

©Copyright 2011 by Bradley J. Steiner - ALL RIGHTS RESERVED.

SWORD and PEN

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

SEPTEMBER 2011 EDITION

www.americancombato.com

www.seattlecombatives.com

**OUR 11-DVD COURSE IN CLOSE
COMBAT AND SELF-DEFENSE WILL
BE AVAILABLE SOON! WATCH FOR
THE ANNOUNCEMENT OF ITS
AVAILABILITY ON THIS AND ON OUR
OTHER SITE —
WWW.SEATTLECOMBATIVES.COM!!
Each DVD is a stand alone presentation.
Together, the series presents a tough, no-
nonsense, comprehensive course that
you can study at home, without a**

teacher! Those training in arts other than *American Combato* can learn powerful and reliable combat skills and practical defense measures that their classical/traditional or sporting/competitive training does not give them! The Course teaches *war proven* skills. If you are interested in self-defense and hand-to-hand combat (armed and unarmed) you will want this Course to study!

More Lessons From *Actual, Real*

World Experiences

WE have emphasized endlessly that only by going to the *real world* of actual self-defense and close combat experience and *not* to the ridiculous, artificial world of competition and sport, can anything at all of value be extrapolated from which meaningful lessons about the phenomenon of combat can be derived.

The incident we will now discuss happened to the son of one of our Black Belts. We will *not* disclose our student's name, or the name of his son, but we assure you that the situation described *did in fact occur*. It occurred early in the second week of this last June, just three months ago.

Our student's son is *not* a student of ours, nor has he had any formal training in self-defense or close combat. He is, however, an avid runner. He is also a strong young man, due in part to good genetics, and in part to the kind of work that he does.

Late one night while walking (on his way home from work), approximately one o'clock in the morning, the young man was speaking on his cell phone. Suddenly, two scumbags sprang at him from a position of concealment, behind shrubbery. One of the bastards punched him in the face — causing only a moment's discomfort, and surprising him. *Without hesitation the young man threw a powerful side kick to the knee of this piece of s—t.* He had *never learned the kick formally, but had only seen it demonstrated and mentioned*, by his father.

The punk collapsed to the sidewalk, out of commission and clearly in agony. (We would add: *Hopefully* with a badly broken and damaged leg!)

When punched, the young man dropped his cell phone, which the second piece of s—t proceeded to retrieve and run away with.

Our Black Belt's son proceeded to pursue the mugger/robber, obviously shocking the miserable scumbag by keeping rapid pace and not losing sight of him for *many* blocks. Clearly, as could be observed by his would-be victim when he saw the bastard repeatedly looking back to see his pursuer still coming, the punk was getting scared.

Finally, our student's son caught up with — and *seized*— the lump of garbage. He proceeded to administer (admittedly amateurish but nonetheless effective) **street justice**, pummeling the mugger/robber into helpless submission with his fists. (Oh, how we only wish that this young man had been our student and concluded the action with handaxe chops and chinjab smashes!). Our Black Belt's son unfortunately injured his hand by pounding the mindless head of the bastard whom he had caught. He left the garbage lying on the sidewalk bleeding and likely unconscious; then went home. We

can only dream wistfully about the state he would have left the felon in, had he employed war-proven unarmed combat!

TRUE STORY.

Now let's see what this teaches us.

1. Being outside and *not* being in “YELLOW” (i.e. basic situational awareness) can leave you more susceptible to a surprise attack than you'd ever be if you were ever-***alert***. *Don't listen to music, read a newspaper, wear headphones, or speak on your cell phone when in public. **Never!***

2. Attacks are often by *multiple assailants*. Those attacks do ***NOT*** “go to the ground”, and being punched with a clenched fist is not that big of a deal.

3. A fast, aggressive *attack* that utilizes a *blow* or blows is the best initial reaction when attacked. If more than one assailant this will likely drop one of the scum, and reduce the odds. By employing a *blow* (as opposed to seizing and grappling) you can immediately turn your attention — and your attack — to any remaining foe(s).

4. Deliberately going to the ground could be ***suicidal*** and is *absolutely* the wrong thing to do. And it is simply *not* true that you will necessarily be knocked or taken to the ground by an attacker in any violent predicament that you encounter.

5. When you fight back you have the element of surprise working for you, and often (although not always) the bastard(s) who came at you will *flee* when **you** attack **him/them!**

6. There are no “safe” places. The subject of our discussion in the situation described was not in a “bad neighborhood” or — by any means — any area where muggings or gang violence is common.

7. Attitude surpasses *technical ability* in importance, when it comes to handling a violent attack. However, the *BEST* way to be prepared is to be equipped with solid *combative skills* AND the proper combat mindset.

8. In the situation we described we must point to one thing that must be evaluated as a technical error made unwittingly by our Black Belt's son: *Pursuing the fleeing felon*. We certainly understand, appreciate, and do not wish to find *personal* fault with him. However, speaking strictly as a teacher and with the welfare of the students whom we instruct in mind, we need to point out:

- If the fleeing felon had been armed, there could have been a tragic end to the situation described
- If the situation had occurred when a law enforcement officer somehow observed the *apprehension* of the felon, and the immediate (in our opinion **entirely well deserved**) beating of the sewer garbage that was administered, the *victim* might well have been arrested and charged with a serious felony crime of violence, himself. Strictly and legally speaking, the *pursuit* and *apprehension* of a criminal after the fact is the responsibility of the police. The private citizen can get into serious trouble for doing this.

So . . . we repeat that which we teach our students: *If and when an attacker flees, **let him go**. Do this for **YOUR** benefit, safety, and protection from an unjust, unpredictable so-called "criminal justice" system.*

9. Now let us conclude by praising and *endorsing* and *recommending* the course of action that the young man took *after concluding his engagement with the second scumbag*. **He got the hell out of there and went home**. If you are ever attacked in an isolated area, defend yourself and *get out of there!* Why? Well, should (unlikely) it ever come to being questioned in a court of law or by law enforcement officers, **because you were scared and wanted to get away**. Completely reasonable and understandable for the victim of a surprise, violent attack. Also, you have nothing personally to gain

at that point by hanging around or calling the police. **Nothing.**

If you are attacked in a place where there are other people (i.e. mall, crowded street, etc.) ***REMAIN THERE AND IMMEDIATELY CALL FOR THE POLICE, YOURSELF! REPEAT LOUDLY AND CLEARLY THAT YOU HAVE BEEN ATTACKED, AND THAT YOU WANT THE POLICE IMMEDIATELY.*** This establishes that you were the victim, and the police know very well that a violent attacker does not drop his victim and remain on the scene calling for law enforcement officers to arrive. It eliminates any *inaccurate* nonsense that onlookers might blabber being taken as fact by police who arrive at the scene. They'll interface with **you** and you will calmly and honestly report the *facts*. Odds are just about 1,000,000 to one that the bastard you drop will have a record, and will be known to the police as a troublemaker.

Bradley J. Steiner

What Ever Happened To Decoys?

WAY back in the late 1960's and early 70's the NYPD utilized an excellent anticrime strategy. Tough male officers were dressed up like women or made up to appear like elderly, frail pensioners. They then wandered casually through areas of the city — neighborhoods, subway stations, parks, etc. — where violent attacks were prevalent. Backup officers lay ensconced behind cover while this **decoy** proceeded to do his thing.

The neat part came when some filthy lump of gutter s—t decided to take the bait and, not knowing it was in fact bait, moved against the decoy officer. The words "*all hell broke loose*" come to mind.

Suffice it to say that the mugger, rapist, or whatever-the-hell-the-scumbag-was at the time, received the surprise of his lamentable life! His "victim" often dropped him on the spot *before* the five or so seconds passed when backup

arrived — or the garbage was trounced, cuffed, and on his way to the slammer within about two seconds *after* backup appeared. (Having taught a couple of those fellows who were decoys, I had the distinct pleasure then of hearing from them how well-placed blows suddenly brought an end to what some scumbag thought would be a routine attack on a helpless victim). **HAAH!**

We do not hear of this approach to crime fighting being utilized any more. If it is, then it is not utilized to anywhere near the extent that it should be. It works.

Instead, we see flotillas of parked patrol cars lying in wait for motorists to go a bit over the speed limit when on their way to or from work, so that officers can nab them and issue tickets — thus increasing the monetary intake of the local government. *This role of petty monitor and extortionist does not suit the good cop who signed on to get bad guys and protect the city in which he lives.* In fact, unlike when cops really *do* slam-dunk the dregs of society, this targeting of solvent taxpayers and fundamentally good *good* guys, creates a bad taste in citizens' mouths for law enforcement — and that is unfortunate.

We *love* the idea of using decoys. It draws the living garbage out, and it creates concern amongst the scumbags of society regarding what may happen to them if they continue to ply their trade.

Some years ago *we* personally volunteered to serve as a decoy in one of the, shall we say, "*higher crime areas*" of our City. We understand and can utilize excellent disguise and deception techniques, and we would have thoroughly enjoyed using the blackthorn walking stick which we'd have carried (while made up as a "helpless old man") to convince any who attempted to mug us that they were definitely on the wrong page. We were excited about doing this and prevailed upon one of our students who was a police officer serving the area in question, to arrange this with his commanding officer.

It didn't work out. First, because we were not an officer in the Department, and second (we suspect) because the commanding officer did not like the proposal for *political* reasons.

We'd still be quite willing to do the job today — providing the same conditions were satisfied when we first proposed the project:

- We be immune from liability of any kind
- We determine how we would be armed and equipped
- We be granted complete personal discretion regarding how we disguised ourself, and how we reacted to any attacker who came at us
- We have any medical/hospital costs paid in full (as an officer's would be) should we suffer any injuries as a result of the work
- Our wife receive a rather large benefits package should we be disabled or killed

These last two conditions of course *needed* to be in place, even though we were close to 100% certain that they both amounted to unnecessary items.

It does not appear that any private citizen would be permitted to do this kind of decoy work, from the feedback we received. But what bothers us most is that **great priority** — manpower and hours — is not invested *by sworn officers* — to do this.

It has always seemed to us that those who resented the police using entrapment methods of *any* legitimate kind were misguided. *What on earth is wrong with police officers entrapping criminals?* Isn't that part of their *job*? If anything, we believe that law enforcement officers **should be vigorously engaged in entrapping violent and dangerous antisocial felons**. Ease up on the speeding tickets and parking violations. **Go after the muggers, rapists, home invaders, gang members, and punk troublemakers who terrorize and injure innocent, decent people.**

We are certain that *a lot* of well trained and conditioned men who are devotees of serious combat arts would be delighted to lend a hand.

Throwing In Hand-To-Hand Combat

RECENTLY we saw an on-line site presenting *ju-jutsu* self-defense skills and advocating them as being practical and street worthy. One of the techniques depicted illustrated a young woman being seized from behind in a mugger's type grip — one hand over her mouth from behind, and the other arm around her waist. The male attacker was bigger and, presumably, stronger. That he certainly would be (in a real street situation) *dangerous*, goes without saying.

The defense entailed the woman employing a complicated throwing action in which she actually threw herself *first* into the air (while her mugger retained his grip) and then *down to the ground*, at which time she presumably *threw* this mugger over her body (hopefully to land with sufficient injury so that he would be unable to continue his attack).

Ju-jutsu — like karate, judo, aikido, aikijutsu, boxing, wrestling, kick boxing, etc. — is a legitimate, highly worthwhile martial **ART**. However, when from amongst its repertoire a technique such as the one we saw is advanced *as being practical*, we must frankly say that what is being advanced is pure, unadulterated **bullshit**.

Obviously, backward elbow jabs, stomping kicks, and *biting through the attacker's fingers*, as well as hand grabs and chops at the attacker's testicles is what a woman **should** be taught to rely upon instantly and ferociously when grabbed in such a grip. The elaborate and acrobatic histrionics may be *fun* to practice with a willing and cooperative male partner on a nice matted floor, *but that stuff will not work under extreme conditions.*

In fact, *most* of the throws that are taught and practiced in *most* of the ju-jutsu schools today are virtually absurd if one regards them as doable in fierce, *real* hand-to-hand combat with a determined military enemy or violent criminal offender. The fact that a ju-jutsu master might (emphasize *might*) be able, with luck, to apply such throws in certain, isolated instances does not gainsay the fact that the throws are useless for most people and *undesirable* even for ju-jutsu masters when confronted by serious violence. Low kicking, open hand chopping or chin jabbing, thrusting fingers to the eyes, clawing the face, etc., being *infinitely* more practical and effective — for white belts, as well as eighth degree black belts.

But this does not mean that *no* throwing actions merit study and development. There are certainly a few, and anyone training long term in combatives certainly ought to avail himself of their study.



Fig. 63



Fig. 65



Fig. 64

FAIRBAIRN'S ADAPTATION OF THE HIP THROW IS AN EXCELLENT EXAMPLE OF ONE THROW THAT MERITS INCLUSION IN A SERIOUS CLOSE COMBAT CURRICULUM. THE ABOVE IS FROM *ALL-IN FIGHTING*, BY FAIRBAIRN. ONE WELL KNOWN AUTHOR OPINED THAT FAIRBAIRN'S DEPICTION OF THE HIP THROW BRINGS HIS JUDO CREDENTIALS INTO QUESTION. *THE HELL IT DOES!* FAIRBAIRN UNDERSTOOD PERFECTLY THAT THE CLASSICAL *O-GOSHI* OF JUDO (WHICH IS TAUGHT ALSO AS A JU-JUTSU THROW IN JUST ABOUT EVERY SO-CALLED "JU-JUTSU SCHOOL" THERE IS, IS NOT PRACTICAL IN HAND-TO-HAND COMBAT. SO HE ADOPTED THE PRINCIPLES OF JU-JUTSU AND MODIFIED THE CLASSICAL THROW TO WORK IN REAL COMBAT. WE DID EXACTLY THE SAME THING WITH THE WELL-KNOWN *O-SOTO-GARI*, AND A COUPLE OF OTHER CLASSICAL/TRADITIONAL THROWS. ATTEMPT TO UTILIZE THROWS THAT ARE EMPLOYED

ON A JUDO MAT IN A BATTLEFIELD OR STREET SITUATION, AND YOU ARE FLIRTING WITH DEATH.

In almost every instance when throws are adopted for combat they need to be modified from the way that they are customarily taught and practiced, or they pose a greater threat to the person who attempts to employ them than they do to the violent attacker against whom they are attempted. In fact the proper way to incorporate throwing into close combat and self-defense training is as follows:

- Always *strike* an enemy at least once before throwing him; if possible *debilitating* him in the process
- Always use *direct* throws. That is, do not deliberately turn your back on an uninjured opponent in order to “off-balance” him and place yourself in a position to throw him. This is fine in *judo*; is is **death** in serious combat
- ***NO SACRIFICE THROWS***. Forget about tomoenage, makikomi, etc. when you are under attack. You want the enemy on the deck, and you do ***not*** want to end up on the deck with him
- Think of combat throws as special occasion actions. Yes, if you’ve mastered the throw and *that* is what your intuitive sense in the heat of battle enjoins you to employ, *go for it*. Bur don’t regard throws as a core skill in self-defense and close combat training. It’s a *supplementary* technique only
- If any throw that you employ is done in a manner that enables your adversary to employ a “breakfall” (*ukemi*) then the throw should be discarded for combat purposes. Your enemy should be thrown on his **head, spine, or point of shoulder**, ideally

- Throwing should never entail more than **5%** of your combat skills repertoire — and for combat you need only master perhaps two or three workable, destructive throwing actions. Leave mastery of the **gokyo** to those whose lives are dedicated to classical/traditional judo/ju-jutsu. And never forget: *You can easily do without any throwing techniques whatever, if your purpose is merely a minimum, short-term self-defense course that enables you to handle yourself without training for years.*

Final Tip: How to use *kuzushi* in combat:

“Kuzushi” is the fundamental principle of off-balancing that is taught in judo and ju-jutsu. It is an important concept and every student of close combat should learn to appreciate the crucial value of learning how to off-balance a foe and exploit his unbalanced position. *All throws in judo and ju-jutsu make use of kuzushi.*

Kuzushi teaches **eight points of unbalancing**:

- i) to the front
- ii) to the rear
- iii) to the left side
- iv) to the right side
- v) to the left front corner
- vi) to the right front corner
- vii) to the left rear corner
- viii) to the right rear corner

In judo and *usually* in ju-jutsu, too, off-balancing is achieved primarily by tugging, pulling, shoving, pushing, and maneuvering the opponent with smartly executed hand manipulations after seizing the opponent’s jacket or limb.

In hand-to-hand combat it is best *not* to rely upon finesse, but rather to kick, smash, jab, and strike the enemy so as to knock him into an awkward, off-balanced position. Thus, the **blow** that should *always* precede any combat throw ought, ideally, to be delivered at such an angle or in such a direction as to slam the adversary into one of the off-balanced positions. This is not only optimally effective for throwing him, it also facilitates followup with repeated *blows* (which in most cases makes a lot more sense than throwing, in the first place).

In judo/ju-jutsu the enemy is *led* into an off-balanced position. In close combat he is **smashed** or **knocked violently** into that position. There is no place for grace and finesse in a deadly engagement.

Basic forms of throwing suitable for combat (**not** as instructed in judo, but which *must* be modified to inflict serious injury) are:

The hip throw

The leg reaping throw

The shoulder throw

The head-twist takedown (*never* a part of judo)

We are well aware that throws such as *tomoenage* (stomach throw) have been taught in some quite reputable circles where hand-to-hand combat was the objective, and we know about *sasae tsuri komi ashi* (propping ankle throw) and *hiza guruma* (knee wheel) being standard today in most *ju-jutsu* schools. **Not for hand-to-hand combat**, we say. Too “*iffy*”, too dependent upon finesse, and *much too likely to end with you on the ground with the man you’ve thrown* (or tried to throw).

Throwing should, we believe, be relegated to the curriculum of trainees who are either advanced combatives pupils or who are in it for the long haul, and not those taking short-term intensive courses. Persons in this latter category

should stick with *blows* and not concern themselves with throwing. (Fairbairn, Sykes, and Applegate had this same attitude during WWII when training men in the *Silent Killing* course).

If you are one of those who is either teaching serious long-term students or advanced combatives pupils, or of you yourself are a student in the “serious” or “advanced” category, we hope you’ll have derived benefit from this little dissertation.

What’s *The Best All Round Weapon For Hand-To-Hand*

Combat?

WHILE we are not so arrogant as to assert our personal opinion as *The Final Word On The Subject*, we do have definite ideas about this which are based on a not inconsiderable amount of study, knowledge, experience, training, and research, and we thought you’d be interested in knowing what they are.

First off, we must establish that, while we recognize that handguns are indeed occasionally used in hand-to-hand engagements, we are not including handguns in the present discussion. We are speaking of hand-held personal weapons *other than* firearms. Which amongst the variety that exist would we feel confident in proclaiming to be “The Best”? Consider the **stick**, the **smatchet**, the **spring cosh**, the **tomahawk**, **brass knuckles**, the **blackjack**, and the **fighting knife**.

Our pick is — hands down — *the fighting knife*.

Get REAL In Your Training, Now!

REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of

the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

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

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

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

4. RULES OF SELF-DEFENSE — \$17.

Perhaps the most politically INCORRECT presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*,

and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat.*

ALL OF THE ABOVE RECORDED IN THE HIGHEST QUALITY SPEED, AND ON THE FINEST QUALITY CD DISCS IN “PDF” FORMAT FOR YOUR CONVENIENCE AND LIFETIME LEARNING.

Also available is the quality revised *Paladin Press* reprint of our 1970’s Classic that “started it all” in this “WWII methods/practical combat/offense based fighting, etc.” movement:

The Tactical Skills of Hand-to-Hand Combat — \$14.

We will autograph your copy, and we will include a document available from no other source, explaining the significance and role of this little Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been taught or recognized, outside the military and intelligence training circles of the Allied Forces,

during the second world war.

We pay first class postage on all purchases, except foreign orders. Please include **\$3.00** per item, additional (U.S. dollars) to cover air mail shipping overseas. Send your orders, with cash or money order only payable to:

**BRAD STEINER
P.O. BOX 15929
SEATTLE, WASHINGTON 98115
U.S.A.**

Combat Handgun Technique

“The main secret of gunfighting is to be calm, precise, and methodical — in a big hurry!”

— Wyatt Earp
(Western Lawman, 1800’s)

WHAT Earp was talking about is the need to *keep your cool*, to avoid panic, freezing, or delaying due to doubts and apprehensions. A tall order? Yes it is; but being armed carries with it a tremendous social responsibility, and it behooves anyone who does go lawfully armed to make sure that he is master of the weapon which he carries — and that he is in charge of its proper use, *in combat*.

Common Sense When Interfacing With Police

RECENT reports of police abuses of force and authority certainly are alarming. However, it is important to remember that police officers are at work 24 hours a day, seven days a week, 365 days a year, *everywhere* in our Nation. What you

unfortunately do not hear about with any frequency or regularity is **the tremendous amount of good that these officers do**; you don't hear about the *good*, only about the bad. And, as someone who has worked with police officers since the late 1960's, we can assure you that *most* police officers are conscientious, courageous, decent, honorable people. They sign on to get the bad guys. They do not want to hurt or to bother innocent people, and, when those instances of some officers having done this are juxtaposed with those cases of plain, good police work being rendered by upright members of the profession, it becomes clear that "bad cops" are in the minority. And good cops resent the bad minority as much as private citizens do.

Most decent people have little or no personal contact with police officers. Their understanding of what law enforcement officers are like, and what those officers do, comes from TV shows, motion pictures, and novels. Thus, in those occasional instances when Mr. Average Guy (or Gal) interfaces with an officer (traffic stop, perhaps) there is the possibility of miscommunication between the two, and/or a misperception — on the part of the private citizen — in regard to precisely why the officer speaks and acts as he does.

In today's embattled society it is entirely possible for needless conflict to arise between a private citizen and a police officer when, for some reason, the two encounter each other. Private citizens are furious about the existence of predators and troublemakers whom the courts seem unwilling to get rid of, or at least lock up; *mistakenly*, citizens blame the cops for this. But the police do the arresting (their job), and the *courts* do the wrist slapping or releasing. *Don't blame the police because the laws are haywire and fail to keep the human debris from circulating amongst us. The laws need changing*

Police are tense whenever they approach someone they do not know, and if they are at all competent, they are *ready for trouble*, whenever they approach ***anyone*** whom they do not know, personally. Please recall — this is the way we train ALL of our students to be. The police, having the responsibility of *looking* for trouble 24/7 must clearly train themselves to be ready-to-go in a heartbeat, if the situation demands.

Remember these things whenever you are approached by law enforcement officers:

- If in your vehicle, *pull over as soon as it is safe and feasible to do so*, if a police vehicle behind you flashes its lights.

- Keep both hands on the steering wheel after you pull over and **sit still**.
- When given instructions by the Officer, *follow them*. He does not know who you are, what you may be capable of, what you may have done, etc., but he has some reason for pulling you over, so he anticipates the possibility of trouble. Begin to establish the fact that you're *not* a troublemaker or "bad guy" by *doing precisely what he tells you, and doing it at once*.
- Don't play lawyer, and don't "remind" the Officer of what he can or cannot do. If he is a good cop (and **MOST** of them are) he will follow the guidelines and legal mandates that he has been trained to follow without you reminding him of what they are. If, God forbid, he is a rogue, then all the reminding or lecturing in the world will avail you **zero**. All it will do is antagonize him and raise his level of rage toward you.
- Speak clearly, speak courteously, keep your voice respectful, and — if appropriate — state: *"I will do exactly what you tell me to do, Officer."*
- Keep your hands in plain view, make no sudden movements, and — unless directed to do otherwise — remain *still*.
- If stopped in the street, while walking, adopt the same attitude and behavior pattern: Cooperate. Be calm, clear, respectful, physically docile, and do *not* play lawyer. You do not know the whole story that would explain why the Officer stopped you. Perhaps you are 100% innocent and the "wrong person". Okay. Let that become clear by your cooperative, respectful, courteous, and physically docile response. Again remember this: *The overwhelming majority of law enforcement officers are decent, good people. They are not looking for an opportunity to battle with you, or to push their weight around. But you mustn't antagonize them. They are under enough stress and tension in the first place, when they stop you. They are human. React to their approach with an "attitude" and begin to give them reason to believe that you're "trouble", and their already heightened state of tension may cause an explosive response. Police officers are human beings.* They are trained to do their job lawfully, and the majority of them strive incessantly to do just that. Be a good citizen; don't make their already difficult job harder.

Counterattacking A Fistfighter Or Boxer

JUST about all of the so-called "defenses against punches" and "defenses against a

boxer” that are taught in the martial arts amount to impractical nonsense. They assume that the defender will have the ability and the time to see the punch coming, to identify precisely what *kind* of punch it is(!), and then to select from among **dozens** of specific “defenses” the one that is most suitable for the present attack, and execute it.

All of the above may be possible in a *training* context — i.e. in the training hall with a cooperative practice partner, or during a demonstration. It is next to completely *impossible*, however, in the real world. Punching attacks, unless awkwardly and unskillfully undertaken by a clod, are fast and normally are executed by *surprise*. Also, any fistfighter or boxer will slam a rapid-fire *barrage* of punches at his victim, and the sequence cannot be blocked by attempting sequential “martial arts type” blocks, as some instructors advocate.

Defending against a seasoned fistfighter or boxer is not easy. However, with the right training it is possible.

The real key to defending successfully against a real world attacker who attempts a punching attack is to be **ALERT** and properly distanced from him, and to **ATTACK FIRST**, yourself. The very second that an individual’s movements indicate the onset of an attack against you, **GO!** Launch a fierce and relentless attack of your own, and *keep on attacking*.

In order to be fully prepared to implement this workable strategy you *must* become *attack minded*. **“Defense” should always be your motive; but “attack” must be your means.**

One of the best and most effective reactions to an individual who attempts a punching attack (boxing, or otherwise) is the *side kick to the knee*. If a man who is confronting you commences a punching attack, or assumes a boxer’s pose, simply lean away from him — *fast!* — *and lash out with a whipping side kick to his knee*. If you break his knee (highly probable, if you’re well practiced and do this right) then the attack is, for all practical purposes, over. Unless you are in a situation of defending against a home invasion, multiple attackers, or are in a military combat encounter, you should get away after dropping your attacker.

If the situation is truly lethal (home invasion, etc.) then finish your attacker with your feet.

If your kick fails to drop your man (unlikely), you can simply pivot and lash out

with a second kick, close with him and employ handaxe chops and other decisive actions.

If a man assumes a boxer's pose **outside the range of your kicks**, threatening to close with you, go to a relaxed ready, off-angled stance, and bring your hands up — palms facing him — and verbally plead for him not to hurt you. **Do not back up.** If the boxer “dances” around you, pivot off your lead foot and continue to remain off-angled in an apparently helpless position. *Keep verbally pleading for him not to attack.* When he moves in to hit you, bend double away and break his knee with a lashing side kick.

Another excellent technique is to lurch at your attacker the moment his fists come up with rapid-fire, repeated handaxe chops. Move in ferociously and keep chopping with your chopping arm held so as to protect your face. If you are moving in *counter* to how the boxer is standing (i.e. he leads with his left, *you* move in chopping with your *right*) follow up with a side kick as he is driven back, then drive a front or low hook kick with your rearmost foot into his testicles. If you are moving in *consistent* with the boxer's stance (i.e. he leads with his left, you move in chopping with your left) then pivot to his outside *left* after chopping, and chop him across the face or neck with your right hand, or break his leg with a side kick.

These counters were worked out and proven effective when, in the very early 1970's, we ran a gym in New York, and had the great opportunity to work with men who boxed and/or who had considerable street fighting experience (as cops, security guards, etc.).

Again, the key is to **ATTACK** and not to give the fistfighter/boxer an opportunity to use his fists.

Things *not* to do:

- Never box with a boxer (or fistfighter)
- Do not try to work your way inside the fistfighter's arms and apply a throw. This ju-jutsu/judo type strategy is a good way to get your face pounded flat.
- *Never* try to catch a boxer's wrist when he punches, and then apply some armlock, choke hold, or other technique. You will **not** be able to grab a boxer's wrist when he is punching at you.

- Do not rely upon karate-type blocks against a fistfighter or boxer. These blocks don't even work in karate matches! *Do not try them against a fast-moving boxer!*

Attack, attack, attack! As always, it is the fierce **offensive** that wins!

Our DVD Course will be available soon! Keep visiting this and our other site for notification when the Course is ready to be shipped. (You will be able to order individual DVDs or the entire set. Each DVD is a stand alone set of lessons, and the full set of 11 is a comprehensive Course which you can study *without* the aid of a teacher!

As we receive numerous requests to quote items that appear here in *Sword & Pen* and on our other site, www.seattlecombatives.com, from the various sections there, we will again state the terms by which our material may be used **and used only non-commercially**:

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

It must be remembered that *Sword & Pen* and the entirety of www.americancombato.com and www.seattlecombatives.com is copyrighted, private intellectual property. Anyone interested in the *commercial* use of any of our material should contact us directly, in writing.

PLEASE be sure to tell others about this and our other web site. We would like as many as possible to benefit from the information and technical advice that we provide!

Until next month, we wish you good training!
Stay combat ready!

YOURS IN DEFENSE,

Prof. Bradley J. Steiner

**www.americancombato.com
www.seattlecombatives.com**

— e n d —

