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# Sword and Pen

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

## In Memoriam

We dedicate this Issue of Sword & Pen  
to **George Kalishevich**, who recently  
passed away.

George was a friend and ICMAF Associate  
Teacher for years. He was a former Vietnam-  
era USMC Drill Instructor and combat  
veteran. He held black belt ranks in ju-jitsu  
and karate, was a boxer, avid weight-trainee,  
and had extensive experience in working in  
the security field — including training  
security officers.

A highly experienced and knowledgeable  
professional fighting man, George honored  
us with an endorsement in the reprint of our  
Manual, **Tactical Skills of Hand-to-Hand  
Combat**. We learned of George's untimely  
passing from his daughter, Raissa.

May God rest your soul, my friend. And  
thank you for your service to our Country.  
**SEMPER FI, Marine!**

## EDITORIAL

# *Bad Guys* *Don't Always "Look" Bad*

**U**NFORTUNATELY we tend to evaluate others based upon their appearance, demeanor, and words. None of those things reliably reveal true character. Our personal policy — for five decades now — has been to wait until a track record of behavior has been established by anyone with whom we have recently come into contact, and whenever behavior contradicts what that person says (or how that person "looks") we go 100% with the behavior.

In instances where and when we might encounter a stranger randomly (ie approached with a request for directions, or for the correct time of day, etc.) we assume that the individual **MAY** be a troublemaker, and pose a threat. We do not act or speak rudely to the individual, and we certainly do not do anything physical. However, even if the person looks and sounds positively angelic, we remain in mental condition Yellow (Orange, if our "gut" hints that something's amiss), and we do not drop our guard. Why? Because in the space of any random encounter with any random stranger we will **NEVER** "get to know more about" the person, and no matter how "friendly" or "polite" or "innocent" he might appear to be . . . well, there's always the chance that his true character is that of a dangerous predator.

And, if this proves to be the case, we want to be ready to crunch him like a paper cup, if necessary, before he preys upon us, or upon anyone who is with us at that moment, and about whom we care.

The real, honest-to-goodness "bad guy" no more should be expected to "look like" a monster than ought the real honest-to-goodness "good guy" be expected to look like Sylvester Stallone, in *First Blood*. But social programming can be difficult to counter.

"Be sure to wear a nice suit and tie when you go for the interview, so that you look respectable!" might have been what you were told when you were applying for your fist job.

"What the hell is so 'respectable' about a nice suit and tie'?" We'd love to know! Hell, the worst and lowest criminals on earth wear meticulously tailored suits, and are groomed like motion picture stars — just so that people will pay close attention to how they look, and disregard the lies and the garbage they spew, verbally.

Certainly, an individual is not to be written off as a scoundrel because he is well dressed and carefully groomed! That is not our point. Our point is that he must not be assumed not to be a scoundrel (or worse) on the basis of his proper attire and his "nice" personal appearance, only.

Like predatory sales people, predatory violent types learn to provide visual and verbal signs that they are "friendly", that they "care", that they "are interested", and that "they like you". The sales scum do it because they want what's in your wallet. The violent scum do it often for the same reason, but instead of anticipating that they'll be able to CON you out of

your money, the predatory garbage realizes that their task of physically attacking you and taking what they want will be a lot easier if they can get you off guard first.

Indeed, we may be accused of being unduly cynical in regard to our "fellow man" — however the history and track record of our "fellow man" in every time, place, society, culture, and epoch, has pretty firmly established him as a blight upon the earth. Ask yourself this: "During your lifetime, where have the bulk of your problems, troubles, and obstacles come from — not to mention whatever pain you've suffered emotionally, and whatever losses you've had, financially, and whatever mistreatment you've gone through, unjustly?" PEOPLE, right?

Okay, we suspect that we've made our point.

If you are ever attacked it will probably be when you are engaged in whatever you routinely and normally engage in. Unless you are a police officer, whose task it is to approach potential bad guys, the bad guys will be coming to you. And they will likely come to you when you least expect it, and when you are involved in some normal, daily activity. The only "warning" that you will have is the approach of someone that you do not know; it will almost certainly not be any overt announcement of intended aggression. (Of course if an approach is made with overt aggressive signs, you're lucky, and will have the chance to act on such a clear warning. But do not count on it).

We stress and stress again that situational awareness ("alertness") is vital. To know who and what is in one's vicinity, and to be prepared just in case, is the hallmark of the truly well-conditioned combatant.

You have complete power over your conduct and over your mindset . . . and even the most adept predator or dangerous felon cannot alter that fact. However, you must learn to use that power-over-yourself properly and consistently, if it is to serve you well.

Maintain a never-changing attitude of wariness and caution with EVERY individual who you do not know personally, and ruthlessly abandon the societally-inculcated tendency that you have been brainwashed into being guided by, that enjoins you to evaluate certain appearances or demeanors as indicative of "good" people, and other appearances and demeanors as indicative of "bad" people.

What we are saying must not be misinterpreted to mean that you should ever permit yourself to be verbally abusive or aggressive with any strangers — even suspicious ones! You can be 100% cautious and alerted, and at one and the same time be polite and — on the surface — "friendly". That's all a stranger is entitled to, and that will do just fine as an acceptable "social cover" for your internal wariness and — as is true in our personal case, in all instances — mistrust.

We are concerned with never being taken by surprise. So should you be.

There are too many differences between sporting or competitive so-called "combat" and COMBAT, per se, to delineate even half of them in a brief article. We have expounded upon this matter elsewhere, and will do so again. However, for the purpose of this present discussion just let us say that every single expert in every single sport fighting system, style, art, or method known to man shares the same vulnerability in being

UNTRAINED to stay prepared and be ever-ready so that a surprise attack is not launched against him!

Genuine combat systems, such as American Combato, Ki Ch'uan Do, The Nelson System, McSweeney's Self-Defense, etc. place a high priority on teaching SITUATIONAL AWARENESS, and the anticipation of possible trouble from any unknown person, at any time. Sporting/competitive methods train their participants to "expect" that they will confront their adversaries in the sanitized context of the venue in which they compete. Here's a clear-cut example, straight from training:

In American Combato a student is taught (from Day One) to assume a nonchalant, relaxed-ready, off-angled position, distanced outside of arm's length from any stranger, whenever he faces anyone whom he does not know, personally. This establishes a distance that requires the individual who is being confronted to take a visible step toward oneself should he intend to initiate an attack, and make the first aggressive gesture in doing so. Thus, preempting him becomes a simple procedure (with proper training), should that individual actually prove to be an aggressor, because his aggressive step betrays him in time to launch the preemptive attack.

In virtually all of the sporting/competitive arts, the contestants "square off" in some manner, commence action at an agreed upon moment, and while assuming a very obvious and deliberate "stance".

We are not criticizing sporting/competitive arts, here. We are very respectful of their merits, and of the accomplishments of those who excel in them. We are simply trying to point out the difference between how a COMBAT system undertakes to prepare a student, versus how a

SPORTING system ill prepares a student, for combat. One can argue very logically that no combat system provides anything resembling adequate preparation for the competitive arena — an one would be 100% correct.

There is no possibility of being "surprised" by "discovering" that whomever one is confronting in the ring, on a mat, etc. is indeed one's opponent. The thought is, of course, absurd. **AND THAT IS OUR POINT.** In the real world, anyone might prove to be a murderous attacker, and one's preparation to handle that prospect must be thorough, intense, and unrelenting.

There is no uniform, demeanor, posture, or appearance of any kind that reliably warns that a person is definitely intending to attack. The only guideline we know of, is to learn to react to all strangers in a cautious, tactically sound, wary, untrusting (yet always courteous) manner. This covers all bases.

Many years ago there were individuals who fancied themselves "criminologists" who advanced the theory that one could determine "bad guys" by facial characteristics. They (ridiculously) described noses, foreheads, jawlines, etc. as being typical of the "criminal type". **ABSOLUTE HOGWASH!**

The simple truth is that you can tell only by an individual's actions whether he is or is not a good guy or a bad guy. And if you wait for any unknown individual's actions it could be too late!

Learn one of the most crucial fundamentals of proper mental and tactical conditioning: No one who you do not know may be regarded as

"harmless" or as "okay" based upon appearance. Be wary, suspicious, and untrusting of ALL strangers. Especially the ones who "look" like good people.

**Bradley J. Steiner**

## **The First 30 Seconds**

MANY years ago we wrote an article for one of the mainstream martial arts magazines titled "The First 30 Seconds". It was our intention there to emphasize the crucial importance of ending a confrontation quickly — ie preferably within the first 30 seconds.

The article was well received, particularly by military and law enforcement people, and it occurred to us that, since we believe with as much or more conviction in that thesis today, as we believed in it when we first authored that piece, we might introduce the concept here in SWORD & PEN, for the benefit of our site's visitors, today.

A violent, felonious attack is not really analogous to a "match" or to a competitive "fight". It actually has much more in common with a raid, or an ambush, or an assassination. That is, the intended victim is targeted by one or more enemies whose plan and intention it is to attack him. The intended victim may or may not even see the onslaught coming — but in any case it HITS — explosively, and all of a sudden, and there is little time to prepare, consciously think the matter through, or otherwise adjust in a reasoned manner to the event.

Sporting engagements consist of regulated "bouts" or "matches". They commence with contestants each aware of the other's presence and of the other's general level of ability. There are no hidden surprises (like someone else attacking from behind, or someone pulling a weapon, throwing dirt, or using some forbidden, "foul" tactic at some unexpected moment, etc. etc.).

We have written in so much depth and detail about the differences between sport and combat (and we will be writing more on the subject!) that we only wish to allude briefly to the fact that such differences exist, in the present context. Right now, suffice it to say that there is no correlation between any combative sport, and combat, itself.

**DESPERATION** is one of the defining characteristics of an emergency — whether violent or otherwise. One does not have much time in which to decide upon a course of action, or in which to implement that course of action, once it has been chosen. When a punk, troublemaker, bully, "tough guy", gang member, mugger, home invader, kidnaper, rapist, or other variant of scum decides that he is going to move on his victim, the victim sometimes **IS NOT EVEN AWARE OF WHAT IS ABOUT TO OCCUR.**

**INVOLUNTARY PARTICIPATION** is the most sanitized way to describe the victim's role in any attack. Unlike a practice sparring bout, or a competitive event, the victim of a physical onslaught is not a willing participant in the event. He is being taken completely by surprise in at least one sense: He did not anticipate this event, and he has no way of determining the motive behind its initiation and procedure.

**DISPARITY OF FORCE** must be assumed, for safety and survival reasons, in any self-defense emergency. The attacker must be assumed to

be stronger than his intended victim, tougher, murderously motivated, assisted by others, and armed. Since the very nature of a violent attack precludes the acquisition of even partially reliable knowledge concerning the enemy's capabilities, intentions, numbers, and equipment, realistic and authentic self-defense preparation mandates that **THE WORST POSSIBLE CASE BE ASSUMED.**

All of this means that there is no time to waste when violence intervenes. One must go into aggressive counterforce action and drive 100% into the enemy until he is destroyed. That is the only way to handle dangerous, unprovoked physical violence. The sooner the event is over and done, the better.

We urge every reader who is concerned about being ready to defend himself to take our words to heart. A real world encounter should be over — the enemy dispatched — in less time than it takes for two sporting contestants to enter the competition arena, bow, and assume their respective stances before closing. Do not tally when you discover yourself facing a dangerous threat! Get that attacker, get him fast, and make sure that he is **KAPUT** before you pull back and cease your own vicious counteroffensive.

**AND DO RIGHT AWAY! Now!** Before the enemy realizes what is happening! Drive into him relentlessly and **HAMMER, HAMMER, HAMMER, and HAMMER HIM** some more . . . launching a blitzkrieg attack that blows him off his balance, ruins his ability to recover, and injures him so severely and quickly that he loses the **CAPACITY** and the **WILL** to continue endangering you further.

This is real world self-defense.

Thirty seconds. Or, better, still, less than 30 seconds.

## **Footwear And Kicking**

ONE of our Black Belts informed us that steel toed sneakers were relatively easy to purchase at most large sporting goods and clothing outlets. Hmm.

Naturally, heavy, formidable footwear (steel reinforced shoes, military style boots, etc.) offers a hell of a nifty advantage in kicking an enemy, in actual combat. We cannot see anything but good in wearing such footwear if and when doing so is feasible. (We suspect that for many who work in conventional office jobs it would not be feasible, most of the time. But we'll let each person decide for himself).

It has long been our conviction that students are better off learning and practicing their kicks barefoot. A bare foot that kicks out properly will do the job nicely, providing the kicker has drilled adequately in the proper positioning of his foot for kicking. If training is properly conducted it will be considered mandatory for all students to learn how to kick barefoot, simply because they might be barefoot in an actual encounter.

"But the chance of being barefoot is pretty slim and unlikely," some might say. Well, the chance of needing a full magazine of seven rounds, plus one in the chamber, when and if you ever need to use your .45 automatic in a life or death conflict is "pretty slim and unlikely", too. But unless you are

foolish, you will see to it that your 1911 pistol is fully loaded when you carry it, or before you place it on the nightstand before retiring!

Cavalierly dismissing a "possibility" simply because it is an unlikely possibility, when training for serious close combat, seems to us to be pretty foolish.

Our advice is: Train barefoot. Practice until you can kick effectively with your bare feet under combat conditions. Then, when and where feasible, wear the heaviest footwear that you can! Take advantage of the little "boost" that doing so can give your kicks!

## **Harden The Edge Of Your Hand**

HAND conditioning, as it is normally practiced in the strict traditional/classical karate arts is not necessary or desirable for the modern trainee. We have known several excellent karateka who, after years of this traditional hand conditioning, have ended up with crippled hands. The over-calcification of the knuckles (occurring from their being repeatedly broken from pounding the makiwara, and then being "tested" by smashing through roofing tiles, boards, and concrete blocks, etc.) eventually restricts hand dexterity and becomes — at best — a damn nuisance; an unsightly nuisance, at that. And fingers that have been broken repeatedly because of some felt need to tun them into "spears" (let us know when you accomplish that particular feat!) do not function well as their possessor enters his middle and later years. And the simple truth is that, with the possible exception of breaking inanimate objects, there is no real, tangible benefit achieved by extreme hand conditioning. Not for close combat and self-defense.

Also — look at Thai boxers. Excellent, tough, extraordinarily formidable fighters, to be sure. However, one of their traditional training and conditioning methods — ie smashing their shins against banana trees — reduces their "active lives as competitive fighters" to perhaps a mere eight years. The shins are vital target areas. In our opinion there is no (read: NO) useful purpose served by anyone studying Thai boxing for self-defense to harden his shins. Instead, the shinbone, per se, ought not be used as the striking point of the leg. Rather, the crook of the foot is the better striking surface. It requires no conditioning whatever, and will do every bit the damage (if not more) than the shinbone, when whipped into the side of the knee. (For the record, we wish to state that this type of kick is not at all recommended for self-defense or for hand-to-hand combat. It is useful for police, in softening up a person for the application of a control or arresting hold. In self-defense we do not "buckle the knee"; we BREAK it).

So, do we say "dispense with hand conditioning?" In the extreme, yes we do. However, we would say: a) Every student of unarmed combat must condition his natural weapons so that they become used to impact-contact, and so that he has some real experience in hitting things, and b) The one conspicuous exception to the "don't do too much conditioning" rule pertains to the edge-of-the-hand. This particular natural weapon can be trained incessantly by smashing posts, dummies, steel bars, trees, or red bricks (these don't "break" so nicely!). We have been training our handaxe chop by striking a steel bar for 34 years now, and there has not even been a slight or minor degree of discomfort or negative effect, whatever.

There will be no bones broken or stressed when pounding the edge of the hand, and this is the number one blow for unarmed close combat! The edge-of-the-hand bears the same relation to the close combat and self-defense devotee that the clenched fist bears to the Western boxer; it is his basic, core weapon.

Go ahead and build up a light callous on the edge of your hand. It will serve you well. The smashing, pounding, and beating of this weapon repeatedly against solid resistance will make it, providing that you practice the proper methods of striking with it regularly, an absolutely lethal weapon.

And that's what you want.

If, God forbid, the time ever arrives when you need to fend off a mugger, protect your wife or child in a sudden attack on the street, deal with a home intruder, or otherwise oppose a would-be killer, your hardened, trained "handaxe" (the term we prefer) will prove to be a powerful ally in the ensuing encounter!

Get busy and start hardening that edge-of-the-hand weapon!

## **A Suggestion For Judo/Ju-Jutsu Students**

WE appreciate that there are schools of thought and training besides our own, and that there are many out there who are devoted practitioners of arts other than ours (i.e. American Combato), yet who train — as we do, and as we teach others to do — for self-defense. If you've found an art you love, God Bless You, and we wish you all great success with it!

Having dedicated our lives to the study of close combat and self-defense, and with a background spanning well over 50 years in the combat disciplines, we do have some familiarity with training concepts and ideas that can assist anyone to better accomplish his purpose — if and when that purpose is greater ability in hand-to-hand combat. One thing we'd offer to our readers and friends who are devoted to the judo/ju-jitsu approach to self-defense is: Get acquainted with that version of the "hip throw" that was taught to commandos, rangers, and secret agents during WWII. It is called the "CROSS BUTTOCK" and is significantly superior to the standard "o-goshi" which the modern judo/ju-jitsu man is taught.

The big difference between the major hip throw and the cross-buttock is not in principle. Both versions of the hip throw employ identical actions utilizing the employment of off-balancing and leverage to bring the opponent to the deck. The difference is that in the major hip throw the applicant turns his back to his opponent in positioning himself for the throwing movement (in our opinion, something that should never be willingly done in combat), while in the cross-buttock version, the applicant remains facing his adversary, and employs the throw directly — moving directly in, as it were, rather than by bracing and turning the back. The beginning position for the cross-buttock is illustrated in Kill or Get Killed. Another WWII expert (considerably lesser known than Applegate) by the name of Micky Wood — a wrestler — taught this version of hip throwing to British troops, during the war.

The FBI at one time trained its special agents in this (cross buttock) type of hip throw (referring to it only as the "hip throw") during the 1940's and

50's. A rather flamboyant ju-jutsu expert by the name of McGlaglen (showman as well as combatant) taught this type of hip throw.

The cross buttock actually derives from the original manner in which the ju-jutsu hip throw was most frequently taught and advocated. Modern ju-jutsu schools just about universally teach and employ the throws of JUDO, rather than of ju-jutsu (which we believe, for anyone interested in our opinion, somewhat dilutes that which is being taught, from the standpoint of self-defense).

The cross buttock throw enables the user to more speedily apply the throwing movement (greater speed always being an advantage, whenever it can be employed without sacrificing effectiveness — and certainly whenever the speedier way enhances effectiveness!). The cross buttock also inhibits the recipient from applying ukemi (ie breakfalling), due the more awkward position of his fall. This makes the throw excellent for combat and taboo for randori or shiai! And in the classes where the subject is "self-defense ju-jutsu" much greater care must be employed using the cross buttock than the major hip throw in training.

Caveat: We feel it only proper to caution anyone with too much enthusiasm for "throwing" and "grappling" — as opposed to striking — that even in its more combatively efficient versions, actual wartime experience taught everyone who was professionally involved that BLOWS were infinitely preferable to and more effective than THROWS — or any type of grappling, etc. Thus, during WWII, when close combat training had reached its peak of efficiency in American and British military programs, acceptance of even such throws as the cross buttock by the best hand-to-hand people (ie Fairbairn, Applegate, and Sykes) was lukewarm,

at best. The throw was demonstrated, for example, to all students of the Silent Killing Course that Fairbairn and Sykes (and Applegate) taught; however, after showing the trainees how it was done, the instructor would conclude with a comment such as: "But it is always easier, when you are in a position to employ this or any other throw, to simply kick the enemy or otherwise use an edge-of-the-hand blow or chinjab." Pat O'Neill taught the throw, but always emphasized that before using it, you needed to jab the opponent in the eyes with your fingers, and then when you got him down, you kicked his head in. Quite so.

We will leave our judo/ju-jitsu friends with the gentle suggestion that they follow O'Neill's advice if and when they adopt this (or one of their other) throws in a real encounter.

## **Before You Acquire A Handgun . . .**

PLEASE, read the following:—

The handgun (semiautomatic pistol or revolver) is the ultimate personal defensive weapon. It is easily carried and always handy. It is superior to any other type of hand-held weapon (except a shoulder weapon, which is not a weapon of close-in hand-to-hand range battle, per se), and it is powerfully reliable — even when employed by a person of inferior physique to his adversary.

We believe 100% in the private citizen's right to keep and bear arms, and we advocate handguns for personal protection. However, those who are students of personal combat and/or who are considering acquiring a handgun for self-defense, should appreciate the following:—

- a) There is no "best handgun for everyone and every defensive purpose". The prospective purchaser should take a course in gun handling and safety and firearms familiarization first — before buying any firearm. He should become a safe handler of guns before he becomes a gun owner. And during the process of being trained in this preliminary aspect of firearms, he should try many different handguns, under supervision, and decide what suits his needs and his family's needs best.
- b) Revolvers and automatics are excellent, reliable weapons, when produced by the top manufacturers. Despite what many believe, the revolver is often a better choice than the semiautomatic pistol.
- c) Most individuals who legally and regularly "go armed" find that they need at least two different handguns to accommodate their constant carry in all environments, situations, and climates.
- d) The majority (more than 50%) of situations in which a handgun is used to save a life involve ranges between the combatants that do not exceed FIVE FEET. This is close combat. Hand-to-hand range, in fact.
- e) Before learning to employ a handgun learn how to employ unarmed combat. This will provide the dual benefit of — 1) Insuring that you will not regard your sidearm as a "crutch", and act out of sheer terror, fearing that "without my gun, I can't do anything!" and 2) Providing you with what may be a very necessary adjunct to your combat shooting technique, when and if you ever must use your handgun against a dangerous attacker.

f) Never allow yourself to forget that the only justification for using a firearm is to protect innocent life. It is not a tool for intimidating a troublemaker, or for giving you an edge in what is an avoidable fight. Used lawfully and responsibly, a powerful, reliable handgun is a valuable and all but indispensable tool of self and family defense. Treat it with respect, and learn to use it properly — or do not have a handgun, at all.

Since we are a vigorous supporter of and believer in the second amendment, and we regard firearms as weapons appropriate to a modern, practical study of close combat and self-defense, we thought we'd offer the above commentary, for whatever it's worth.

Firearms are the tools of liberty. We believe that those tools should be acquired, maintained, and mastered by every decent, liberty-loving citizen of our Republic.

## **What Do You Do When You've Downed Your Adversary?**

WE are not of the opinion that ground grappling is a desirable approach to training either the private citizen or the fighting men in our armed services how to handle an enemy in close combat. First, we believe that a combatant ought to strive to remain on his feet. Second, if he should find himself on the ground with an enemy, then we advocate biting, seizing the testicles, gouging the eyes, crushing the throat, picking up some object or weapon and using it mercilessly on the opponent, and then getting back on your feet! Finally, if you get your enemy on the ground we advocate

exactly what Fairbairn and Applegate taught: **FINISH THE JOB WITH YOUR FEET!**

At least that's what you ought to do when there is no other choice but to finish the opponent (as there is in war, and as there may be in a life or death encounter of another kind (home invasion, hostage situation, etc.) that involves a private citizen.

One of the great dangers of the modern ground grappling phenomenon, when it is urged as it is in some circles as "hand-to-hand combat", is that it actually encourages a man to try to take his adversary to the ground deliberately, with himself. We are of the opinion that doing this is extremely dangerous and is not recommended for real combat.

Remember: Real hand-to-hand engagements are not fought on mats or in cleared, safe, controlled environments. The ground upon which fights for real take place may have broken glass, rocks, or simply be concrete — all of which means that the terrain generally poses an equal threat to both combatants. Also —

Either man may have a weapon.

There may be more than one adversary.

Size and weight always provide a great advantage on the ground (way beyond that which is provided against a skilled man who is on his feet).

The clothing and equipment worn by a combatant might make groundwork so impossibly awkward and undoable that it might be literally

suicidal for him to go to the ground with his enemy. (This is especially significant when considering training soldiers and marines, as well as SWAT personnel).

Once your man is down (in a self-defense situation) we urge getting the hell out of there if it is possible to do so without incurring greater risk. If escape from the scene is impossible, and if the attacker has not been rendered unable and unwilling to pose a further threat by whatever it was that had been employed to drop him to the deck, then **USE YOUR FEET** to see that he cannot regain his.

We like Fairbairn's "Bronco Kick" (see **GET TOUGH!**), but we note Applegate's criticism of it (i.e. that the opponent might be able to roll out of the way and that would defeat the technique). In reaction to the valid point made by Applegate we teach Fairbairn's bronco kick by first insisting that the individual apply a rapid front kick and heel stomp kick (same leg, in speedy succession) to the enemy's head or vital body target, so as to immobilize and stabilize the downed enemy so that he will not be able to avoid the bronco kick.

Remember that in real combat you will be downing an adversary with damaging actions. When he goes to the deck he will likely be injured (although not necessarily out of action, by any means). Kicking him swiftly in the kidney, spine, face, head, sternum, testicles, etc. will normally halt his efforts to arise momentarily, and provide the opportunity to repeatedly kick him until he is — as Applegate once put it — "hors de combat". Remember this: when an adversary is down, and his leg is in contact with the ground, stomping his knee with your heel will break it — every time! This knowledge could possibly provide you with a means of

safely and surely escaping the scene of an attack without necessarily using lethal force on the attacker.

Knee drops provide an excellent technique to use against a downed enemy. Particularly when you are retaining a hold on his wrist, knee dropping viciously to the enemy's head, ribs, kidney, sternum, or spine may be practical. **BOUNCE DOWN ON HIM WITH ALL OF YOUR BODYWEIGHT.** Do not "lower" your knee onto him — you want to cause as serious injury as possible!

Other actions that might be employed successfully in real combat when a deadly foe has been dropped to the deck include:

- Seizing his hair and smashing his face or skull repeatedly into the ground
- Applying a whipping downward handaxe chop to his nose bridge, throat, or philtrum as you drop to one knee
- Driving a heelpalm thrust into his face or back of skull
- Crushing his throat with an elbow or forearm blow with bodyweight behind it

With a certain amount of caution we recommend consideration and judicious use of (but not necessarily across-the-board employment of) strangulation and leg-scissoring actions. These could prove fatal if a second standing attacker is present, since you'd be tying yourself up with any adversary upon whom you employ any kind of "hold". All judo type ne-waza immobilization holds and wrestling-type pins should be avoided

in serious hand-to-hand combat. They are simply too unreliable when employed on debris-strewn ground, when a weapon might be present, when the enemy is much larger and stronger than oneself, if cumbersome equipment is being worn, and if there is more than one attacker.— all of which are realistic potential contingencies in REAL WORLD COMBAT.

Postscriptual note: We have for years now been a far from reluctant critic of the UFC/MMA/CAGE FIGHTING phenomenon, and the usual skills employed therein by the participants — for real world self-defense and hand-to-hand combat. This is not "personal". We appreciate that some of those who are enthusiastic practitioners of that which these recent competitive venues advocate for victory are indeed physically formidable athletes. That those who stand out as competitors in these events can defend themselves in situations where they square off with a single opponent who is not similarly trained, we do not doubt. But the same thing applies to outstanding judo, wrestling, boxing, and karate champions. This does not prove that these activities are "best for real combat training", however. Whoever enjoys these activities is and ought to be free to do so. However, we reiterate: This is not combat training or realistic self-defense, per se.

## **SECOND WEB SITE COMING SOON!**

PLEASE watch for our second web site — coming soon! It will of course be linked to this one, and will present additional information and material that you'll likely enjoy, including extensive questions and answers about all aspects of training, book reviews, physical training information, information about our personal background and the background, history, development, and structure of American Combato (Jen•Do•Tao)<sup>TM</sup> ,

information about our training programs in Seattle (for Seattle residents and for those needing short-term intensive courses from anywhere on earth!) There will be written pieces discussing training tips and suggestions for anyone who is looking for legitimate, practical, real world personal combat and defense preparation. There will even be reminiscences about our association with Col. Rex Applegate and Charles Nelson, and possibly some occasional surprises.

We will also be discussing the background and excellent qualifications of our top Black Belt, Mark Bryans — thus far the only legitimate, licensed, and authorized individual in the world who can lawfully claim to be a teacher of our System (besides our self, of course!). Mark (today, legitimately "Professor Bryans") is not merely a "good teacher". He is a "WORLD CLASS" teacher, and one of the few men on earth whom we would entrust with teaching our children or other loved ones, if we could not do the job, personally.

The new site will not replace this one in any way. Rather, it will be a complement to it. It will present a line of special instructional materials (which are presently being developed), and offer what we hope will be an enlightening, informative, genuinely educational opportunity for all serious, decent teachers and students of this subject. It will not be a venue for converting antagonists, debate, permitting second-handers to voice their nonsense, or other popular time-wasting, foolish activities.

We know you'll love the new site if you enjoy Sword & Pen!

## Simple Stick Work

THE stick is an incredibly versatile, effective, and practical weapon. And while the future may bring us some kind of "stick control" legislation, as things stand right now, you can carry a walking stick and/or keep a length of hardwood beside you in your vehicle and break no laws.

Seriously, the stick — like the knife — is a weapon that has been with us for thousands of years, and likely will continue to be utilized in close combat thousands of years from today.

We cannot possibly teach the full stick fighting curriculum of our System in this Newsletter; not even a sizable aspect of it. However, we would like to pass on to our readers some simple suggestions regarding how to use a stick in serious combat that can be easily learned, readily retained, and applied with confidence against any assailant.

The following applies to any length of stout hardwood between approximately 26" in length and the length of a plain walking stick. Please note that rattan is a very poor choice when a better wood can be found — and in most parts of the world a better configuration of wood for close combat can easily be found. Oak, cocobolo, hickory, and ash are excellent woods. African "ironwood" is excellent! About one inch to one and a half inches in diameter is the best stick thickness.

Use the two-hand grip. For most people the best way to quickly pick up a good method of dropping an adversary with a stick is to think of the stick as a two-hand rather than a one-hand weapon. Do not grab and swing the stick in the usual "clubbing" fashion (ie holding it at one end and swinging

it overhead and down at the opponent's head). Hold the stick at each end so that at least three to five inches protrudes from each hand. The hands should utilize an over/under grip.

You now have two ends of the stick that can jab powerfully and suddenly, and the center of the stick that can be driven into an enemy's face, throat, or head.

Hold the stick nonchalantly across your thighs. Give no indication of an aggressive intention.

Suddenly shout loudly and drive one end of the stick directly forward — your entire bodyweight behind it — so that an end jabs onto the opponent's solar plexus or sternum, or possibly his mouth. Now use the opposite end of the stick to throw a wide, powerful blow of the opposite protruding end into the opponent's head. Without releasing your two-hand grip smash the center of the stick into any exposed part of the opponent's head or face. Note: If the second blow sent the opponent to the deck, forget about the strike with the center of the stick; just followup with kicks.

An alternate attack that may be employed effectively begins with the stick held in the same manner as just described. Without making any telegraphing gesture snap a fast front kick into the opponent's shin or knee. As he reacts to the kick snap the stick directly upward with both hands and catch him in the throat or across the mouth or face with the center of the stick. Now withdraw the stick as though preparing to drive a bayonet thrust and drive the end of the stick hard into the opponent's midsection.

Most people use a stick in a typical flailing or swinging movement. However, the most effective way involves utilizing the surprise thrusting jab that drives the end of the stick into a vital point. Followup after that is easy — and unless you get an attack of squeamishness, will be decisive.

Hopefully we do not need to emphasize that a towel rack, chair leg, heavy branch, or length of pipe, etc. can also be utilized in the actions described.

## **"Combat Kuzushi"**

KUZUSHI (pronounced koo-zoo'-she) is a Japanese term which judo and ju-jutsu practitioners will immediately recognize as referring to the technique of off-balancing an opponent.

Traditionally, ju-jutsu teaches that there are eight specific and distinct "points of unbalance". They are:—

- 1) Forward
- 2) Backward
- 3) Left side
- 4) Right side
- 5) Front left corner
- 6) Front right corner
- 7) Rear left corner
- 8) Rear right corner

If you visualize a man standing with his feet comfortably apart and aligned (not fore and aft), facing you, then each of the eight enumerated points of unbalance would be employed in a ju-jutsu demonstration, for example, by

taking hold of the man's jacket ("gi") at the lapel and/or at the sleeve, and then pulling, pushing, or employing some combination of both actions, so as to drive him into each of those eight directional "paths", rendering him momentarily off balance.

In application (in JUDO during randori or shiai — or in JU-JUTSU during the use of a self-defense technique) the appropriate direction at the given moment would be intuitively recognized by the expert, and then be employed deftly, in order to effect a throw, or to secure some immobilization hold.

Getting an enemy off balance in a combat situation, or taking advantage of the fact that he has placed himself off balance is a critically important skill to acquire. It does differ from the method by which judoka employ kuzushi, and — in our view — the manner in which ju-jutsuans normally employ it can be improved upon considerably. In anything goes self-defense emergencies or in military close combat we can "toss" all of the finesse that is advocated by classicists and traditionalists. Simple, direct, ferociously applied brutality rules!

On practical terms, then, for combat, the following is the best way to exploit the excellent principles introduced by the study of kuzushi:—

- Kick, jab, smash, poke, knee, elbow, butt, or otherwise blast into an opponent by surprise and knock him into an off balance position by the use of damaging percussory actions,

—or—

- Should the enemy's balance be perceived by you to have been inadvertently broken in any given instance by his own over extension of a move, etc., take immediate advantage of that by smashing into him with everything you've got and knocking him to the deck.

The following are a couple of practical examples of the use of kuzushi in actual close combat. Think these actions through, work on them, and consider how they may be applied in all sorts of other situations, and you will be well on the way to being able to use this critical skill in your own self-defense and close combat preparations:—

1) Facing an opponent in a ready position you perceive that he is commencing an attack. Lash out suddenly with a whipping low side kick to his knee or shinbone, or if you prefer, thrust the extended fingers of your foremost hand directly into his eyes. Either blow that lands will instantly offset the attacker's balance — not only physically, but psychologically, as well. Now drive into him and do not stop attacking! In almost every instance the total application of this tactic — using every ounce of speed and strength you've got, and **MOVING IN FEROCIOUSLY** — will drop your man, as he stumbles from the onslaught and loses his balance. Now followup! **PUT THE BOOTS TO HIM!**

Note:

Please mark well the fact that in the first attack we deliver a blow to the enemy no higher than his knee. In the second instance our attack is directed above the base of his neck (into his eyes). These two general areas are not only the most desirable to initiate an attack against at the outset of an assault, they are also the most likely to destroy the enemy's balance. Attacking the thick torso area is not in all cases fruitless, but it

certainly is a secondary tactic to the one which we advocate. First, because the torso area is the most heavily muscled and the most naturally resistant to trauma. Second, because the adversary's hands stand the greatest chance of providing some defensive shield against an attack to this area. Third, because clothing (especially heavy clothing, in winter, for example) helps to protect the torso. And fourth, the lower extremities constitute the enemy's FOUNDATION. When you attack it you ruin his ability to remain solidly positioned and on balance. The old rule in gymnastics (ie "the body follows the head"), and the manner in which the forward ukemi somersault (breakfalling) is taught (ie always look in the direction of the falling action) is key. Thus, when you attack the eyes, throat, nose, ears, philtrum, etc., with a powerful, driving blow, you send the attacker's head in a sudden opposite direction to where he is facing and thus force him to reflexively try to catch his balance as his body is jarred.

2) You are facing an adversary who suddenly comes at you in a committed forward driving tackle attempt. The attacker's body is approximately parallel to the ground, head down, his arms ready to grapple.

As the opponent comes at you execute a smart jump step to your rear with both feet spread wide. Your upper body leans forward, essentially over and above the incoming attacker's head and shoulders. As you employ the jump step either drive both of your hands in a powerful downward smashing blow to the attacker's neck/shoulder area or block one of his shoulders with an open palm while using the jump step to the rear. Follow up by smashing a wide overhead circular heelpalm blow to his skull or nape of neck.

In the first technique you are blatantly and proactively breaking the adversary's balance with a vicious blow. In the second technique you are

taking advantage of the attacker's momentum and physical position as he commits himself to throw him off balance and bring him down.

We submit the foregoing for your consideration, and hope that it constitutes a practically employable "tip" that enables you to improve your combative capabilities.

If you enjoy this monthly Newsletter, PLEASE tell others about it! It's free, and it's here to benefit anyone who sincerely wishes to acquire the knowledge and skill necessary to defend himself. THANK YOU!

<http://www.americancombato.com>

Well, the summer will be upon us shortly, and that's always good training time! This is also a great time to GET STARTED in serious close combat and defense training if you have "always wanted" to do so, yet haven't taken the first step in that direction. It's one of the finest investments you'll ever make.

Don't procrastinate! The sooner that you get yourself in gear and start training with a qualified, professional teacher, the sooner will your self-confidence and poise improve, and the sooner you'll be really able to handle yourself and protect those you love, in any emergency.

Until next month, then, we wish you well!

Yours in Self-Defense and Preparedness,

Prof. Bradley J. Steiner

— E N D —