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Sword and Pen
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September 2018 Edition

Editorial

What Made (And Makes) The WWII

Systems of Close Combat So Excellent?

CORRESPONDENTS who are new to the study of self-defense and close combat have asked us to please discuss why the WWII methods of close combat are so important, respected, and so *effective*, even today. In some instances one or another more classically-oriented teacher has suggested that the methods of the war years were not at all so effective as believed, and that six months in a classical art would provide much more real combat readiness than the wartime systems provided their students.

Honestly, whoever so advises anyone of such untrue nonsense should check out the *facts*. The top WWII systems (i.e. The Fairbairn/Sykes, The Applegate, The O'Neill, The Biddle, and the USMC Raider Program) were *all* collosally excellent, and in fact respresented a huge step ahead in martial art development. The classical systems are fine, and there is a good deal in them that we can use today . . . but an in-shape, highly motivated individual who works at the WWII methodology that we have just alluded to for four or five *months*, will almost certainly be better prepared to defend himself in the real world than would the statistically average first degree black belt in *karate*, *judo*, *ju-jutsu*, or “*kung fu*”. **Really!?** Yes, friend, *really*.

We certainly do not say this as a slam on classical/traditional martial arts. They offer tremendous benefits and great enjoyment for those who are intersted in the formalistic, “Asian-way-of-life” approach to the esthetically satisfying tradition-rooted art forms. But as far as practical, real world self-defense and military close combat is concerned, the WWII systems beat everything else out — hands down.

It was our interest exclusively in self-defense that caused us, after devotion to classical methods, to abandon most of what they taught, and gravitate to the WWII approach. Simply put we had two objectives in immersing ourself in the WWII methods:

- A) We wanted the best and most reliable lifetime system of self-defense that could be had for ourself — with and without weapons.
- B) We wished to formulate an American all-in combat martial art that offered a fully extensive and intensive curriculum *the entirety of which* was based upon and rooted in the principles and core teachings of the WWII systems. (“**B**” led to the founding of *American Combato (Jen•Do•Tao)* in 1975. Our Systems builds upon and expands upon the solid gold that the WWII teachers provided.)

In WWII the wartime emergency dictated that much good material from ju-jutsu, karate, etc. had to be ommitted, since time limitations on training necessitated that only the core fundamentals could be imparted. The longest close combat curriculum was probably that of the First

Special Service Force, administered by Dermot “Pat” O’Neill — the highest ranking Caucasian judo expert *in the world* at the time. The Course devised for the First Special Service Force consisted of about 35 to 40 hours of instruction. This “O’Neill System” was drastically reduced in length following WWII, as O’Neill knew that men could be trained quite adequately *if* they were not encumbered by elaborate histrionics, and simply taught what might be referred to as the “nitty gritty” os hand-to-hand mayhem!

Today, the modern *American Combato System* provides a no-nonsense, all-practical, all-usable, serious Martial Art that can be profitably studied for a lifetime by those who are so-inclined. And for those seeking merely “the basics of self-defense” we can provide abbreviated courses that will prepare them as the commandos, raiders, rangers, and agents of our OSS and Engkand’s SOE were prepared. *We and our System is in effect a transmission belt that brings the cream of the WWII era to the modern student, and offers him a chance to learn a complete, modern martial art that is rooted in what the WWII methods offer.*

Now, to answer the question posed by the title of this month’s editorial, here are the reasons — all **rock solid** and all as valid in 2018 as they were in 1942 — *why* the WWII methods were, and **are**, so excellent:

1. The students of these methods were all in excellent physical condition.
2. The motivation and determination to go to war was outstanding among the students’ (soldiers, marines, secret agents, and commandos)
3. The gravity of what these individuals would inevitably encounter when they were sent overseas was made crystal clear to them.
4. The techniques taught were very simple and basic; they were easily learned, highly retainable, broadly adaptable, and obviously destructive and reliable.

5. There were not a great many techniques for these individuals to learn. The techniques were cherry-picked so that only the best of the most practicable were introduced in the training.
6. There was no commercial interest at all in what was taught. Only one over-riding concern was on the instructors' minds: "If it works, we use it." Methods were eclectic.
7. There was nothing but realism, honesty, and straightforward, realistic instruction. No "mysteries", no "secrets", no bullshit!
8. The teachers had been and done. They *knew* the difference between reality and fantasy . . . between competition and combat.

It should not take an intelligent individual very long to see how and why all of that which made those systems so terrific in the 1940's, makes our modern System (which incorporates and expands upon all that the WWII methods gave us) **THE WAY TO GO** for reliable, modern, effective, anything-goes personal defense and military close combat.

Bradley J. Steiner

DVD Course Now Available!

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**AMERICAN COMBATO
JEN-DO-TAO™**



**"The Way of Combat"
Academy of Self Defense
DVD # 1 Fundamentals
and Introduction**

"ATTACK THE ATTACKER!" - Bradley J. Steiner - 1972
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This DVD Sold to Adults Only! Viewers Must be 21 Years Old.

AMERICAN COMBATO DVD #1

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AMERICAN COMBATO DVD #7

AMERICAN COMBATO DVD #8

AMERICAN COMBATO DVD # 10

AMERICAN COMBATO DVD # 11

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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:

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You will want to study these DVDs again and again, as they are rich in content and packed with solid, reliable information and instruction!

Is Light Training A Waste Of Time?

THAT hard work and lots of it is necessary to achieve optimum physical fitness, strength, and hardihood, and that persistent hard work is also necessary to acquire and maintain a serious level of close combat skill we *hope* is understood by all. There certainly are no “hidden”, “secret” or “little known” methods of getting and staying in great shape, and of staying combat ready. Follow good training methods, work hard and long at them, and be disciplined.

But is maximum exertion — i.e. your hardest, all-out training efforts — always or necessarily required *at all times* in order to reap full benefits from your training? If you train light with the weights for periods of time, and if you cut your engines and train at 40%-50% capacity now and again, are you simply fooling yourself and getting nothing worthwhile done, at all?

The truth is that **no one** can or should even try to train at full bore *all of the time*. Anyone who makes the effort, sooner or later, is going to hit a point where physical and mental staleness brings him to an inevitable **halt**. His body and mind are going to rebel — go “on strike” as it were — and bog down, in need of rest, change, and recuperation.

Far from being a waste of time, light training (with weights and with combat skills) is smart from time to time, and all-out workouts and practice sessions ought to be interspersed with mild, light training. *Light training used properly is extremely helpful!* If you think that only weight training sessions that end with your tongue hanging out and you being

barely able to crawl to the shower are *always* the order of the day, you're nuts. Don't be too shocked if you find that you can only force two or three weeks of such training out of yourself, before you need a couple of weeks' rest!

Yes, definitely, you certainly should train hard when energy and strength permit. *One* limit day of weight training a week is plenty. Many will find one all-out *maximum effort day* every two weeks to be quite sufficient. Moderate and very light, *mild* days of weight training are extremely beneficial so long as hard training is employed at spaced intervals. And combatives training should also be severe . . . *when energy and strength permit*. Kids and teenagers aside, if we look at active, busy adults who have fulltime work and/or school schedules to follow, **two** maximum effort, all-out, do-or-die practice sessions per week is *plenty*. One might be enough, depending upon individual energy levels. Again, milder practice sessions (not relaxed and with *no* effort, but let's say 30-40% below your maximum effort) should normally be the *typical* practice session. And, every now and again, when energy is really low, a practice session at below **half** your normal effort-output will be smart.

The idea in physical training and combat skills is to train **consistently** and **persistently**. Training brutally hard, going stale, laying off for a long period, and then repeating the process will ***not*** produce results approaching what a more measured, balanced, sensible program will produce in the long run. Training all of the time is the ideal . . . training so that the physical workouts and practice sessions are integral to your daily routine . . . this is training for life, and for a **lifetime**.

Physically, light workouts increase blood flow and keep muscles supple and active without exhausting them. Light exercise speeds removal of lactic acid buildup in the muscles. It is also *tremendously* beneficial for your overall health. Your internal organs, your heart, your lungs, *all of you* benefits from the regularity of exercise, as well as from the intensity of exercise (when your body is ready for it). *Exercise does not have to be gruelling to be healthful and life-enhancing.*

Light training is also good for your discipline. It keeps you “in the harness” so to speak, at times when all-out effort would not be wise.

Practicing combat skills is beneficial even in slow motion, occasionally. **Visualize** when you train lightly . . . don't worry, in a crisis you will not need to be reminded to go full steam ahead! Practice full force and full speed **when your energy and strength permit**. But do not forego a practice session because you don't feel that you can drive yourself to your limit. Practice at a reduced level of effort-output after you put one or two really hard, intense, all-out sessions of drill in. You *will* benefit. The movements you train in and your visualization will “remind” your body of what it needs to do, and will keep your hand in the groove, so that your skills become more and more natural and automatic.

Sensible, regular, **lifetime** training and physical excellence should be your goal. By recognizing the need to balance your effort-outputs and by adjusting your training and practice so that it is manageable and enjoyable, achieving that goal becomes quite possible.

Note: We remind everyone that you must *not train at all* when you are ill. That's the time to relax and to allow your built up strength and condition to assist you in getting well. We all must be away from training *occasionally*. The trick is to minimize the time that you are away, and whenever possible, train in accordance with what suits you and will most benefit you at the time, whenever you do train.

Just Plain Meanness

WE get into some very interesting conversations with correspondents from time to time, as well as with our personal students. Often, these discussions either reveal or accentuate some very important point; a point that may not be dramatic or glamorous or spectacular regarding

what enables an individual to prevail in a dangerous encounter, but that is truly significant, and that can provide those training in self-defense with a valuable tip or hint regarding what they will want to cultivate for victory if ever they must confront unavoidable physical violence.

Back during our school years (elementary school, in fact . . . and right on up through high school) we had a friend who was definitely a genuine “tough guy”. **Not** a bully, and **not** a troublemaker; just a *really* tough kid. We’ll call him “Joey” here.

Joey and I became friends largely because, for some odd reason, we simply found that we liked each other. Joey got into lots of fights. Not because he looked for or encouraged them. He got into fights because he didn’t know the meaning of “backing down” or “avoidance”. Like we said, Joey was no bully or troublemaker, but if a bully or troublemaker (and plenty of those little bastards in elementary school are, whether anyone cares to admit it or not, bullies and troublemakers) wanted to pick on Joey, he had a surprise coming! Joey not only refused to be pushed around — he reacted to even a hint of violation with overwhelming violence. Long before we ever got into *taekwon-do*, we observed our friend Joey use a pretty good version of the front kick — right into the gonads of whoever wanted to humiliate or injure him. **BRAVO!** We felt Joey was terrific. We just couldn’t bring ourself to react so aggressively when the possibility of avoiding the whole incident presented itself (damn, we were not yet ten years old when this all began!). Yet, later on, as we entered adulthood, we saw the wisdom of Joey’s attitude. Perhaps not against a simple jerkoff who you have to contend with — and whom you know to be merely a pest, and who poses no danger — but when attacked. **Joey’s reaction was right on the money!** And we found this to be true even though it contradicted some of the bullshit that we were hammered with in *judo* and in *ju-jitsu* training. Joey had the “*American Combato attitude of self-defense*” long before our System came into existence!

And we recall, when we were in high school, receiving an excellent lesson in real world self-defense from Joey. At the time we were

attending ju-jitsu classes four times a week. Joey and I bumped into each other one afternoon following my previous evening's ju-jitsu training, during which our teacher had explained how pinching the trapezius muscle could make a person submit to whatever comealong hold you wished to place him in. *That damn pinch sure worked on us!*

“You still doing that judo?” Joey asked. “**Ju-jitsu**,” we corrected. “So what did you learn?” Joey asked.

“Last night we went over pain compliance, and how to make someone submit to an armlock.”

“Show me,” Joey said. And with a big smile, anticipating our friend wincing, we proceeded to pinch Joey's left trapezius muscle.

“So?” Joey said. He didn't even show a hint of discomfort.

“Damn, Joey, doesn't this hurt?” we asked, while applying all of the pressure we could.

“No.” Joey said. Then he smiled at us. “Hey Brad,” he began, “everyone is different. Not everybody feels the same pain from the same thing.”

Advanced and valuable lesson acknowledged; and from someone who, since early childhood, had been doing it for real, and whose counsel was more valuable and practical than that of any “black belt expert” we had ever listened to so far!

After some momentary discouragement mingled with surprise, we looked at Joey. “So how do you know what to use on an opponent?” we asked, somewhat dumbfounded.

“I just get mean and go after him,” Joey said. “Hey Brad,” he continued, “shouldn't *you* know the answer to that?” Joey was correct. We certainly *should* have; but we just as certainly did *not*.

“Thanks Joey,” we said. We were genuinely grateful. We were in large measure turned away from ju-jitsu and *toward* karate in part thanks to Joey's lesson.

“... **just get mean and go after him.**” Joey's words had great meaning to us. **MEAN.** Never mentioned so far in the years of training we so far had undergone. We considered Joey's words over and over again, and increasingly saw the good sense they conveyed. We also recalled a most

unpleasant incident from junior high school when, after being bullied by an older, larger boy we really “lost it” and went after the punk with a murderous vengeance. We easily beat him, and *not* with judo or ju-jitsu, but with, as we recalled in retrospect, **MEANNESS!** We wanted to rip his face off his skull and kill him. We didn’t, because some grown men had broken up the encounter . . . but we were in a frenzy and we no longer cared about ending this bastard’s life . . . we simply refused to be physically pushed around and threatened any longer. We got **MEAN.**

Over the years that followed we of course became familiar with the works of Applegate, Fairbairn, and others, and training with Charlie Nelson capped things off nicely, eventually persuading us to abandon classical/traditional martial arts and to work relentlessly at *serious* combat methods. And the rest is now history: We founded *American Combato (Jen•Do•Tao)* in 1975.

With our hand on our heart we assure you, there is real wisdom in the idea that, when forced to defend yourself against violent criminal attack, you explode with inhuman *meanness*. *Forget about anything but tearing your tormentor apart. Go after him with hatred in your heart and murderous skills in your hands! Be mean. Anyone who attacks you is being mean, so return the attention — a hundredfold!*

20 New Instructional Presentations - AVAILABLE NOW! *Many more . . .*

**COMING VERY
SOON!**

PDF Training Briefs

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons*.

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

1. **Self-defense and close combat**
2. **Urban survival and spy tradecraft**
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Here's how this works:

- Select the PDF Briefs that you want.
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These valuable presentations are perfect compliments and supplements to our DVD Home Training Course and/or to any martial art you may be training in!

The Simplest Of Combinations

ONE essential concept that must be absorbed and obeyed by those who train for self-defense and close combat is that the development of single-blow stops must *never* be the goal of training, nor must such ever be anticipated when engaging an enemy in hand-to-hand battle.

Partly for this reason we train our students to master **attack combinations**. Not only because every student will find some of these combinations (if not all of them) to be practical and natural for him to develop and apply, but also because by training in combinations of attacking actions the student absorbs the basic *principle* and *method* of sensibly combining all of the techniques that he is taught. This enhances his ability to followup, continue attacking, and be optimally effective in any combative engagement.

In the military officers-in-training learn about “**combat logic**”. They must adhere to and apply *combat logic* in all of their exercises and war games. Simply put, combat logic refers to the need to do *theoretically in drills* only that which would actually work and be effective in real combat. For example: It would be possible (although **combatively NOT logical**) to count as a stopping hit to a tank a 5.56mm round fired by a soldier during war games. In *theory* the soldier hitting the tank with a round from his M16 could have that hit counted as a “stop”, but it would be idiotic to do so, since no 5.56mm round would even make the occupants of a tank realize that anything had struck the tank’s exterior!

In hand-to-hand combat **TRAINING** it is possible to assume that a particular blow will drop the recipient instantly upon contact. However, unless the blow being considered is a powerful handaxe chop to the windpipe or some equivalent *death* shot, forget such an assumption! Reality — **combat logic** — demands that the resilience and the tenacity, as well as the possible physical hardihood of the enemy be taken into consideration, and that a *barrage* of blows, continuing until the enemy is completely and decisively neutralized, be delivered.

Training in combinations is, we maintain, *essential*.

Combinations need not be complicated and acrobatic as are some that we see in classical karate and kenpo demonstrations. In fact, such combinations are absurd and impractical for any application outside demonstrations and rehearsed, choreographed “fight” scenes on TV and on the silver screen.

We ask you to consider the very simplest of all combinations, and to begin including it in your own regular training: ***Repeat the same blow a second — perhaps even a third and fourth — time, in rapid, focused succession.***

Here’s a good example:

Kick an assailant in the testicles using a front kick. As he doubles over, kick him in the face with a second front kick. When he hits the deck move in rapidly and kick him in the head with a third front kick. (**Note:** Obviously this kind of action would be employed only in a life-threatening situation (i.e. home invasion, attacker armed, attacker much larger and stronger than yourself, etc.) but you should be able to see how effective it would be.

Another example is delivering the chinjab smash two or three times in rapid succession — all blows smashing into the adversary’s jaw. A knockout would be the *least* likely result if three powerful, focused chinjabs connected like this!

We urge you to consider how simple and practical this type of combination attack can be. Nothing fancy or difficult. You simply employ the blow that you struck home with the first time a second, third, and perhaps even a fourth time!

The hammerfist smash, the straight heelpalm strike, several of the elbow blow variations, the knee-to-testicles, the uppercut punch to solar plexus, and the side kick can all be readily employed in this manner to excellent effect in a wide variety of emergencies.

Simplicity in real combat is always important and desirable. This type of followup or combination attacking is as simple as it gets! And it's almost certain that if the first blow you deliver lands well, then nothing will hinder a successive strike or strikes of the same kind.

Please don't dismiss this because of its ease and simplicity. In fact, precisely because of those things, and of course because this technique adheres beautifully to the principle of *combat logic*, we urge you to embrace it, use it, and value it as being practical for real world self-defense.

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No Substitute For Firearms

IN *American Combato* we incorporate weapons into our curriculum, just as the martial arts of Asia did . . . except we do not teach or advocate the antiquated weaponry of yore.

In this 21st century, in modern Western societies, there can be no argument about the fact that **guns** are the ultimate personal weapons. Our opinion is that firearms should be unregulated, **while crimes of violence — with or without firearms — should be dealt with via the harshest and most extreme penalties.** We fully appreciate that many will disagree with our opinion and that is their privilege; but there is not, never has been, and never will be, any way to keep violent

offenders from possessing and using firearms. The strictest laws imaginable (in Japan, for instance) do not keep the Japanese underworld — notably the *yakuza* — from arming with everything from handguns to fully automatic weapons. In that once magnificent and beautiful City, New York, firearms are as readily available to the most despicable offenders as firearms are available to the police! But laws keep decent private citizens from going armed 24/7; something that would quickly see a diminishing of violent crime, ***and*** a diminishing in the population of that type of predatory scum we refer to as “violent offenders”.

Look at where the gun laws are strictest, and you’ll see that those are precisely the areas of our Nation where horrific violent crime — *gun violence*, specifically — is most prevalent. “The problem is guns coming in from other cities and states!” the political bastards simper and whine . . . but no one seems to react to their efforts to disarm the decent citizenry by pointing out that ***those cities and states where the “guns are coming from” are locations where gun violence and violent crime in general is lowest.***

Look, we have no interest in converting true believers in the anti-gun movement that they are wrong. We could not care less about these individuals. **If you don’t like guns, don’t own or use any.** But stay the hell out of the private lives of those who *do* wish to avail themselves of the option of being armed with guns.

Naturally, the responsible adult will learn how to handle firearms safely and correctly, and then learn how to properly use them for the purpose for which they were intended: i.e. *against violent intervention into their lives, and against those who would violate their persons and property.*

Modern weapons are as naturally integral to modern, practical martial arts as the weapons of days gone by were the legitimate province of the martial arts that flourished then.

We have encountered some very, very odd individuals over the years who, as students of martial arts, embrace swords, long bo's, nunchucks, shaken and shuriken, manrikigusari's, and so forth, **and see nothing wrong with using *those* weapons, but eschew firearms as “too much”**. Honestly, we cannot help but think of these individuals as deluded fools. We are no against the study and practice of classical weaponry **IF** it is understood to be an antiquated form of weaponry. But anyone who believes that carrying nunchucks is the equivalent of carrying a .45 automatic *for personal and family defense in modern society* is not playing with a full deck.

We urge those who are reasonable and seriously desirous of being fully prepared to defend themselves and those they love: Master unarmed **and** armed close combat; and follow whatever rules and laws exist in your state, city, town, or municipality in order to **legally acquire** firearms. Before making any purchases, take a good course in proper gun safety and handling. We would then recommend a good **combat** shooting course (i.e. training in point shooting). When you are able to handle firearms safely and correctly, *and* after you've gone through the legal hoops required to purchase your weapon, *then* obtain the weapon and train with a competent teacher in close combat handgun shooting. This is **NOT** competition shooting, use-of-the-sights long distance shooting, or any kind of elaborate shooting. It is anti-personnel shooting . . . “shooting to live” as William Fairbairn put it.

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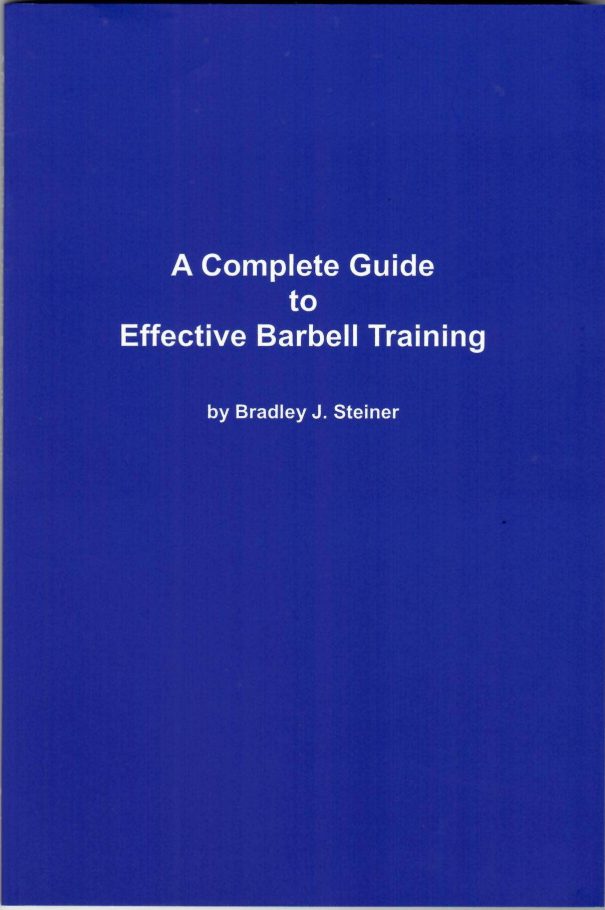
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Girls fight off would-be kidnapper by kicking, throwing hot coffee on him

By IRENE SPEZZAMONTE

AUG 14, 2018

A group of girls in Michigan fought off a would-be kidnapper by punching and kicking the man and throwing hot coffee on him, police said.

The man — identified as Bruce Hipkins, 22 — allegedly started following two sisters, ages 11 and 13, after they stopped at a gas station in Millington.

He followed the girls, then grabbed the youngest one by her hair and put a hand in front of her mouth, 11-year-old Allison Eickhoff said.

“He said ‘you are coming with me,’” Allison Eickhoff told ABC 12.

With the help of two other girls, Allison’s older sister Lauren came to her defense.

“Seeing that your little sister is gonna get taken is very scary,” a visibly shaken Lauren Eickhoff told the news station.

The girls “kicked, hit and threw their hot coffee on him,” police said.

Hipkins then tried to stop the oldest sister from running away, Millington Police Chief Jason Oliver said.

“He grabbed another one by the hair after he had left the other one go,” he told ABC 12. “They continued to punch him and scream until he let go and ran off. They did what they needed to do.”

Hipkins was arrested and charged with kidnapping, assault and battery, unlawful imprisonment and two criminal sexual conduct charges, according to the report.

The message is: RESIST! This article, taken from Century Link’s News Site on 14 August 2018 should encourage all of us to stand up and cheer these fabulous little girls! The **Courage** and **Determination**, and the *physical resistance* that doubtless saved at least one of them from tragedy was marvelous!

Learning self-defense is one of the best investments anyone can make. Trouble can come at any time, anywhere, for any number of twisted, evil “reasons” swimming about inside the head of a

perverted, degenerate predator. ***YOU HAVE AN EDGE WHEN YOU AND YOURS KNOW HOW TO PHYSICALLY RESIST, AND DO NOT TRUST MERELY TO INSTINCT AND LUCK*** (which, thank God, were enough in the case reported in the above news article).

What If Your Attacker Surrenders?

HERE indeed is a “first ever” question! It comes from a student who is a regular monthly visitor to all of our web sites. We thought that this question — certainly deserving an answer — would be of serious interest to a lot of our regular readers; to include some teachers as well as students:

“How do you recommend handling a situation where an attacker seems to quit and give up after you initiate resistance but have not yet disabled him? It seems cruel to ignore his ‘giving up’ and just clobber him, anyway.”

First off, dismiss the “cruel” nonsense. What is *cruel* is starting violence against an innocent person. The only “cruelty” that we see is the attacker’s toward an innocent defender. When someone initiates violence against another, *except to preempt a dangerous, violent attack by an assailant*, whatever he gets is **his** problem, **his** doing, and **his** responsibility. We certainly do not suggest, recommend, or teach that force should be continued against an attacker once he has been neutralized and the danger is gone, but we believe that no proper defense has been achieved *until* and *unless* the danger is decisively ended, and the threat is *gone*.

A violent offender is no longer a threat if:

- He turns and physically flees
- His intended victim has created an opportunity for himself to safely flee the scene of the attack, and fleeing is clearly a feasible option at the time
- He has lost the capacity *and* the will to be any further

danger to the intended victim.

We do not see how or why a mere verbal “I give up!” or “I’ve had enough!” or “Stop, I surrender!”, etc. should cause a defender to cease aggressive action. **In COMPETITIVE SPORT yes; it would be disgraceful and should be cause for immediate forfeiture of the contest to continue rendering punishment after one’s opponent gives up.** But we are not concerned here with competitive sport or match contests. An individual who is a violent felon ought reasonably to be assumed to be easily capable of **lying**, too. And the “words” that he utters should be ignored and dismissed (actually, your focus in defending yourself should be such that auditory exclusion takes place and you don’t even hear the bastard!). So long as that attacker remains physically capable and has not made any attempt to *physically flee*, continue your defensive actions. His words could easily be a ploy to give him a second to pull a knife or gun, or to recover and renew his attack against you — perhaps lethally.

Any extralegal violent offender ***must be stopped decisively*** before the defender is justified in ceasing his countering force against that attacker. An individual who has initiated violence against an innocent person has **NOT** been “stopped decisively” just because he says that he “surrenders”.

You can be badly, perhaps *permanently* injured — even killed — when you are set upon by a violent offender. *This has nothing to do with sport!* Take no chances. If his “surrender” is a trick, you might end up dead.

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