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SWORD and PEN

Official Newsletter of the International Combat Martial
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Self-Defense

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E d i t o r i a l

Real Vs. Sporting Combat

(Which one are *you* concerned with learning?)

"Fifty years ago, the streets of Leningrad taught me one thing: If a fight is inevitable, you must strike first." -- Vladimir Putin

TO understand how and why *combat* and *sport* are so radically different it is important to see that *every martial art ever created* was, in its origin, created for use in **real, unforgiving close combat**. This inevitably took one of two forms: 1. *Defensive*, wherein the practitioner found himself the sudden target of a violent attack; an attack that caught him momentarily off guard. 2. *Offensive*, wherein the practitioner was fully aware of an imminent attack, and he **pre-empted** it. Or, in war, the practitioner attacked his enemy. Here the aim was frankly to knockout, maim, or kill before the enemy had a chance to do this to the practitioner. **In neither case was the situation “competitive”, “sporting”, or conducted like some kind of rough “game”.**

Arts like judo, aikido, and karate-do came much later. And these are not martial arts! They are martial WAYS. *Ju-jutsu* had no “sparring” or “match fighting”. You cannot spar with lethal techniques or maiming techniques; it is too dangerous. You practice and you drill. But there’s no “match fighting”. Aikido derives from *aiki-jutsu* — the latter being a combat art, the former being a combat **way**. Karate competition came very late in the Art’s history. Kata and drill was the practice method for the **combat** karate practitioner. When karate was originally developed there was *no* sparring whatever.

The martial arts evolution into competitive sport followed the numerous arts decline as key battlefield arts of war.

One of the reasons for the widespread popularity and phenomenal growth of the martial arts *industry* since around 1965-70 in the West has been the fact that **SPORTING COMPETITION** is now — with few exceptions — it’s core and mainstay.

Tell people what they want to hear and you’ve got ‘em. That often seems to be a golden rule for commercial prosperity. Thus, when schools of the modern **SPORT-ORIENTED** competition arts tout their offerings as being the ultimate in “realistic” self-defense in addition to being a sport (something just about everyone who contemplates studying martial arts wants to hear) *the trap is sprung and catches the game*. People are misled directly when the claim is made that **training for and participation in sport is the best**

possible way to train and prepare for close combat. Since sport is fun and *very* exciting sometimes, and since repetitious drill and endless practice is not such fun, and since it requires much more discipline than most people can even imagine, people go with what appeals to them; *especially when it comes with the assurance that on essence, they can have their cake and eat it, too!*

The fact is that training for and participation in sport has ***nothing whatever*** to do with preparing for actual close combat; but that fact means nothing to those who'd prefer to believe something else. And what the commercializers and promoters tout is ***exactly*** what people want to hear.

So the racket is safe.

But for those who are thinking; for those for whom **facts** and the **truth** matters, let's offer the facts. The *truth* is that self-defense is distinctive from competitive fighting in a variety of important ways. Consider . . .

*** In a self-defense situation there is always an *initiator* of unprovoked, unjustifiable violence. Often there is more than one initiator of violence. — In sport/competition the situation is one of mutually agreed-upon fighting. Neither fighter is “defender” or “attacker”; it's a contest of skills, *and the skills to be tested are agreed upon* in advance, along with a strict body of rules.**

*** In a self-defense situation there is always an intended victim of the initiator's violence. — In sport/competition there is obviously no “victim” (although, except in the rare instance of a tie, one contestant definitely *loses* the match).**

*** In a self-defense situation, by definition, the targeted *victim* certainly *did not want* the encounter. — In sport/competition both entrants desire the match and wish to fight in order to — hopefully — be the winner. This advances the fighter's reputation and enhances his career as a competitor.**

*** In a self-defense situation the ultimate purpose of the initiator of violence cannot be known with certainty. Does he wish to humiliate? Rob? Beat? Kill? Abduct? No possible way to know without being a mind reader. — In any sport/competition event each entrant knows very well that his opponent seeks to win the match. He also often *knows the opponent personally*, as well as knowing the body of skills with which the two will compete.**



The “real world” of self-defense includes, of course, military close combat. Above is a rare photo of Col. Anthony J. Drexel Biddle training WWII Marines in how to deal with an enemy armed with a bayoneted rifle. Such situations are unheard of in sport; but combat is no sport. In war — and often in peacetime self-defense emergencies — the objective of the attacker is to kill. This poses an entirely different challenge than that posed by any sporting contest.

*** In a self-defense situation the physical capabilities/experiences/skills/ history of the assailant are never**

known. Nor, unless one knows one's attacker personally, well, and for a long time, are these things conceivably *knowable*. — In sport/competition one generally has a very good idea of the opponent's background, previous fights, style of fighting, status and titles, etc. *In fact these account very often for why one arranges to fight that particular opponent, in the first place!*

* In a self-defense situation violence strikes like an assassination attempt. No warning. No appointed time. Location may be anywhere. Victim may be out of shape, ill, or injured. Victim may be with family members, at work, at home, etc. Attackers are often insane, under the influence of drugs or liquor, and are extremely dangerous. *You cannot make an appointment for an emergency.* — In sport/competition everything is arranged in advance, and either competitor can and will avoid the scheduled fight if he is sick, injured, or otherwise forced by circumstances to cancel the engagement.

* In self-defense emergencies there is more often than not *multiple* attackers and/or *weapons* that the targeted victim must contend with. — In sport/competition no such thing ever occurs.

We have no illusions about the facts and the truth regarding **real** vs. **sport** combat influencing or persuading dyed-in-the-wool true believers in the popular fads one iota. We are speaking to those of our visitors who think clearly, and — above all — who think for themselves. **If you are desirous of learning self-defense *for real*, then forget about following the path of sport “fighting” . . . it will *not* take you where you want to go.**

Bradley J. Steiner

DVD Course NOW AVAILABLE!



(You Can Learn Self-Defense and Close Combat At Home!)

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

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

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

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

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

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

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

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

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

“Your American Combato is a very good System”

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

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

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

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

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

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

— Dr. Albert Ellis,

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

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

— George Kalishevich,

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

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970’s, I found that Mr. Steiner’s advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the

concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

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

— Grandmaster John Perkins,

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

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and

war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate,

O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 *FUNDAMENTALS*

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

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

DVD#2 *BASIC BLOWS*

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

— The straight heelpalm

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

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

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

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

DVD#11 KNIFEWORK

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)

- Knife *offense*
- Defending yourself with a knife

The cost of each individual DVD is \$59.95 + \$6. shipping and handling (**\$20. postage and handling for foreign orders**)

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600.

for \$7,500. worth of training!

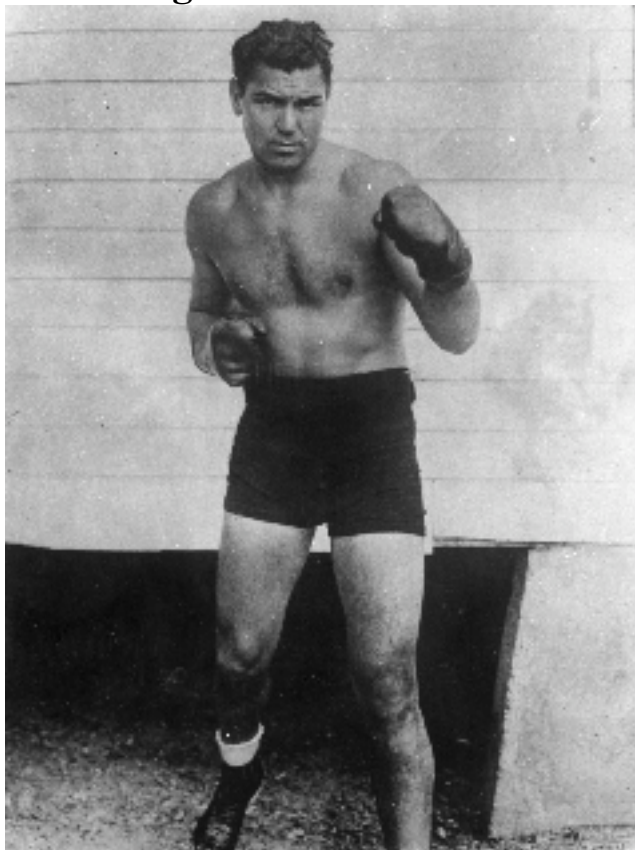
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Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**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!

Boxing Can Teach You A Lot



IN OUR OPINION ONE OF THE GREATEST BOXERS WHO EVER LIVED: JACK DEMPSEY. IN FACT, JACK DEMPSEY'S BOOK *CHAMPIONSHIP FIGHTING* TAUGHT US THE FALLING STEP, WHICH WE APPLY TO UNARMED CLOSE COMBAT. DEMPSEY WAS A HAND-TO-HAND COMBAT TRAINER FOR THE U.S. COAST GUARD. HE CO-AUTHORED A BOOK WITH BERNARD COSNECK — A WRESTLER — TITLED *HOW TO FIGHT TOUGH*, WHICH IS A CLASSIC ON SELF-DEFENSE WITHOUT WEAPONS. LIKE SO MANY BOXERS, DEMPSEY WAS A TOUGH, HARD FISTFIGHTER. HE COULD JUST AS EASILY BELT AN ASSAILANT AND KNOCK HIM OUT AS HE COULD KNOCK OUT AN OPPONENT IN THE RING. BOXING IS A SPORT, AND WILL NOT DO AS A COMPREHENSIVE PERSONAL SELF-DEFENSE METHOD. NEVERTHELESS, IT HAS A GREAT DEAL TO TEACH THE COMBAT PUPIL!

WESTERN boxing is a fabulous sport and can often be used for self-defense. In fact our standard recommendation to those looking for a good way to begin teaching youngsters self-defense is to enroll the kids for **boxing** and **Kodokan judo**.

Adults too can benefit tremendously from studying boxing. Not so much in order to learn how to box, but rather to learn some excellent principles of close combat and self-defense that boxing teaches. These principles are applicable to all aspects of hand-to-hand combat. In fact, the U.S. Marine Corps once based its system of bayonet combat on the principles of boxing. And the late Bruce Lee extolled the virtues of boxing training, and the way in which boxers used their fists.

In our view every student of combatives should pay close attention to the following lessons that boxing teaches:

1. Train hard!

Go to any boxing gym and you find men pounding away at heavy bags, doing calisthenics, jumping rope, concentrating on dead serious shadow boxing, and slamming away at each other in the ring. You won't see them running because that aspect of their training (i.e. "road work") is done away from the gym — often very early in the morning. What you won't see is slow-paced rigid performances of basic blows and combinations. Boxers train really hard. Martial arts people sometimes do; and sometimes don't. When you consider what one is training for in self-defense, it should be obvious that maximum physical and mental effort is the desirable way to train.

2. Concentrate on perfecting a limited number of weapons/techniques.

Boxers have only one single weapon: their fists. Martial arts people have —— literally —— dozens of natural weapons, and often a huge number of techniques. *For close combat a middle of the road must be achieved.* One natural weapon is insufficient for self-defense; and certainly the clenched fist is *not* to be regarded as the most important among the many that the combatives student learns.

The wise course is to select about eight to ten blows that fit you to a T and train relentlessly to perfect them. *Really develop them!* Then develop half a dozen combinations that work for you, and train them until they are second nature. Cut your “self-defense techniques” down in number to a versatile couple of dozen that are applicable, when mastered, to a limitless number of situations.

3. Expect to get hurt.

Boxers —— even world champion boxers —— entertain no illusions of winning their fights without getting hit, themselves. The injuries sustained in combat can certainly be more serious than those one acquires in the ring or on a mat, **but on no account must a student of real world close combat fool himself into thinking that he can avoid being injured in a serious combat emergency.** *You are going to be hurt!* Once you accept that fact, reconcile its inevitability and dismiss it, you are ready to do in combat what the boxer does in the ring: **concentrate on beating the adversary; go after him regardless of whether or not you’ve been hurt.** For the boxer it is the match that may be lost. For the self-defense student it is his **life**.

4. Always strive to improve.

A boxer is always endeavoring to move more smoothly, to hit harder, to be faster, to exceed his present level of physical conditioning. The combat student must never rest on his laurels. The only time you know that your all round capability was enough is *after* you’ve drawn upon it and it has worked to save you in a dangerous situation. And what any dangerous situation will demand of you is unknown; so ***keep on pushing to improve!***

5. Don’t overdo the “vital points” thing.

Some systems of martial art teach over 100 “vital points”. In reality, for extreme close combat, actual experience in war has taught us that the human

body has possibly fifteen really **reliable** target points to attack in vital combat. Boxers concentrate on essentially **two** points: the solar plexus and the jaw, and they tend on average to do pretty well when forced to apply their training in a real situation. *They become expert at attacking those two points.* And **you** should become expert at attacking the limited number of vital points that will enable you to prevail in hand-to-hand combat. Some examples of *real*, combat-worthy “vital points”: **Eyes, throat, carotid arteries, testicles, knees, kidneys, and sternum.** These and a few more should concern you. Attack and destroy any of these targets and you’re almost guaranteed victory in close combat.

6. Emphasize **offense!**

Boxers train to *hit*, not to block or to avoid. Yes, they do some defensive work, but the essence of the boxer’s tactics and strategy is to **knock out the opponent in the ring.** Martial arts of the classical/traditional (and sometimes even of the modern) variety are **way too “defensive”**. As we teach in *American Combato*, defense is a legitimate MOTIVE; but offense must provide the METHOD.

Punching with the clenched fists — even when expertly done — is not the best way to defend yourself. In real combat the **open** hands make superior weapons, most especially when up against a larger, stronger adversary, or multiple adversaries. But the boxer’s always striving to achieve victory by ***hitting his opponent, and hitting him decisively*** is the indisputable way to go in real combat. With kicks, elbow strikes, chops, chimjabs, eye gouges and jabs, knee attacks, biting, butting, etc. ***attack, attack, ATTACK . . . and keep on attacking!*** Just like the champion boxer!

7. Kick and strike correctly.

Karate’s method of striking is not generally the best way to hit. ”Counterbalancing” blows by retracting the opposite arm/hand actually *reduces* the power of the strike! Observe how a boxer hits. He throws his entire body into every blow (or tries to) but never overcommits; and he simply relaxes the opposite limb and “lets all power relax” in his punching arm after contact by relaxing and letting the limb instantly prepare to strike again. *This is the correct way to derive maximum power, and to employ the body as a weapon in combat.* Interestingly — and you can observe this — the

only time a karate-ka uses his striking power correctly is when he engages in breaking objects. No retracting/counterbalancing! Just 100% full focus on going through the target. Regrettably, breaking objects is a waste of time. A boxer would break his hands if he tried to punch through a stack of pine boards; **but he could easily BREAK A JAW** if he punched an attacker. Learn to deliver the marvelous array of blows that the Asian martial arts teach **as a boxer delivers his blows**. You'll be working toward building a personal repertoire of your **best** blows (say 8 to 10) and then, like a boxer, building combinations that maximize followup and a devastating offensive.

8. Stand and move naturally.

Notice that even when they themselves spar, karate-ka never use the many classical stances that they train in during formal workouts! Their stances and footwork more approach that of the **boxer**. This evolves naturally, out of necessity, when karate became a sport.

Rear foot to the front of the rear shoulder, feet slightly more than shoulder width apart, and facing the enemy off-angled. Never cross your feet. Never face your enemy head-on. Move forward with the lead foot (letting the rear foot follow), move back with the rear foot (letting the lead foot follow), step left with the left foot (letting the right foot follow), step right with the right foot (letting the left foot follow), and pivot off the lead foot. This is the footwork we teach in *American Combato* — based upon the footwork of boxing — and we have had it used more times than we can recount — **with great success**. *No forward, horse, cat, crane, hour glass, or you-name-it stances . . .* unless you are training in a classical system and are **NOT** primarily concerned with close combat and self-defense.

9. No “secrets” or “mysteries”.

While we must acknowledge that not *all* of the classical/traditional martial arts are taught in an atmosphere suggesting the cultivation of some secret, higher power; too damn many **are**. And the person seeking self-defense ability who comes to believe that there is some *secret* or *mysterious* path to acquiring such ability, is being led down the path of nonsense and dangerous misconception. Boxers realize that hard, hard, **hard** training, and a regular, disciplined approach to working out and practicing is the only path to practical ability. **Learn that lesson!**

Notice that martial arts, **like boxing**, were forced to establish weight classes for their competitive events. Why? If strength and size really don't matter, why would not a 125 pound black belt be able to compete with a 225 pound black belt?

Boxers are realists. Self-defense enthusiasts must **become** realists. There are many factors that matter in close combat and **NONE** of them involve mysterious or secret means of acquiring "higher, unbeatable knowledge". It all depends upon hard training, regular training, attention to physical fitness, serious mental conditioning, and . . . although no one wants to hear this, **LUCK**. That's the real world, friend.

10. Solo drill (and more drill) is key.

Jack Dempsey believed that, next to competing in the ring, **shadow boxing** was the most important means of preparation for using boxing techniques against an opponent. Well, because boxing is a sport its techniques *can* be used against another opponent who boxes. But unarmed combat blows — the heart and backbone of unarmed combat — canNOT be utilized against a live person. They are way too dangerous. And only those blows that **are** "way too dangerous" are worthwhile when you must take action against a real attacker.

Classical kata is a rigid, formalized way of drilling that has *some* value, but not very much at all, as far as close combat is concerned. **Nevertheless, that does not mean that a more fluid form of shadow fighting (a term Fairbairn used) is not immensely valuable.** In *American Combato* we have developed and we teach a technique of training called "Spontaneous Kata". We developed it using the boxer's long-proven training method of shadow boxing. Without personal instruction *spontaneous kata* would be almost impossible to learn, but if you are not one of our students just remember to work on lots and lots of high repetitions of both individual blows *and* combinations that you've worked out, that suit you.

Ignorant souls will pooh-pooh the idea of this solo drill and guffaw as they say that "spontaneous kata" is a contradiction in terms. **To hell with them!** We know what works; we've had the years of training, experience, teaching, and research. Work hard on solo drill . . . **just like a boxer.**

11. Hit something.

Boxers all work hard on their heavy bag work. They know that this builds the weapons (i.e. their fists), and develops great power. No boxers rely solely upon conditioning and shadow boxing to cultivate their ability to hit *hard*.

The self-defense student has an even greater **survival need** to build his natural weapons than the boxer has.

Use dummies, heavy bags, padded posts, trees, walls, padded cement blocks. Get lots of practice striking objects with your natural weapons. *Do not neglect the development of striking and kicking **practice** but realize that your weapons require development, and that when you strike fast and accurately, you **also must strike powerfully and destructively**.* Hit your enemy with a sledgehammer, not with a rolled up newspaper. **Kapish?**

Again, boxing per se is not the same as unarmed combat. But boxing teaches truths that apply in unarmed combat — in armed personal combat, too, by the way! — and if you are wise you will strive to learn these things.

As an adult you need not take up boxing. Train in the self-defense method you've chosen and study some good books on boxing (like Dempsey's *Championship Fighting*, which taught us the falling step). Also valuable is the U.S. Navy's wartime V-5 Text: *Boxing*. And there are other books as well.

Hit the bastard who attacks you with everything you've got, using the weapons of the martial arts and close combat, and leveling a *barrage* against him. But do this using the principles of boxing, and you're sure to get the best results.

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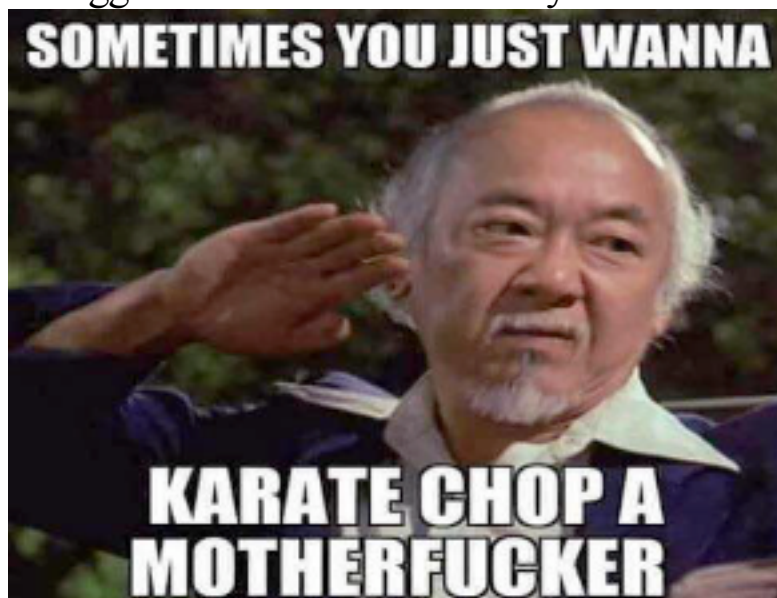
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Control Yourself!

YOU have a responsibility *not* to get into fights. If you were my student and you got into a fight I would throw you out of my School. *If you had defended yourself that would be a different story, and I would applaud your actions.* Doubtless there are some who simply cannot grasp the enormous difference between “getting into a fight” versus “defending yourself”. The former is a situation of **mutual combat**. That means two people *agree* to fight. They confront each other, square off, and proceed to do battle. The latter is a situation where one or more people are **attacked** by one or more **assailants**, and they implement force in justifiable self-defense.

The *only* kind of “fighting” that is justifiable and acceptable is **sport fighting**; participating in any of the competitive “martial art” contests or matches. Close combat and self-defense, however, does not involve fighting, as we use the term. It involves **reacting to violence that is leveled against you . . . i.e. defending yourself**.

Settling on the decision never to agree to fight with anyone can be difficult for some personalities. If this is true of you, **tough!** Learn to control yourself. This is an absolute necessity. Civil lawsuits, criminal charges, fines, prison sentences and criminal records all await the moron who feels compelled to indulge his aggression when confronted by another moron.



WE AGREE! WE AGREE! WE AGREE! BUT DO NOT GIVE INTO THAT IMPULSE UNLESS DANGEROUS CIRCUMSTANCES THAT YOU CANNOT AVOID COMPEL YOU TO!

Traditionally the caution to “never make the first move” has been universal and mandatory in all martial arts training. **We disagree strongly with this mandate, and we encourage students to master preemptive skills and tactics; to *strike the first blow and keep on striking*, whenever confronting an unavoidable danger.** However, our admonition is neither an encouragement to start fights nor to participate in them. It is simply the right tactical imperative for handling **ATTACKS**.

By developing the self-control necessary to listen to verbal abuse, a challenge, a threat, derisive comments about a companion, etc.. and so on **without** being provoked into a fight (which is often the motive for the scum who prods and attempts to needle you) you retain that mantle of innocence in the eyes of the law. You will either avoid violence entirely (best outcome of all!), or oblige the scum to *attack you*, thus obviously being the defender and reactor to aggression — and that may keep you out of jail or court!

The *American Combato* protocol for use of techniques and skills is:

—— **First, do everything possible to *avoid* violence**

—— **If violence cannot be avoided and you believe that you are in danger, **ATTACK!** Preempt the troublemaker**

—— **If you are caught off-guard, unable to preempt, then counterattack ferociously, and *become the attacker*, thus neutralizing your surprise assailant decisively.**

Like the traditional arts *American Combato* emphasizes self-control. You learn our skills to protect yourself and your loved ones, to be able to defend against attack; *not* to become a “fighter”.

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The Greatest “System” Still Depends Upon YOU!

WE believe completely in *American Combato* as one of the finest close combat and self-defense Systems ever created. *For the person who studies it earnestly, absorbs the mental conditioning that is integral to the System, and achieves a personal mastery of the techniques, there is no question that that individual will be combat-ready and quite able to defend himself and his loved ones.* This is not a “guarantee”, but it is **assurance** that you will be *highly likely* to be prepared for any violent emergency **if** you fully learn the technical, tactical, and mental aspects required. This is all that *any* honest, legitimate teacher or method can provide. The *risk* of being injured or killed in a close combat/self-defense predicament cannot be eliminated; it can only be lessened.

When you undertake to train in *any* martial art, the degree of effectiveness you ultimately enjoy with the skills and tactical instruction that you receive, **depends upon how seriously, how hard, and how regularly you apply yourself to physical training and practice.** Don’t forget this. And don’t deceive yourself or allow anyone else to deceive you, either.

Naturally, if you train in a system that is mainly rooted in ancient tradition, or that is practiced as a competitive sport, your *combat* ability will inevitably be less sharply developed than your ability to handle serious hand-to-hand combat predicaments in this 21st century. That’s a fact. Of course there is no reason why anyone shouldn’t train in a classical or competitive method ***if that’s what serves his personal training objectives.*** The same principle will apply there. You will get out of your training that which you put into it. But you will not optimally get out of a system that which the system cannot provide. We cannot prepare you to win contests. We cannot prepare you to master ancient, classical martial skills. We **CAN** prepare you to deal with violent aggressors, and to be ready for military hand-ti-hand combat situations. So you choose. You decide. **But once you decide do not expect the system that you undertake to study to magically transform you into a functional expert. There is nothing in any martial art that works without the student’s serious, ongoing effort.**

It depends upon you.

There is nothing “easy” about stopping a strong, dangerous man (whom may be armed!) when he attacks you. It can be done; but to do it, those good techniques that you are being taught need to be *mastered*. They must become *yours*. You must be ready to apply them reflexively when the emergency strikes, and with power, balance, accuracy, ferocity, speed, and relentless followup. *You will get hurt*. Your mindset must be such that it blinds you to pain and keeps you focused, laser-like, on the destruction of your foe.

The attainment of that which we describe does **not** come easily. The techniques may be simple, but the task of making them your own and of being ready, willing, and able to apply them under horrific combat conditions is yours, and can only be achieved by serious application to training. Not merely for a few weeks or a month, when training is a novelty, but for *months*; and then — ideally — on an ongoing basis for the rest of your life, in order to retain and keep your abilities sharp.

Selecting the right kind of system (i.e. combat, sport, or classical) is of course important. A good combat system always provides the right tools for personal protection, and does not entail extraneous material that is either irrelevant or a detriment. But expect no cakewalk in the *finest* of combat/defense systems! It will take you far less time to attain the level of confidence and skill that you’re after for self-defense if you train in a combat system, but brother you will *have to TRAIN*.

In our DVD Course we emphasize the need for serious practice. We do so because we know very well how easy it is to sit back, watch a DVD, and imagine how you will ruin any assailant who is dumb enough to attack you. Not so fast, friend. Standing between you and your ability to employ the great techniques that we teach **for real, in an emergency is a lot of hard work** — *practice!* When you can *do* as well as *observe* the skills of close combat, you’re closer to your objective; but not until then.

Don’t be deceived and please do not fall into the trap of wishful thinking or believing popular bullshit.

You *can* acquire the ability to defend yourself. But it takes your effort to do so. The decision to forget the nonsense that competition or ancient arts will take to where you want to go is important. Step one in the direction of your goal attainment will then be ***SELECTING A COMBAT SYSTEM***.

Now . . . **T R A I N!** Put a sincere, all-out, ongoing effort into making the skills your own and you will be rewarded with skill and confidence.

It's up to **you**.

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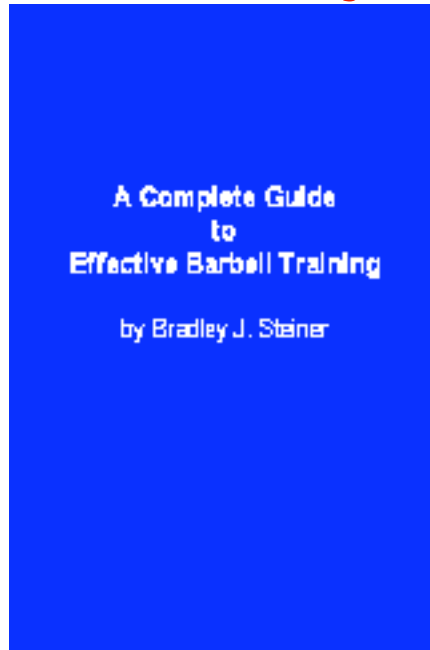
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