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SWORD and PEN

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

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E d i t o r i a l

Hitter Or Grappler? — THE FACTS

THE question “Which is superior for real hand-to-hand combat —— grappling or hitting?” has been answered many times in the real world where wars have been fought and deadly close combat occurred frequently; it has also been answered in situations where law enforcement officers have had to engage in serious battle

with dangerous felons, and where private citizens have had to react to and defend against violent attacks. Countless experiences in all types of terrain, environments, and actual real world settings (and *studies of those experiences, and research into the psychology and technical challenges of those experiences*) has proven that **blows** comprise the most effective techniques. This does *not* necessarily mean that “boxing” per se, or that “karate” per se, is the best way to train for actual hand-to-hand combat. It means, when defined and delineated properly and honestly *outside* of a competitive, classical, or sporting venue that the following constitutes 95% of that which is the last of preparation for real, honest-to-goodness, dangerous individual combat:

- ›› Open and closed hand blows to the body’s most vulnerable points
- ›› Clawing, tearing, gouging, and ripping *at eyes, ears, neck, nose, mouth, testicles, and throat*
- ›› Elbow smashing
- ›› Kneeing
- ›› Low (below the waist) kicking of the most basic and simple kind
- ›› Biting
- ›› Use of deceit and deception, and combat tactics
- ›› Offense . . . *relentless attacking like a shark in a feeding frenzy*

- ›› Head butting
 - ›› Neck breaking
 - ›› Principles and most basic of strangulation techniques
 - ›› Principles and most basic of throwing techniques
 - ›› Core skills of defending (counterattacking)
- aggressively when avoidance and preemption are not feasible, using adaptable, simple, very vicious and destructive actions
- ›› Use of weapons —or— objects-at-hand that may be employed as expedient weapons

THAT is for the real world and for the real situations that self-defense and close combat are studied in order to prepare for. Any introduction of sporting contest or competition that calls for *any* modification in the attitude and mental conditioning appropriate to **war**, will not cut it. And restrictions forbidding the incessant practice and conditioning that is intended to make training “safer” by working on watered down or “non-dangerous” techniques is ***not*** desirable, and will in fact nullify much of the practical readiness that training should be focused upon building into the body and mind of the student. “Do this when you practice with your partner, but remember to do *that* in a real attack.” *This attempts to teach a pupil **two** courses of action, rather than **one**.* Sorry, this won’t do. To the great surprise of some, the answer is to make full, all-out aggressive contact with a dummy, a striking post, a heavy bag, brick wall or padded tree, and to ***control*** all

dangerous moves so that they are indicated with speed and accuracy, but do not inflict maiming actions or worse whenever practicing with a live partner. Then, in an emergency, just go all-out with *no* restraint. That is easy to do and will be well-accomodated by your organism's involuntary psychophysical reaction to the danger that it faces; i.e. adrenaline flow, increase in blood pressure, tachey-psyche effect, auditory exclusion, loss of fine motor movement capability, and drive to employ gross (major muscle group) skills —— which all real combatives and defense moves are, or they are *not* practically performable under combat conditions. (**Note:** Give no mind to the person who tells you that if you do not make real hard contact in training you won't do so in actual combat, either. This is completely false and there is not one shred of experiential evidence to grant *any* credibility to the ridiculous claim.)

Those desiring combatives and self-defense training should avoid any modification of those techniques and tactics *proven in war* to fill the bill of that which is required for that specific purpose.

This does not mean that a combat sportsman (judo or karate man, boxer, wrestler, MMA fighter, kick boxer, or UFC competitor, la boxe française fighter, etc.) cannot use what he practices and competes with in an actual encounter. *Of course he can, if he is young, in hard*

training, and possessed of sufficient experience. It does mean, however, that for anyone seeking combat/defense training, there is a much more preferably suitable and practical path to take.

Coming to combat work the competitor whose forte is punching (as in boxing, kick-boxing, or karate freestyle) must understand and accept that his repertoire now must be built upon and around blows that knockout, maim, or kill. He must abandon any fancy and acrobatic kicking — to include jump kicks — focus on **attack** not **defense** (i.e. blocking) — and master the art of defending against a standing attacker when he is down, and *finishing* a downed attacker when he is standing. There's more, but hopefully you're getting the idea.

Coming to combat work the long-time grappler must absolutely forget about *trying to take his enemy to the ground deliberately.* The grappler must focus on staying on his feet (and he will learn that what he must do do *if* he ever does go to the ground *with* his enemy has nothing to do with mounting, pinning, locking, holding, and “submitting”. Close combat offers *other* — much simpler and more **permanent** — **solutions to that rare occurrence (for a properly trained individual).**

This is not an “ego” thing. We have been criticized and attacked by a small percentage of dishonest (and

dishonorable) liars, imitators, and other assorted incompetent copycat scum over the years. Accusations that we dislike grappling and grapplers, that we exaggerate the effectiveness of the WWII and other methods that we teach and in some few instances have developed; and a lot of plain bullshit intended (we suspect) to enhance the commercial interests of these knaves and scoundrels for whom their disgraceful sputterings comprise their primary hope for attracting a student body of morons. (Creatures who do this can hardly expect to attract thinking adults who have brains, education, and in many instances combat experiences in their backgrounds). Anyway, remember this:

- Our first martial arts studies were in **judo** and **ju-jitsu**. We left these methods because *reality* proved to us that they are largely ineffective in self-defense and real combat.

- We regard the late Helio Gracie as one of the finest judo men outside Japan. Anyone who will step into the ring with Masahiko Kimura and go all out in judo with him, has our profoundest respect and admiration. We **completely disagree** with the present day Gracies' philosophy of self-defense and general attitude. That is our privilege, as it is their privilege to disagree with us. If you believe they make perfect sense, go ahead and train with them. It means nothing to us.

- We became an unyielding advocate of the WWII methods after studying them in depth and juxtaposing what they teach with the ju-jutsu, varmannie, and other methods — including karate — that we trained in for years. In fact our own System, *American Combato (Jen•Do•Tao)* not only contains the WWII systems, but has drawn from the Asian arts all of that which measures up to the WWII systems' effectiveness. You might say that *American Combato* is like the Fairbairn /Sykes, Applegate, and O'Neill Systems combined, drastically expanded upon, and on huge doses of steroids!

If your objective is physical fitness, discipline, enjoyment, perhaps cultural studies, competition, and — maybe — *peripherally*, the ability to apply your fighting sport experiences to a self-defense emergency after you've become very good, then pay attention only to selecting your art according to that which you most like, personally. ***ALL*** of the fighting sports will serve your goals equally if you apply yourself seriously to their study.

However, if your one and only goal is to master close combat and self-defense, then it is *not* a matter of whether you're “a hitter or a grappler”. **COMBAT** and **SELF-DEFENSE** needs to be your approach. That will revolve around *mostly* methods of hitting, clawing,

kicking, etc. with a small amount of practical throwing and strangulation. Additionally, you will need to train correctly with weights to build yourself physically, and be able to back your skills with power and speed, and agility. You will be doing your “contact” work with training aids — *not* with live people (or they won’t be “live” for long!).

There are the facts. Take ‘em or leave ‘em.

Bradley J. Steiner

**“May God have mercy for my enemies
because I won't.”**

George S. Patton Jr.

Everybody Needs Effective Self-Defense

Training

THE June 8, 2016 online edition of the NY daily News ran a story of an attempted kidnapping thwarted — — — **JUST BARELY!**

In a Florida Dollar Store some sewer freak attempted to seize a child *right out of the mother’s arms*, and get away. The fact that the mother was right there (obviously) and that customers were in the store hardly made a

difference to the bastard. He literally engaged in a tug of war with the child's mother who, thank God, refused to let go of her child during the lengthy struggle. Finally the scumbag gave up and as the creature attempted to escape in his vehicle, a police officer who was arriving in the nick of time pulled his patrol car in front of the felon, preventing him from escaping. The officer speedily arrested the piece of garbage.

The incident just about defines a “close call brought to a happy ending by a hand of Providence”.

Seedy bars, bad neighborhoods after dark, and parks where junkies hang out at night, are all places where most people would expect violence to erupt. Dollar Stores have no reputation for anything sinister. The average person would *never* think of one of these stores as a scene for a violent, major felony. **Yet it happened.** The Dollar Store, just like every other reputable store in every community anywhere cannot possibly have provisions in place to handle egregious, violent felony crimes. They have surveillance cameras, which just about every responsible commercial establishment of any size has today. **But nothing anywhere can assure you that the need to defend yourself will never arise.**

Violence can strike at any time, in any form, anywhere. You could be abducted, raped, shot, stabbed, beaten, knocked out, harassed, bullied, robbed, stalked, or you-name-it in the most innocuous of stores or the most glitzy shopping centers in the best of areas in your city. On any street at any hour one or more psychopathic thugs could decide that *you* will be their next victim, and **IF YOU ARE AT A LOSS TO KNOW WHAT TO DO AND HOW TO DO IT, IT WILL BE TOO DAMN LATE TO — — FINALLY — — LEARN HOW TO PROTECT YOURSELF (OR YOUR LOVED ONES).**

The woman who was able to prevent that scummy bastard from kidnapping her child was *very, very lucky*. She was able to win that frightening “tug-of-war” by sheer chance. There was nothing in that action that injured or killed, and thus **BROUGHT TO A DECISIVE HALT**, the immediate abduction and (highly probable *murder*, later on) of her child. *That awful situation could have gone the other way.*

Don't count on saving your ass or someone else's by resorting to a tug of war, screaming, using your cell phone to call 911, slapping, shoving,

threatening, or pleading. **If, may God forbid, violence comes to you and yours, make sure you've got the skills and mindset that enable you to deal with it.** It's bad enough that risk is always present and *no one* can guarantee your success and victory. But if you do **nothing** to prepare and possess **no** knowledge, skills, or mindset, you can *almost be guaranteed that the bad guy(s) will win.* And then there's this encouraging fact to consider: *When would-be victims possess good combative skills and fight back, they almost always win.*

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!

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!

From Muay Thai — For Cops

THAI boxing is a tough, demanding, outstanding

competitive *karate* style. Thailand was once Siam. And “Thai boxing” grew out of Siamese *karate*.

Thai boxers often prevail over classical karate exponents in competitive matches because, in our opinion, Muay Thai employs a looser, more fluid style of body movement that uses boxing with the hands in a manner very similar to Western boxing. Using knee kicks, elbow smashes, and low area kicks with the Thai boxer’s shinbones, the Thai boxers close fast and use excellent flurries of really powerful fist and elbow blows.

If you want a *competitive* karate style that is really tough we’d certainly expect Muay Thai to be among your top choices.

But we’re not about **any** “sport” or “competition”, so why do we bring up Thai boxing here?

The answer is because two excellent **combat** techniques — which we teach in *American Combato* — are derived from Muay Thai: The **circular close-in elbow smash**, and Thai boxing’s **low area shinbone kick**. *Combato* places a **lot** of emphasis upon elbow smashes — the traditional *karate* type — to all directions: up, forward, sideward, back-to-groin, back-to-torso (sternum/solar plexus), high back-to-face/head, and downward. These are all taught and developed early in

the System; i.e. during white and yellow belt as part of the curriculum at these beginning levels. At a more advanced level (brown belt) the Thai boxer's elbow smash is taught with two attack combinations that train the pupil to use the blow either to *open* the action as a first strike, or to *follow up* after an initial strike with a different natural weapon.



THAI BOXING IS A GREAT COMPETITIVE FIGHTING ART. FOR THE PERSON SEEKING A HARD CONTACT SPORT THAT WILL PROVIDE A TOUGH WORKOUT AND SERVE ONCE A GOOD SKILL LEVEL HAS BEEN ACQUIRED FOR ADAPTATION TO SOME SELF-DEFENSE EMERGENCIES, MUAY THAI SHOULD BE CONSIDERED!

At black belt (and **exclusively** for police and other security professionals) we teach a **modified** Thai kick. We emphasize that this kick is for an officer to “soften” up and set up a resisting suspect before applying

whatever arrest and control hold the officer intends to employ. We do not advocate this kick only for police because it is “too dangerous”. In fact it is quite restrained compared to the full power stomping side kick or the full power front kick —— which we believe are ***much*** to be preferred for hand-to-hand combat because these two kicks *are* brutally dangerous when properly applied, and **that’s what someone needs when defending his life.** Law enforcement and security people often need to get someone under control without doing serious damage to him. Private citizens and soldiers at war have no responsibility to make arrests — and they shouldn’t try!

We do **not** advocate using the shins as weapons. The shins are sensitive targets themselves, and may be broken with stomping kicks, or injured severely. Thai boxers, please note, with very few exceptions, ultimately cripple their own legs by pounding their shins in order to condition them; and rarely does a Thai boxer remain on the “active list” for more than eight years —— tops.

In *American Combato* we teach a modified Thai kick to the side of the knee to *buckle the knee* and throw a suspect off balance, giving an officer of the law a more certain probability of securing whatever hold he deems appropriate at the time. **We always teach that it is dangerous and unacceptably risky for even a police officer who is an expert in ju-jitsu to simply attempt**

to apply a “comealong” type hold without disorienting the suspect first.

Our modification of this kick consists of substituting the ***crook*** of the foot for the striking surface, instead of the shinbone (just as we use the crook of the foot for front kick contact when too close for a ball-of-the-foot kick and too distant for a knee blow, to the enemy’s testicles).

Try the most powerful kick you can deliver to the base of a hanging heavy bag, ***contacting with the crook of the foot*** (not the instep or shin!) and you will see you will not hurt yourself blasting into the side of a person’s knee with this blow. **Don’t use your shins! Even without any conditioning the crook of the foot enables full power with *no* injury or pain to your foot or leg.** (Our dear friend and colleague, the late Grandmaster John McSweeney [“Father of Irish Karate”, inventor of the “Tiger Moves” exercise System, and Founder of “McSweeney’s Self-Defense”]) used and agreed 100% with us regarding the use of the Thai kick with this modification.

Note: If you are big, powerful, expertly trained and you deliver the hardest kick of which you are capable you *might* seriously injure the opponent’s knee with the modified Muay Thai kick. So, if this kick appeals to you for the purpose we espouse, remember: If you are a cop

and you judge a control hold to be appropriate and necessary because you have not evaluated your suspect as being dangerous (merely nervous, a bit overexcited, merely trying to “pull away” but not intending to injure you) use a moderate whipping blow to buckle his knee, move in and get him in your Sunday best hold!

Note : Even if you love this kick, the knee breaking **low side thrusting/stomp kick** is the way to go for self-defense or close combat. Leave and *keep* this modified Thai kick in its place, if you’re training in realworld combatives.

This is the CROOK of the foot; the contact point for our “Modified Thai kick.



We hope that the many law enforcement professionals who read our articles will find this to be helpful in

training for their numerous assignments and encounters with suspects.



—FROM YAHOO! NEWS:

An MMA Fighter Suffered A Horrific Leg Injury At Titan FC 39

June 12, 2016

MMA fighters are no strangers to broken legs. Many fighters, taking tips from the Muay Thai fighters of old, roll bamboo branches across their shins to calcify them in order to make them stronger. I've done this, and even doing it once is horrible, so I never did it again. Also — kicking in general sucks. But MMA fighters are cut from a different, badass cloth. Their bodies are machines, put together for combat. But sometimes, machines break. No one is truly safe.

We saw Anderson Silva shatter his leg against Chris Weidman's knee, and we've seen a steady stream of leg breaks over the years. None of them (outside of Anderson and the late Corey Hill) have been as nasty as this.

Titan FC 39 had their featherweight title on the line, and Andre Harrison defeated Deivison Ribeiro in a fashion that no one wants to experience. The leg kick is checked, you hear a brutal *snap* and Ribeiro steps lightly and looks down at his leg. He was probably thinking "oh no" before he put more weight on it and it collapsed underneath him.

#TitanFC39 ?? pic.twitter.com/Kc9aV9jvLV

— Selim_Marcos (@selim_mg) June 11, 2016

There's a real possibility Ribeiro cracked his shin earlier in the fight, and this was just the straw that broke his shin. If you watch the whole match (it's pretty good) you can see he starts to favor his leg slightly in the third after a checked kick. Hopefully, he recovers fully.

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Protection That Won't Protect; Restraining That Won't Restrain

(A Serious Warning For Women —— and Men!)

THE police do the best that they can. However it is important to remember that they are essentially a *reactive* force; they come on the scene *after* a crime is committed and endeavor to gather facts, pursue the criminal, make an arrest, and bring the perpetrator in, under arrest, to be dealt with by the legal system. Naturally if by some fluke a police officer is present *when a criminal is in the act of committing the crime*, the officer will act, and take the criminal into custody. But that very, very *rarely* happens. Evil as they are, criminal offenders are not usually stupid. They generally plan and carry out their nefarious acts so that law enforcers are nowhere near the scene of the crime, and they have every opportunity to escape.

The victim is left to suffer.

The police at best can only bring the criminal to justice *later* —— after the injury has been done. They would certainly prefer to have prevented harm to have come to the victim, but reality prevents this. You can't blame the police. It's the tragedy that inevitably occurs **when the victim of a violent crime does not have the mental and physical ability to thwart a violent attack**. Regardless of whatever else may be true of any violent attack situation, *the one person who is always present is the victim*. And, in those situations when an offender *returns* and attempts to violate his victim again, it is the **victim himself** who will be present at the scene. And not only is the phenomenon of an attacker *coming back to attack a victim who he already violated pretty common*, but the criminal justice system's "assistance" of providing for a victim's obtaining a "protection" or "restraining" order to safeguard him or her against an anticipated likely "repeat

performance” by a known offender is *utter bullshit*. Court orders of any kind work only when obeyed. And those who are inclined to resort to violence unjustly are not likely to be intimidated by an “order” — from the court or from any other source. **(Not that protection and restraining orders are worthless. They are not! But only when a victim uses them effectively. We will explain how a bit later).**

Women are, correctly and understandably, concerned about physical violence. Unfortunately, that which they so often gravitate to for self-defense is ridiculous. Pepper sprays, “women’s self-defense” taught by women with no men present whatever, and useless, stupid advice like stand boldly and say “**No!**”, etc. *Women should be the most enthusiastic advocates of firearms ownership and use for personal defense.* **That** is exactly what a woman’s first option should be: **a loaded handgun that she knows how to use against an attacking felon.** Women should also avail themselves of **realistic** self-defense training. They should learn brutal, savage, merciless and ruthlessly destructive skills. For regardless of what many women enjoy believing today, they are **not** — statistically — anywhere near as strong, aggressive, and able to adjust to vicious, sudden violence, as are men. Yes, we know that there are a very few exceptions. So?

Although the last thing that a woman (or a man, for that matter) should rely upon to keep a violently aggressive individual away is a “protection” or “restraining” order, **anyone who is ever threatened with violence or subjected to it unlawfully should get a protection and a restraining order against their troublemaking assailant.** Why? Because having orders of that kind in force establish *clearly* that the individual who obtained the orders *is the “good guy” or the undeniable victim* should the need for self-defense action against the scumbag become necessary. If you have an order against the individual who attacks you, there can be *no question or doubt* in anyone’s mind that **you had reason to fear for your safety and your life when he showed up and attacked you.** That can save you from legal prosecution (or persecution, if you wish) if you are forced to employ lethal force — armed or unarmed — to save yourself. And private citizens in today’s America need all of the help that they can get to forestall

legal problems *after* they employ necessary force against an attacker. Problem #1 is of course defending yourself against the attacker(s). Problem #2 is defending yourself against possible persecutorial prosecution by the criminal justice(?) system. **Especially if you use a gun** you can expect your act of extreme self-defense to be scrutinized in a most extreme manner, because there is an anti-violence and anti-gun agenda operating powerfully in every major city. Blow the head off a scumbag felon who fully deserves it, as he comes through your window at 2 am in Wyoming or Montana, and no law enforcement officer or local prosecutor is likely to care much . . . so long as it is clear that your home and personal survival. Ditto, if —— in one of these states —— you shoot down four armed street scumbags while you are out in public, innocently. But let any of these things happen in New York City, Chicago, Los Angeles, etc. and you *easily could end up being charged with a serious crime, and being convicted and imprisoned, if found guilty*. (Remember Bernhardt Goetz? *He was judged to have acted in self-defense, but found “guilty, as we recall reading, because he used an “illegal” firearm. He did prison time. The incident ruined this decent man’s life.*

The idea is *not* to win your case in court. Doing so could ruin both your mental and physical health, **and** impoverish you due to legal costs. **THE IDEA IS TO BE UNINDICTABLE!**

If you’ve got a protection and/or a restraining order actively in force against the individual whose life you take when acting in unavoidable self-defense against him, then you are ten laps ahead of a similarly positioned individual who does not have that to assist him/her. When the police report, indicating that you “feared for your life” arrives on the prosecutor’s desk, and it presents the truth (i.e. your firearm, if you used one, is **legally owned; you felt in deadly danger, and in any case you have been fearing this individual for a time, and took out court orders forbidding his contacting you, WHICH HE VIOLATED, leaving you no option but to save yourself.**

Therein lies the value of “protection” and “restraining” orders. They bolster the innocent victim’s “mantle of innocence”, and can serve to eliminate entirely

there being any criminal charges leveled against you. **NOT** an insignificant thing!

Men should be as ready and willing to obtain protection and restraining orders as are women. Forget *machismo*. It's stupid bullshit, and if you ever let it direct your actions you may end up in a prison cell for your stupidity. Women in general will usually not balk at getting these court orders to assist themselves, **but they fail miserably to appreciate that these pieces of paper offer no actual protection against the individual who is bent on attacking you.** It is the combination of personal readiness to *handle* any threat of violence that comes to you **and** the court orders that provides something substantial in defense of anything that you may be forced to do.

You cannot escape the fact that you **need** to be able to defend yourself; and not with sprays, whistles, hatpins, or “humane” self-defense or competition skills. **With real weapons and with real unarmed combative techniques, tactics, and mindset.** Now *there's* real protection!

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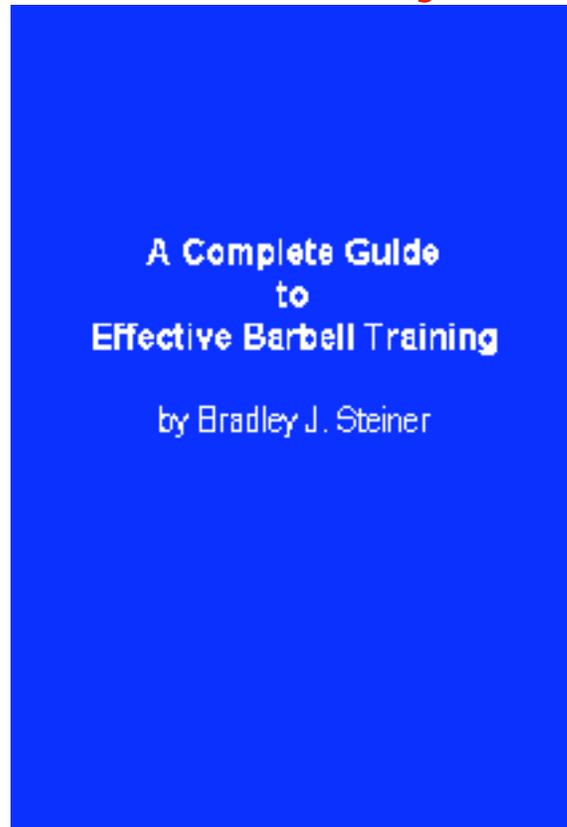
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