gossip type “forums” and other idiotic

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(Principles of intelligence tradecraft are extremely valuable to those who are serious about self-defense. During the Cold War secret agents working in the most difficult denied areas for CIA [and England's MI6] were guided by an above-Top Secret set of rules called the "Moscow Rules". Now declassified (but still in use by secret servants) these Rules are valuable for all seriously concerned self-defense students. \$4.

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(The late John McSweeney was a close friend and colleague of ours for many years. He is correctly known as "The Father of Irish Karate", and in addition to being a marvelously practical and realistic teacher of armed and unarmed self-defense, John was the creator of a System of exercise which he called "Tiger Moves". We recommend that everyone — including those who train with weights or some other medium — learn this excellent Program.) \$4.

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(After his death a paper by Allen Dulles (Head of CIA) was found among his effects. Titled "Some Elements

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Cooperative Practice

SELF-DEFENSE techniques, or, as we prefer to call the skills that we teach in the category of “defense” — counterattacks — must be practiced and developed with training partners who are cooperative. Only when practiced without a partner would it be safe for such combat actions to be rendered full force. So . . . in *American Combato* . . . we train carefully in all counterattacks so as to avoid serious injury. **The counters that we teach in our curriculum are *all* extremely dangerous to the aggressor against whom they are applied, to the extent that the aggressor attacks with greater force.**

Example: In our counter to a sudden underarm body grab from behind (“bearhug”) we drop forward and stomp kick back, then arch backward and smash our head into the attacker’s face. *This is repeated until the hold is weakened sufficiently so that our feet are on the ground and we have mobility; or, until the hold is released completely.* Assuming that the hold is retained but with significantly less strength than before we kicked and head-butted back, we step to one side and slam an elbow back into the attacker’s face. We shift and turn at once, driving the *opposite* elbow into the attacker’s face. Then we maneuver *behind* the attacker, dropping our center of gravity so as to assist in off-balancing him. We open hand chop between his legs and seize his testicles, hook our opporist wrist behind his knee, and slam him backward over our hip

so that he crashes head first to the ground. **Obviously**, this counterattack — or any aspect of it — could result in serious injury to the attacker. The extent of injury that he sustains will be in direct proportion to *how aggressively he persists in attacking*. The stronger and more determined he is, the worse his injuries.

It is essential that this counterattack be practiced with great restraint and caution. In an emergency every ounce of speed, strength, and ruthlessly vicious disregard of the attacker is employed. *But in order to learn the technique, cooperative practice is essential.*

We should like to contrast this with a “self-defense technique” that we learned many years ago, before we developed *American Combato*.

Upon being seized both arms were raised straight up and overhead. Then a double downward elbow smash was driven into the attacker’s arms (presumably causing him to lose or to weaken his hold to the point where there was no controlling strength in it, at all). At this point we maneuvered behind the attacker and we struck him with an elbow smash to his head. A hammerfist smash with our other hand to his sternum completed the defense.

The distinctive characteristic of this “self-defense technique” is that it needed to be practiced with a cooperative partner OR IT WAS IMPOSSIBLE TO USE AGAINST A REAL, POWERFUL

ATTACK! (If you think this technique will work, find a powerful man who has some real size and strength on you. Tell him to seize you and *hold on*. You’ll see that — a) His tight hold will inhibit the control and strength that you have in your own arms, and b) He won’t even *feel* — let alone react to — downward elbow blows to his forearms! In other words, without your attacker’s cooperation, the technique leaves you at his mercy. On the other hand it is easy to see how stomp-kicking backward (even if you are lifted off the ground) and then bashing your head into his face (and repeating this several times in rapid succession, if necessary) will be effective; *and the only reason our technique requires the cooperation of your partner is because it is too dangerous for him if you employ any real force!*

This is the key to understanding effective combat techniques vs. techniques that might look good, be fun to practice, and work under conditions when you have a vast strength, speed, agility, and often size advantage over your assailant.

Many, many popularly taught “self-defense” skills simply do not work. But there is nothing faulty whatever about practicing self-defense techniques *carefully*. Those few that really do work **require** such caution. Just be sure, whenever you are introduced to any close combat technique that is supposedly for the real world that it poses **real danger** if and when applied with any force. Forget the pretty stuff, the fancy stuff, the complicated stuff, the acrobatic stuff, etc. **Simple, direct, damaging, and destructive — that’s what you’re looking for!** You must restrain yourself when working with a partner, but the reason should be because full application of the technique will certainly result in serious injury to the training partner; not because your partner must cooperate in order for the technique to work.

In *American Combato* we teach . . .

- **AVOIDANCE is self-defense technique No.1**
- **PREEMPTING is the best and surest way to defend against any attack, whenever possible**
- **COUNTERATTACKING with a defensive action is the last resort and when you must counterattack you are in the greatest degree of danger**

So . . . “self-defense techniques” — or **counterattacks** — represent your last possible line of defense. *Attacking your attacker decisively and savagely, before he can get his own offensive fully underway against you* is, after avoidance, the best and most reliable way to protect yourself.

If you are ever in any situation where avoidance was not possible and you simply could not ready yourself in time for a preemptive attack, then

you want *defenses* that are as reliable as humanly possible. These defenses, properly studied as *backups* to attack combinations and effective blows, should be so constructed that they work against the strongest and most determined aggressor; not merely against a friendly practice partner. **Establish *that* about those techniques which you intend to rely upon, and then work with a cooperative training partner with great caution . . . for *his* safety, and not so that your technique can actually be done!**

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