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Editorial

Using Deception

SELF-DEFENSE is about survival, not about scoring points or winning titles. If anyone believes that rules, regulations, ethical consideration, fairness, decency, compassion, mercy, or what-have-you ought to play

any part in reacting to criminal predatory violence, that individual is woefully mistaken and misguided. The person who sees self-defense as anything less than *all-out war* being fought to prevent death or maiming, has the wrong concept and will be operating at reduced efficiency if ever the need to act in personal defense ever arises.

As is the case in war between nations, war between individuals demands a comprehensive *mental/physical/strategic/tactical/technical* approach. Mere possession of techniques alone is not enough. Good techniques are valuable, to be sure; but good techniques must be **applied** in order to be effective. And in order to be able to *apply* them, good tactics and basic war-strategy is necessary — that, and a mind set for **WAR** and determined to achieve **victory** is needed. *Deceit* and *deception* — always strategic imperatives in war — are no less important and valuable for self-defense when battling a violent enemy.

Unlike any competitive sport, it is urged that the combatant who finds himself obliged to defend against attack, be unfair, foul and deceptive. He should mislead and misdirect the enemy whenever possible . . . and once creating an advantage for himself, the defender should act with total commitment to **destroy his attacker**. No bell will sound signalling the end of a round. No referee will intervene, cautioning the entrants about rules. No disqualification will occur due to foul methods. No eyebrows will be raised, or fans lost, because ferocity and merciless cruelty were displayed by the defender when bringing his attacker down.

Get with this concept if you are training for self-defense.

Now here are some concrete examples of how **deception** may be employed in realistic criminal attack settings:

- Two scumbags corner you, blocking your exit and making you instantly aware that they mean trouble. One of them says “Hold it. Just stand right there. You got some money for us?” You answer, feigning terror, “O-Oh, yes . . . okay, sure. You can have my money. No

problem. Just please let me go!” And as you plead, with a look of absolute submissiveness, you reach back, conveying to the garbage that you are reaching for your wallet. “Here,” you say, “you can have my money, my credit cards, everything . . . just please don’t . . .” **and as you whipe your concealed and licensed handgun from its holster you jab one of the dirtbags in the throat with a half-fist strike, stepping away to cover both sewer animals — ready to fire if you need to.**

- A troublemaker who is considerably larger than yourself grabs hold of your wrist. “I don’t like your f—ing face!” he says. “Man, I don’t want any trouble; please . . .” you say, appearing like you were completely helpless. *As the bastard smirks and begins to say* “I don’t care . . .” **you drive a front kick with every ounce of your strength into his testicles. As he doubles over you box his ears and then deliver a handaxe chop to his brainstem, sending him to the pavement.**
- A group of street scum stop you and your wife while you are walking home. “Hey man, let’s have some money, and the bitch’s handbag.” You turn to your wife. “Dammit! I *told* you we shouldn’t walk home this way! But oh, no, you *had* to walk this same damn way . . .” and it appears — to the amusement of the scumbags — that you are now fighting with your wife. They chuckle. Suddenly, without warning **you swing toward the closest punk and chop him across the throat. One down. Two to go! The second one is dealt with by a side stomping kick that breaks his leg and drops him like a log. The third is shocked, and in the moment that he prepares to punch you your front kick to his testicles drops him. A final kick in his face as he hits the sidewalk concludes the encounter.** VICIOUS FOLLOWUP as needed in the given instant, concludes the matter.

There are many, many, many ways in which deceptive tactics can be engineered in a crisis to disorient one or more troublesome lumps of sh—t, and give you the opportunity to attack using complete surprise. Think about it. Plan it. If necessary, **use** these tactics to save yourself and perhaps a loved one.

Feign compliance. Feign confusion. Pretend you didn't understand. Ask a question. Say something in a foreign language. Act like you are ill. Pretend to be faint. Etcetera. Tactics are limited by your imagination only. You get demerits *only* for being a "nice guy". Remember: **There is no "nice way" to defend yourself.**

Bradley J. Steiner

"All warfare is based on deception. Hence, when we are able to attack, we must seem unable; when using our forces, we must appear inactive; when we are near, we must make the enemy believe we are far away; when far away, we must make him believe we are near."

— Sun tzu, The Art of War

"By way of deception thou shalt do war"

— Motto of Mossad

"Self-defense is war in microcosm"

— Bradley J. Steiner

**DVD Course Now
Available!**



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

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

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

— James R. Jarrett, Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renowned 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 ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

- Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

DVD#9 COUNTERING MULTIPLE ATTACKERS

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

DVD#10 HOW TO USE THE STICK FOR SELF-DEFENSE

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC's Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

DVD#11 KNIFEWORK

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*
- Defending yourself with a knife

The cost of each individual DVD is \$59.95 + \$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!

Don't Miss This!:

Simple, elementary lessons in American Combato are available (with more on the way!). Enter "American Combato" on YouTube. Prof. Mark Bryans describes simple and effective skills that almost anyone can learn and use in any emergency. Additionally, we (Prof. Steiner) will be providing a whole

series of short training talks and tactical instruction on YouTube. Straightforward no-nonsense material. Get a tongue-tip-taste of what we teach! Go to YouTube and enter “American Combato”.

Justifying Brutality

THERE can never be any justification, rationalization, excuse, or alibi for *initiating* violence against someone who is not himself placing you in danger or in some way commencing violence against you. If you start trouble with someone because you have poor impulse control, because you are “angry”, because they “disrespected you”, because you think it’s enjoyable to push someone around, or because you simply do not happen to like a particular individual then, in our opinion, you should be excised from human civilization. You are a detestible life-form — not even an animal — and whatever damages you suffer, you fully deserve.

Because there can be no excuse for *initiating violence against someone who is not posing a threat of injury to you* it should be clear (but unfortunately is not clear to some) that using violence to *stop* another from violating yourself or another innocent person *is* resoundingly justifiable — even necessary and commendable.

But how far is it really justifiable to go in self-defense? That question is posed by decent people who seek a reasonable and righteous solution to

the problem of violent crime. Being decent, a good person has no desire to brutalize and destroy another individual whom he assumes (we believe, incorrectly) is human, also. The system of British Common Law, upon which the American system of jurisprudence is based, provides evidence of what we say. Being in earnest about seeking *justice* (as opposed to mere “satisfaction” or “revenge”) the laws of England and America specify that the victim of violent attack may defend himself with whatever degree of force may be required to *stop the attack against himself*; but having achieved that objective, he may go no further in directing violence against his assailant.

Sounds good. Obviously is well-intentioned. The result of thoughtful consideration of the problem of violent crime, and a sincere and humane desire to provide for a person’s act of self-defense, while not allowing rampant savagery to dominate an already bad situation. “Brutality” as such is a very emotive word. It automatically implies to many who hear it used, *unjustifiable violence* —or uncivilized savagery.

We challenge that idea. We further insist that the most *savage brutality* possible for a man to generate can be and normally is quite justifiable **when and if he is subjected to extralegal violence in a criminal attack; or if he finds that he must defend his loved ones against such an onslaught.**

Please remember and bear forever in mind when you train in self-defense that . . .

- There is no possible way to accurately determine the motive and intention of the individual who attacks you. That remains *inside the attacker’s head*. And in fact it could range from an intention to merely scare or intimidate you, to a burning determination (for any number of insane “reasons”) to maim or to kill you. You might *think* you can tell what degree or level of force an assailant intends to employ against you, but *you cannot possibly know*.

- There is no possible way to accurately assess the abilities of any attacker — or if he isn't or is armed with one or more weapons, or if he isn't or is accompanied by one or more cohorts who may be approaching you from behind, or possibly lurking nearby. Apparances are *very* deceptive; both of the attacker and of the totality of the situation presenting.

The wise defender always assumes the **worst**. He never underestimates or forms a snap-judgement about his attacker. True enough, the defender may not have given his assailant (whom he may not ever have seen before in his life) the slightest objective reason to direct any hostility whatever against him. So what? *The world is full of crackpots and crazies who do not need "objective reasons" for anything that they do.* They run on impulse — are guided like beasts of the jungle, by feelings — and as far as these creatures are concerned, their **feeling** that they wish to violate someone is ample "justification" for their proceeding to do so. *They enjoy it.*

What *you* require as justification for using force must not be confused with that which a violent offender requires before he attacks you. Violent types, to repeat what we are convinced is an absolute truth about them, are impulse-driven savages whose place is *not* in civilized society amongst **human** human beings.

Thus, if and when you are ever subject to unprovoked physical violence ***do not waste time, thought, or energy worrying about "why" this individual may be violently disposed toward you.*** Accpt the obvious fact that he is, and **do what you need to do to stop him and defend yourself.**

The image that most people have of someone who is *formidable* is one thing. The actual way that formidable individuals "look" is quite another. The fellow who is relatively small and who appears to be lacking in muscle may possess incredible physical strength. The guy who looks overweight and flabby (like a long time ago Russian weight-

lifting champion by the name of Alekseyev) may be as agile as a cat; he may be fast, powerful, and a ruthless, dangerously determined combatant. The guy with the “washboard abs”, V-shape, and thick arms may be a non-violent fellow who has — very literally — no real ability to inflict injury on another person in unarmed battle. He may be a complete bluff.

How do you know? You *can't* know . . . and that's the point we wish to convey here.

Because a real world attack may be launched by literally *any* individual with *any* crazy motivation or objective, and he may possess *any* degree of potential for maiming, crippling, or killing (including weapons, which he has momentarily concealed), self-defense demands that you assume the worst so that you are prepared and ready to defend yourself against the worst possible level of physical violence. If you assume less than the worst — and the worst happens — where will you end up? Not a pretty thought.

This is why rational, sane, civilized human beings absolutely refuse to regard any violence as excusable or acceptable (save in controlled, modified form in combat sports, or in legitimate self-defense). **It is also why authentic teachers of self-defense address the subject with deadly seriousness, and instruct their students in the physical, tactical, technical, and mental aspects of *absolute brutality*, should they ever need to act in self or family defense. BRUTALITY IS JUSTIFIED IN SELF-DEFENSE.**

Often a real world attack is clumsily and obviously mounted by an overconfident street scumbag (or multiple street scumbags) who has no doubt about his inevitable victory, and the vulnerability of his intended victim. *Here and now the act of personal defense is relatively simple and very easy to carry out IF the defender does so with immediate, brutal savagery.* Such will cancel out the aggressor's action, injure him severely, and turn him off psychologically — leaving him immediately convinced that he has bitten off way more than he can chew! However,

if hesitation and at best a half-hearted non-injurious action is undertaken to “discourage” the aggressor instead, then the only type of aggressor who might be deterred is one who is really not that motivated or capable, at all. *You aren't worried about that kind of a—hole.* You must be concerned with the truly dangerous aggressor . . . the tough, hardened, psychopathic killer whose onslaught may be fueled with drugs and or liquor, and who will provide you no second chance to survive if he is not stopped forthwith.

Techniques involving controlling and restraining an individual are necessary for law enforcement and security professionals. These individuals have a responsibility that you and I do not have, when it comes to self-defense. They are charged with arrest-and-control of disruptive, resistant, uncooperative, mildly violent types *whom they — the officers — have approached.* Self-defense is undertaken when a would-be *victim of attack* is set upon by an offender or approached by some lout who is bent on starting trouble. *Brutality is justified if and when such a situation occurs because mind-reading and predicting the capabilities of your assailant are utterly impossible feats.* **So do not foolishly attempt them!**

“Brutality” may indeed be a loaded or emotive word . . . even one that, when one speaks of self-defense . . . is regarded in polite circles as being politically incorrect. Too bad. Pleasant thoughts, nice motives, and a *desire* for peaceable, minimally violent encounters affect **nothing**. Reality is as it is, and self-defense is neither pleasant, nor sporting, nor easily manageable with “secret skills”. It is a fast-paced, dangerous, undesired circumstance for its victims, and in order for those who may be victims to stand a good chance of handling a violent encounter well, they must realize and appreciate that **brutality** is completely justified when you are forced to defend yourself. And that applies to **YOU**.

The Incredible Value Of Hypnosis

THE two most well-known and experienced teachers of hypnosis and hypnotherapy in the United States were Harry Arons and Gil Boyne. We took personal training under Harry Arons, and after working to master his methods we went on to read much of Boyne's material, as well as the works of Weitzenhoffer, Erickson, and Elman, and miscellaneous other works. Eventually we became a Fellow in Clinical Hypnotherapy under the auspices of the *American Association of Professional Hypnotherapists*.

We became interested in studies of the human mind in general and hypnosis and mental conditioning methods in particular in the very early 1970's. This interest grew out of our growing awareness of the absolutely enormous significance of **mindset** and **psychological conditioning** in self-defense training and in preparations for close combat in the military and intelligence field. We found that *nothing* could produce the deep and permanent conditioning that properly applied hypnosis could produce — and nothing could provide any mental conditioning as *fast* as hypnosis could.

We have been employing hypnosis and its principles in our teaching endeavors for 50 years. We have been State-licensed as a Professional Hypnotherapist since 1987.

Some Myths About Hypnosis

WHILE hypnosis is widely used in medicine, dentistry, professional sports, and numerous other fields, and is completely safe — even healthfully beneficial — there exists a number of foolish myths that have, unfortunately, prevented many who could benefit from hypnosis from trying it. Among these myths are the following:

“Under hypnosis you can be directed to do criminal things that you would never be willing to do in a normal, conscious state of mind.”

“A hypnotist can place you under his power and control, and having been so placed you will no longer be able to decide your own courses of action.”

“There is a serious danger of your not being able to come out of a trance state once a hypnotist places you in it.”

(For women): “There have been occasions when unscrupulous hypnotists have taken advantage of females sexually once they were in the trance state.”

“It is dangerous and very risky to place total control of your mind in the hands of a hypnotist.”

“Only weak-minded people can be hypnotized. If you are highly intelligent and alert, you cannot be hypnotized.”

Every one of those beliefs is sheer nonsense. A person cannot be made to do anything under hypnosis that he or she is not willing to do. (**Note:** It is possible that the use of *narco*-hypnotism *might* enable the user to establish some degree of control over a subject. However, the pharmaceuticals needed for this are available only to **medical doctors**, and so long as a subject *does not take into his system any pharmaceuticals* hypnosis cannot possibly achieve any manipulative control over him.)

A subject can and will ***immediately*** come out of the trance state if and when any hypnotist attempts to make any suggestions contrary to the subject’s will and morality.

Even if a hypnotist tried to “keep you” in a trance state, and/or even if, after hypnotizing you, he walked away and never came back, you would naturally come out of the trance state in a short time. *The “trance state”*

is simply a state of profound relaxation. And just as sleep or relaxation will not entrap you permanently, neither will the hypnotic trance state.

There may have been some criminals who have attempted to use hypnosis to sexually assault females with impunity, but those criminals doubtless found that their intended victims quickly came out of the trance and perhaps had them arrested(!), or, if the subject complied with the criminal's wishes, *no trance state was ever needed for the seduction!*

Your mind is in fact **more solidly and powerfully under YOUR control when you are under hypnosis**, *not* under the hypnotist's. This is what gives great power and value to hypnotic suggestions in enabling the subject to achieve what is desired under hypnosis.

Weak-minded people are the worst subjects for hypnosis, and often it is the literal idiot who cannot be hypnotized at all. The more intelligent you are, the more disciplined you are, and the more determined your will, the *better* you will be as a receptive subject of hypnosis. (**Note:** It is easily possible for any subject to resist going into trance, but why would he do that? People are hypnotized because they **want** to be, and because there are objectives that they wish to achieve *by the process of suggestion when they are under hypnosis.*)

In fact it has been demonstrated that hypnosis is as harmless as anything could be, and in fact the state of being in trance is beneficial and healthful.

The great blessing is that hypnosis is powerful. Powerful in enabling the **subconscious** mind to be reached, and for whatever the subject seeks to be conditioned for may be accomplished safely, speedily, and efficiently. It may be noted that hypnosis can also make the *elimination* of undesirable beliefs, habits, and behavior patterns readily possible — as for example it does when utilized to assist in dieting or ridding oneself of the habit of smoking, etc. or of self-defeating phobias.

Very Briefly – How Hypnosis Works

THE human mind operates on two levels: **conscious** and **subconscious**. The “conscious” or *reasoning* mind is what you utilize daily. You think, you consider, you question, you agree, you doubt, you plan, etc. The “subconscious” mind is like the repository or memory system of your computer. It stores facts, memories, conclusions, falsehoods, beliefs, convictions, superstitions, you-name-it. The subconscious mind does not challenge or question . . . it simply *accepts, stores, and retains*. When your convictions (which are held in your **subconscious** mind) are of a kind that your conscious mind challenges and knows to be incorrect or wrong, you may try to act contrary to them, but *because they are fixed in your subconscious, they will continue to hold sway over you*.

When you are placed in the hypnotic trance your conscious, reasoning mind is placed in a state of temporary abeyance, and **the subconscious can be accessed directly**. When it is accessed, the hypnotist provides **suggestions** that override and eliminate the undesired contents of the subconscious (or the suggestions simply implant that which isn't there, but which is desired). A really simple process; yet effective, reliable, powerful, and lasting — not to mention often **life-changing!**

Caution In Selecting A Hypnotist

Or Hypnotherapist

JUST about anyone can learn the process of *hypnotizing*. However, not everyone who has learned how to hypnotize someone has any real skill in presenting suggestions geared to the subject's needs. When you are looking for a hypnotist to work with in order to develop your combat mindset or any aspects of combative readiness, you want to be certain that —

A) The individual whom you select should be an experienced

and knowledgeable hypnotist. The more years of experience he has, the better. Developing and using effective “patter” (or suggestions) when your subject is under hypnosis is a very important skill that not all hypnotists possess. Verbal dexterity, excellent command of the language, and a combination of a flare for *dramatic* and *instructive* expressions is what you want your hypnotist to possess. Enthusiastic and experienced **teachers** normally make good hypnotists, because hypnotherapy and hypnosis in general is a process of *teaching* and *instructing* and *encouraging*, and *motivating*.

B) Your hypnotist should **have experience (as extensive as possible) in the subject area or field in which you are seeking correction, improvement, development, etc.** While a hypnotist who works with combatives students *and* a hypnotist who helps people give up smoking may both be equally skilled in *hypnotizing*, you want the one with expertise in and knowledge of **combatives**. He is the one who will understand and be able to serve you best.

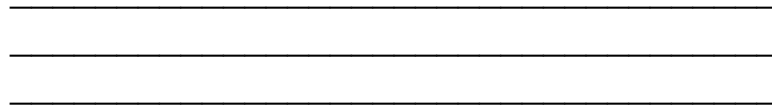
Results Come Quickly

If you are genuinely serious about working with hypnosis and improving yourself, and if you select a hypnotist who knows his craft and you work with him as he instructs, you may see impressive results after only one session. You will experience excellent results after five to eight sessions, unless you are not cooperating.

Don't Forget Self-Hypnosis

SELF-hypnosis is as viable as hypnosis done by a live therapist **if** you follow the directions for using the self-hypnosis programs. Our self-hypnosis programs have gotten very enthusiastic reactions from pleased users. The good thing about them is that we **know** this field backwards and forwards, and our experience and research in conditioning the mind for violent combat, readiness, and survival is very extensive. Our

Programs work, providing you follow the instructions for using them (included with each program). We have produced a series of **20** Programs, and in all they cover every aspect of conditioning the mind for violent close combat and self-defense — unarmed and armed. **WE** do hope that this article has put to rest any reluctance you may have had about hypnosis as an effective tool for use in conditioning your mind for combat readiness.



NOW — You Can Train Your *Mind* As Well As Your Body, With Our ...New And Exclusive Self-Hypnosis Programs!

(The *Perfect* Complement to Our DVD Training Course!)

“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”

— General George S. Patton, Jr.

Mental Conditioning is at least 50% of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is nothing so effective in conditioning the mind as HYPNOSIS.

However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority in the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **33 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

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How To Approach The Study Of Weaponry

IT is generally understood that no one can be equally adept in every one of the unarmed combat techniques that he studies. Students tend to excel in certain skills because of their unique physiology, background, experience, and lifestyle. Whenever you find that a certain technique that you have learned and are practicing suits you especially well, and that your use of it is fast, accurate, powerful, and above all *natural* and seemingly “tailored to your physique and abilities”, *focus on perfecting that technique and making it automatic for you, in your repertoire of skills.*

The same idea applies to weapons. Being integral to any comprehensive close combat system, as you advance in training you will learn how to employ the handgun (revolver and automatic), the knife, the stick, the modern tomahawk, and improvised (“objects at hand”) weapons. *But*

you will not become equally adept in the use of them all. First, because as far as handguns, knives, and sticks are concerned, there are numerous variations that you must learn to use. One or two in each category will doubtless become particularly comfortable and natural for you, while others will not be quite so personally suitable. Master the few that fit you best.

The second reason why you won't ever master every weapon equally is because *you simply won't have anywhere near an "equal need" for every weapon.* The ones that you require for your personal lifestyle, and possibly your occupation, will be uniquely yours. For example, most private citizens will find that the best **stick** weapon for their use is a stout walking stick. A police patrol officer, however, will almost certainly gravitate toward the handy baton — which he can and should carry at all times while on foot patrol. Having said this, we will add that there will be different walking sticks and different baton configurations from which individuals will make their selection. (We'd only state that we are not enthusiastic about crook-ended canes, and we are positively opposed to the expandable batons which are, unfortunately, in widespread use.)

If you make a wise selection of **two** specific weapons and really perfect and master their use, you will have a greatly enhanced ability to defend yourself under any and all conditions.

Unarmed combat is the foundational skill. Master close combat offensive and defensive techniques. Train hard and keep in training, so that you will always be confident in your bare-handed ability to deal with violent attacks. ***You must avoid at all costs becoming dependent solely upon weapons for your personal protection. Those who take the attitude, for instance, that because they carry a handgun they need no unarmed skills, have in effect insured that their handgun is a crutch!*** Without it, they may well be entirely helpless. **Not good.**

Self-defense is and must always remain much more comprehensive as a study than any combat sport. Attackers in the real world are not only

frequently armed, themselves; they attack from behind, they attack in groups, and they attack in every conceivable environment and on all types of terrain. They attack by surprise, and their onslaughts victimize the young, the old, the male, the female, the healthy, the sick, the weak, the strong, and the nonviolent. One can never be “too prepared”.

Weapons To Avoid

We detest the popular expandable batons, the PR-24's, and any other unnecessary “trick” weapons. Nothing beats a simple hardwood baton for the law enforcement officer . . . and where that is impractical (for a plainclothes man, let's say) we suggest the good old fashioned blackjack. Flat or rounded will do. Just make sure that you become good at using it.

The classical/traditional martial arts weapons, although interesting and a nice challenge to study, really have no practical use for people in this 21st century. The sword, spear, sectional staff, weighted chain, throwing darts and stars, and butterfly knives, for example, really have no practical use. As *art* their study is worthwhile; but that's it. In this 21st century the modern weapons of individual combat are what one requires.

When To Commence Weapons Training

First and foremost comes **unarmed close combat**. Weapons are later *added to* your weaponless capability. In *American Combato* formal stick training begins at Brown Belt. Miscellaneous advice is given however right from the start of training regarding use of objects at hand for expedient use in an emergency. At Black Belt level students learn advanced stick combat, knifework, combat handgun shooting, the tomahawk, and they are familiarized with the spring cosh, the smatchet, and how to actually *make* deadly weapons from everyday items like newspapers. This last type of training is really advanced work in using objects and materials at hand when no manufactured weapons are available.

When Weaponry Takes On Great Importance

If you are lucky you will grow old. With advancing age will naturally come a decrease in your unarmed combat abilities. You will always retain a good degree of weaponless competence if you have trained all of your life, and barring any serious disabilities; *but when you reach 60 you will not possess the degree of agility, power, speed, balance, and timing that you enjoyed in your late teens and through your 20's*. Thus you will — and should — come to rely on weapons increasingly, because self-defense is no game, and you want every advantage you can have, should the scum decide to victimize you.

If you train with weapons as part of your curriculum when you are relatively young, the skills will be there for you as you age. Coupled with the unarmed training that you did, you should always be well able to offer serious resistance to any extralegal garbage you encounter.

Weapons And Their “Unfair” Advantage

Since self-defense is about survival and avoiding serious injury or death, it should be obvious that referring to any advantage a potential victim might secure over an attacker as “unfair” is ludicrous. The mugger, knockout puncher, rapist, kidnapper, gang member, group of scumpunks, “wilder”, or you-name it, who unjustifiably offers violence to an innocent person deserves the same mercy and consideration that a physician gives an infection, when treating a patient.

Should you be fortunate enough to be armed when and if some would-be murderer attacks you, *take advantage of the fact that you have a weapon, and use it!* Be Grateful that you have a weapon! Why give some unspeakable glob of subhuman excrement any consideration or fairness? This is no sport, and all that can and should be said of the violent offender who targets an armed person and ends up on a stretcher for his efforts is: *“The filthy low-life scumbag sewer rat got what he deserved!”*

You **want** an unfair advantage. And reacting to horrific physical violation with a weapon with which you have achieved significant competence will surely give it to you!

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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*.

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(Full unedited speech with accompanying commentary)

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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})

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Brief #3: Fairbairn’s “Silent Killing Course”

(Original and full outline as Fairbairn drafted it — with commentary)

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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)

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Brief #5: Rules Of Self-Defense

(Of course there really are no “rules” in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training)

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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

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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)

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

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(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 aggressors — not merely cooperative students in practice sessions) **\$4.**

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

(Learn exactly how to be ten steps ahead of anyone who approaches you with dangerous intentions. Be ready without appearing ready) **\$4.**

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(Never be shaken again when some punk or troublemaker makes it clear that he intends to beat your head in. Instead, be ahead of him, by mastering the right tactical skills for dealing with the threat) **\$4.**

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(When and if some troublemaker actually initiates violence you want to have your mind and body programmed to nail him instantly. This PDF Brief covers exactly what you need) **\$4.**

Brief #14: *How To Really Handle A Physical Bully*

(Bullying is always a cowardly act; but people have been injured or killed by bullies, and many people are

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Brief #15: Spontaneous Reaction, Not “Lightning Reflexes”

(Action is always faster than reaction. The real secret to being able to handle any attack is to cultivate an immediate and spontaneous reaction. Do not depend upon blocking.) **\$4.**

Brief #16: How To Hit With Great Power

(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility.) **\$4.**

Brief #17: Adopting Classical Karate To Modern Close Combat

(Although a powerful martial art, classical karate has numerous drawbacks for the person seeking self-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.) **\$4.**

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.)

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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.)

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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.)

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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.)

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(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.)

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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.) **\$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.)*

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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.)

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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!)*

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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.)

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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!) **\$4.**

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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.) **\$4.**

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.**

Brief #44: *Resisting Interrogation (Including The Polygraph)*

(An encapsulation of all you need to know in order to effectively resist even professionally qualified interrogators — short of their using torture. And

the polygraph section will surprise you; the method works!) **\$4.**

Brief #45: *How To Manipulate Humans*

(Stop being manipulated and learn to manipulate those who seek to control or to use you by employing the tactics and tricks of intelligence professionals. Manipulation — used exclusively for self-protection and the safeguarding of that which is rightfully yours — is an important, valuable skill.) **\$4.**

Brief #46: *Constructing A Realistic Urban Survival, Evasion, And Resistance Kit*

(Jam-packed with life-saving information about E&E. Goes way beyond just assembling a suitable kit. Contains counsel given to special ops and intel field service personnel.) **\$4.**

Brief #47: *Weight Training: An Introduction For Combatives Students*

(Weight training provides the fastest and most effective way to build all-round strength, fitness, condition, well-being, agility, and good health. It is the finest supplementary physical training for self-defense and close combat training. How to get started!) **\$4.**

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New PDF Publication!

Combat Handgun Miscellany

Some very helpful and important tips, facts, suggestions, and tactical nuances that the popular shooting schools conveniently avoid mentioning, deny, or are unaware of and do not teach their students. Yet these items — compiled from many source documents and teachings — can go a long way to preparing you to employ your handgun effectively in lawful self-defense.

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The Correct Way To Chinjab

THE chinjab smash is one of the most powerful, effective, and adaptable blows in unarmed close combat. It is suitable for attack and defense, and should be one of the first blows learned in any self-defense program. Properly delivered by a reasonably strong, well-conditioned man who has been practicing the blow correctly for a month or two, the chinjab smash stands an excellent chance of breaking the recipient’s neck. Such an applicant will almost always break the jaw of the person he strikes with this blow, and he will likely knock out some teeth, to boot.

But even when the chinjab is delivered by a complete beginner and it lands with only moderate power, it will at the very least **distract** the adversary. And the blow cannot damage the user's hand.

Problem is, we have observed quite a number of individuals who were taught the chinjab at one or another seminar or course, but who do not apply it correctly. They often employ a heel-of-the-hand blow against the jaw — good so far — but they do so with the fingers more or less extended, and the palm flexed so the blow lands “heel-to-point-of-chin”. ***This is not the best way to deliver the chinjab smash. It is not the manner in which Fairbairn, Sykes, or Applegate taught it, and it is not how we teach it in American Combato.*** In fact the heel of hand striking the point of the chin will almost always be a somewhat effective strike; but the chinjab smash *correctly executed* will definitely take a serious toll. And when the situation is one of self-defense, you don't want to short-change yourself by using a halfway effective technique.

Several points typify the “perfect” chinjab smash:

- The hand is flexed fully back and the fingers are openly clawed as though readying to execute the shot put and holding on tightly to a sphere.
- The forearm of the striking hand is *parallel* to the recipient's chest.
- The chin-jabbing hand is driven as far *under* the jaw as possible, with the heel close to the recipient's throat on impact, and the clawed and spread fingers “embracing” the recipient's lower facial area.
- The blow itself will often include the forearm of the chinjabbing hand crashing hard into the recipient's zygomatic process (cheekbone area) as the chinjab itself smashes home.
- The user's *entire body* drives upward behind the blow as though the goal were to lift the recipient a foot off the ground upon impact. Waist and hips are turned powerfully into the delivery.
- Upon full-power impact, assuming the recipient is not knocked out and dropped to the deck immediately, the *elbow* of the chinjabbing arm is raised and the hand digs fingers into the eyes as the face of the

recipient is literally *seized and clawed* with the eyes being gouged as deeply as possible with the fingers.

- Followup is immediate!

— And followup can be a throw. Executed by driving the recipient's head *back* and *down* while stepping in and driving his head to the ground. This is often facilitated by whipping the lead hand around the recipient's lower back, smashing (for example) one's left hand into recipient's left kidney, if a righthand chinjab smash is delivered.

— Or a second chinjab smash.

— Or a knee-to-the-testicles*

— Or a head-twist takedown (emphasized by O'Neill in his System)

— Or *whatever further actions you intuitively sense the recipient is now exposed to!*

- * Both Fairbairn and Applegate emphasized the value of a knee-to-groin *followed by* a chinjab smash. Excellent technique. However, a chinjab delivered *first, followed by* a knee-to-groin is equally effective and a valuable and simple combination attack for close-in use against an enemy.

In the varying conditions that must be anticipated in real close combat it may be impossible to insure perfect delivery of the chinjab smash or of anything. However, practicing the blow and striving endlessly to *make* your delivery perfect will come close to insuring that, in a real crisis, you have as effective and devastating a natural weapon as possible.

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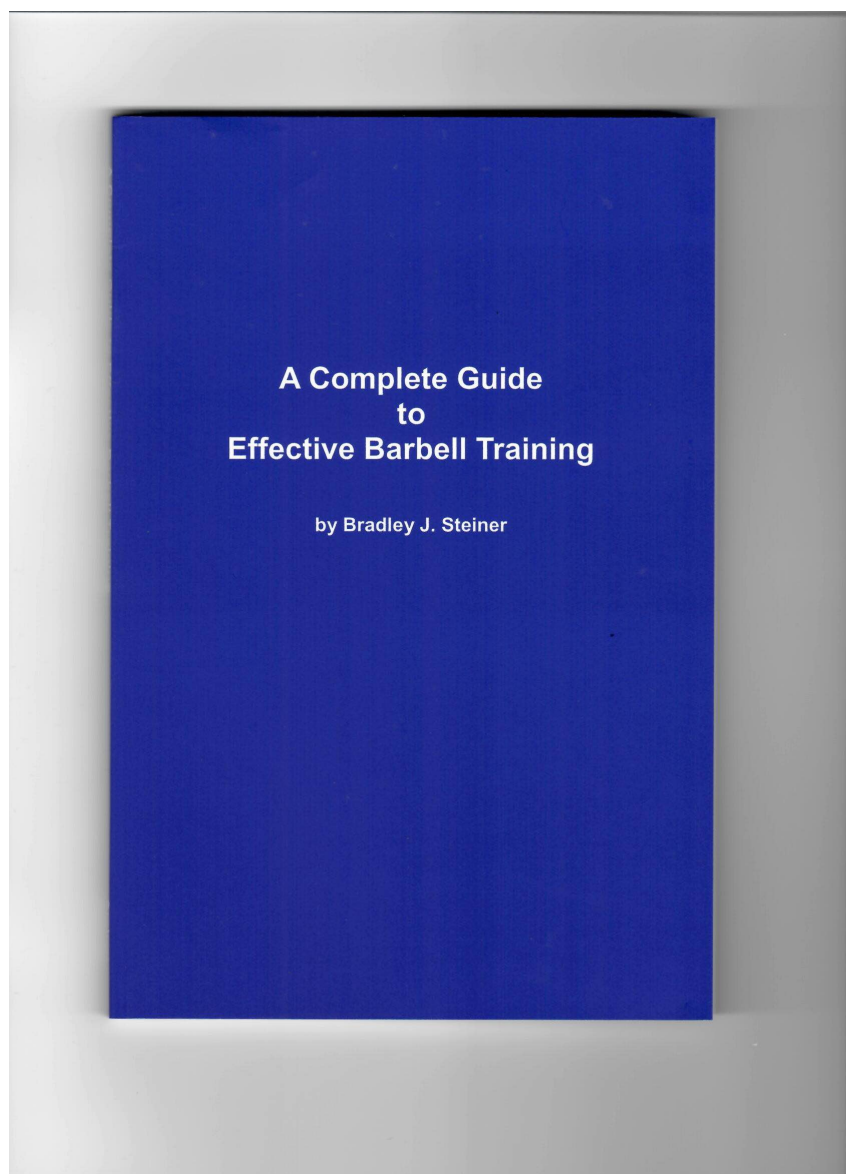
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