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# ***SWORD and PEN***

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

**OCTOBER 2016 EDITION**

**[www.americancombato.com](http://www.americancombato.com)**

**[www.seattlecombatives.com](http://www.seattlecombatives.com)**

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## **E d i t o r i a l**

### **How To Master Real World Self-defense ——— And What It Is**

**REAL** world self-defense in this 21st century requires not only a different *technical* approach than does competition or classical martial arts, but a very different *tactical* and *mental* approach, as well. Therefore, taking up sporting competition or traditional martial arts is the wrong path to follow if your goal is exclusively that of being able to defend yourself (or, if you are in a military or law enforcement occupation, being fully equipped to engage a serious

opponent in *actual* hand-to-hand combat **for real**).

Hard fought competition in any fighting sport is a young man's game. Besides, regardless of what form of competitive fighting you participate in there are **rules, limitations, restrictions**, and a host of impractical methods advocated which make sense in sport, but which are detrimental in actual emergencies and close combat. Yes, a young, tough, hard-training competitive sportsman (boxer, wrestler, judo man, karate competitor, kick boxer, or whatever) can normally employ his skills in a self-defense emergency, *if* his opponent is not a hardened, experienced street fighter, armed, or acting in concert with one or more accomplices, and if the attack does not come by complete surprise. But competitive skills of *any kind* are just that: skills primarily intended for the competitive arena — not the street, alley, battlefield, workplace, or home, etc. where, in addition to numerous other **real world, everyday locations**, actual violence erupts without warning.

Situations in which self-defense skills must be employed should be **avoided**. Unlike competition, **combat** is no game or sport. People who enjoy actual violence are dangerous antisocial misfits and psychopaths. Having a judo match can be extremely enjoyable. Having to defeat a mugger or other violent troublemaker is traumatizing and extremely risky. And the dozens of life-threatening contexts in which you may encounter and need to deal with a **real violent criminal offender** have nothing to do with the manner in which you arrange a contest, and then meet your adversary in a friendly bout, under the typically sanitized conditions of sport. Parked vehicles, fire hydrants, store windows, concrete ground, telephone poles, mail boxes, stairs, furniture, loved ones (or innocent bystanders), rock or glass-strewn ground in a lot or park, etc. and so on, and **NOT** a cleared, safe, matted, well-lit, referee-supervised area in which you have the assurance of meeting only **one single opponent, facing you, at an appointed time, without any weapon or accomplices, and agreed to abide by the same body of rules that you agree to follow**, *and to compartmentalize the selected version of "violence" that is allowed into "rounds" lasting a convenient number of minutes*, is quite different than getting jumped *unexpectedly* by one or more

vicious criminals who want to beat your head in or kill you,. The sporting environment —— and fellow competitors who you engage in it —— is much different than the environment in which some troublemaker confronts you and initiates potentially lethal violence *which you must now contend with!*

Dealing with sporting “violence” when you are in your 20’s and in hard training and competition is not the same as having to handle *real violence* when you are in your late 40’s, 50’s, or 60’s and are only able to practice skills perhaps twice a week, and *hopefully* get in a couple of half hour sessions with the weights each week. And honestly, for the statistically average working and family man, *that’s* a lot.

Self-defense and close combat has nothing to do with sport. This is not a criticism of sport; nor is it a declaration that sport (or classicism) is not worthwhile. Nor is it a criticism of those who *prefer* sport or classical studies to combat training. It is only a statement of what more than 50 years of serious dedication to the study of unarmed and armed fighting arts, *and* physical training, has taught us: i.e. that **self-defense and close combat** is a unique and separate activity from classical arts training, and competition.

Remember, please, our own beginning in the martial arts was *judo*, then *ju-jitsu*, then *tae kwon do* (preceded, we note, by fundamental boxing). We respect *all* of these activities, and we simply wish to make clear how they differ from any effective approach to anything-goes, all-out individual close combat and personal defense, with and without weapons. A different world entirely.

It was the finalization of our discovery of the above fact that led us to create the *American Combato (Jen•Do•Tao)* System.

In light of that which we have explained in the preceding paragraphs, we offer the following essential points for truly mastering effective self-defense:

► You must become familiar with real violence, and with violent crime. *That* will be your problem if or when you ever need to defend yourself.

► Look at self-defense as a *lifetime* pursuit. You may retire from competition; but there is no “retirement” from being susceptible to an attack. The older “senior” citizen is a **MORE** desirable target for predators than the younger fellow. Then again, no one is really immune to being attacked, at any age. Nor can you be certain that, if you are attacked, you will be in good shape (**hopefully** you will be; but you might not be). You might be ill. You may even have been neglecting your practice of skills for weeks or months. **That which you study should always be doable by you at any age, to at least a workable degree (assuming you are in normal good health and condition).** Skills that demand a lot of daily practice and training, a high level of strength, condition, and youth, are of value only so long as those conditions prevail for you. **Will they always?** How could they “*always*”? Even in one’s 20’s and 30’s, layoffs and frustrating plateaus occur in training.

► Select the System that you train in carefully. *American Combato* is one of the pioneering systems of **all-in close combat** that offers the curriculum and extensive program of a complete, balanced, integrated *martial art*. It has spawned imitators, copycats, and a few plagiarists here and there, since its founding in 1975. It is an excellent, proven combat Art. But it certainly is not the “only” viable combat system! We formed the **International Combat Martial Arts Federation (ICMAF)** in the 1980’s to encourage close association and affiliation with other quality teachers and schools. Before their passing, Rex Applegate, Charles Nelson, Florendo Visitacion, John McSweeney, and George Kalischevich were honored members of ICMAF. Although none of these distinguished experts taught our System . . . each taught his own **viable and practical** system, and no one could have gone wrong selecting their methods. Select persons of similar dedication and stature continue to be and to be invited to become, members of ICMAF. *There are not many.*

“Self-defense” and “Close combat” are two closely related aspects of that specialty in 21st century martial arts which is devoted to **COMBAT, DEFENSE, and SURVIVAL**. Let no charlatan fool you about this: *There are pronounced and extremely important differences between sport,*

*classicism, and all-in combatives.*

No area of specialization is “better” than the others. That’s not the point. A carefully built target pistol is not “better than” a combat handgun; it is just *different*. If you are a competition target shooter (Olympic style) then obviously — for **you** — the target pistol is a necessity. However, if you are a soldier or private citizen in need of a sidearm to defend your life, you want a combat handgun. If you simply want a trail gun for plinking then you really don’t need a .357 revolver or .45 automatic (two of the best choices for a *combat* weapon). A well-made .22 rimfire revolver or automatic will do nicely.

In an **emergency** either a target pistol *or* a trail gun can serve as a defensive weapon. If you like to participate in informal handgun target shooting matches, there’s no law against using any combat sidearm to do so. **SO WHAT?** The fact that there are very specific firearms manufactured for very specific purposes, and that each one fulfills its intended purpose better than other firearms made for other uses remains incontrovertible **fact**. *It is exactly the same with so-called “martial arts”*. In this 21st century the martial arts have become — in effect — *three* (well, actually **four**) separate activities: **1. Competitive sport, 2. Traditional art, 3. Combat/defense**. (The fourth emphasis is *theatrical* fighting, but this is of least interest to the majority of those who come to martial arts training.)

Young, strong, in-training competitors in any martial sport can adapt their training to self-defense in some cases — *while they are “young, strong, and in-training”*. Classicists too **at an advanced level** can normally apply their art to serious emergencies. But if self-defense is your primary objective you are well-advised to bypass competition and tradition, and get with a solid, proven, no-nonsense **combat system**. (And get with a competition system if you want to be a champion, or a classical system if you are fascinated by the aesthetics, culture, discipline, and self-mastery offered by classical training.)

All of that which we have presented doubtless upsets and offends those either teaching or *wanting to believe* the **bullshit** that you can have it all, and that a

martial art is *both* a sport *and* a method of modern close combat that can be relied upon throughout your lifetime. Our concern is the person who is truly looking for self-defense and who wants the truth about what he is best advised to study.

You've been given the truth. Now do with it what you will.

**Bradley J. Steiner**



**“Denial and inactivity prepare people well for the roles of victim and corpse.” ? Ben Sherwood**



### **Animal Ferocity**

**DECENT** human beings who wish to learn self-defense should appreciate that they have a lot more to learn than mere physical skills. Certainly the *techniques* of close combat are crucial. Without them you can only move against an attacker by instinct; and that is *not* reliable. However, it is important to know that no combat technique will deliver its full potential unless it is fueled by **determination**; in combat this means “determination” carried to a terrifying extreme.

If you have ever watched a couple of strong dogs at vigorous play —— say a couple of dobermans or shepherds —— you were probably astonished at how rugged and aggressive these animals are. They knock each other over. They bite each other. They appear on the surface to be fighting. However, they are playing, and neither one’s intention is to hurt the other. They bite using the most careful control, each taking care not to actually penetrate the other’s flesh. But it *looks* real. Hell, if *you* have ever roughhoused with a

good-sized, powerful dog it *feels* almost real in certain moments. But dogs, just like humans, **play** at fighting. It's the canine version of MMA, but it's certainly not real fighting; any more than MMA is real fighting. **If you have ever seen the unfortunate, sad, and awfully unpleasant spectacle of a genuine dog fight you know what we mean. Just like an actual fight between two human beings, a *real* combat situation is unmistakable.** It is even *more* unfortunate than a dog fight, since, presumably, human beings have better brains and minds than dogs and can think and reason, and settle differences without violence. Our position is that “fighting” per se is **NEVER** necessary or justifiable — only **self-defense** is, and that is a far cry from the mutual combat of dogs and fools. (We are not now criticizing **sport fighting** of whatever type or style one prefers. Sport is a whole ‘nother matter).

When a human being is pressed to defend himself a number of things happen immediately. His organism experiences a jolt of adrenaline, his blood pressure goes way up, he loses the ability to make fine motor movements, he **gains** a tremendous ability to generate *gross muscle action*, and to exert for the time being much greater strength than had been possible to him in his “normal” state. And **after a brief second or two** *he completely loses the ability to think clearly, logically, and consciously, but reverts to his subconscious mind*, which directs that which he does in the battle.

Generally speaking in real hand-to-hand combat the most **aggressive, decisive, merciless, ruthless, fanatically driven and destructive** participant wins. Ferocity counts for a lot in real combat.

Animals have no problem generating animalistic ferocity. Humans who wish to prevail in close combat need to acquire the ability to “turn this kind of ferocity on” when it is needed, and let it fuel the combat techniques that they have learned to employ.

An animal who engages in actual (not play) combat drives forward with all of its available capability intending to *rip apart*, to *destroy*, to *kill*. We probably should specify here that we are speaking of carnivorous, predatory animals,

before some moron emails us and points out how different creatures *run* when hunted by, say, lions. Yes, Bubba; and it is the *lions* for example that we are speaking of. Just like the large breeds of dog. OK?

Try to understand that, despite being a decent human being and *not* wanting to have to employ your training for real, you very well may one day have to do so. **If, in that instance, your physical efforts and mental attitude reflect a desire “just to discourage” or “just to avoid” your attacker you will only be successful if your attacker is not too serious about hurting you, and/or if he is an incompetent coward —— which he often is. *But you never want to count on such good fortune!***

The right way to employ self-defense skills **for real** is by applying them with a ***powerful desire and drive to rip apart and destroy your attacking enemy***. You need animalistic ferocity. That does the following for you:

☐ It brings *all* of your available ability into focus for the right purpose, so that you will at least stand a chance of stopping, and saving yourself from, even the most dangerous and violent foe.

☐ It distracts you from the inevitable injury that you will surely sustain.

☐ It pushes your mindset into the single path of all-out combat and destruction of the enemy, with not a scintilla of energy or concern being bled off in some self-defeating, irrelevant direction.

☐ It will be **FELT** by your attacker. Just like you can “feel” when a large, powerful dog is playing with you, despite his grabbing you with his mouth, growling, and bumping into you with his weight, a violent offender can “feel” when his intended victim is turning the tables and is determined to beat him into unconsciousness **OR** is scared and merely trying to fend him off. This provides you a morale edge —— if you use it —— that will often decide the victory.

☐ You will optimize your resilience, power, focus, speed, and courage. When a wild animal attacks “*fear*” is the last thing it projects!



Here is some good “martial arts” video viewing for you on YouTube:

√ Check out lion and tiger fights

√ Watch sharks in a feeding frenzy

√ Check out the videos showing guard and protection dogs going after “attackers”

√ Watch those videos showing bears suddenly turning on handlers or bystanders

√ Watch the videos showing normal dogs attacking intruders or those who have taunted them

√ Watch the videos showing elephants dishing out justice to cruel handlers

The ancient Chinese were completely correct when they looked to the animal kingdom for combative wisdom. But they missed the essentials:

1. Animals go all-out

2. Animals attack —— they don’t “defend”

3. Animals have very, very few “natural weapons” or “techniques”. But do they ever use them to the maximum when necessary! And they do not attempt to adjust to another animal’s “style”.

4. Animals ignore pain and injury

5. Animals do battle for a good reason. They do not get into pointless “fights” like imbecilic humans.

## LEARN SOMETHING!

Go to YouTube. Enter “US Army Special Forces vs. Peruvian Special Forces”. **Study** what is said on that video and especially what you see. A simple “tiger’s claw thrust”. No B.S. and this is **not** some “MMA” or “UFC” sport. This is **REAL**. See what works for real?

Factor this little presentation in, okay?

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***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)<sup>™</sup> 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**)

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***“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”***

**— General George S. Patton, Jr.**

**Mental Conditioning** is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority in the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

There are **20 Complete Self-Hypnosis Programs** available:

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
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## **The Danger And Risk Of**

### **Control Holds**

**FIRST** and foremost we want to emphasize that we do recognize a place for arrest and control (i.e. “comealong”) type *ju-jitsu* holds. These techniques have a place in the training of police officers, security guards, protective



service operatives and quite possibly persons who work in a peace-keeping capacity with troubled youngsters in special schools, etc. In *American Combato* we teach these skills at Black Belt level only, and we make it very clear that they are for **police officers**, etc. and **NOT** for private citizen self-defense, or for military close combat.

The problems attendant control holds, locks, and grips are serious and every student of self-defense should make certain that he understands them and **avoids falling for the bullshit that these are highly desirable “because they are humane”**. (Violent offenders are perhaps the most inhumane scum that pollute human civilization. It should be offensive to anyone with a double-digit IQ to hear it suggested that they spend their money, time, and energy learning how ***not*** to cause serious injury to these bacteria).

Unfortunately most *ju-jutsu*, *hapkido*, and so-called “*practical self-defense*” courses emphasize such skills as armbars and locks, wristlocks, etc. We hope that we can persuade you when training for self-defense, **stay the hell away from these techniques**.



IN THE EARLY DAYS OF *JUDO* PROF. JIGORO KANO INCLUDED A GOOD DEAL OF *JU-JUTSU*

SKILLS FOR USE BY *JUDO* STUDENTS IN SELF-DEFENSE. ABOVE IS AN EARLY PHOTO OF KANO APPLYING *KANSETSU WAZA* — ONE OF THE MORE POPULAR TECHNIQUES OF THE OLD *JU-JUTSU* RYU. THIS IS A UNIVERSALLY TAUGHT TECHNIQUE IN ALL OF THE *JU-JUTSU* SCHOOLS TODAY, IN EUROPE, IN THE U.S., AND IN CANADA. IT HAS A PLACE FOR POLICE OFFICERS. IT IS VERY DANGEROUS TO STUDY THIS AND OTHER CONTROL HOLDS FOR DEFENSE AGAINST DANGEROUS ATTACKS.

Here's why:

1. Compared to **blows** these techniques take a long time to apply and are *extremely* complex. All it takes is a fast jerking away of the arm for your opponent to thwart such a hold (unless applied by a very high-ranking expert). Or a fast punch in your face is easy, since *both* your hands are and must remain occupied in order to get the hold in place. If an opponent is nervous and is trying to *get away* from you, such holds may work. But if he is vicious, aggressive, and dangerous, he can likely upset your effort with ease and very seriously injure or kill you.

2. Depending upon the degree of an attacker's determination, and also upon whether or not he is under the influence of drugs, alcohol, insanity, or some combination of any of those things, **he may literally not even *feel* any pain or *care about* any broken bones!** There is a huge difference between applying these holds in the training hall on a practice partner, and attempting to apply them on someone whose strength, background, desperation, mental state, and determination to kill you or to get away **you cannot possibly know.**



WHILE MILITARY POLICE DO NEED CONTROL HOLDS, THE ABOVE NONSENSE OF

ATTEMPTING AN ARMLOCK AGAINST A HANDGUN THREAT IS LUDICROUS. AGAINST A DEADLY WEAPON THREAT: GET OUT OF ALIGNMENT, AND KILL THE WOULD-BE MURDERER. NO WRISTY-TWISTY HERE, PUH-LEEZE!

3. **What the hell are you supposed to do with your attacker once you've gotten him in a hold (IF you succeed)?** Talk to him? Demand that he not create further trouble if you let him go? (Maybe *you* trust muggers, rapists, home invaders, knock-out punchers, and carjackers. **WE DO NOT.**) Unless you can rely upon two or three others to secure (handcuff and escort) the bastard you'd better not release him!

4. **RESTRAINT, COMEALONG, CONTROL, AND SUBMISSION HOLDS REQUIRE S-T-R-E-N-G-T-H** as well as an inordinate amount of physical expertise and endless practice *just to stand a chance* of success. When you hear that a small fellow or a diminutive woman or elderly person can easily submit and restrain indefinitely some large, aggressive, determined attacker you are listening to what we call **BULLSHITSU**.

5. There is absolutely no legal requirement or even expectation that the victim of a physical attack has any obligation to handle some scumbag as though he was an eight year old throwing a tantrum. The law requires you to **never** initiate violence without justification, to **never** agree to fight, and to **never** continue to reign punishment upon an assailant once there is no further danger from him. We are not a lawyer and we offer no legal advice, but this is what we understand the basic requirements for a defender to be, and that leaves complete leeway for the innocent victim of unprovoked, dangerous violence to deal fiercely and decisively with his would-be tormentor or killer. If the violent offender is to be restrained, cuffed, and brought down to the police precinct, ***leave that to the police!*** Your responsibility is merely to defend yourself and your loved ones, and cease all violent action once that has been accomplished.

6. Pain compliance is a highly questionable approach to dealing with a violent adversary. We mentioned drugs, liquor, and insanity, but there is also the simple fact that some people have very high thresholds of pain. **Under high stress, life-threatening combat conditions *anyone* has a high threshold**

**of pain!**

**SEVERE INJURY** is the key to stopping a dangerous assailant. Break his leg and he falls. Period. Even if he isn't in much pain. Crush his throat, shut off his blood supply to whatever "brain" he may have, blind him, or otherwise *induce massive shock to his central nervous system or interfere with his breathing and you've got 'im!* Try to clamp some stupid hold on his wrist or arm and if he's a real badass, ***HE'S GOT YOU!***

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### **The Internal Chinese Martial Arts**

**HAVING** seen real Chinese T'ai Ch'i Ch'uan and Ba G'ua Ch'uan done by genuine internal art masters in New York City's Chinatown, we will attest to the effectiveness of these internal "boxing" systems for actual combat. (We have never had an opportunity to observe H'sing Yi, but we have every confidence that it, too, is a powerful and effective combat method.)

The reason why we never practiced one of these arts ourself is because we know that such real world practical effectiveness as an internal system offers for self-defense comes only after ***decades*** of long, hard, daily practice.

For health benefits we recommend T'ai Ch'i to those who find it attractive. But for straightforward **self-defense** we have to advise that a person would not be wise to take up T'ai Ch'i.

One individual emailed us and inquired about the motion picture *The Recruit*, and its presentation of T'ai Ch'i being taught to CIA trainees in Williamsburg.

What can we say? We enjoyed that movie tremendously, and yes, it *is* possible that CIA does incorporate T'ai Ch'i in the trainees' physical fitness regimen at "The Farm". But we can assure you that CIA does not (unless they

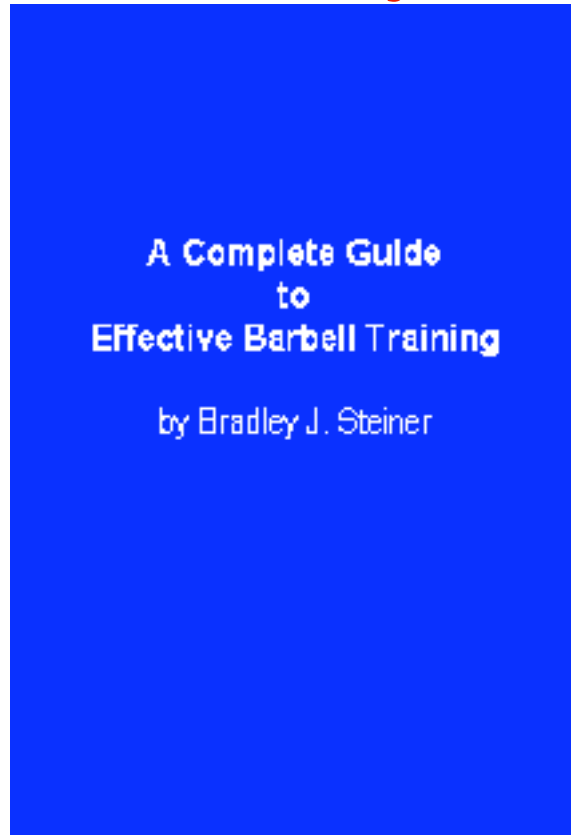
have gone completely nuts) train its Clandestine Services people in T'ai Ch'i **Ch'uan** —— or in T'ai Ch'i for combat and self-defense! CIA has always had, and presumably still has, a reasonably good course in unarmed and close combat. **That** is the instruction that case officers-in-training receive during their months in Williamsburg.

Like the beautiful and worthwhile art of *aikido*, t'ai ch'i is not really even a semi-viable hand-to-hand combat system unless a *long, long* period of serious years of training is devoted to its practice. This is not, by the way, a criticism of *aikido*. Uyeshiba, its Founder, did not intend the Art to be a combat system; *that* honor belongs to *aikijutsu*, from which the late Uyeshiba derived his ideas for *aikido*. And while we have no doubt that Koichi Tohei could use *aikido* in self-defense, just as the 70 to 90 year old masters in NY's Chinatown could likely slam a 250 pound outlaw biker through a wall, neither T'ai Ch'i *nor aikido* ought in our opinion to be choices for real world, practical self-defense. Assuming you can train for hours *every day*, you're looking at a good 20 year minimum before either approach could possibly be a viable method of defense against dangerous, violent attackers in the **real world**.

**Note:** You may find it interesting to know that William Fairbairn trained briefly in Ba Gua Ch'uan (The "Eight Trigram Fist") but understandably left it for more "external" applications of combatives. We believe that it is *very likely* that the amazingly valuable, powerful, practical, effective **CHIN JAB** was developed by Fairbairn as a result of his experience with Ba G'ua. We cannot prove this, but we strongly suspect that it is likely.

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### **Close Range - Quick Reaction**

**HANDGUNS** are extremely popular firearms. They are collected and used by countless thousands — more likely *millions* — of avid shooters throughout the Country. They are used for informal target shooting, plinking, match competition, hunting, and close-combat (“self-defense”). It is exclusively with this last use of the semiautomatic pistol or revolver that we, personally, are concerned. We respect and appreciate the enjoyment and benefits that so many others derive from whatever version of shooting they happen to prefer, and we certainly do not argue that any of these particular uses of handguns is “better” than any other. If you are a competition shooter, fine. If you like to target shoot informally, or plink at tin cans, or hunt with your handgun, fine. Our concern is exclusively with the combat use of handguns, and it is from this perspective that we write, speak, teach, and regard our own sidearm. We maintain that the proper and effective use of the handgun for actual close-in combat and personal protection is completely unrelated to the other uses. We believe, further, that in many instances (particularly those in which handgun enthusiasts participate in so-called “combat competition” matches) shooters frequently develop poor habits for actual combat shooting, and the better they become in competitive shooting, the further away from the **techniques**, **tactics**, and **mindset** that is demanded for the antipersonnel employment of the handgun. We will, in what

follows, explain why we believe this, and we acknowledge that many may nonetheless believe that we are incorrect, and that their competition shooting is readying them for violent armed combat. They are free to believe whatever they wish, and we have no interest in arguing with them.

Since that which we have become convinced of as being the irrefutable truth regarding combat handgun use is the result of serious, long-term study of the experiences of those whose **actual combat experience with handguns** has been quite extensive (in world wars, in peacetime, by military, law enforcement, and armed citizens), we hope that the reader will take that which we present very seriously. We concede that our position is in many shooting circles “unpopular”, “resented”, dismissed as “outdated”, etc. However, we would gently remind those who dismiss us that they hardly possess, **collectively**, even a tiny fraction of the experience, expertise, and combat knowledge of even *one* of the genuine combat experts who have influenced us and helped us to understand what a combat handgun is for, and how to use it in combat. So, if you are interested in learning the truth about handguns and self-defense and you factor in what we present, you will be allowing yourself to be influenced not so much by us, but instead by the world’s greatest exponents of real combat shooting whose careers often included extensive training of others who in turn had considerable real world experience, *and who provided the knowledge gained from those experiences to their teachers, so that authentic, reliable, airtight doctrine could be constantly improved if necessary, and assembled and taught to those desirous of the instruction.*

## **Handgun Laser Sights**

**IT** is possible that handgun laser sights *might* be useful for something; but in our opinion they amount to a silly, unnecessary accouterment for a combat handgun. (We do find it amusing, however, that some of the same people who’ve “got to have the laser sights on their weapons” are among the so-called “new technique’s” *True Believers*. Yet the laser sights on pistols demonstrate clearly that in a combat situation you are going to look at the



***target, not at the handgun's sights!** The whole damn theory of **using** the laser sights depends upon you focusing on the **target**, rather than the sights.*

In any case, we see absolutely no point in wasting the money and equipping your handgun with unnecessary bullshit like laser sights. In fact we could see how, in certain instances, using the laser sights could **decrease** your efficient reaction to a deadly threat, and add a second or two (*way* too much time!) to the time it takes you to shoot the enemy.

Proper close combat shooting with the handgun is point shooting. Point shooting conditions you to focus intently on the target (which you will be doing in a lethal, up close encounter, anyway) when you fire. *Using the laser simply adds the step of looking at the laser spot* which is unnecessary. The **imaginary** spot that you focus on is sufficient to insure deadly accuracy.

As far as distance work in combat, use the handgun's sights and fire from cover — or kneeling — or prone. But 98% of combat handgun encounters are at distances *less than* 20 feet. So what the hell is the laser for, anyway — except maybe as another toy that wholly inexperienced “pistoleros” fancy will give them an edge in a deadly encounter.

The use of the handgun at wholly unrealistic ranges appears to be the major focus in training for almost everyone today (cop, soldier, private citizen, etc.). Yet, every scrap of documentation, feedback from the field, observation, etc. has proven **beyond ANY doubt** that distances beyond seven yards are super unusual for the handgunner who engages enemies in battle.

A handgun is a **close range, quick reaction weapon of self-defense.**

### **Autopistol Or Revolver?**

**WE** always get a kick out of hearing those who fancy themselves “experts” debate this point. It provides a good subject for the gun magazines because the vast sea of “handgunners” can't stretch their “minds” to imagine the truth:

i.e. ***Both semiautomatics and revolvers are excellent and valuable weapons; each has its advantages and disadvantages, and there are times when one is a better choice of weapon than the other.***

Quite some time ago the head of the “new technique” religion declared that revolvers were “antiquated” and that they would shortly be replaced entirely by autopistols. That was nearly 50 years ago. And while autos definitely *have* replaced revolvers almost exclusively with city, state, and federal law enforcement agencies in the USA as **issue** weapons, *many* enforcement officers carry revolvers by choice, in addition to their autopistols. It’s near impossible to beat the Smith and Wesson Centennial as a second or “back up” firearm. We know two active duty law enforcement officers who carry .357 S&W revolvers as their exclusive off-duty weapons. And **legions** of men and women everywhere throughout America rely upon *revolvers* for self and home defense. This shows no sign of diminishing in years to come.

Expand your horizons beyond what you’ve read in some gun magazine or been told in some shooting school. ***Avail yourself of both well made autos and revolvers.*** And, while on this subject, let us touch on another: the question of caliber.

Our favorite combat pistol is the 1911 design .45 ACP automatic — preferably an old Colt series ‘70 *or* one of the very basic Springfield Armory weapons. It is doubtful whether anyone would dispute that the .45 ACP round is a reliable one for personal protection. At least as reliable as you’re likely to find in a handgun. Nevertheless, 9mm, .357, .40, .38 Super or .38 Special will do very well if you are skilled in combat shooting. In fact, people have done a workmanlike job of defending themselves with the .380 ACP and the .22 rimfire rounds, believe it or not! Different calibers, like different handgun configurations, suit different people at different times and in different situations. You need to make certain (or try to make certain) of the following:

- Your weapon is of top quality manufacture and functions with perfect reliability. Break it in well. *Practice* with it. *Master* it. We should not have to say that if you have more than one weapon this applies to *each one*.

- You use **factory new** ammunition of top quality manufacture (except possibly when you're at the range).
- You *work and train with your handgun* in correct combat point shooting technique, and cognate skills.
- Both when point shooting (98% of the time) or if taking a sighted shot from prone, kneeling, or cover (2% of the time *if that*) you have the ability to **place your shots well**. *This*, and not “caliber” is the crucial issue. (Yes, of course, Bubba, you needn't say it: The ideal is to place your shots well *with* the most powerful rounds. But the “ideal” is not always feasible in the real world, under real world conditions).

Personal protection at close range at any time during your normal day, and speedy home defense when you are at home. *That's* the role of the combat or “defensive” handgun. Whenever time and opportunity permit you are well advised to grab a good pump shotgun, carbine, or battle rifle for *home* defense. But sometimes there is no time, or you may not have a shoulder weapon.

The parameters regarding *which handgun to select* are very broad, despite the howlings of some True Believers. And only **YOU** can make the final decision regarding what weapon or weapons you will settle upon.

Before purchasing any weapon enroll in a good handgun safety, familiarization, and handling course. Try out a variety of weapons. Make certain that your choice of weapon(s) is an **informed** one.

Be absolutely certain that you become familiar with the laws pertaining to firearms and the use of deadly force where you reside. **Get all necessary permits, papers, licenses, or whatever the hell your local bureaucracy now requires you to possess before you carry a sidearm! NEVER break any law.**

We would conclude by telling you to learn **unarmed** self-defense as well, and not regard a firearm as your only means of protection. Learning how to use a stick, a knife, and improvised weapons as well will round out your self-defensive capabilities.

That's it.

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