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# ***SWORD and PEN***

Official Newsletter of the International Combat Martial  
Arts Federation (ICMAF) and the Academy of  
Self-Defense

**FEBRUARY 2018 EDITION**

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

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

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

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

*One Of The Important Objectives That  
We Have In Producing Sword & Pen*

**SWORD** and Pen exists to teach and to inform, and to encourage serious thinking about the arts of close-combat, self-defense, physical training, weaponry, survival, and cognate disciplines that bear relevance to these subjects. But one enormously important purpose of this (and of **[www.seattlecombatives.com](http://www.seattlecombatives.com)** and **[www.prescottcombatives.com](http://www.prescottcombatives.com)** as well) is to provide regular encouragement to all serious pupils and teachers in our field to *keep on keeping on* — with their enthusiasm and their interest, and with their effortful, consistent *training*. For without this, progress, development, confidence, and solid ability remain a mere dream. **Good**

**things take time and require persistent effort.**

Practical combatives — *American Combato* — is not a particularly difficult skill to learn. *Mastery*, however, may be impossible. It all depends upon the individual and the degree of his commitment. There are no secrets, mysteries, miracles, or hidden methods in the combat arts. Like the classical/traditional and sporting/competitive arts, however, no gains in ability and readiness can be acquired overnight. We assure you that **much** less time is required to acquire solid individual combat abilities than is required to master a classical martial art; but there is no getting away from the fact that no one unprepared to dedicate at least a good eight to twelve months to serious training should expect to be able to acquit himself well in a dangerous emergency, when attacked by one or more determined assailants. A few unusual students can achieve their objectives in half that time.

Even for the most dedicated, training day in and day out, week in and week out, month after month, year after year, can be onerous at times. **No one feels peak enthusiasm all of the time, no matter *how* devoted he may be!** So we believe that articles of encouragement, instruction, and discussion help materially to keep the individual focused on that all-important task of *continuing to train*.

Whether technical training in combat techniques or physical training in exercises that bolster and support those techniques, there will be times when boredom sets in, and this may lead to that dangerous obstacle to development; **laziness**. By staying in touch with many ideas concerning close combat (via our web sites), we believe that boredom can be minimized, and that interest and a desire to train can be stimulated. Yes, we definitely wish to sell our instruction, our DVDs, our CDs, and so forth, ***but we are completely dedicated to these disciplines, and anyone who believes that this is purely a commercial endeavor for us is sadly misinformed.*** We have been immersed in these subjects for approximately 60 years now — training under various teachers, developing our own methods, researching, reading, studying, teaching people from every conceivable occupation and walk of life. We certainly are limited in our knowledge of the

classical and sporting approaches to martial training, because we abandoned those things entirely in our 20's. **However . . . as far as COMBAT and SELF-DEFENSE is concerned — with and without modern weapons — we know as much or more than any person or group of people you might care to name.** And that is not a boast; it is a *fact*. We know that we are eminently qualified to keep our visitors tuned into the combat/defense side of things. And in addition to teaching students — live, and via our DVD Course — we have had more than enough experience in our personal training *and* in the training of countless others, to appreciate the pitfalls of boredom and discouragement, and to present material regularly that assists those who want to excel in these fascinating and relevant disciplines to do so.

Plainly put, we know how important self-defense is to you, and we want to do everything possible to inspire, encourage, and instruct you so that you **stay with your training, and retain your interest and devotion to practice, for a lifetime.**

## **Bradley J. Steiner**

### **The Few, The Practical, And The Effective**

**ALL** told, there is very likely an *unlimited* number of techniques contained in the world's numerous "martial arts". And in point of fact just about every single one of these techniques might work — given sufficient time in training, natural skill, physical prowess, agility, timing, strength, coordination, and **luck**. In fact, however, for **self-defense**, we have no use for techniques that *might* work, *if* . . . . For self-defense we always seek those techniques that **probably will work**, period. "Probably" is what we must settle upon, for in the chaotic, dangerous, risky world of anything goes hand-to-hand combat, "certainty" is a pious hope.

Happily (and very fortunately for those in need of effective self-defense training) we *know* those relatively few, practical, and effective techniques. In modern approaches to all-in combatives — most notably in our **own**:

*American Combato* — it is these techniques that we teach, and no others. With and without hand-held weapons, we train our students exclusively in the finest, war-proven methods and tactics, and mental conditioning for actual, real, no nonsense individual combat. Not contest. Not sport being passed off as “combat”. Not theoretical classicism. American Combato is a **100% close combat and self-defense System built upon what has been demonstrated in wartime and peacetime to be reliable in actual combat**. Its principles, like its techniques, are solidly-rooted in battlefield, police, and private citizen street defense experience.

And our System does not contain all that many techniques! The core of our method of unarmed combat, for example, consists of **16 key blows, using the natural weapons** (with variations), **30 attack combinations using the natural weapons and additional skills** (with variations), and **30 counterattacks to as many *situational predicaments*** — **not “specific, fixed”, by-rote attacks** (with variations). By comparison, systems such as kenpo-karate, kuk sool won, hapkido, aikijutsu, and numerous of the ju-jutsu, teach **hundreds** or even **thousands** of specific “self-defense techniques”, *we teach only about 125!* (Much more than enough!).

How can a martial art (and American Combato is a modern martial art) include a sufficient amount of technical training to give students a comprehensive ability in personal defense, with such a relatively brief repertoire? The answer is simple. *We have culled the Asian martial arts for the cream of their offerings, while building a solid foundation upon the skills and tactical principles of the WWII methods*. We have boiled our System down to **THAT WHICH WORKS**. And, in our decades of training, learning, research, teaching, and picking the brains of *genuine* combat experts who have “been and done”, we have been able to select just about every move, and every action that **probably** will work. All of that which “might” work — given ideal conditions — has been discarded.

Quality outstrips *quantity*. Better to be a master of a half dozen really good, generally applicable techniques (like the handaxe chop, the chinjab smash,

and the side-kick, etc.) **to the point where their use is automatic and instinctive in real combat**, than to be a veritable acrobat, able to render hundreds of fancy moves *with a cooperative training partner* in a controlled training environment. Those really effective and practical moves enable real world use and application to come naturally, *once mastery is achieved*.

Simplicity is one of the indicators of good, practical moves. Destructiveness is another. Versatility is yet another. And retainability, effectiveness for all types of people (young, old, male, female, weak, strong, etc.) also go to make up the compendium of those hardcore combat moves that **COUNT**.

Another factor: Once you have the benefit of going over and through the best techniques, *it is essential that you select those among the best that are in fact best for you*. You build your own “system” and personal style, so to speak. Of the **16 key blows** in our System, for example, a black belt expert who has been with us for years might emphasize six or eight that suit him perfectly. He might favor a variation of one of the key blows that happens to fit his unique physiology perfectly. He might focus on a similar number of our **30 attack combinations** that fit him well, while allowing great *spontaneity* to develop in all situations — discovering that he has come up with a few combinations that are perfect for himself, and are variants of the key 30.

No one needs 125 counterattacks (“self-defense” techniques). But anyone who trains seriously with us for years will discover the 30 or 40 or so that suit him to a “T”, and he will have long since cultivated *his unique derivations of good counterattacking skills* so that he can — literally — adopt his capability of response to anything that might occur, under any conditions, with any sort or form of attack.

You can believe this: You do not need encyclopedic knowledge of martial arts to be able to defend yourself well. And we are not the only one who has drawn that particular conclusion. Our friend and colleague, the late John McSweeney (“Father of Irish Karate”), Jon Bluming (10th Dan *karate*, 9th Dan *judo*), William E. Fairbairn (expert in *judo/ju-jitsu*, and student of

Chinese ch'uan fa), and a host of other **real world oriented** experts have — after a lifetime of devotion to the martial arts — reached the same conclusion. *For practical self-defense and victory in close combat you need to master a few basic, practical, effective techniques; and these should be combat-proven techniques that suit you personally and well.*

Got the message?

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***DVD Course NOW AVAILABLE!***  
***(You Can Learn Self-Defense and  
Close Combat At Home!)***



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

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

**— James R. Jarrett,**

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

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

**— Greg Anderson,**

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

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

**— Detective Ralph Friedman (NYPD Retired),**

**Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has**

received, among other awards, the coveted 'Combat Cross'. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

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

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

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

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

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

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

**“From you I learned the valuable lesson of ‘attacking’**

**instead of ‘defending’ when you have to defend yourself”  
— Grandmaster John McSweeney,**

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

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

**— Dr. Albert Ellis,**

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

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

**— George Kalishevich,**

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

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

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

**— Grandmaster John Perkins,**

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

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

## DVDs!

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

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

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

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this

instruction again and again, and save the DVDs for your children to study when they are old enough.

**IMPORTANT NOTICE!:**—

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

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

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

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

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

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

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

**Contents:**—

***DVD #1 FUNDAMENTALS***

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

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior

experience in any martial art can understand and develop the skills! These are the first four of *American Combato's* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

### **DVD#2 BASIC BLOWS**

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

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

### **DVD#3 ATTACK COMBINATIONS - FIRST SERIES**

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

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

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

### **DVD#4 ATTACK COMBINATIONS - SECOND SERIES**

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

### **DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT**

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

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

### **DVD#6 COUNTERING THE UNARMED REAR ATTACK**

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

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

### **DVD#7 COUNTERING KNIFE AND CLUB ATTACKS**

- The proper tactics and mental 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!

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### **Daily Reinforcement**

**WE** have discussed this in years past and it merits repeating now, here, and at this particular time in our Nation's history. *Violent, senseless, truly brutal and savage — utterly mindless and inexcusably unforgivable — violent crime is rampant in our major cities. The inner city just about everywhere has become unlivable, save for brainless savages.* Our personal opinion is that every city's statistics about heinous, violent, atrocious criminal acts against the citizenry are **doctored** for political expedience, and that there is not the slightest reduction in violent crime anywhere. **In fact we**

**are personally convinced that violent crime has increased, and is increasing, with every month that passes.** This is our personal opinion, and it is based upon what we are told by people who contact us and report their local situations, by that which is reported in the news online and in daily newspapers, and in what numerous police officers from the major departments in this Country have told us, confidentially.

Learning and maintaining effective personal defense skills and the ability to defend your family and your home has never been more important than it is **today**. But we understand if you find it a little difficult to take our word for it; especially if violent crime has not yet touched you or your loved ones, or your neighbors or acquaintances. *We'd actually **beg** you not to wait until this happens, before you start to acquire the necessary skills!* And we acknowledge that many will require further convincing.

One of the habits we acquired from our training under and association with the late Charles Nelson was *checking the dailies* for news reports of violent crime. To this day we check the NY York Daily News online **every morning**, because it reports occurrences of this evil as they happen throughout the Country. (Naturally there are *hundreds upon hundreds of equally disgraceful events occurring everywhere . . . but the "morning dose" that we get from the NY Daily News more than adequately serves as our **daily reinforcement** of certainty that self-defense and survival readiness training is **VITALLY NECESSARY**.) *We also receive occasional reports from law enforcement officers who were former (or who are present) students of ours.* The situation is real and it is very serious.*

Many violent criminals who are apprehended, charged, tried, and convicted by the System receive terms of incarceration that amount to being a bad joke. We remember when murderers received the death penalty (and were actually put to death, too, before they died of old age after filing endless appeals from death row). A recent case saw some scum **who was in this Country illegally, who used a gun stolen from a law enforcement officer, and who shot and murdered an innocent young lady who was out walking with her father *LET OFF AFTER HAVING BEEN FOUND "NOT***

***GUILTY***” by whatever miserable excuses for human beings sat on the jury in that case. May God comfort the family of that poor girl and — if it isn’t asking too much of a just and loving God, *please punish that goddamn wild animal for killing that girl, and punish that jury of bipedal lice for being blind and indifferent to the cold-blooded murder of a worthwhile, decent one of their own fellow citizens.* Every person on that jury who voted for that murderer’s acquittal should be shunned forever by decent society. May they be damned.

All of this, we hope, does something to convince you that **something is terribly wrong in our society today, and that deadly danger that exists must be prepared for by the citizens themselves, if they wish to have a real chance to survive this insanity if it comes to them.**

We strongly recommend availing yourself of the NY Daily News online each day. It is marvelous reinforcement that will help to keep you motivated and strong in your ongoing efforts to prepare yourself for any emergency. **It *could* happen to you. It really could.** And there will be no time to prepare once you are attacked or once you find yourself needing to protect a loved one.

Our purpose is not to be an “alarmist”, but rather to make intelligent individuals aware of the need to make self-defense — with **and** without weapons — an important priority in their lives, ***before they need it.***

Serious training, at a good school or via our DVD Home Training Course, will build your confidence, contribute to your fitness, and aid your maintenance of peace of mind. Even if you prove to be one of the lucky people who never needs to *use* what you learn, you will benefit for the rest of your life by learning it.

Someone once said “To get the measles you have to go where the measles is”. To get the lowdown on violence in urban America (or anywhere on earth) go to where the lowdown is given: in the daily news reports. Take the assurances given you by political types and bureaucrats with the same degree of respect and seriousness you take the assurances of those who proclaim

that the moon is made of green cheese.

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*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!**

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**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 "intruc-**

**tors” 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!**

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

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

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

**An absolute must for city living!**



## **Deadly Americans**

WE recall an article written by the late Jeff Cooper which appears in one of his books. It discussed “The Deadly American” . . . people like James Bowie, Davy Crockett, “Wild Bill” Hickock, etc. . . . who were a part of the history of America’s early years. *What made these men deadly and dangerous?* That was something Cooper addressed in his article, and we’d like to make a point of it here. This may be an important key to your understanding exactly what kind of mindset you need in order to be prepared to defend yourself.

We wish to make one important point about this presentation. **We are not concerned with those who are *criminals*. We are concerned with those who are decent, normally reasonable, productive members of civilized society, who are lethally dangerous to those who *are* violent criminals and troublemakers.**

In today’s pathetic remnant of our “American culture” it is almost incomprehensible to the average jackass that in fact *being* a dangerous individual can be a good thing! These are the morons who shudder when, acting in necessary self-defense or protection of others, a law enforcement officer shoots and kills a felon. “All violence is wrong,” these simpering,

gelded buffoons prattle . . . ignoring and unable to grasp the *difference* between using lethal force and combat abilities to *stop* a violent offender from using lethal force, and that offender's use of whatever combat abilities *he* might have, in order to victimize the innocent.

We like to think that the quality and intellectual level of our visitors is several **miles** above that of those who have reached the point of wringing their hands and sniveling whenever they hear that violence is called for — and *used*.

Truly dangerous individuals ***place no value on the lives or well-being of those who would prey upon them, or upon those whom they love.***

These people need no outside elements to convince and to educate them regarding the absolute right they have to stop-in-his-tracks any virulent, malevolent **scum** who for whatever reason might attempt to violate them or those dear to them.

Such a mindset — an altogether excellent, appropriate, and admirable *combat* mindset — is what marks the dangerous person. (“Dangerous” of course, only to anyone who would initiate violence against him). It is persons with this attitude above all else that violent, predatory scum fears. And for good reason! Attack anyone with this mindset and, *if he can*, he will leave you unable to harm anyone; he will spoil your whole damn game! Combine this mindset with skills and where possible *weapons*, and you have a formidable foe to predators — and the scum-predators *know it*.

Skill-at-arms (or skill with bare hands) constitutes a second characteristic of the dangerous individual. He possesses the ability to engage the predator and destroy him; **and his mindset makes him 100% prepared to do this, if he must.**

The truth is that it is a good thing to be “dangerous” if being dangerous means that you remain a deadly threat to extralegal predators who are little more than violent monsters, and *whose existence means nothing because they are not “human”!*

Odds are you've never been told anything like this in your “martial arts”

classes. Too politically incorrect. In fact, there's a good chance that your *teacher* might not be even peripherally aware of that which we are discussing.

A violent predator is, to a properly *dangerous* defender, far less valuable, important, and deserving of consideration than the makiwara or heavy bag that the defender pounds in training.

Reach and maintain **that** particular attitude *in your gut*, and develop a formidable level of practical combative abilities, and you, too, will be that rare individual who is in fact a greater threat to the violent felon, than the violent felon could be to him. And this mindset is in no way limited to Americans! It is there to be acquired by anyone with the common horse sense to appreciate its value.

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### “Technical Support”

**NO**, we are not going to talk about computers, iphones, or any other aspect of information technology. What we wish to discuss is the importance of **support training** for your **technical (i.e. *techniques*) training**.

Mastering the technical/mechanical aspects of skills performance is extremely important. If you cannot *do* a chinjab blow, then you will not be able to *apply* a chinjab blow in an emergency. And **applying** the chinjab to its greatest effect and potential — or any other blow, combination, throw, stranglehold, counterattacking action, etc. — depends upon *what your mind and body are able to bring to bear when delivering the technique*; — i.e. your **technical** support.

It certainly is possible for a person who trains extremely hard in developing his techniques alone, with no bolstering, supplementary training, to prevail in a violent encounter. Some people have done so. But supplementary strength, conditioning and hardening training adds materially and considerably to the *likelihood of success* when techniques are employed. The combatant whose all-round physical and psychological attributes are excellent — even *superior* — can with justification enjoy the highest possible level of self-confidence and personal assurance that, whatever he must contend with, ***he is up to it.***

In our view the single most important form of training that the individual can undertake in order to support his proficiency and formidability in unarmed *and* armed close combat is **weight training**. Properly done, weight training builds all-round condition, strength, physical hardihood, and a degree of “toughness”. The person with the weight trained body can normally withstand considerably more punishment than the person who does not weight train. Enormous *health* benefits accrue from regular and sensible weight training. This might not be so significant in improving technical performance, but it can

well lead to less training missed in combat arts due to minor illnesses and injuries.

Impact training comes next in importance. Striking posts, dummies, heavy bags, etc. As is the case with those who do no weight training, those who do no natural weapon training in which hard, real impact is experienced, *might still be well able to defend themselves and use their skills more than adequately*. But why take chances? The confidence that smashing and pounding into actual targets gives is not to be dismissed. When you see and feel for yourself that you can strike and kick and smash and hit with great force against more resistant objects than the human body, you eliminate all doubt regarding the formidability of what blows you are training. Kicking into trees will eliminate any iota of doubt that you might have regarding the effectiveness of a good, low kick. *Trees stop vehicles that go out of control! If you can blast into a tree, imagine what you can do to an attacker's knee (or perhaps his testicles)!*

Remember that your impact training is not for the purpose of building callused knuckles or hand edges. Its main purpose is to gain experience in actually hitting full force (something you *cannot* do with live training partners).

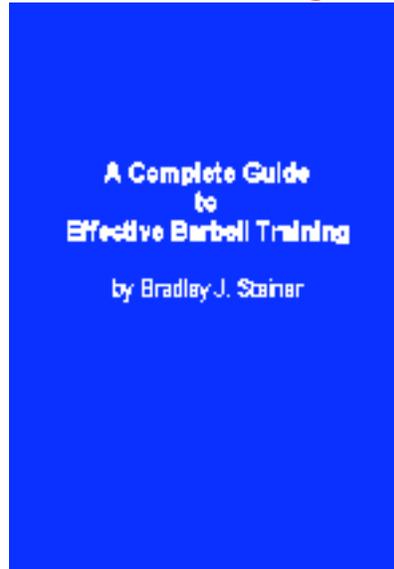
Finally we recommend training in breakfalling. Assuming that you have mats or a grassy area to practice on, few forms of exercise serve to toughen the entire body as well as the practice of hard falling. We do *not* advocate breakfall practice for the purpose of being able to break falls in actual combat. However, if you train hard in breakfalling you will be a lot safer should you fall on ice, or trip and fall in the street. Over time your entire body becomes tougher and inured to being pounded upon impact with the ground.

The suggestions we have provided here are excellent for the combat arts trainee. They will certainly better prepare mind and body for the demands of close-in physical battle.

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**Stranger Danger?**

**QUITE** properly responsible parents caution their children not to trust strangers, and to *avoid* — even run away from — a stranger who approaches them. Indeed, some awful and atrocious crimes are committed against children by twisted “strangers” who seek to gratify their perverted impulses with the very young. However, the truth is that the *majority* of heinous acts against children are perpetrated not by strangers but by relatives, friends of the family, neighbors, teachers, coaches, acquaintances, and yes, even medical doctors. Note the recent news about the physician who for years violated the young girls whom he was charged with looking after; girls working hard at gymnastics who needed regular access to a sports physician to look after their training and performance injuries. Most people, ourself included, have a profound respect for medical doctors and would never expect this kind of egregious conduct from one. **But it happens.**

So, while correctly cautioning children to be wary of and not to trust or to go with strangers, parents should realize that a greater potential danger of abuse and mistreatment exists in regard to those who are close to and known by them and their children. Certainly distasteful and very unpleasant to realize. But **true**, nevertheless.

And this is also **true**: As far as adults are concerned, the greatest threat of serious bodily injury comes not from friends and relatives, but from **strangers!** So, in a sense, the adults have it all wrong. It is *they* who ought to be super-cautious and wary when interfacing with strangers.

So remember this. Guard always against complacency when you are out and about. Teach yourself to be vigilant and *always* situationally aware. You can solve a problem when you see that you have it, *in time!*

To be ready — *anticipatory* — is to be only minimally surprised when it happens.

All strangers are not dangerous. The problem is that you cannot tell immediately which ones are or aren't. And so, **because you have no way of knowing what any particular stranger intends, you must implement a**

**policy of wariness.** Condition yellow. Distanced outside arms reach. Off-angled. ***Not*** ever dropping one's minimal level of preparedness with *any* unknown individual — ever. And becoming habituated to behaving tactically in a sound and anticipatory manner.

Attacks occur everywhere and at all times. Keep your back protected. When you are waiting for someone, stand with your back to a solid, protective barrier; like a brick wall. Never let a stranger take your hand. Do not reach into your pocket to give change to someone who asks. "Sorry, I have no change with me." Never look away when providing directions to a stranger. Look at *him*, and gesture with your hand. **Strive to keep any stranger outside arms reach.** This is a safe distance. And keep your eyes on his face. Be aware of a stranger's hands. *Anything* in a stranger's hand as he approaches you, and you shift to condition orange. If you cannot see two empty and non aggressive hands, condition orange. Pay no attention to a person's grooming, manners, or mode of dress. You learn **nothing** about anyone whom you have just this moment met by observing these easily disguised "indicators". Violent offenders learn all about using non suspicious behavior, language, and facial gesturing to set their victims up. So keep that steady level of caution and wariness in place with any stranger . . . **no matter what.**

To the majority of people all of this precautionary behavior will appear to be "melodramatic" and unnecessary. ***That*** is precisely why so many people are such excellent targets for predators. By their friendly, trusting, relaxed, complacent, and non suspicious manner these fools ***invite*** the approach of the predator — who is always on the alert for desirable targets. Of what use is a high level of skill with excellent combat techniques if you fail to recognize when you might need to use those skills?

Be prepared at all times and you cannot be surprised.

Do not allow any positive or "good" feelings you get about any stranger to influence you. **DO** pay close attention to any negative of "bad" feelings that arise in you at the approach or during interaction with any stranger.

Your mind operates on two levels; the **conscious** and the **subconscious**. Sometimes your **subconscious** mind picks up a subtlety in another person's expression, body language, or speech that your conscious mind misses. This doesn't mean that what you pick up is reliably indicative of any facts regarding the individual. But because what you pick up **MIGHT** be accurate, when it is negative go right to orange. No harm done, and you're **ready**, just in case.

One of the most important things that intelligence agents are taught is to "**Trust your gut**". By so doing they may sometime save their lives.

So might you.

Be alert, wary, untrusting, and suspicious of *all* strangers. That, dear visitor, is the only way to be prepared to deal with any stranger whose approach is with malicious intent.

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