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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

CHILD, ADOLESCENT, AND ADULT BULLYING

BULLIES come in all ages, and so do their victims. Normally we think of the “schoolyard bully”; i.e. the scummy little ill-raised bastard who begins to show signs of the sh–t that he’s made of by making other children who are quite innocent, suffer his malicious onslaughts. He’s a “toughguy”, and his kind have done everything from steal other children’s lunch money, to — literally — killing other children. They come in *both* genders, by the way.

Then there are the older adolescent bullies. They do the same thing to their contemporaries that the little underage bastards do to theirs, but they do it often with the benefit of past experience (because these sh–ts most often are simply grown up bullies who began their contemptible conduct in elementary school, and learned to ply their trade as violent scumbags at an early age).

Adult bullies — and there are many and many of these! — comprise that group of execrable human debris who, finally, become a source of concern to the normally indifferent adults (unfit parents, unfit teachers, unfit school administrators, incompetent psychologists, etc.) who thought nothing of the child and adolescent bullies who they (the adults) were never personally victimized by. We'd love to ask a psychologist who got the sh–t kicked out of him by a street attacker how he felt his strong belief that the answer to bullying must never be to fight back worked for him. Hah! And can you believe that these pseudo “mental health” a-holes *actually tout the idea that not resisting a bully, and that schools having a zero tolerance for any violence is a good idea?* (**Note:** We must be fair here and say that there are certainly some psychologists who do *not* believe or recommend the popular drivel. But they comprise a minority, it seems to us. In any case, they do not seem to be the ones that get their own radio and TV shows, or who write popular columns in magazines and online)

Without denying the evil of cyberbullying and other forms of verbal attack that assorted scum enjoy perpetrating, we wish to focus here and now on **physical bullying only**. Yes, *all* bullying is despicable and should bring down on the heads of those who do it the most severe and lasting punishments; but after all we *are* a close combat and self-defense teacher, and it is with physical bullying that we are most concerned.

Shame on any adults, whoever they may be, and whatever their status as parents or their “credentials” as “experts” may be, who advise the victims of bullying *not* to fight back. Since the practice of clinical psychology and psychiatry is quite lucrative, we suspect that we know one of the big reasons why psychologists and psychiatrists recommend “treatment” and “counseling” so often — both for the victims of bullying and for the bullies, themselves.

We offer a counterproposal. **Advocate strongly how *right* and how *moral*, and how *dignity-serving* it is to fight back and let any bully experience a savage beating.** Those who claim to be so damn “socially conscious” should endorse our view. After all, a bully that ends up on life support for three weeks, or who finds himself living in a wheelchair for the remainder of his high school days; or who finds himself on crutches, is unlikely to feel enthusiastic about re-offending. **And let this sink in: *A BULLY IS A VIOLENT OFFENDER.*** By bringing a swift end to his attempt to beat *you* by crippling him, you’ve done countless other potential victims a great service. Especially those countless others who simply cannot fight back and who would be injured and terrified by that bastard. To a grown man an eight year old who enjoys beating up other eight year olds is often almost a non-issue. He might even seem (to the *really* and *truly* stupid) like a somewhat admirable “he-man in the early stage of development”. Yes, there really are males who think this way. (We don’t consider them to be “men” by any stretch of the imagination. Just pathetic, retarded *males*).

To a physically underpar eight year old who has no desire to be violent another violent eight year old is a **dangerous, frightening menace**. Just like a non-violent male adult of 35 years of age finds a powerfully built, violent 35 year old troublemaker a **dangerous, frightening menace**. **BOTH THE CHILD WHO IS NONVIOLENT AND THE ADULT WHO IS NONVIOLENT NEED A SOLID EDUCATION IN PERSONAL DEFENSE. AND BOTH NEED THE CONFIDENCE THAT THEY CAN — IF THEY MUST, IN ORDER TO DEFEND THEMSELVES OR OTHER PEOPLE — OVERCOME THEIR TORMENTORS AND RENDER THESE LOOTS INJURED AND HELPLESS.** Oh, how what we say and what we advocate bothers people!

“Zero tolerance” for *violence* would better be reconsidered and amended to: ***Zero tolerance for bullying.*** At the school age level and beyond every bully should know full well that no matter what any intended victim of his may do in defense of himself will be applauded, and he — the bully — will have **ZERO RECOURSE**. No defender will ever be arrested for defending himself, no matter how badly he injures the bully, and there will be no entertaining of civil law suits against those who have been determined to have

acted in self-defense.

We'd also like to see it made a felony and a cause for loss of one's medical license, if a physician knowingly renders medical care to anyone who has been injured as a result of his attempt to physically violate another. (We won't hold our breath.)

In all seriousness, before the decline of Western Civilization — which began in the 1960's — no one needed “mental health professionals” to help determine how to handle the problem of bullying. It was self-evident, really (which is why so many victims of bullies gravitated to the martial arts! *They* knew what needed doing!). If you asked a man on the street back then “What do you think someone should do if a bully starts beating him up?” the man (assuming he had the intelligence that God gave a ten inch strip of dental floss) would likely say, with a surprised look on his face: “Why, fight back and not allow himself to be bullied, of course”. Yep.

Bullying is a violent crime. The right to self-defense exists even if many are too stupid, brainwashed, ignorant, or indifferent to understand that it exists. **And if someone bullies your child in grade school, we hope the lad will respond with some boxing and/or judo — the two studies we recommend for youngsters — and leave the little bastard bully lying on the spot where he began to initiate his attack against your child.** If your child gets kicked out of school, **great!** *Start home schooling him, it's a thousand times more productive and educational than subjecting him to the equivalent of prison life where he is not allowed to protect himself.*

If you have been bullied or are being bullied now and again, as an adult, *don't feel ashamed.* You are doing nothing wrong; the bully is the contemptible sh-t, but his deep-down rottenness and moral corruption will not permit him to understand what a pathetic heap of manure he really is. **LEARN TO FIGHT BACK! You have a right to self-defense and you owe it to yourself to exercise that right. Perhaps verbal crap doesn't bother you, and we agree that no violent reaction is appropriate to mere**

words. But if someone lays hands on you and proceeds to attempt to physically torment, abuse, and injure you, let the scumbag have the lesson of his worthless life! You can do it. You really can. You need to learn how, and you need the benefit of some effective mental conditioning for violent combat. But the mental, technical, and tactical ability to handle those examples of homo sapien filth who bully others **is yours if you'll pay the price of study, training, effort, and determination.** In fact this ought properly to be a part of your, and every decent person's education. (We are reminded here of the saying that our late friend and colleague John McSweeney often repeated. Origin unknown: "***First a warrior, or all else is folly.***") We believe that most of our visitors can grasp the meaning behind that saying. It's something that virtually every good and decent man throughout human history has accepted as axiomatic: I.e. *There's no point in being a good person, a successful person, a wealthy person, a happy person, a good friend, a loyal citizen, a loving husband or father, or . . . anything . . . if some violently inclined living scum can take away or destroy what you have, what you love, and perhaps even you, yourself, and you are helpless to defend against your victimization.*

Get angry about the phenomenon of bullying! That's where progress in defeating it begins. Then **prepare.** That's when **ability** begins to grow. Then start being seriously concerned about the victims of bullying and understand why whatever they do to their tormentors, and however badly they devastate them, they should be applauded.

Maybe we've helped some people here.

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!

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!

Important Facts About The Realities Of Mental Conditioning For Combat

WHILE disagreeing 100% with the late Jeff Cooper's theories regarding what he called the "new technique of the pistol", and forever upholding **point shooting** for close-in handgun engagements, we nevertheless have enormous respect (as we always have had) for Jeff Cooper's vast knowledge of small arms, history, and — what is the subject of this article — *mental conditioning for combat*. We largely agree with Cooper. In fact, our meeting and subsequently taking his course directly under him, resulted from our initial correspondence with him back in the early 1970's following our reading of his classic pamphlet, *Principles Of Personal Defense*. we felt then as we do now that **PPD** is a brilliant and extraordinarily important contribution to the true **literature** of the combat arts — with and without weapons.

In Cooper's justifiably notable "Wednesday afternoon lecture" he made (and from what we have heard *continued* to make until he retired and sold Gunsite) what we believe is a very incomplete statement regarding **WHY** good people so often fail to react appropriately when the need for a violent

self-defense reaction is called for. Citing a couple of examples of well-trained combat marksmen who simply “lost it” when, as Cooper was always fond of putting it “*The flag flew*”, Cooper would (oddly enough!) proclaim that in actual combat the shooting problem is usually “easy” (**right!**) and the critical thing is the defender’s/shooter’s **mental condition**. In his later lectures he would state plainly that the more than 50 individuals who were trained either by him or by associates of his *and who successfully used their training to save their lives*, all — **ALL** — reported to Cooper that their success was attributable *not to their marksmanship ability*, **BUT TO THE MINDSET THEY HAD BEEN TAUGHT ON WEDNESDAY AFTERNOON!**

We teach all modern hand-held weapons **and** of course unarmed combat and unarmed self-defense. We firmly believe that while the techniques of personal combat are crucial, **mental conditioning — proper MINDSET — is 90% of readiness for combat and self-defense, armed or unarmed.**

Our study of mindset began long before we met Jeff Cooper. It was the appreciation for the value and significance of mental conditioning that led us to appreciate his **PPD**, and to contact him.

Here is one of our points of difference with Cooper’s mindset presentations:

Jeff Cooper attributed the reluctance of those who fail to react suitably and to use their training when the need arises (with or without weapons) to a reluctance to take human life or to grievously injure another person. **In some instances this may be correct; but *certainly* not in all. and we can say this with absolute certainty because we know that *we*, for one, are not blocked off by any degree of reluctance to maim or to kill when absolutely necessary in lawful self-defense. Neither are many others who we have met during our 50-plus years of teaching.**

We believe that the following more fully account for that which inhibits people, when in fact they are inhibited, from taking decisive action and ruthlessly neutralizing their attacker(s):

1. As Jeff Cooper taught, a reluctance to kill or maim another human being.
2. Fear of being injured or killed oneself, *if one resists*. This, we suspect, is very common.
3. Fear of being humiliated if one resists, and failing to successfully thwart the aggressor. We spoke candidly with several people over the years, and they explained that this is why they didn't take action — even though they had been trained in one or another “martial art”. These people were males.
4. Fear of legal consequences. certainly understandable, but absolutely unreasonable when one believes that he is facing the prospect of serious injury or death if he doesn't act *immediately*.
5. Fear of making the situation worse. Unfortunately, this occurs when some scumbag initiates his attack with relatively *mild* actions and the defender, realizing that he could easily handle the lout, assumes that if he shrugs off the incident, the unpleasant matter will go away. **But it could turn lethal!**
6. Fear that one's techniques might not be effective; self-doubt even though trained.

Personally, our greatest fear (which we're reasonably certain we have dealt with successfully) was that of **legal consequences**. While we would under no conditions whatever raise a hand or a weapon against anyone unless we felt genuinely endangered by their onslaught — or if we knew that a loved one was so endangered — we have little confidence in the legal system, per se. We are familiar with too many instances of wholly righteous individuals acting in unavoidable self-defense and nevertheless being hung out to dry. The truth is, and we are not saying that justice is *never* served in the courts, that whether or not justice prevails depends more or less upon little more significant than a kind of crap shoot. (Just look at the terrifying injustice that permitted Bernhard Goetz to be convicted of a crime, and then be imprisoned).

Entirely aside from being an emotional nightmare and resulting in a jail or

prison sentence (it *does* happen to innocent people) there is the financial cost of a good trial lawyer! **The strategy to take — which is our own — is to conduct yourself NOT so you win your case in court; but rather so that you are UNINDICTABLE.** That is: Discipline yourself and decide firmly ahead of time that you will *only* use force when you literally have no other reasonable choice. Responding police will submit an incident report to the DA's Office that causes the assistant DA attorney reading it to conclude: "This is clearly self-defense; a justifiable use of force." (See the article in our site www.seattlecombatives.com on *Guidelines For The Armed Citizen*, which we wrote primarily but not exclusively for those legally entitled to carry firearms. Posted 1 April, 2012. Scroll back some pages in the Articles section of the web site and go to "past entries".) **We must emphasize that we are not a lawyer, and that the advice and counsel we provide is of a purely personal nature. If you wish to obtain reliable legal advice, consult a licensed attorney.**

All of those possible reasons can and should be addressed in any general presentation on mental conditioning for combat, and ***each individual would better — through rigorous self-examination and soul-searching — frankly acknowledge where he believes his potential block(s) may be.***

Our self-hypnosis programs have literally revamped and vitalized the mental readiness for combat and self-defense for many. You might wish to consider them.

For teachers of self-defense it is critical that this subject be wrung out thoroughly.

One other obvious faux pas on Cooper's part in regard to mental conditioning and readiness training occurs in his **PPD** booklet. He correctly observes that many avid shooters (we'd add: *and many avid students of competitive weaponless martial sports*) ***train much harder in order to win sporting matches and contests than most police officers train, when for the police, their training is a matter of life and death.***

Very true.

The non sequitor that Cooper uses here is to conclude that therefore men will train harder to win championships and to prevail in sporting contests than they will train to save their lives. **Nonsense.**

When any individual *fully understands that his weapons or his unarmed training IS INDEED CRITICAL AND THAT DEATH MAY COME TO HIM OR THOSE HE LOVES IF HE FAILS TO MASTER THE SKILLS, you'd better believe he takes his training seriously, and that he devotes the necessary time and energy to acquiring his combat abilities. But he's got to believe that.* He's got to "feel it in his gut".

It is the lack of appreciating the full and true nature of the violent threat that accounts for a person devoting more time to *fun* pursuits than to *life or death training*.

Okay . . . we believe we've provided some fuel for the enhancement of your mental conditioning. Please, don't let this important matter go unattended.

LEARN AUTHENTIC CLOSE COMBAT SHOOTING

Here is your opportunity to learn the close combat shooting method that is taught in the American Combato System! Not competition shooting disguised as "combat shooting", but the **REAL DEAL**; combat shooting that has been developed as a direct result of combat experience, and that has been validated and proven in **war**.

PROF. MARK BRYANS WILL BE TEACHING THIS COURSE IN
PRESCOTT, ARIZONA.

The course will be given over an intensive 3-day period and will include:

- **The war-proven point shooting method developed by William E. Fairbairn in Shanghai, and perfected *through combat application* in Shanghai, and later on all over the world during WWII by over 10,000 fighting men**

- trained by Fairbairn, Applegate, and Sykes
- **Use-of-the-sights shooting when distance, time, and light permit — *all part of the Fairbairn and American Combato shooting method***
 - ***Unarmed* combatives — incorporated with handgun techniques — so often needed in real world engagements (This integration of handgun *and* unarmed methods parallels the type of wartime training that military and intelligence personnel received. *Sometimes you need more than a gun!*)**

COURSE SCHEDULED FOR SEPTEMBER 21, 22, and 23, 2017.

Cost for the three-day Course is \$999.

Call Prof. Mark Bryans for more particulars, and if you wish to secure a spot in this excellent forthcoming Program.

928-308-2285

A Very Important Fact About Knife Defense

THE knife is the deadliest and most versatile and effective weapon in hand-to-hand combat. On occasion the handgun *might* be useful in hand-to-hand, and the stick is certainly a fine weapon, but the sharp blade is the all round best weapon in hand-to-hand, **period**.

More utter nonsense is taught in the martial arts regarding knife defense than perhaps any other area of personal combat, save handgun and shoulder weapon counters, which are so stupid (in general) we're tempted to say "If you honestly think that will work, you'll deserve it when it fails!" But we won't say that.

It is essential that every student of close combat and self-defense understand

one very chilling fact about knife defense: **KNIFE DEFENSE IS POSSIBLE ONLY WHEN THE DEFENDER SEES THE ATTACK COMING!** Otherwise, the only thing that will save the individual who is attacked by a knife wielding adversary is good luck or the attacker's ineptitude. when a violent offender who is determined to kill his intended victim attacks with a knife he does so by surprise, and he does not hesitate a moment to viciously and repeatedly stab into his victim's vulnerable target areas (abdominal area, throat, neck, eye, kidney, heart). Surviving such an onslaught is **possible**, but very improbable.

We hope we've rattled you a bit.

Now let's get real. What *can* give you a chance for survival against an attacker who is armed with a knife and determined to kill you? Only one thing: **A L E R T N E S S!** If you are tactically oriented, then paying close attention to who and to what is around and near you will warn you of any suspicious stranger's "interest" in you. *Keep your back guarded to whatever extent is possible at all times.* (This in fact is a general rule for unarmed defense, as well.). **Appreciate** how dangerous a knife is; stop accepting the trashy crap that is handed out as "self-defense against a knife". You are not going to apply a wristlock and throw against an actual attacker. Or an armlock. Nor are you going to knock the knife out of the attacker's hand. And as far as taking the attacker's knife away and using it in *him*, well, just let's say this is something Hollywood might like to depict, but no one with any real sense is going to expect to be able to do this. **Do not assume that any attacker is "bluffing" or merely using the knife in his hand as a prop to intimidate you and scare you.** If you guess wrong you're a goner!

When a knife is used in order to effect cooperation by some scumbag who intends robbery or kidnapping, your chances of defense are good, **but only if you know the right techniques and regard the bastard as being perfectly willing to kill you.** His delay here, and his giving you the opportunity to appreciate the threat and to know where the knife is, make using lethal force successfully against him very possible — **and this is exactly what you will need to do!** Dismiss all thoughts of going up against

any deadly weapon by subduing the aggressor. **You will only be risking your life and helping the attacker to kill you!**

We repeat: *outright, surprise knife attacks by experienced, determined killers cannot be defended against, since they will always come at you without warning of any kind. Remain ever-vigilant (Condition Yellow) and ever-aware of anyone even mildly suspicious in your vicinity*

(Condition Orange). The finest and most workable knife defenses still require that YOU BE AWARE THAT THE ATTACKER IS COMING AT YOU.

We teach the best counters to knife attack (as well as to firearm threats and club or broken bottle onslaughts, etc.), but these are not magic. They work; but the lethal danger than any armed assailant — especially a knife wielder — poses *must be appreciated and never glossed over cavalierly.*

Got the message?

P.S. We hope that you are observing a critical thing here: Namely that the knife is one helluva weapon!

So, find out the legalities of carrying a knife in the area where you live. It is very unlikely that anything more than a lockblade folding knife with no more than a four inch blade would constitute the largest and most formidable knife that you could legally carry. Okay . . . always obey the law. You are far better off with a lockblade folder than with *nothing*. And if you learn good basic knifework, you will have an advantage in a dangerous situation. And then, do not forget about the utility knife! We cannot say with certainty but it would seem logical that a utility knife (box cutter) would probably be legal everywhere. But check. **Never violate the law.**

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STRIKE FIRST!

THIS is not encouragement to “attack people”. What we are advocating is focusing on the **preemptive strike**; i.e. *going into offensive action the very moment you realize that you are in danger*. Waiting to be defensive is one of the great flaws in most of the classical martial arts. **Do not follow this strategy.**

It is true of course that *if you are taken by surprise and attacked from behind, or simply struck suddenly or seized without warning* (no this **should not happen**; but it *might*) then it may well be necessary to begin your counterattack with an action that breaks a grip, deflects a blow, etc. — but **ATTACK** is the key, and *every single instance of undertaking self-defensive action should see the defender becoming the attacker!*

Ideally, the defender should become the attacker so quickly and decisively that the aggressor’s intended action either fails to connect, or fails to be at all effective when it does connect.

Certain actions lend themselves perfectly to a *first strike* application. Consider the following:

- Straight fingertips thrust to the eyes or throat
- Half-fist thrust to the throat
- Front kick to the testicles
- Side kick to the knee
- Straight heelpalm to the face / or Tiger’s claw to the face
- Chinjab smash

- You can come up with a few other pet blows, we're sure

Remember, a sudden step to the opponent's *side* following an eye stab, kick, etc. will catch him completely off guard and place you in a perfect position to deliver a side kick to the outside of his knee.

Always make use of *anything* at hand to either strike your first blow *or* to followup. This is no sport, and you want to cultivate the foulest, dirtiest, most unscrupulous and vicious tactics imaginable. **Save your life, or the life of a loved one.** Nothing else matters when an emergency strikes. Rules, fairness, decency. **Forget it.** The attacker had, by attacking you, indicated that he is a scumbag and an out-of-control wild animal. If you, like us, are an animal lover, you doubtless would nevertheless kill a rabid dog who was attacking you or your child, etc. We have never hunted and hunting has no appeal to us. But we certainly would hunt if our survival depended upon it — either for defense or for sustenance. Similarly, neither we nor (we hope!) you would ever wish to harm another human being. However, a violent offender is quite another matter. We feel that it is absurd to care at all about anyone who places you or those you love in danger. **Literally: NEUTRALIZE HIM HOWEVER YOU CAN.**

Strike first whenever anyone places you in imminent danger. Put everything you've got into that strike, and growl like a wild animal. Then **follow up until your attacker is incapable of harming you.**

No rules in an emergency. No concern for your opponent or how he may suffer from your actions. **No mercy!**

If this sounds savage and fierce that is because it **is**. There is no “nice way” to defend yourself against a dangerous, determined attacker. *Do what needs doing!* **And do it before your attacker damages you.**

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Valuable Insight From Dermot (“Pat”)

O’Neill

HE had learned the rough stuff from W.E. Fairbairn when serving as a detective with the Shanghai Municipal Police, and *he was the highest ranked Caucasian judo expert in the world, at that time.* While Fairbairn held a

black belt second degree, O'Neill was a fifth degree. When WWII broke out Fairbairn recommended O'Neill for service with the American forces as a hand-to-hand combat instructor. O'Neill rose ultimately to sixth degree black belt in his lifetime, but he is most well known for his development of that which became known as *The O'Neill System* which he developed and taught to the combined Canadian and American *First Special Service Force*. Known as "Supercommandos" and "The Devil's Brigade", and the "Black Devils", the FSSF was one of the toughest outfits that fought on the allied side during WWII. They were also one of the best trained in close combat and unarmed killing.

O'Neill was perhaps the most reclusive of the WWII teachers. Charles Nelson learned the O'Neill System from a marine colleague, and it was from Charlie that *we* learned the System. As one who knows the history might suspect, there were some similarities between O'Neill's Method and Fairbairn's. Honestly, we prefer Fairbairn's Method. Still, O'Neill's System did offer some excellent material, and we feel that including the strong points of the O'Neill System in any program of modern close combat and self-defense is essential.

What did O'Neill teach that we believe offers valuable instruction for students today?

- An adaptation of the "roundhouse" kick which O'Neill dubbed the **pivot kick**.
- An emphasis upon fingertips thrusting to the eyes. And either preceding or following that attack with a kick to the groin or the knee. (Interestingly reminiscent of one of Bruce Lee's favorite actions).
- Elbow striking. A smart, fast and simple frontal jab with the elbow that catches an advancing opponent squarely in the face. Also a forward-then-back elbow across the opponent's face, close-in.
- An excellent method of using both arms and body movement to crash into a sudden close-in aggressor, followed up by knee attacks. (The so-called "O'Neill Cover").

- A most effective and all but unheard of until O’Neill introduced it “head twist takedown” throw. The 1971 edition of the army’s FM 21-150 Combatives describes this throw. We have been using it in American Combato for decades. (This is actually an old ju-jutsu throw, taught exclusively to high-ranking judoka at the Kodokan).
- Parrying as opposed to blocking incoming thrusts with a bayoneted rifle or a knife.



THE ABOVE PHOTO WAS PREPARED FOR A U.S. AIR FORCE MANUAL ON THE O’NEILL SYSTEM, FOLLOWING WWII. O’NEILL STRESSED PARRYING WHICH IS AN EXCELLENT METHOD FOR DEALING WITH VIRTUALLY ANY KIND OF THRUST.

- Use of the unique combat stiletto issued to the FSSF troops.
- **THAT GOING TO THE GROUND AND GROUND GRAPPLING IS ABSOLUTELY ABSURD IN SERIOUS HAND-TO-HAND COMBAT.** (Like ourself, O’Neill did teach a few reactions *from* the ground, to be used to protect against a standing aggressor’s attack. But, as one of the greatest judo ground grapplers in the world at the time, O’Neill — like Fairbairn, Sykes, Applegate, and others — O’Neill was concerned with REALITY. He was not trying to train the men of the FSSF to win matches, but to survive and prevail in *actual*

hand-to-hand combat. O'Neill knew very well that ground grappling was for sporting contests, not lethal wartime hand-to-hand engagements, or self-defense.

The modern student of personal combat would do well to consider some of O'Neill's doctrine. **His stuff, like the doctrine taught by that precious few other WWII era masters worked in WAR.** For the reasonable and sane, no further validation need be presented.

The late Dermot O'Neill must be respected for the incredible ability that he had in Kodokan Judo (i.e. he was the highest ranked Caucasian black belt **in the world**, at the time), for the fact that he had also trained under William Fairbairn and had learned *Defendu*, **and** he created a practical wartime System for one of the toughest Allied fighting units of the second world war; a system that *proved itself in military hand-to-hand combat*. His wartime methodology offers some important insights for the combat student today; insights that can guide and enhance realistic training for actual close combat.

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We Hope That You Do Not Believe These Myths

SIMPLY because of tradition, or possibly because of commercial objectives, there persist certain false beliefs about self-defense and the Asian martial arts that students concerned about self-defense would better abandon. It may be "nice" to feel that these notions are true . . . but there is too much at stake when engaging in close combat for **real** to allow yourself to be guided by nonsense.

Ground yourself in *reality*, and you will be prepared to deal with whatever comes to you in the real world!

The following are **myths**, pure and simple. The sooner you dismiss them as

such, the better:

“Masters of the Asian martial arts are dangerous and deadly regardless of how old they may be. In fact, in their late 70’s and 80’s and beyond they are more dangerous than they were decades earlier.”

The truth is that older individuals who’ve spent many years of their lives dedicated to hard training in a combat art (or sport) can usually defend themselves very well in many situations. Charlie Nelson did it. Jack Dempsey did it. John McSweeney did it, and we have no doubt that there are Asian masters of *their* particular arts who have done it, too. **However**, that does not change the fact that whether you are a master of an Asian or of a Western combat system, and whether or not that system is a sporting or combat system, *age takes its toll* and it is absurd to believe that someone at 80 is *better(!)* than he was at 25 or 30! Come on. **Real world, people . . . real world**. We will say this: young or old, as far as being able to **defend yourself against real attacks** is concerned, you are *far better off* if you draw upon decades of **combat** versus **competition** experience in an emergency.

“Size and strength are really not all that important in hand-to-hand combat. An expert need not concern himself any more over an adversary who is twice as strong as he is and 50 pounds heavier, than an adversary who is smaller and weaker.”

Here you have the mythology of wishful thinking advanced as some kind of inside information. Utter hogwash.

What *is* true is that size and strength are not always or necessarily the deciding factors in close combat; but to dismiss them as unimportant is just plain stupid. No one familiar with the phenomenon of real violence will deny the advantage that size and strength can provide. All other factors being equal the stronger/larger man will win every time. Fortunately, “all other factors” are almost *never* equal, and a highly skilled combat-trained person who employs good tactics can *often* defeat someone whose only asset is greater size and strength.

But don’t get carried away here.

“Weight training slows you down and does not provide the suppleness and speed that you need. Use stretching and other proven martial arts

calisthenics to develop your body for close combat.”

This is pure crap. There is no other P.T. program that can develop *not only* great strength, but suppleness, speed, flexibility, and solid internal health as well as weight training can.

You want to be as strong as possible. You also want the all-round hardiness and condition that proper training with weights inevitably provides.

Use weights!

“The true martial artist needs only those ‘weapons’ given him be nature. Guns and knives are dangerous and deadly, and should not be carried by private citizens.”

What nonsense! **Of course guns and knives are dangerous! Of what possible value would they be for personal defense if they were not?**

The intelligent student of *modern* combat arts integrates personal, hand-held weapons — **modern** personal, hand-held weapons — with unarmed combat for an *all round* and balanced self and family defense capability.

Some classical martial artists do train with weapons, but the weapons are archaic and antiquated. **Nothing wrong with this purely for art’s sake, but for 21st century self-defense — c’mon folks!**

For modern, well-balanced and all-round self-defense ability, the student needs **unarmed offense and defense, edged weapons expertise, stick fighting ability, and mastery of unconventional “weapons-at-hand”.**

And handguns at the appropriate level, need also be taught.

We have been teaching this way (precisely as Fairbairn, Sykes, Applegate, O’Neill, Carlin, Biddle, and a select number of other professionals) have always taught. *You need modern weapons.*

“Hand conditioning is foolish, unnecessary, and can be detrimental. Avoid conditioning.”

There is a small element of truth here, but we will insist that *some* hand conditioning (or, as we put it, “natural weapons conditioning”) is vital.

Stay away from the classical sheaved straw makiwara. Do not strike into bricks, and **do not** strive to cause heavy calcification in the foreknuckles, as many over enthusiastic karate students are inclined to do.

But you definitely need practice **hitting things**. Striking posts padded with rubber are excellent. Heavy bags are good. Dummies are good. And —

strictly for conditioning the side-edge and heel of the hands — striking into a solid steel bar repeatedly is valuable. *Never strike with the normal fist against uncovered and unpadded posts, trees, walls, or steel.*

Close combat actions cannot safely be practiced to full conclusion against practice partners. As was the case in the **real** warrior-era *ju-jutsu*, training must never allow blows and grips to “connect”; and *never is any freestyle type of practice or competition feasible when using worthwhile combat skills*. So . . . you must get your actual hitting practice in on insentient training aids. This is not so much to “heavily condition” the natural weapons (*that*, we agree, is not necessary; although some lifetime devotees might enjoy doing it); rather it is to provide all-out, full power striking experience. This builds confidence and enormous formidability in the natural weapons.

“All fights eventually go to the ground, so ground grappling is essential in close combat training.”

Absolute nonsense!

We all know where *this* particular piece of bullshit came from; and it is no tribute to the IQ levels of so many “martial artists” that they have ***actually allowed themselves to believe this sh-t and to be duped by a lot of commercially motivated nonsense!***

Here are the facts:

- *Sporting contests in which grappling plays a major role* certainly do go the ground inevitably. These are judo, wrestling, UFC, and MMA contests.

- Ground work must *never* be a focal point of close combat training. and the experts who first conveyed this message to us all were **highly accomplished experts in ground work!** Pat O’Neill, hand-to-hand trainer for the First Special Service Force ***threw out*** all grappling/ground work (which was his personal forte in judo, and which had enabled him to rise to 5th and later 6th degree black belt at the Kodokan) when he organized the combat course for soldiers during WWII. Fairbairn had also an excellent background in groundwork, and he dismissed it all as unsuitable for **actual combat**. Even Wesley Brown and Joe Begala — both **wrestlers** — emphasized a preponderance of **blows** when they developed the WWII hand-to-hand combat program for Naval Aviators. (It is worth noting that the Brown/Begala

course — although quite good — was nowhere near as effective or practical as the Farbairn and Sykes, the O’Neill, the Biddle, and the Applegate courses of WWII, partly ***because Brown and Begala placed emphasis on way too many wrestling-type maneuvers***, although even they did not advocate a great deal of groundwork per se as some critical component of real combat).

- When a situation does “go to the ground” in real hand-to-hand it is almost without exception inadvertent. What the combatant must do in such a situation is use the kind of **combat** actions that we teach in *American Combato*; and ***never*** attempt a wrestling/judo type solution to the problem.
- The critical thing for the hand-to-hand combat man to learn is **how to defend himself and regain his standing position if he is ever knocked to the ground**. This entails movements against a *standing* attacker who will try to stomp him and kick him to death.
- One of the most dangerous things that so many students of the popular fad fighting forms taught today is that they not merely *emphasize* ground fighting, ***but they actually teach students to use bringing their opponent to the ground as their key strategy!*** This contradicts what virtually any and every legitimate close combat and hand-to-hand authority has *ever* stressed, and it flies in the face of reality and common sense.

Perhaps in the future we will discuss other myths, but we just wanted to address these few for now. Emails we have received tend to show that some trainees out there are a bit confused about these “ideas”.

Have All Of The Really Good Books

Been Written?

THE *literature* that arises in any field of endeavor — from surgery to gardening, from cooking to auto mechanics to rocketry — has always been a critical source of information, clarification, and instruction for serious students and teachers in those fields. Together with formal training, study, practice, and serious drill, *the literature of the combat arts* is absolutely vital for the professional and the serious student who aspires to expert-level mastery. One lying sack of malcontented, dishonest sh—t wrote that *our* instruction has come “from books”. The implication in this rodent’s statement is that we have not actually “trained” in anything! Well, obviously, we *have* trained in quite a variety of systems, methods, and programs, ranging from classical/traditional to short-term to some of the finest possible personal tuition from truly great combat masters like the late Col. Rex Applegate and Charlie Nelson. **But make no mistake about it, since the age of about nine we have also been an avid collector of any publications that we could find that promised instruction in self-defense.** As time went by we naturally disregarded *most* of the publications that we had amassed as being essentially of no real value. That still left us with a considerable collection of **excellent** books, manuals, and pamphlets, which we *wish to stress were an immense help to us when combined with the “live” teaching that we received. And in some cases we found some of the “live” instruction to pale in comparison to that which we found in works authored by Applegate, Martone, Fairbairn, Styers, Carlin, Grover, Tegnér, etc.*

We observe that just about all of the books appearing today that purport to be teaching self-defense are either pushing the current fad (i.e. BJJ/MMA/UFC) which advocates **sport**, *or* they are simply copying skills, tactics, actions, attitudes, and techniques that have been better and more authentically described by the authors of older, often no-longer-in-print volumes.

Our personal advice is: look primarily for publications authored **prior to 1965**. If they are written by those who we cited above*, grab ‘em. Original copies will be costly, and even reprints of some of those old classics are expensive; but this is all because of their great value. One good book (such as, for instance, *Handbook of Personal Defense*, by John Martone) is in our

opinion worth a copy of every single book that has been written on BJJ, by *anyone, as far as real world, practical self-defense and military close combat is concerned*. Whatever else you may be studying at whatever school of martial arts you may be attending, *if your purpose is self-defense then the old classics are worth more than their weight in gold.*

Studying those old classics *while training in American Combato* can be a most rewarding and educational experience.

*Bruce Tegnér's books on **self-defense** are excellent. We'd *not* especially recommend his books on ju-jutsu (classical), aikido, kung fu & T'ai Ch'i, **sport** karate, or judo, or sport savate. But his works on practical self-defense are excellent, and at the time they were written, were way ahead of the mainstream martial arts. It is sad that Bruce Tegnér is no longer with us.

As we receive numerous requests to quote items and passages that appear here in *SWORD & PEN* and on our other web 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**:

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