

©Copyright 2020 by Bradley J. Steiner — All Rights Reserved.

SWORD AND PEN
OFFICIAL NEWSLETTER OF
THE INTERNATIONAL
COMBAT MARTIAL ARTS
FEDERATION (ICMAF)

WWW.SEATTLECOMBATIVES.COM

WWW.AMERICANCOMBATO.COM

WWW.PRESCOTTCOMBATIVES.COM

September 2020 Edition

E d i t o r i a l

No “Nice Way” To Defend Yourself

RECENTLY one of my students informed me that his father had expressed an interest in learning self-defense. His dad had never trained in anything previously, and he was clear about not wanting to learn anything that would “seriously injure” anyone. “I only want some

pressure-point training,” he said. “Training that will let me get an attacker under control, protect myself, and not injure him severely.”

This is the kind of comment one hears from a decent, good-hearted, fair-minded, upstanding individual. A person who is responsible, aware that he will be held accountable for his actions, and disinclined to be a “violent person” per se.

In other words, this is the kind of individual who has no concept at all about violent criminals and how to react to them when they decide to target him for victimization. A thoroughly *good* person, no question about it; but so long as he labors under the delusion apparently which he got from some ridiculous article on “self-defense” that he read, this gentleman will be **training to die** if he actually pursues that which he *thinks* amounts to appropriate self-defense training.

Look . . . no sane human being wants either to become immersed in violent combat or to cause the injury of another as a result of having had to do so in self-defense. Yet, unfortunately, if reliable self-defense instruction is what one is looking for, then certain adjustments — possibly unpleasant at first — need to be made in one’s attitude toward the matter of close combat with human adversaries (which is what physical self-defense invariably entails).

Dangerous felons, which is what violent criminal assailants are, care nothing about the harm they visit upon their victims. They have no concern for any human life or personal welfare, except maybe their own. They are irresponsible, impulse-driven, worthless **scum**, and while members of the gentle population will recoil at our daring to say this, *it is absolutely true*.

What must be accepted by the person seeking quality self-defense training is that violence must be met with violence — a *greater, superior* level of violence, at that! The violent offender must be overwhelmed and destroyed in order to be neutralized. Unpleasant? *You’re goddamn right it is!* And the fact that we — i.e. decent, non-

violent people — must stoop to this conduct in desperation because predatory rodents give us no choice, should be a source of rage, resentment, and hatred on the part of all of us. **Violent offenders cause the need for the ability of those whom they victimize to master the highest and most efficient level of violent combative ability, themselves.**

“Well, wait a minute!” someone might object at this point. “I too read about the amazing possibilities of ‘pressure-point fighting’ and I don’t know why you are so closed to its use in self-defense. Do you simply *like* the idea of using maximum force?”

The answer is, we are closed to and vehemently against “pressure-point” fighting because it is a ridiculous, unworkable, preposterously absurd approach to defending against actual physical violence. **It doesn’t work.** (Sure, it works *in the dojo*, when opposed by a buddy who is helping you to learn, and it might have some application when combined with various ju-jitsu grips and holds, for law enforcement people who find that they must occasionally control an individual who is resisting out of nervousness, but not trying to harm the officer. A physically underpar person who is trying to pull away from a cop — but not injure the officer — should be handled with “lesser means” than the aggressive felon. But this is unrelated to self-defense. Murderous attacks are not perpetrated by nervous kids who want to run away from you and avoid contact!)

Pain compliance, which is at the heart of “pressure point” fighting, is *not* reliable because pain is **subjective**. *Injury, very specifically injury that shocks the central nervous system and cripples* is what stops a murderous felon. That, or causing the felon to stop breathing. Break a man’s leg and he drops. The pain he feels is secondary. He drops when his foundation is destroyed. Smash a mugger across the throat with a handaxe chop and he *stops cold*, choking, and unable to endanger you further. Ram fingers into a would-be rapist’s eyes and then slam five or six powerful knee blows into his testicles and he collapses. *These actions injure and immobilize!* And that’s exactly what you want to be

able to do to anyone whose imminent or present attack threatens to maim or to kill you.

There is no “nice” or “sanitized” way to defend yourself.

Physical violence is dangerous, scary, shocking, and very unpredictable. You cannot ever be certain of surviving any experience with a violent attacker (outside of sporting matches of course; and these are not really “violent encounters”, they are *fighting sports* events). This is one reason why sane people *avoid* and *disdain* violence — and why, if they wish to be able to defend themselves, they must accept that the method is and must be harsh, vicious, fierce and unforgivingly brutal and savage. There is no place for forbearance, mercy, sympathy, compassion, sportsmanship, hesitation, mild techniques, or restraint. **Violent offenders do not have any truck with those things when they attack, and neither should YOU when you are forced to defend.**

Nor can self-defense be built around predominantly *defensive* actions. Offense is what wins combat situations . . . whether on a national or individual scale. And that offense must be employed with surprise whenever possible, and with ruthless disregard for the enemy, evidenced by techniques that knockout, maim, cripple, and — when required to save human life, and nothing less will do — kill.

Violent combat in defense of your life, or in defense of your loved ones, is one of the most hideous experiences one can live through. However, to insure just that — i.e. that you *live through it* when you have no other option but to engage in it for lawful and moral defense — train to acquire the warrior’s mindset as well as the techniques and tactics that have been war-proven. Don’t look for a “nice” way to handle a hellish predicament. It doesn’t exist.

Bradley J. Steiner

“You don’t hurt ’em if you don’t hit ’em.”

—Gen. Chesty Puller, U.S.M.C.

DVD Course Now Available!

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

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

**“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”
— James R. Jarrett, Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga.**



Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

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

— Greg Anderson,

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

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

— Detective Ralph Friedman (NYPD Retired),

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

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

— Maurice (“Maury”) Geier,

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

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,

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

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

— Grandmaster Jim Harrison,

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

“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”

— Grandmaster John McSweeney,

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

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your

outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

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

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

— George Kalishevich,

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

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

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

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

— Grandmaster John Perkins,

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

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970’s by Bradley J. Steiner, which crystalized into the American

Combato (Jen·Do·Tao)™ all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

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

IMPORTANT NOTICE!—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness

- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

DVD#2 BASIC BLOWS

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.
 - The straight heelpalm
 - The knee attack
 - The front kick
 - The elbow smash
 - The fingertips *thrust*
 - The fingertips *jab*
 - The snap kick
 - The backfist-forearm smash
 - The hammerfist-forearm smash
 - The basic straight punch
 - The ear box
 - The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

- Powerful and devastatingly effective combinations of attacking actions which are adaptable to an infinite number of situations and emergency circumstances. These attack combinations utilize the Key Blows, and include additional offensive unarmed combat actions and tactics. which enable you to infinitely combine, and

improvise limitless sequences and applications of ferocious attacks of your own.

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn

- How to counter sudden grabbing attacks from behind
- How to counter holds that may be applied from behind

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental 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 \$25. for postage and handling (\$60. 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!) 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!

Subway Crime In NYC

THE 28 July online NY Daily News ran a pictorial presentation on "Subway Crime" over the years in NYC.

We lived in the Bronx, NY until 1975, and we recall a time when the subways were virtually crimefree, as well as when, in the 60's, violent crimes began to occur regularly on what once was the greatest public mass transit system in the world. It was then that the NYPD established the NY City Transit Police — a force of officers whose job it was to see that the gutter scum who were endangering and terrifying countless citizens every day, were stopped.

They weren't.

Instead, crime on the subway, like crime everywhere else in NYC, continued to escalate until today, when one takes one's life in one's hands merely *living* in that expensive, filthy, gang-infested, politically over-controlled cesspool. How we *loved* New York City when we lived there, and believe us, we left only because we finally had to leave. It became too costly, too dangerous, and **far too great an encroachment upon our right to keep and bear arms** than we were any longer going to tolerate. If NYC had remained as it was in the 1950's we never would have left.

But really, *is* it as bad as we say? Yes, it is. Many New Yorkers are tough and stubborn, and they won't leave . . . clinging to the hope that this once-great Metropolis will be healed.

We believe it will not “come back”, and without going into a full analysis of why we are convinced of this, let's just look at the problem of violent animals running amok and ruining the lives and well-being of so many good people in NYC, and ask “***Why is this happening?***”

The answer is really simple. First, it is happening because this egregious inhuman beast-conduct is ***tolerated***. If the monsters were put down the moment they reared their empty heads, and no troublemaking lunatic or “bad ass” ever lived to render a *second* act of violation, but was *gone* forever after his first intolerable offense, there would be fewer and fewer and still fewer scumbags so willing and ready to join the ranks of violent offenders — because worthless and impervious to the value of human

life and dignity as these pieces of sh-t are, *they don't want to have their own meaningless and inexcusable lives ended.* In other words, simple self-interest would prompt human garbage *to control itself!* Violent crime would diminish as the number of violent offenders diminished. And in regard to **violent crime**, the law should be: **ONE STRIKE, YOU'RE GONE!** This law to apply to anyone over the age of eight.

SECOND, instead of using the potentially effective anti-crime force known as the NYPD to bother people for stupid non-offenses (like having arguments with their spouses, not wearing surgical masks, gathering in groups that some political cluck has declared a “hazard”, violating human rights by executing “stop-and-frisk” laws [reminiscent of the Nazis], ticketing people for silly, petty “offenses”, and so on), turn those good cops loose on a violence-committing populace of sewage and let them do whatever the f—k it takes to **STOP THEM!** Allow the police to react to violence directed against them with whatever force they must use, and *stop making excuses for punks and other sewer-rot who assault and batter the uniformed protectors of the City.*

THIRD, abolish every gun law on the books. When anyone uses a firearm ***IN THE COMMISSION OF ANY CRIME***, execute him — execute him *for the crime*, **not** for the gun! Let all citizens of NYC obtain, keep, carry, and, when necessary for self-defense, **use** handguns, shotguns, or rifles. And for God's sake make that awful conviction that that **persecuted** man named **Bernhard Goetz** was incarcerated for, a never-again atrocity in the eyes of a sane and just legal system: i.e. The “judge” pronounced Goetz *innocent* insofar as his having acted in legitimate self-defense, but *guilty* for possessing a handgun illegally! If you're not familiar with this case — from the early 1980's — do some research. Straight out of Alice in Wonderland!

Encourage every good citizen of NYC to learn and when necessary use without restraint armed and unarmed self-defense. Make it **illegal and impossible** for anyone who is a violent attacker or relative of a violent offender to initiate a civil lawsuit against anyone who took action in

self-defense, regardless of the injuries sustained by the offender — even if fatal.

Tough ideas? *Too* tough? Hardly. The situation in NYC — on the streets, in the subways, on buses, in neighborhoods, and in apartment buildings — has reached unbelievable proportions because, when lesser means *would have* solved the problem, they were never implemented. Now, only draconian measures stand any chance of succeeding.

You stop violent crime by stopping violent criminals.

You put an end to violent crime when you put an end to violent criminals.

You improve citizen safety by law enforcement focusing on appropriate priorities, and by leaving citizens free to arm and to defend themselves with impunity. Subway violence, like all other violence in NYC and in every other major city in the **WORLD**, can be stopped by implementing the decisive, non-tolerant measures we have outlined. But don't worry. We're a realist who understands what's happening, and we are quite aware that this is very, very unlikely to ever actually happen.

P.S. After leaving the Bronx and relocating to the Southwest we wrote a book titled *SUBWAY SURVIVAL: Self-defense on Mass Transit*. Our recollection of the disgraceful situation that the jerkoffs in positions of authority in NYC permitted by their default to occur, prompted us to produce this book — even after moving to where our transportation was henceforth a car!

Be Sure That You Do Not Miss!

...

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

GO TO:

WWW.SEATTLECOMBATIVES.COM

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

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

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

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

Battle Rifle Choice: AR-15(M16) or M1A(M14)?

FOR more than two decades now we have been urging that those looking to obtain a quality battle rifle *not* be overwhelmed by the idea that “the military issues the M16” and so the logical No. 1 choice must be the private sector equivalent of the M16 — i.e. the AR-15.

The AR-15 is probably the most popular choice today for those in the market for a reliable combat rifle — be the individual a competitive marksman or a prepper or someone looking for a shoulder weapon with which to defend a rural home and hearth. Certainly anyone purchasing an AR-15 will be in great company, and will find no shortage of shooters who will swear that “yes, *this is the best of all choices* for a modern combat weapon!”.

We couldn't **disagree** (actually, *continue* to disagree!) more adamantly. The AR-15 is certainly not a “bad” weapon . . . but as a combat rifle we believe, as we always have, that it pales in comparison to *two* other shoulder weapons, as a choice for anticipated use in actual combat.

First and foremost we take exception — *strong* exception — to the choice of a .223/5.56 arm as being suitable for infantry war fighting purposes. In our opinion this caliber is a **carbine** round; a really *excellent* round for relatively close battle ranges (i.e. conversational out to about 150 yards). Yes, we know . . . people have been known to use the AR-15/M16 out to 300 yards. **But this is at shooting ranges, not under combat conditions in jungles, wooded and mountainous areas, across desert areas, at sea, from rooftops (or at rooftops) at long**

distances in urban terrain. Wind and leaves drastically affect trajectory of the .223/5.56 round. And its penetration at great distances is only so-so.

Second, the AR15/M16 is not a ruggedly built, durable weapon. For range shooting it may be a handy delight, and we acknowledge that it is accurate. Okay . . . but for real combat employment *durability* matters a great deal. At least to some of us.

If it is a *carbine* that is sought, then we absolutely urge the Ruger Mini-14 as the best choice. It may not be as accurate as the AR-15. *And it doesn't need to be!* It is certainly accurate enough, unless you are planning to shoot stick figures. Otherwise, the “wider groups” that the Mini-14 achieves are **fine**. Remember: You will be using a carbine at relatively close ranges. *And* you will be shooting at human bodies; *adult size* human bodies. So, come on . . . do you really believe that you need quarter of an inch groups, or can you comprehend that groups of even four to six inches are more than good enough, in a combat carbine that boasts **far** greater ruggedness than the AR-15/M16 and the rock-solid, war-proven **garand action** for the battlefield shooter?

The semi-auto action version of the M14 rifle is the M1A from Springfield Armory. *As a regular battle rifle we recommend this weapon hands down over the AR-15/M16!* And, we suggest that before you guffaw and snicker because you read powerful protestations against the M1A/M14 in favor of the break-o-matic that replaced it in Vietnam, in some issue of a “gun magazine”, check out the following on YouTube:

History of the M-14 & M-16 Rifles during the Vietnam War

Pay special attention to the long list of comments by viewers! Here you will read what combat veterans who carried and used the M14 in battle, and who had real world experience with it, as well as with the M16, have to say about these weapons.

The .308 NATO round outperforms the .223/5.56 spectacularly. We have had two personal students — one a former marine who fought in Vietnam, and the other an army officer who is also a veteran of that war. Both carried the M14 and *swore* by it. Each felt that the M16 was a significantly *inferior* weapon, and they did not want to exchange their M14's for the “new” battle rifle.

The FN/FAL .308 battle rifle is also a fine weapon, and certainly should be selected (in our opinion) above the AR-15/M16. But we have a personal fondness for the M1A/M14, and we certainly urge it as a far, far, **far** better choice for the serious prepper or person frankly concerned about defending his retreat in any warlike emergency. (**Note:** For simple self-defense against a home intruder, or group of intruders, we favor the 12-gauge pump shotgun.)

47 Instructional Presentations - **AVAILABLE NOW!**

More . . .

**COMING VERY
SOON!**

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:

- 1. Self-defense and close combat**
- 2. Urban survival and spy tradecraft**
- 3. Physical training**

Here's how this works:

- **Select the PDF Briefs that you want.**
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
- **Send us your list and include \$4. for each PDF Brief on your list. Cash or money order payable to Brad Steiner.**

Mail to:

Brad Steiner
P.O. Box 15929
Seattle, WA. 98115
U.S.A.

- Orders from outside the United States should be paid in U.S. dollars.
- Clearly print out your email address, and we will email you the PDFs that you order. No postage charges, no waiting for the package to arrive. Your PDF Briefs will appear in your email within 24 hours!
You may print out a hard copy of the PDF and/or read it on your computer screen.

“How can we afford to sell these training briefs for such little cost?”
Answer: *There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!*

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 synthesizes 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

(The war-proven kicking techniques that will work

*in real combat — and serve you for a lifetime!
Absolutely devastating kicks requiring no stretching or
loose clothing)* **\$4.**

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
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.**

Brief #12: *Interactive Tactics — The Threat (2)*

*(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.

Brief #13: *Interactive Tactics — The Attack (3)*

*(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
scarred for life by a scumbag bully. This most
politically **incorrect** presentation will teach you the
truth about how to handle a violent bully. Here’s the
unvarnished truth!)* **\$4.**

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.)

\$4.

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.)

\$4.

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

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

Brief #29: *Conditioning The Natural Weapons*

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

\$4.

Brief #30: *Analyzing The Combat Merits Of A System*

(All of the martial arts are good; but they are not all good for the same thing. Very definitely, there are

distinctive characteristics that make a system in question better for combat and personal defense than another system. This Brief provides the information needed to properly assess a given system's value for combat — not for competition or tradition.) \$4.

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

*(Most who take up martial art training of any kind do not succeed in achieving their desired objectives. And the reason is simple: They do not do enough, and they do not do what they do with the right spirit and attitude. Ninety five percent of those who consider themselves “martial artists” spend more time on backyard-gossip type “forums” and other idiotic 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!) **\$4.**

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!) **\$4.**

Brief #40: *How To Conduct Secret Meetings*

(Methods employed by trained agents and underground warriors who fight in reistance 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.**

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!

Disorient — And Destroy!

SELF-DEFENSE has a lot in common with guerrilla warfare. Guerrilla warfare being that form of unconventional warfare by which a small number of combatants are able to wage a successful war against a much larger, deeply entrenched military force, and a governing body that directs that military force.

Guerrilla warfare, when justifiable and moral, is a war intended to liberate an oppressed nation and people. The greatest experts in the United States on the subject of guerrilla warfare that is intended to overcome a tyrant government is the U.S. army's *Special Forces* (popularly referred to as the "Green Berets"). Their motto in fact is: **DE OPPRESSO LIBER**, which translated means, "*To liberate from oppression*".

In its ideal form, properly studied, appreciated, and undertaken, *self-defense* has as its objective a very similar goal, which is that of “liberating persons from attempted oppression by violent predators”. We assume in our teaching that such violent attackers as our students will encounter will be

— *physically superior to the defender*

— *in possession of personal weapons (which the defender may not have available to him)*

— *determined, despite having no justification for doing so, to maim or to kill the defender*

— *bolstered by the advantage of numeric superiority*

Whether one or all — or *none* — of these assumptions is in fact true in any given instance when a defender is set upon is irrelevant. The fact is students are prepared for it, and train with the idea that they will be subjected to it, and to *assume* it so as to be always ready for the worst.

Like the guerrilla fighter the student of self-defense must rely upon tactics based upon the assumption of his confronting a superior foe when called upon to defend himself. One of the proven tactics that we teach and lace into our program is that of utilizing the element of complete surprise whenever possible, and exploding into the most aggressive and vicious offensive action that enables us to completely destroy a dangerous enemy before that enemy cripples or kills us.

Attack when the enemy is not expecting it. Use overwhelming and unceasing force and followup. *Destroy the enemy before he has a chance to realize what is happening.*

Disorienting an adversary who intends you harm can be done in a number of ways. If there is time to confront and interact with someone who is threatening you, you can feign compliance, fear, an illness,

confusion, cooperation, lack of understanding, etc., and then as the enemy reacts to this, believing whatever is being presented to him is true and real, you *attack and demolish the enemy, giving him no warning and no chance to do anything.*

If suddenly attacked outright — “jumped” — you can, your position relative to the assailant permitting, *violently, instantly, furiously, and while growling and yelling like a madman, devastate this attacker by exploiting a poorly launched attack against you, and destroying one or more of your attacker’s vital target areas.* Or if, for example, you are suddenly trapped in a controlling hold, or struck with a powerful blow, etc., you can *feign submission, unconsciousness, or an inability to react.* Upon doing so, and upon your enemy’s believing that he has knocked you senseless or brought you to a state of unconsciousness, you attack him by surprise and without mercy, kicking him in the testicles, chopping his neck or throat, ramming fingers into his eyes, breaking his knee, or accessing a weapon and bringing it into play against him, and *following up until he is completely helpless and you are no longer in any danger.*

Violent offenders will almost always be disoriented when and if, upon initiating their attack on an intended victim, that victim explodes with rage, hate, and a murderous desire and commitment to destroy the attacker, which that intended victim pursues without hesitation or letup — savaging his would-be tormentor without mercy.

That is an excellent self-defense strategy. It cannot be developed through competition or through classical/traditional kata and formalized *defensive* practices (i.e. “waiting for the enemy to make the first move” or “focusing solely upon blocking or defending, and dropping or injuring the aggressor ‘only if absolutely necessary’ .”

Get this and get it straight: *any unprovoked, determined physical attack by a violent offender is potentially **deadly.** You owe nothing in the way of concern, ethics, decency, sportsmanship, forbearance, mercy, restraint, or caution to **any** despicable beast-in-human-form who initiates violence*

against you. Like the guerrilla warrior, desperately waging battle against a dictatorial oppressor who possesses numerous tangible advantages, *you hold to no rules of human conduct, and to no conventional “norms” of behavior or expectations. Anything goes!* You must win at any price — and you adopt techniques, attitude, and tactics that assure that you *do* win.

New Manual on PDF!

Combat Handgun Miscellany

by Bradley J. Steiner

THIS POLITICALLY INCORRECT (BUT COMPLETELY HONEST AND ACCURATE!) 55 PAGE MANUAL IS CRAMMED WITH TONS OF REAL WORLD VALUABLE INSTRUCTION, MUCH OF WHICH THE POPULAR “SHOOTING SCHOOLS”, “GUN WRITERS”, AND “INSTRUCTORS” OF COMBAT SHOOTING DO NOT TEACH, AND QUITE POSSIBLY DO NOT KNOW!— 34 critical facts and factors about what actual combat experience by police, military, intelligence, security, and protective service professionals have learned that you need to know!

COST is \$20. Send cash or money order (payable to Brad Steiner) with your current and valid email address clearly printed. PDF will be sent at once.

If you own a firearm for self-defense, carry one as a law enforcement officer or other official, or if you are planning on acquiring a handgun for personal protection . . . *you want this Manual!*

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!

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

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat**
- 005 - Tapping In Instant-Violent-Response Capability**
- 006 - Building The Determination to Prevail In Close Combat**
- 007 - Become Attack Minded**
- 008 - Develop An Ability To React Instantly To Any Attack**
- 009 - Develop Ruthlessness For Self-Defense**
- 010 - Sharpening Your Situational Awareness**
- 011 - The Anticipatory Attitude - Overcoming Astonishment**
- 012 - Developing Real Courage**
- 013 - Build Confidence When Facing A “Tough Guy”**
- 014 - Develop Coolness And Nerve in the Face of Danger**
- 015 - Mastering the Ability to Take an Enemy by Surprise**
- 016 - Becoming Convinced That it Really Can Happen to You!**
- 017 - Banishing The Fear of Bullies *Forever***
- 018 - Become Ready, Willing, and Able to Do Anything In Self-Defense**
- 019 - Eliminating Hesitation and Becoming Decisive**
- 020 - Raising Your Threshold of Pain to Your Vital Reserves**

Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for foreign orders.

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

**Brad Steiner
P.O. Box 15929
Seattle, Washington 98115**

MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF- DEFENSE — \$30

A brand new 214 page self-instruction book *that is available nowhere else. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.*

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

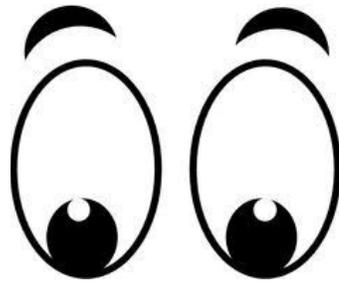
**RECORDED IN THE HIGHEST QUALITY
SPEED, AND ON THE FINEST QUALITY CD
DISCS IN "PDF" FORMAT FOR YOUR**

**CONVENIENCE AND LIFETIME LEARNING
\$30. + \$3. Postage, cash or money order,
payable to Brad Steiner. Send order to:**

Brad Steiner

P.O. Box 15929

Seattle, WA. 98115



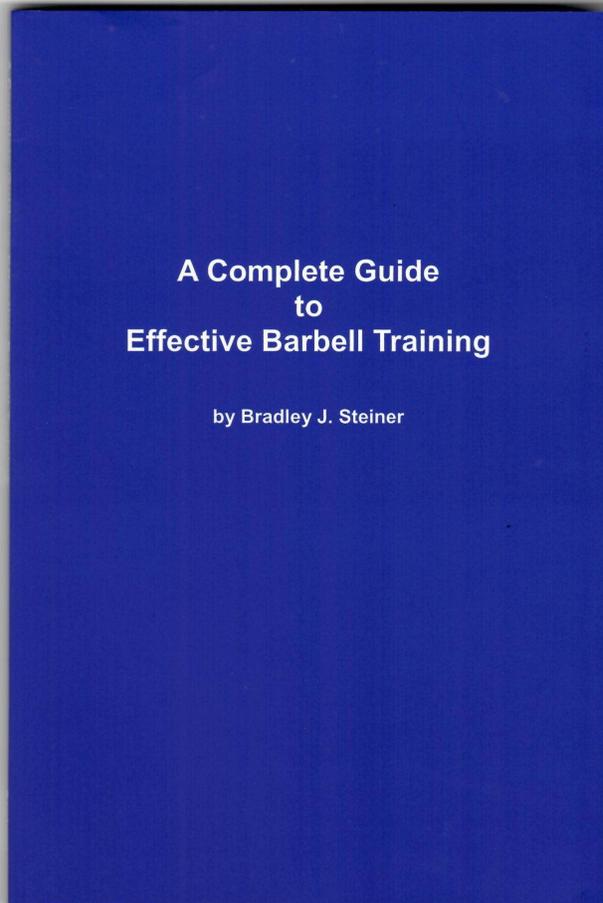
**BE SURE TO FOLLOW PROF.
MARK BRYANS ON
INSTAGRAM FOR TERRIFIC
INSTRUCTIONAL LESSONS
IN AMERICAN COMBATO
SELF-DEFENSE!!!!**

New Release! In Stock and Ready Ready to Ship . . .

The Long Out-Of-Print Classic on

***sensible,
effective
weight-
training.***

***A beautiful 6 x
9 softcover
book with 112
pages, 15
chapters,
including 73
photographs
of the author
posing for***



each exercise!

ALTHOUGH written decades ago this book, originally published by Peary Rader in the *original* Iron Man Magazine, contains everything you need to know to use weights sensibly and effectively to develop strength, muscularity, and the kind of solid, all-round condition you need for self-defense and close combat.

“You can order a copy directly from us. If you order this book from us, I will autograph it personally to you.” **Bradley J. Steiner**

Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign orders*** total cost is \$35. (in U.S. funds) to:

Brad Steiner
P.O. Box 15929
Seattle, WA. 98115
U.S.A.

High/Low — Low/High Attacks

WHEN we speak of “attacks” now please remember that we are speaking of **preemptive** attacks; that is, attacks that are delivered only upon realizing that you yourself are *being attacked* by an assailant. The best defense is a fast, decisive *preemptive attack*.

An excellent principle to remember when developing attacks using your own natural weapons is what we refer to as the *high/low* or *low/high* principle. It’s very simple, very practical, and very effective.

When utilizing this principle you initiate a fast attack, for example to an assailant’s eyes. This is followed up by a powerful low kick to his knee (i.e. *high* and *low*). Or possibly you whip a front kick into an opponent’s

knee or shinbone. Then you followup with an ear box attack as he bends and reacts to the low attack.

The point is that an opponent who is struck **hard** or attacked viciously (even if the blow doesn't land because he blocked it or seized your limb — very unlikely) at one of his high or low vulnerable body targets will automatically be open for a followup attack to a vulnerable target at the *lower* portion of his body.

We strongly recommend that you work out two or three combinations of this type of attack that suit you, and train incessantly to perfect them. Delivered with the element of surprise such an attack will almost always be effective. **And its purpose is to pave the way for *more* attacks . . . so do not make the mistake of developing these or any attacks with the idea that they will inevitably “end the encounter”.** They *might*. But then again they just might *not*; and it behooves you to assume the worst possible case whenever you train, and ready yourself for a real **war** when you are forced to defend against violent criminal attack.

View the high/low—low/high concept as a good opening gambit. It gets the action started, and it gets the action started by giving *you* the immediate advantage. And in close combat you are *always* looking to gain an advantage — and then pursue and press that advantage until you have rendered your adversary harmless.

Here are some recommended examples of this attacking principle that you might wish to test out:

1. Fingertips thrust to eyes, followed with a side kick to the knee.
2. Fingertips thrust to eyes, followed with a front kick to the testicles.
3. Handaxe chop to face, followed by a side kick to the shinbone.
4. Front kick to testicles, followed by a handaxe chop to the brainstem.
5. Side “flick” kick (or “snap kick” as it is referred to in karate) to the shinbone, followed by a handaxe chop to the face.
6. Half-fist thrust to throat, followed by a front kick to the testicles.

TWO THINGS ARE OF UTMOST IMPORTANCE. First, develop combinations that work for you and that make practical sense. Second, once you know what combinations you will use, *train and train and train* until they become lightning fast, natural, powerful, and damaging.

You will be amazed by how versatile these simple actions are. That is of course one of the reasons why they work. But they must be committed to motor memory and drilled so that in a crisis your body performs them correctly and with all of your resources focused on delivery.

We hope this helps you build a more effective repertoire of skills.

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, from the various sections there, we will again state the terms by which our material may be used and used only non-commercially:

- 1. We must be quoted in context.**
- 2. Credit must be given for that which is quoted/referenced.**
- 3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse in writing may be utilized as**

an endorsement or suggestion of our personal approval or agreement.

PLEASE be sure to tell others about this site and about our other web sites.

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

YOURS IN DEFENSE,

Professor Bradley J. Steiner

www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

—end—
