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

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June 2019 Edition

Editorial

*The Nine Core Principles Given Us By The WWII*

*System Combat Trainers*

**DURING** WWII the arts of personal close combat reached a pinnacle in practical evolution. Necessity pressed those on the allied side to produce the toughest and most workable doctrine for their fighting forces. Most likely the reader knows the names of the key figures of that time: W.E. Fairbairn, Eric A. Sykes, Dermot (“Pat”) O’Neill, Anthony Biddle, Rex Applegate, Moshe Feldenkrais, and a few others. These men were among the few caucasians at that time in history who were expert in the art of *ju-jutsu*, and to a degree in some instances (i.e. that of Fairbairn and O’Neill) *karate*-type arts, as well. These men worked to evolve uniquely Westernized approaches to no-nonsense personal combat.

Some, like Wesley Brown, Joseph Begala, and Micky Wood were wrestling — or conventional boxing — adepts. (One of the boxers, [a U.S. soldier] beat a Japanese officer who was a black belt in *judo/ju-jitsu*. Reported in an issue of Reader's Digest [i.e. "*Yank Meets Jap In Fight To Finish*"] it was described how Western boxing in this instance prevailed over what many then foolishly regarded as the "unbeatable art of judo").

The WWII methods, of course, went *far* beyond wrestling, boxing, judo/ju-jitsu, and even karate. They extracted the essence of do or die personal combatives doctrine and packaged it for soldiers, sailors, marines, flyers, and secret agents. They left us a body of technical doctrine that to this day remains the most vicious and practical for nonsense, real world application. **But no less important than the technical doctrine the WWII masters left us, they left us principles by which the body of skills they introduced could be enhanced and expanded upon**. Today, those studying "martial arts" in peacetime have enormous amounts of time to evolve and perfect their art; therefore the wartime limitation of, say, six to at the most perhaps 35-40 hours of training need have no influence over how modern combatives students approach their training.

The following represent the core foundational principles that underlie the best of the WWII systems. Adhered to scrupulously, dedicated students of the martial arts will be able to build upon what the past has given them through these principles, and further evolve modern, effective close combat methods. We did this with *American Combato* back in the 1970's. A few clowns have since copied us and, by adding doctrine that was specifically **not taught** by the WWII trainers and that violated their war-proven principles of combative doctrine, actually produced watered-down foolishness. But those serious devotees who possess extensive backgrounds in the martial arts can use the following to draw from their previous experience and training that which meets scrupulously the **war-proven** standards of the 1940s' methods.

**Principle 1: *Offense Is Key. Defense is a Distant Second.***

We teach it this way: *Defense ought properly to be your end purpose; but offense must be your means.*

Combat is not won by avoiding getting injured. It is won by inflicting injury upon the enemy. In fact the best way to avoid being injured in combat is to knock out, maim, or kill the enemy — before he does that to you. Politically unpopular if not entirely incorrect to say in today’s softened social milieu, but **THE TRUTH**.

***Principle 2: The Simplest, Most Versatile, Easily-Learned, Readily-Retained, Optimally Destructive Techniques Must Be Hand-Picked From Every Known Method of Close Combat***

There is no exclusivity or clannishness in the selection of techniques and tactics. We take them from wherever we find them. In the case of *American Combato* we even researched methods used by violent incarcerated felons. If it meets muster, we **use it!**

Long, long before the *sport* of MMA came on the scene, and it was considered “mixing martial arts” to include grappling with hitting, the WWII teachers brought **real** mixed *martial* arts (i.e. **MARTIAL** martial arts!) to reality. “If it worked, we used it,” the late Col. Rex Applegate told us. He was one of our greatest mentors. We do not use techniques or tactics in order to win matches.

***Principle 3: Blows Of The Hands And Feet, And All Known Foul, Underhanded, Unsporting, “Dirty” Tactics And Techniques Are Included, And Given The Heaviest Possible Emphasis, Along With Attack Mindedness***

Actual combat proved the above to be fact, and no amount of popular commercial or sporting nonsense, propaganda, rhetoric, or bullshit can or ever will make a dent in this truth. Ignore it at your peril.

Biting, eye gouging, ear-tearing, nostril and mouth ripping, spitting, and dirt-throwing . . . *all* combine beautifully with the war-proven **open hand blows**, elbow smashes, head butts, knee attacks, kicks, eyes jabs, and every conceivable filthy trick imaginable to comprise the **core curriculum** of realistic, practical close combat/self-defense.

**Principle 4: *Very Fundamental Throws And Strangulation Holds Supplement The Material Described in #3, Above.***

Fighting on the ground is to be **avoided, not embraced as some unfortunately duped followers of a current fad have come to believe.**

You learn to throw your enemy violently to the deck, and finish the job with your feet, with knee drops, and with downward hand strikes. You learn to strangle him.

You learn to *stay on your feet*. Defenses from the ground are taught, as well as what to do in the event you end up going to the ground inadvertently; **BUT YOU NEVER EMPLOY GROUND FIGHTING DELIBERATELY, BY CHOICE!** *Stay on your feet!*

**Principle 5: *No Sporting Or Competition Element. No Belts, Grades, Ranks, Medals, Titles, or Awards***

Combat methods must use and conduct training in techniques solely intended to knockout, maim, kill, or control-by-potentially-injurious means (for police). There can be no watering down or altering methods for safety sake. For safety all blows are practiced against insentient training aids, and whenever anything is practiced with live partners, blows and related actions are **NOT** carried through to conclusion, but are controlled.

We do make a very small adjustment here. We do have and use a belt-ranking system, since *American Combato* offers a very extensive and comprehensive long-term study for those who want it. Our training, experience, and background is such that we have brought together just about everything that works in close combat, of a practical and proven nature from any source. Thus, while *American Combato* has far fewer techniques than some of the classical martial arts, it contains a sufficient number to justify a grading or ranking method for long-term students. *No student is required to wear any specific uniform or belt to class, however.*

It is understood by professionals that if anything is safe enough to be practiced in a competitive, sporting venue, it is unsuitable for serious combat. And that which is suitable for serious combat ***must not be played with in any competitive manner.***

**Principle 6: *The need for and value of strength, fitness, and good physical condition must be recognized***

These factors make all combat skills optimally effective, and in addition contribute to the individual trainee's self-confidence and poise.

Physical training comensurate with the age, health, present level of fitness and strength, and possibly the professional need for combative capabilities based upon occupation, etc., of the trainee **must be addressed along with technical skills development.**

**Principle 7: *Personal Modern Weapons Constitute An Essential, Integrel Part Of A Realistic Curriculum***

The stick, knife, handgun, shotgun, carbine, battle rifle, tomahawk, and improvised expedient weapons-at-hand *all* are part and parcel of a complete, professional program in close combat and self-defense.

**Principle 8: *Constant Discrediting Of that Which Is Mythical, False, Absurd, And Untrue About Various Combat Systems, And Regarding Combat Itself Must Be Part Of The Program***

*Why* this is necessary today should be obvious. Martial arts have become a worldwide phenomenon and multi-billiondollar industry. But as the old saw goes: "All that glitters is not gold".

**Principle 9: *Mental Conditioning For Combat, Self-Defense, And Survival Must be Addressed Repeatedly And Very Specifically***

Without conditioning in this regard a person's genuine readiness to employ that which he has been taught is questionable. *And quality training in realworld combatives must leave nothing to question; there is too much at stake.* While there never can be any guarantees of success or victory, there certainly can be the assurance that **every possible step will be taken in training to see that the individual is as ready as training can make him!** The combat arts trainee whose purpose is self-defense *must* acquire the proper attitude and mindset so that it becomes a part of him, and is *always* there, ready to call every ounce of his skill and ability into play.

We like that famous U.S. Marine Corps sign at Parris Island:

**Let no man's ghost say, "If only your training**

**program had done its job.”**

We owe the venerable WWII masters of close combat an enormous debt for providing us the keys to insuring that our own training, and that the training of others **WILL INDEED *do its job***, as we carry on the priceless methods that they taught, and as we utilize the principles that validated those methods to that which we choose to adopt and include in our training in order to further and enhance our present-day studies.

**Bradley J. Steiner**

### **Genetics**

**JUST** about anyone with the will to do so can acquire a solid, dangerously effective ability to defend himself. This is true, and it was proven beyond question during the second world war when individuals who had never experienced real violence before were trained to a razor's edge in deadly close combat skills, with and without weapons. These people were not trained to be “black belts”, nor were they taught the intricacies of classical ju-jitsu or karate (although the *term* “ju-jitsu” [popularly spelled then either jiu-jitsu or ju-jitsu] was often used to name that which these people were taught). What was taught to American and British forces was tough, simple, brutal ways of crippling, maiming, and killing. These were techniques and tactics *derived* from the Asian martial arts to a large degree, and supplemented with the dirtiest and foulest underhand methods of alley fighting and street combat. The courses and programs that imparted these skills were very brief. In some cases as short as six hours. In others, where the training of special elite *commando* type forces (such as the literal British Commandos, the U.S. Marine Raiders — patterned after the British Commandos — and the combined Canadian/American First Special Service Force) was concerned, programs of training lasted 35 to 45 hours. *Inside of that brief time frame soldiers, marines, commandos, rangers, raiders, and secret agents of the SOE and OSS mastered*

*methods of combat that stayed with them throughout the war, and long, long after!* In fact we know personally of a gentleman here in Seattle where we live who, back in the 1980's, dropped a would-be holdup man cold, using what he had been taught as a member of the wartime OSS, more than 40 years earlier. Good, basic combat techniques stay with you once you master them. And almost anyone can master them.

What is often overlooked or ignored by those who teach or who are enthusiasts of the “martial arts” is that genetics plays a very, very important role when it comes to who can and who cannot master and apply many of the popularly taught, borderline acrobatic hystronics of classical training. Recently the world lost one of the greatest caucasian masters of the martial arts who ever lived: Jon Bluming. Bluming was blessed with a huge, powerful physique and a great deal of athletic acumen. Towering over six feet in height and built of solid muscle, good reflexes, and excellent hand/eye coordination, Bluming devoted his life to the martial arts. He also weight trained, and made himself a powerhouse of combat ability. We certainly give tons of credit to Bluming's vast array of accomplishments in the martial arts. He took his genetic potential and actualized it, becoming in his lifetime a most incredible individual fighting machine. Incidentally, Bluming's top student, Chris Dolman, is also a genetic marvel, and a man who trained hard to develop and actualize the potential for amazing formidability that he was born with.

Such people are admirable. But everyone is not like that, and unless you possess the genetic capacity you are *not* going to reach the heights of performance capability that such people have reached.

Having said what we have just said (and doubtless antagonized a lot of people who did not wish to hear this) we will hasten to say that **no impressive genetic potential is required to become a deadly exponent of close combat, and someone who is much more than able to handle a violent offender in an emergency.** Quite average genetics — or even in some cases, *below-average* genetic potential — will do just fine

as far as becoming adept in hand-to-hand combat and personal weaponry for self and family protection.

The *American Combato* System of close combat and self-defense teaches nothing that demands any special degree of athletic acumen to master. (This of course does not mean that someone *with* great natural physical prowess will not have a tremendous advantage learning and using *American Combato* techniques and tactics). It means that the Art is learnable by almost anyone on earth who really wants to learn, and who is willing to work hard and regularly on serious practice of its doctrine.

We do not teach magic, secrets, or mysterious skills. There is no mysticism involved, and we do not tap into any unusual powers possessed by individuals, save those innate powers of focus, concentration, adrenaline-based strength and drive that are a gift of God to *all of us*.

We point all of this out because we know that many wonder if they really can become capable of defending themselves. They fear that they lack something that others possess. They do not. *They may simply have less natural, genetic physical ability than others have.* No big problem. No big deal. These people have enough capability to be expert and effective in self-defense. Such individuals will not rise to the level of the world's most impressive and unusually gifted "martial artists". So? The ability to surely and decisively defend themselves with great success need not elude them . . . even if they will never one day star in a remake of *Enter The Dragon*. (Bruce Lee, incidentally, is another perfect example of ideal genetics for martial skills mastery. Lee was not at all a large man, but his skills were absolutely mind-boggling. And although one cannot deny that a person with genetic propensities *equal to Bruce Lee's, and who also trained and developed as Lee did would prove Lee's superior in close combat every time . . . realistically now, how many such individuals do you suppose may be found on the planet?*)

And please remember this: You do not train in the art of close combat and self-defense in order to compete with or fight against the top martial

arts masters of the world. These are not the people who are attacking others, anyway! Violent offenders — tough and dangerous to be sure — are the primary concern of the modern student; **and these scum can be most assuredly dealt with by quite average persons who have spent the time to develop themselves and their ability to use quality techniques of personal combat.**

Genetics as a factor must be understood (for physical development no less than for personal combat) but never should one believe that his lack of ability to become a world-class martial arts master will impinge upon his ability to become an expert in self-defense.

Summing up: Dear visitor, ***YOU CAN DO IT!***

# **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!

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## Never Forget Why You

### Are Training!

**THOSE** who compete at an advanced level in martial sports are constantly reminded by their coaches (and constantly remind themselves as well) *why* they are training, whenever they workout. “Remember you’re going to whip so-and-so’s butt!” — “C’mon man, *push*; you want to beat so-and-so when you get into that ring in November!” — “Train harder, man! You know damn well so-and-so is training hard; and you are going to whip his ass!” And the competitors themselves constantly remind themselves *who* they will be fighting, and *how well they are going to beat him* when they enter the contest arena. Some combat sportsmen even study films of their opponents, and post photographs of him at their homes and in the training hall, so that they can *see before them* the reason for their effort, sweat, and pain. *They never forget or are allowed by their trainers to forget, why they are working so hard, and all that will be at stake when they fight; and why they must win!*

It tends to be quite different with most of those who train for close combat and self-defense. We have witnessed people in some schools *casually* going through their techniques practice and smiling and even joking around. What a mistake! Man, those techniques that you are “ho-humming” through instead of working to death and with a sense of desperation, are techniques that you may one day call upon to save your life — or to save the lives of those dear to you.

And **THAT'S** what should be uppermost in your mind when you go through a drill and practice session: “*Upon what I am learning and doing right now may hinge the life of a loved one, or my own life. I cannot fail! I will not fail! I will give my training everything I have, because I know why I am training, and I never will allow myself to forget why — NOT EVER!*”

During WWII one of the toughest outfits to do battle against the Japanese forces was the U.S. Marine Corps' *Raider Batallions*. These were among the very few who received relatively extensive training in unarmed combat and knifework. Like the *First Special Service Force*, the Army's *Rangers*, and the *British Commandos*, the Marine Raiders were hardened, tough, do-or-die fighting men who were ready, willing, able, and **ANXIOUS** to meet the enemy and destroy him! Their training was modelled after that of the British Commandos, and left no stone unturned to mold each Raider into a genuine **killing machine** . . . a killing machine, we might add, that was more than capable thanks to his training to meet and defeat black belt judo/ju-jutsu trained Japanese soldiers in the Pacific. No, the Raiders were not “black belts”. They were trained in the kind of skills we teach in *American Combato*, and within the 30 to 40 or so hours of bone-jarring training (in what the Corps referred to as “*combat judo*”) these super-fit men were more than a match for the formally-instructed martial *artists* whose training had taught them far more complex and elaborate skills. Judo is a beautiful Art, and ju-jutsu contains more than a few excellent principles of hand-to-hand combat — but the Marines were instructed in *bare-bones maiming and killing*, in what Lennox Cramer brilliantly referred to as “**war with empty hands**”.

And the Marines knew and never forgot *why* they were training. They knew the Japanese were trained in judo-ju-jutsu. They knew the Japanese were tough, disciplined, and relentless fighters. *And the Marines also knew that they had to win!* Like all the Axis forces of WWII, no inkling or shadow of a doubt existed in their minds regarding the cause for which they were fighting, and the fact that their cause **must prevail**.

Prior to the departure of a Raider Battalion the men were taken on a brief but important cruise, which topped off their months of training. They were taken on a cruise through Pearl Harbor. “Take a good look, Marines,” the sergeant or officer in charge would say, “that’s what those Japs did, and *that’s* what you are going to avenge!” The men needed no second cruise to reinforce the fever pitch of violent hatred to which they had been raised. “Never forget what you’re looking at, men!” they were told. And **they never did**. Remember what happened when the U.S. Marines met the Japanese in close combat!

This was war and this was wartime . . . and the preparation of all of the Axis troops and the members of the secret covert action services then operating (i.e. SOE and OSS) was unequivocally for victory and survival. No apologies to liberals, socialists, or bleeding heart jackasses who believed that somehow a “kinder and gentler” way could be followed to defeat an enemy that had nearly conquered the world! And for any intellectually challenged college graduates of this 21st century who never learned it: *We won WWII*. The right side prevailed, and the forces of the Axis powers were motivated by hatred, desperation, love of liberty, and a determination to erase the fascist curse from planet earth.

Now how about YOU, and how about *your* preparation to defend yourself and those you love from a threat no less deadly than armed military killers? We remind our students in no uncertain terms at every group class exactly *why* they are training, and *what is at stake*. And we pound endlessly into their heads that they need to remind themselves — every time they practice — of why they are training and what will be at stake should an emergency arise and they find themselves on their own and facing the savagery of some monster or monsters who have chosen predation as their twisted and evil way of life.

Our emphasis is upon close combat and self-defense. Nothing else. We appreciate sportsmens’ accomplishments, and we do not have any quarrel with those who enjoy competition fighting. **But that is not our purpose . . . it is not why we do it**. We train, and we speak to, those who come to the martial disciplines for combat and defense training.

Just like the competitor reminds himself and is always reminded of *why* he must do his best when he trains, so the student of close combat must be reminded by those who train him, and by his own repeated self-talk, ***why he is doing what he is doing***. Motivation is critical, and peak motivation must never be relinquished. If anything, the combatives student has *more* to lose than the competitor, should he drop the ball. There will be no rematch and no round two for him!

**Note:** We fully appreciate that no one can physically train at a 100% effort-output. Sometimes we have less energy. Sometimes we must nurture an injury, or we find ourselves getting back into training after a brief illness, and we've got to go easy for a while. Okay . . . that is no impediment to what we are advocating here. Please understand that. We are concerned to stress the importance of **mindset** and **attitude**, and a firm memory that always operates to remind you of how important what you are doing is. Why it *must* be taken seriously at all times. Self-defense is no game, no sport, no passtime, no gaming event. It is a microcosmic war for survival, and you must not allow yourself *ever* to lose your clear, unwavering awareness of that fact.

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# PDF Training Briefs

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*.

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

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Currently Available Training Briefs are listed below. **Make your selection!**

**Brief #1: *The Last Speech Given By Col Rex Applegate***  
*(Full unedited speech with accompanying commentary)* **\$4.**

**Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons***  
*(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations” {U.S. Pentagon} )* **\$4.**

**Brief #3: *Fairbairn’s “Silent Killing Course”***  
*(Original and full outline as Fairbairn drafted it — with commentary)* **\$4.**

**Brief #4: *“Stay On Your Feet!”***  
*(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives)* **\$4.**

**Brief #5: *Rules Of Self-Defense***  
*(Of course there really are no “rules” in a*

*self-defense emergency; but this Brief  
synopsizes those precepts that will guide  
you to realism in your training)* **\$4.**

**Brief #6: *Close Range — Quick Reaction!***

*(What you don't learn in the shooting  
schools, but what has been proven to be the  
right way to use a handgun in personal*

*defense and in war)* **\$4.**

**Brief #7: *Remembering Charles Nelson And His Valuable Lessons***

*(We remember our years with “Charlie”;  
including some of the actual self-defense tips he  
taught, and a copy of the Men's Magazine article  
about Charles Nelson, from 1960)* **\$4.**

**Brief #8: *Most Common Street Attacks - Per Dept. Of Justice And  
Other Studies - And Tips On Defense***

*(Here are the most likely ways in which you may  
expect to be attacked; with powerful tips on how best  
to be prepared to defend against them)* **\$4.**

**Brief #9: *Kicking In Close Combat And Self-Defense***

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in real combat — and serve you for a lifetime!  
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**Brief #10: *The Really Vital Vital Points***

*(No nonsense about “secret” nerve centers or bullshit  
about hidden targets. This teaches all of the truly  
reliable vital points that really stop strong, determined  
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practice sessions)* **\$4.**

**Brief #11: *Interactive Tactics — The Approach (1)***



*defense exclusively. This Brief explains in detail how to modify any classical method you are studying so that it meets the necessary standards for real combat and street survival.)*

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**Brief #18: *Adopting Kodokan Judo To Realistic Self-Defense***

*(Although judo is much more than a mere “sport”, it is not an all-in combat method. Some judo experts may be able to apply their training in real combat, but to make judo really effective in an emergency the modifications enumerated in this Brief are necessary.)*

**\$4.**

**Brief #19: *The Two Biggest Technical Errors Made In Self-Defense Training***

*(Essential instruction for anyone training in any system or style for self-defense. Teaches how to overcome those errors that result in nearly 100% useless “self-defense” techniques.)*

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**Brief #20: *Self-Defense Training For Senior Citizens***

*(A truly complete compendium of guidelines and technical instruction that works for senior citizens who want to be able to defend themselves. No “feel-good, socially palatable, politically correct bullshit”. Here is the truth about how to be truly prepared to defend against some of the lowest scum on the planet.)*

**\$4.**

**Brief #21: *Fighting Vs. Self-Defense***

*(Legally, morally, technically, tactically, mentally, and physically, “fighting” and “self-defense” are different. This Brief teaches how and why this is so — and explains to every student and teacher of self-defense just why it is so important to understand the difference.)*

**\$4.**

**Brief #22: *The Importance Of Solo Training***

*(Training without a partner is essential for the fullest*

*development of self-defense skill and mental preparedness. This Brief teaches why this is so, and how to train solo with optimum benefits and maximum practical skill development.)* **\$4.**

**Brief #23: Find And Depend Upon Your Best Techniques**

*(Every student and expert is different and everyone serious about self-defense must discover and perfect his own best skills, which need to be drawn from combat-proven doctrine. Here's how to do it.)* **\$4.**

**Brief #24: Observations, Thoughts, Notes, And Miscellany About Self-Defense And Close Combat**

*(A potpourie of insights and tips covering all aspects of practical self-defense and close combat as garnered in over 60-plus years of immersion in and passion about the subjects.)* **\$4.**

**Brief #25: Tactics For Countering A Gun Or Knife Threat**

*(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.)*

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**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 medium instead of **training hard with the right mindset**. Here’s how to do it right!)* **\$4.**

**Brief #32: *The Moscow Rules***

*(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.***

**Brief #33: *Tiger Moves***

*(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.***

**Brief #34: *How To Evade Foot Surveillance***

*(Tradecraft that teaches you how to ditch a tail; discover if you are being followed. Escape foot pursuit. How to do it for real.) **\$4.***

**Brief #35: *How To Evade Vehicle Surveillance***

*(Outside an intelligence training center this is the most detailed and complete exposition of the subject.*

*Complements Training Brief #34, and is priceless information for self-defense in a modern urban setting.)* **\$4.**

**Brief #36: “73 Rules Of Spycraft”**

*(After his death a paper by Allen Dulles (Head of CIA) was found among his effects. Titled “Some Elements Of Intelligence Work” this Document was an unpublished goldmine of tradecraft. Here it is reproduced in full. A marvelous companion to The Moscow Rules.)*

**\$4.**

**Brief #37: “Going Gray” (Secrets Of Clandestinity)**

*(In secret intelligence work it is often essential to “go gray”; that is, to become anonymous, low profile, uninteresting. The opposite of James Bond! This Brief explains how to do it for the private citizen who is concerned about autonomy, security, privacy, and low-profile living.)*

**\$4.**

**Brief #38: Secret Communications — Part 1**

*(The methods used by secret operatives to communicate securely may be of value to private citizens who are merely concerned about privacy, security, and protection. This is tradecraft the pros use!)*

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**Brief #39: Secret Communications — Part 2**

*(Much more solid tradecraft enabling you to engage in secret communications with the efficiency of a trained intelligence officer!)*

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**Brief #40: How To Conduct Secret Meetings**

*(Methods employed by trained agents and underground warriors who fight in resistance to tyranny.)*

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**Brief #41: Training Your Observational Skills**

*(Spies are taught to notice everything. You can learn to be as alert and observant as the finest secret agents, if you’ll follow the guidance in this Training Brief.)*

**Brief #42: Urban Escape And Evasion**

*(Escaping from captivity is a fascinating aspect of*

*tradecraft training for secret intelligence and special operations military people. It takes courage, fitness, resolve, ingenuity, and a mastery of that which is described in this Brief.)* **\$4.**

**Brief #43: *Developing The Spy's Attributes***

*(In this turbulent 21st century when Western Civilization itself is being destroyed, the unconventional and unusual attributes of the secret intelligence agent can serve to equip the serious individual for survival by teaching him what history's great secret agents relied upon to survive and win while operating amidst hostile forces.)* **\$4.**

These valuable Training Brief presentations are perfect compliments and supplements to our DVD Home Training Course and/or to any martial art you may be training in!

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**“Coming Out Of The Dance”**

***A Classic Karate Concept That Has Enormous Relevance***

***For The Modern Combatives Practitioner***

**EVER** since Bruce Lee began to pontificate about the irrelevance of *kata*, and how practicing those movements endlessly amounted to little more than “*organized despair*” many up-and-coming “martial artists” have continued to repeat the mantra: “Kata is a waste of time.” We often think that if that old saw is correct (i.e. “Ignorance is bliss”) the world must be full of very happy people. And surely the martial arts world is largely populated by the happiest people of all . . . for *their* flagrant ignorance shines for all to see!

It is true that the by-rote, pre-set, endlessly repeated kata drills in which the exact same actions — beginning and ending in the exact same place — have *little but some* relevance for actual combat (it appears that very few have had the sense to ask: “If kata really is worthless, then how come karate masters in the past whose primary method of practice and training was kata, were well able to defend themselves?”) it is *not* true that kata is valueless. It is not, we agree, the best way to prepare for violent combat, but *if one trains in it the way kata was meant to be practiced, and as it was practiced in the early days of karate*, it certainly will produce increased personal combat ability. The **right** way to work on classical kata (which no one follows, anymore) is to master perhaps three or four of the dozens of possible kata that have been developed. Train on a kata until it is second nature . . . train by working ten, fifteen, 20, even 25 *hard, fully focused, 100% effortful* repetitions of a kata running, at every daily workout. Train each kata like your life depended upon it, each time striving to give more and more strength, spirit, “truth” to the movements being done. **Train with the attitude of killing in order to prevent enemies from killing you.** After thousands of such repetitions of a few selected kata over a period of a few years, karate masters told their students: “In a real combat, *do not think at all or consciously deliberate* about what to do, or what kata moves to adopt. ***Just attack your enemy or enemies all-out, and let your reflexes decide what action you will generate!***” The karate masters referred to this phenomenon as “**coming out of the dance**”. In short: “Train with all of your heart and soul in every move, doing your techniques by rote over and over and over again until you can do them without thinking. Then, in a crisis, *forget about specific moves, and do what comes naturally, with everything in you!*”

The admonition to train assiduously and intensively and then to *do what comes naturally* is exactly what the student of close combat and self-defense needs to be told! The combatives student does not train in classical kata, but he certainly trains in high repetitions of effective skills. *And having done this he then must “do what comes naturally” with the attitude of ferocity and determination in an actual emergency.* In a sense, to use the classical term, the modern student of close combat

must, after mastering his skills and tactics to the point of embedding them in his motor nerves, **simply go into fanatical ATTACK MODE, and focus on destroying his enemy.** No conscious thought, deliberation, pondering, considering, second-guessing, or striving to “remember” what to do. ***Just go get ‘em!*** With everything you’ve got. Not wasting a second. And with the concentrated fury you would employ to break down a door and escape from a burning building!

You cannot improve or increase whatever level of skill and ability you have developed *during* an attack. All you can do is **go for broke**, generating 100% effort and fury output, drawing upon your existing level of development. At whatever stage of mastery you are at at the time of an attack, *that* will be drawn out of you by trusting to your motor memory and subconscious mastery of skills. *Do not* try to consciously “think” about what to do. At a high level of development you will generate a high degree of skilled technique. At a modest level you will generate a modest degree of technique. *But you will definitely generate your own maximum best if you’ll violently and fiercely attack, and come out the dance!*

We hope that this assists every decent person striving to develop self-defense ability.

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**Double Action Only For Your  
Combat Revolver?**

**QUITE** some time back the LAPD issued Smith and Wesson Combat Masterpiece revolvers (i.e. .38 Special caliber, essentially Military and Police revolvers, but with high visibility sights) modified for *double action firing only*. Today their Department, like just about every one, issues semiautomatics . . . but we bring this “double action only” revolver option up for a reason.

Is it a good idea to have a combat revolver that functions in double action mode exclusively? Our opinion is ***absolutely not!***

Now with one superb, just about *ideal* maximum concealment revolver (i.e. the Smith and Wesson Centennial in .38 Special caliber) double action only is the only *possible* option. The fully concealed hammer makes single action cocking impossible . . . but this tradeoff for a small, powerful revolver that can be fired from inside a pocket or handbag with complete reliability and safety makes it worthwhile, *in that instance*. But it seems to us pretty foolish to deactivate a single action capability for a normally holstered or bedside home defense revolver. *What the hell is the point?*

Yes . . . for combat shooting emergencies one will just about invariably fire one’s revolver in double action mode. This means that you should

practice firing your revolver double action 99% of the time when you train and practice with it. For close-range, quick reaction combat shooting in defense of your life double action **is definitely** the way to go.

But that doesn't mean that the capacity of a combat revolver to fire single action is a useless option. Not at all.

Suppose for whatever reason you must take a slow, careful, aimed shot in an emergency — a shot over an unusually great distance as far as handgun use in battle is concerned? No, it isn't *likely*. The handgun is indeed a close range weapon. But there could arise an exception to the rule, and if such an exceptional situation presented itself (say you were shooting from cover across considerable distance, using the revolver's sights) you would certainly prefer single action mode when you fire. The trigger would pull shorter and crisper, and the pull would not move the revolver even slightly before the hammer fell. *The odds of accurate shot placement under such conditions would probably be twice as great with single action than with double action for most shooters; and even if it is probable that you would never use your revolver over distances that would warrant carefully sighted, single action shooting, why deny yourself a revolver that would enable you to do so — just in case?*

We recognize that every individual must make his own choice about what handgun to carry, and about how he will train to employ it in a deadly encounter, unless of course he is mandated and trained by a department or agency to carry a particular weapon and to employ it in the manner so instructed by the organization of employ. We offer our opinion which is based upon some personal experience, and an *enormous amount* of research, training, and study. We hope you'll factor in that which we offer as advice, and arm yourself in the best and most practical manner that meets your needs.

**POSTSCRIPT:** Strange are the ways of “departments” and “agencies”! Note that the LAPD once issued .38 Special Combat Masterpiece revolvers with high visibility sights. Since such a weapon correctly fired

double action would have had no use at all for the sights, we wonder why this Department did not issue the Military and Police .38 Special revolver? Unencumbered by high visibility sights, this weapon is *perfect* for double action firing! In fact, the FBI thought so when *it* issued that particular revolver to special agents and, properly, the Bureau trained almost 100% in **non-sighted, double-action point shooting**. (But never did the FBI issue revolvers that were “double action only”.)

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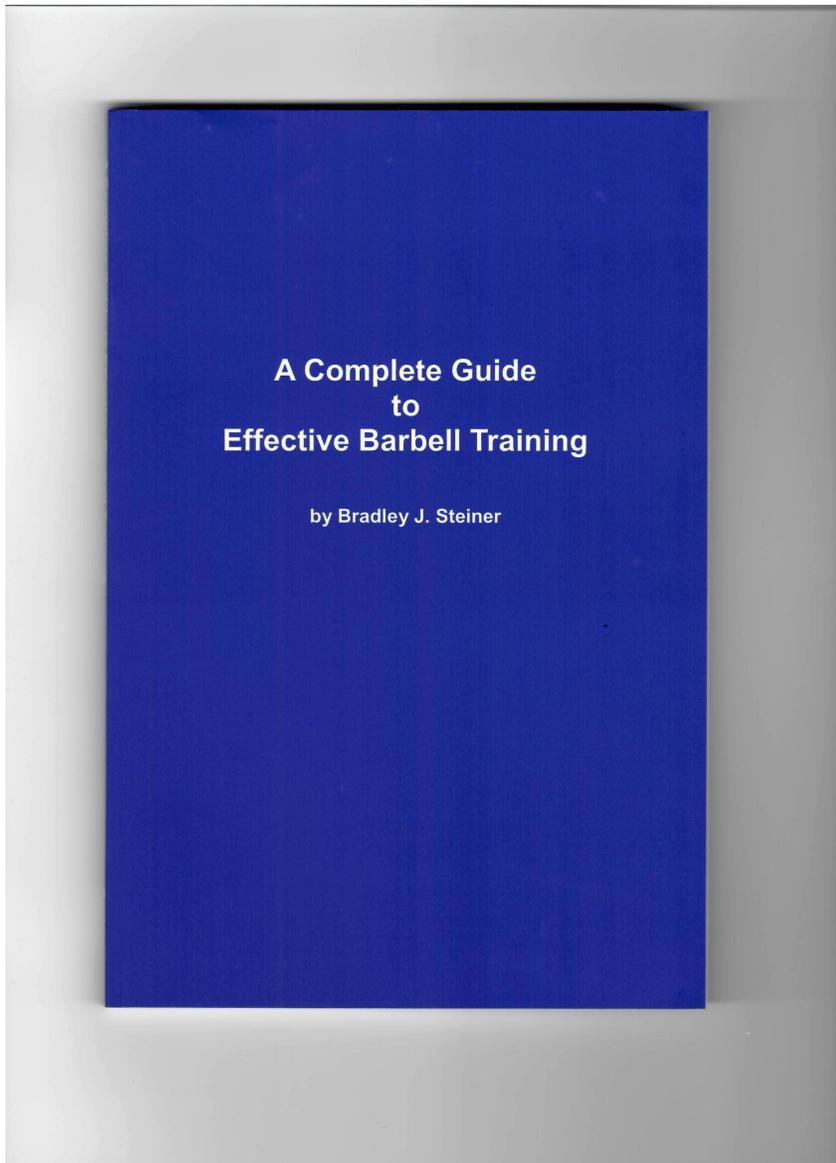
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## **The French Art Of Savate**

**RECENTLY** a correspondent asked us if Savate was an effective form of self-defense. We thought that some of our visitors might be interested

in a rather extended form of our reply, which contains a bit of a lesson in the history of the Art.

Something that should be understood at the outset is that *savate* is not the same as *la boxe française*. The former is essentially a refined art of streetfighting, while the latter is competitive sport — similar to kick boxing.

Savate is all-combat. It is, in a sense, a **martial art**. It bears the same relation to *la boxe française* that ju-jitsu bears to judo. In savate one is either engaging in a *fight* (stupid), or in an act of self-defense. The unfortunate thing about savate is that it is the by-product of the experiences and carefully thought-out strategies and techniques of toughs, ruffians and street thugs; it is not per se a “military art” or a derivative of any formal military method of empty hand fighting. (In fact, some schools of savate urge the use of the walking stick as well as bare hands). Highly experienced savate fighters are formidable indeed, and no one should underestimate what savate teaches (although the morality of the Art, strictly speaking, might raise some eyebrows).

The savate fighter perfects his kicks, but the Art also includes boxing-like punches, a few other types of hand and arm blows (specifically which ones depending upon the school of savate, and the teacher’s orientation and preference). There is not one single school of savate; as is the case with ju-jitsu, there are different schools and theories of application.

Key kicks are the *inside edge of the foot kick*, the *side kick*, and the *front kick*. These kicks are, in savate, delivered almost exclusively to low area targets. However, there are cases of savate fighters favoring a high kick to the head, on occasion. One very important difference between savate and karate or *Combato* (and even *la boxe française*) is that savate fighters train to kick with **shoes on their feet**. In *Combato* at least we train for kicking with and without footwear. Most karate systems, as far as we know, do the same.

The kicks of savate differ from, and are at the same time similar to, those of karate (and *American Combato*) in subtle but definite ways:

1. The inside foot edge kick is delivered with very hard thrusting power to the knee or, *mostly*, the shinbone target, and the savate fighter employs a kind of lowering of his body to attain extended reach with this kick. In karate (as in *American Combato*) the inside foot edge kick is delivered mainly close-in to the enemy, and whenever possible it culminates in a crushing downward foot stomp that scrapes the shinbone and breaks the foot arch. We believe that this latter version, as opposed to the savate version, is more practical and functional for most people, and more relevant to applications in self-defense (i.e. against close in holds or grabs, or when pinned against a wall, etc.). Nevertheless, savate experts become devastatingly good with their kick and, at least while in their prime, can deliver it quite well in a face-off or fight.
2. The front kick and the side kick in savate are not delivered with the definite, crisp “chambering” that karate teaches. Instead of the two-step (i.e. chamber-and-kick) process taught in karate, the leg flexes more naturally and less sharply in savate, and the kicks are whipped out at the targets. Front kicks in savate *most generally* attack the testicles and, because shoes are worn, the toe of the foot is the point of impact. So long as footwear is worn we cannot say that this is a bad idea, although we prefer the ball-of-foot contact point for two reasons: a) It is a larger surface and, when the front kick is directed against the knee or shinbone, there is a greater probability of a solid *hit*. b) On those rare occasions when one *might* be barefoot, the ball-of-foot obviously is a better contact point for impact. It is harder and stronger than the toes, and one can deliver 100% full power with no concerns about injuring the toes. Side kicks employ the bottom or the side edge of the foot *most generally* in savate, and we’d urge that the heel of the foot be the contact point — although we would attack the same targets (i.e. knees, shins, foot arches) as the savate fighter.
3. In *Combato* we favor the less extreme “chambering” for the side kick as savate favors it. Savate employs a kind of “raising-and-

# SAVATE:

FRENCH FOOT FIGHTING

by BRUCE TEGNER



kicking-with-the-leg” continuum that offers plenty of power without the literal *separate step of chambering*. The leg is definitely *whipped hard* into the enemy’s target, but the chamber-and-then-thrust (or snap) is avoided. We feel this lends speed and eliminates an element of potential telegraphing, which we definitely prefer.

We have never formally studied savate, but in New York City we knew a young man (native of Paris, formerly) who *had* studied savate. He was obviously capable of doing some quick, severe damage to any piece of street manure who attacked him. He was in fact a very pleasant and friendly fellow who discussed the Art with us, and provided some insight regarding what it entailed.

**THE LATE BRUCE TEGNER WROTE AN INTERESTING BOOK ON WHAT WE PERSONALLY THINK OF AS “AMERICANIZED SAVATE”. THE VOLME DEFINITELY FOCUSES ON SELF-DEFENSE VIA THE EMPLOYMENT OF SAVATE SKILLS, BUT SOME OF THE TECHNIQUES MIGHT NOT EXACTLY COME UNDER THE HEADING OF “FRENCH SAVATE”. AN INTERESTING VOLUME NONETHELESS. TEGNER ALSO AUTHORED A LATER BOOK ON SAVATE WHICH ADDRESSED THE SUBJECT AS A COMPETITIVE COMBAT SPORT. THAT BOOK HAS NO RELEVANCE TO THE STUDENT OF CLOSE COMBAT.**

If we were asked what weaknesses we believed savate has for self-defense we would say that it does not emphasize open hand blows anywhere near enough; it seems to prepare students to square off and *fight*, and it relegates self-defense ability to the individual student’s being able to adopt the fighting techniques to practical attack predicaments; the Art should develop a curriculum of counterattacking actions for the likely forms of physical attack that might occur; it should

not assume that the student will be wearing shoes; it neglects the all-important mental conditioning *and* the orientation in self-defense tactics and interactive strategies; the knife and handgun should receive a healthy amount of attention in the advanced savate lessons, as well as the stick.

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As we receive numerous requests to quote items and passages that appear here in *SWORD & PEN* and on our other web site, [www.seattlecombatives.com](http://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**:

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***YOURS IN DEFENSE,***

*Professor Bradley J. Steiner*

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