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Sword and Pen
Official Newsletter Of The International
Combat Martial Arts Federation (ICMAF)

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October 2018 Edition
Editorial

Classical And Sporting Isn't The Same As Practical

THE more visually impressive and physically acrobatic a technique is the *less* practical and effectively functional it is for actual personal combat and real world self-defense. The truly practical and reliable skills — i.e. the **life saving** skills — are simple and quite undramatic.

Unfortunately, the spectacular and flashy tends to seize and hold the attention of persons seeking self-defense training, and who are ignorant of what actual close combat consists and demands of a combatant in order for that combatant to prevail. The sizzle and flash attracts and impresses observers greatly, and frequently entices them to enroll in the school whose teachers and students are putting on the demonstration.



Classes that have students performing as though they were filming a Hong Kong kung fu flick are generally packed — all too often with hopeful beginners who dream of applying their elaborate skills against hardened, dangerous violent felons.

Left: The late and truly great classical karate Master Hidetaka Nishiyama demonstrates how classical karate — when truly mastered — can be used in self-defense. However, the hide side kick is needlessly difficult. A practical combat technique, equally or more effective, is a low side kick to the knee. Very easily

learned, applied, and retained for a lifetime. (Photo from *Karate: the art of “empty hand” fighting*.)

“I want to be able to do that!” sums up the reaction of an uneducated observer at a spectacular demonstration who sees visually impressive skills being demonstrated.

The truth is of course that the person seeking self-defense or military close combat training does **NOT** want to be able to do that! Here are the reasons why:

- It requires an enormous amount of time and hard work to **choreograph** complex and difficult patterns of combat action.

Virtually *none* of that time and hard work offers any carryover outside the training hall against a real attacker. All of that time and work would better be spent on practical, realistic techniques that do work in the real work, and that do *not* require a cooperative training partner to employ.

- Actual combat skills demand considerable practice in their own right. By wasting time and energy on flashy skills *you will not have enough time to train on effective techniques, even if you try to work on them in addition to the elaborate stuff.*
- Under combat stress you will without conscious deliberation and thinking the matter through, do or *attempt to do* what you have been practicing. This might easily see you trying some technique that has not chance of success, and that gets you seriously injured or worse.
- You can easily become the victim of false confidence. (This, by the way, applies equally to the *competitive martial sportsman* who, just like the classicist, mistakes what he does in a match for what will save his life in hand-to-hand combat). If you become adept and impressive in your ability to work out complex and acrobatic “defenses” in training you just might begin to believe that you will be able to do those same techniques against a violent enemy who is *not* cooperating with you.
- If your purpose is real combat skill then there definitely are techniques that you should be training hard in, and developing — to the exclusion of anything else. You want those proven combat skills to become *reflexively spontaneous* if and when you need them.

Classical and competitive martial arts, ways, and sports will always (and rightfully) be popular — especially perhaps in the U.S., in Western Europe, and in Canada. They provide enormous benefits and enjoyment to those who enthusiastically participate in them.

Our only caution for those entering upon a course of training in a martial art or self-defense system is that they make sure that the training upon which they are embarking is training in precisely that which they want and need. The classical martial arts may give you an ability to defend yourself . . . but be prepared to invest years in the training, and to attend

lots of practice sessions weekly during those years. Even then, *most* of what you will learn and do is not going to be the wisest for real world close combat. The same comment applies to competition. Boxing, wrestling, judo, MMA, kick boxing, etc. and so on, can *all* be *adopted* to self-defense, once you're highly skilled. But neither classicism nor sport constitutes combat/defense training, per se.

Understand this.

Bradley J. Steiner

DVD Course Now Available!

*You Can Learn Self-Defense and
Close Combat At Home.*

***Here are a few comments
about us and what and how
we teach, from a handful of
the many genuine authorities
in the field of close combat
and self-defense who are***

**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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AMERICAN COMBATO DVD # 10

AMERICAN COMBATO DVD # 11

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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-jitsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis’ contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis’ works.

“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”

— George Kalishevich,

Former USMC Sergeant and combat veteran of Southeast Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960’s. He was also an experienced bouncer. He passed away several years ago.

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970’s, I found that Mr. Steiner’s

advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner’s writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner’s vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner’s”.

— Grandmaster John Perkins,

The brilliant innovator of ‘Guided Chaos’, John Perkins’ background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.

The First and Only Complete Self-Defense and Close Combat Course in American Combato (Jen·Do·Tao) on High Quality DVDs!

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate,

O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs individually, or you can purchase the entire Course, in which case you pay for only ten DVDs. You receive one FREE!

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:-

The system of martial arts presented in these DVDs is not a "traditional" or "classical" martial art.

These DVDs, and the information, and techniques contained within should not be taught, shown, or divulged to anyone under 18 years of age.

Due to the serious nature and lethality of the techniques shown, no one under 18 should be instructed in the techniques.

Due to potential serious injury or death, minors under the age of 18 should not be allowed to purchase or view the techniques demonstrated on the DVD's and in the system.

Minors lack the proper judgment and emotional restraint and discipline and should not be entrusted with the techniques contained herein.

Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

Please keep DVDs in a safe place out of the reach of minors, similar to safekeeping of firearms.

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness
- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior experience in any martial art can understand and develop the skills! These are the first four of *American Combato’s* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

DVD#2 BASIC BLOWS

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.
 - The straight heelpalm
 - The knee attack
 - The front kick

- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

• Powerful and devastatingly effective combinations of attacking actions which are adaptable to an infinite number of situations and emergency circumstances. These attack combinations utilize the Key Blows, and include additional offensive unarmed combat actions and tactics. which enable you to infinitely combine, and improvise limitless sequences and applications of ferocious attacks of your own.

This DVD focuses on attack combinations leading with *HANDAXE CHOPS* and *THRUSTING ACTIONS*, the first two categories of “attack combinations” in *American Combato*.

In this and the next DVD you will learn more combinations of each type than you would ever possibly need.

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

• Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable, offensive combatant in close quarters combat. You’ll be an expert at taking the battle into the enemy’s camp and *attacking your attacker!*

This DVD trains you in *DISTRACTING LEAD ATTACKS*, *KICKING LEADS*, and *MISCELLANEOUS LEADS*.

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:
 - How to immediately react with devastating and decisive force against any grabbing type attack from the front
 - How to break holds that attackers might apply if they catch you off guard
 - How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn
 - How to counter sudden grabbing attacks from behind
 - How to counter holds that may be applied from behind

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught
 - How to deal with knife *threats*, from varying positions
 - How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
 - How to counter overhand club attacks
 - How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

- Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

DVD#9 COUNTERING MULTIPLE ATTACKERS

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

DVD#10 HOW TO USE THE STICK FOR SELF-DEFENSE

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC’s Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

DVD#11 KNIFEWORK

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*

- Defending yourself with a knife

The cost of each individual DVD is \$59.95 + \$6. shipping and handling (**\$20. postage and handling for foreign orders**)

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).**

That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner
P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

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

Is There A “Best Style” Of Self-Defense?

A quick answer to that question is “Yes, there is a best style of self-defense”. But clarifying what that “best style” is will certainly leave a lot of individuals disappointed. That’s because the question is something like asking “Is there a best language?” The answer depends upon what is not answerable for everyone in every case.

The truth is that there are **objectively best techniques and “tools” to be used in self-defense and close combat**; however, every individual who learns those techniques and who acquires those tools must formulate a method and a *style* of employing them that best fits himself. Physique, athletic acumen or lack thereof, height, weight, degree of strength, gender, age, psychology, and personal inclinations all play a part in what will ultimately prove to be the best style for any given individual. Here is a very simple example:

The chinjab smash and the handaxe chop are very probably the two finest and most important basic hand techniques for individual combat. However, each person who learns these two methods of striking will adopt the best ways to employ them, **for himself**. *He will cultivate his own “style” of utilizing the two tools of close combat.* In a properly taught program of instruction the student will learn how to deliver the various **basic strike variations** with those two tools. He will then be given representative examples of **attack combinations** in which those blows are utilized. And he will learn **counterattacks** (or “self-defense” techniques) in which those two blows are used in application against common forms of violent attack. All of this practice and drill will eventually result in the student’s acquiring both an intellectual and an intuitive grasp of *how best to use those skills for himself*. Thus, three different students starting training at the same time and having about the same dedication to practice each, will discover after, say, four months of hard practice, that they each prefer a different *style* of using the skills they have been taught — even though they have each been taught exactly the same skills.

To use an example from popular sports: Every boxer, wrestler, and judo student is taught his respective art and sport in a similar manner.

However, as each individual learns and then *develops* that which he is learning, his unique *style* emerges. Boxing is perhaps the simplest combat sport. It utilizes but *one* weapon — the fists — and fundamentally *four* key ways in which blows are struck with the fists. Yet no two boxers have the same *style* of boxing. **And that is a sport.**

Because of the enormous number of variables, and the inherent chaos of actual hand-to-hand combat, it is absolutely essential that the student of self-defense build and cultivate a style that is his and his alone; a style that provides him the most effective and — for him — *natural* ways in which he makes use of the proper techniques and tools of close combat. **When a serious, hard-training student begins to discover this “personal style” he is beginning to discover and to master the “Best Style” of self-defense.**

22 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**
- 3. Physical training**

Here’s how this works:

- **Select the PDF Briefs that you want.**
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
- **Send us your list and include \$4. for each PDF Brief on your list. Cash or money order payable to Brad Steiner.**

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- Clearly print out your email address, and we will email you the PDFs that you order. *No postage charges, no waiting for the package to arrive.* Your PDF Briefs will appear in your email within 24 hours!
You may print out a hard copy of the PDF and/or read it on your computer screen.

“How can we afford to sell these training briefs for such little cost?”

Answer: *There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!*

Currently Available Training Briefs are listed below. **Make your selection!**

Brief #1: *The Last Speech Given By Col Rex Applegate*

(Full unedited speech with accompanying commentary)

\$4.

Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons*

(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations” {U.S. Pentagon})

\$4.

Brief #3: *Fairbairn’s “Silent Killing Course”*

(Original and full outline as Fairbairn drafted it — with commentary)

\$4.

Brief #4: *“Stay On Your Feet!”*

(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives)

\$4.

Brief #5: *Rules Of Self-Defense*

(Of course there really are no “rules” in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training)

\$4.

Brief #6: *Close Range — Quick Reaction!*

(What you don't learn in the shooting schools, but what has been proven to be the right way to use a handgun in personal

defense and in war)

\$4.

Brief #7: *Remembering Charles Nelson And His Valuable Lessons*

(We remember our years with “Charlie”; including some of the actual self-defense tips he taught, and a copy of the Men's Magazine article about Charles Nelson, from 1960)

\$4.

Brief #8: *Most Common Street Attacks - Per Dept. Of Justice And Other Studies - And Tips On Defense*

(Here are the most likely ways in which you may expect to be attacked; with powerful tips on how best to be prepared to defend against them)

\$4.

Brief #9: *Kicking In Close Combat And Self-Defense*

(The war-proven kicking techniques that will work in real combat — and serve you for a lifetime! Absolutely devastating kicks requiring no stretching or loose clothing)

\$4.

Brief #10: *The Really Vital Vital Points*

(No nonsense about “secret” nerve centers or bullshit about hidden targets. This teaches all of the truly reliable vital points that really stop strong, determined aggressors — not merely cooperative students in practice sessions)

\$4.

Brief #11: *Interactive Tactics — The Approach (1)*

(Learn exactly how to be ten steps ahead of anyone who approaches you with dangerous intentions. Be ready without appearing ready)

\$4.

Brief #12: *Interactive Tactics — The Threat (2)*

(Never be shaken again when some punk or troublemaker makes it clear that he intends to beat your head in. Instead, be ahead of him, by mastering the right tactical skills for dealing with the threat)

\$4.

Brief #13: *Interactive Tactics — The Attack (3)*

(When and if some troublemaker actually initiates violence you want to have your mind and body programmed to nail him instantly. This PDF Brief covers exactly what you need)

\$4.

Brief #14: *How To Really Handle A Physical Bully*

*(Bullying is always a cowardly act; but people have been injured or killed by bullies, and many people are scarred for life by a scumbag bully. This most politically **incorrect** presentation will teach you the truth about how to handle a violent bully. Here's the unvarnished truth!)*

\$4.

Brief #15: *Spontaneous Reaction, Not "Lightning Reflexes"*

(Action is always faster than reaction. The real secret to being able to handle any attack is to cultivate an immediate and spontaneous reaction. Do not depend upon blocking.)

\$4.

Brief #16: *How To Hit With Great Power*

(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility.)

\$4.

Brief #17: *Adopting Classical Karate To Modern Close Combat*

(Although a powerful martial art, classical karate has numerous drawbacks for the person seeking self-defense exclusively. This Brief explains in detail how to modify any classical method you are studying so that it meets the necessary standards for real combat and street survival.)

\$4.

Brief #18: *Adopting Kodokan Judo To Realistic Self-Defense*

(Although judo is much more than a mere “sport”, it is not an all-in combat method. Some judo experts may be able to apply their training in real combat, but to make judo really effective in an emergency the modifications enumerated in this Brief are necessary.)

\$4.

Brief #19: *The Two Biggest Technical Errors Made In Self-Defense Training*

(Essential instruction for anyone training in any system or style for self-defense. Teaches how to overcome those errors that result in nearly 100% useless “self-defense” techniques.)

\$4.

Brief #20: *Self-Defense Training For Senior Citizens*

(A truly complete compendium of guidelines and technical instruction that works for senior citizens who want to be able to defend themselves. No “feel-good, socially palatable, politically correct bullshit”. Here is the truth about how to be truly prepared to defend against some of the lowest scum on the planet.)

\$4.

Brief #21: *Fighting Vs. Self-Defense*

(Legally, morally, technically, tactically, mentally, and physically, “fighting” and “self-defense” are different. This Brief teaches how and why this is so — and explains to every student and teacher of self-defense just why it is so important to understand the difference.)

\$4.

Brief #22: *The Importance Of Solo Training*

(Training without a partner is essential for the fullest development of self-defense skill and mental preparedness. This Brief teaches why this is so, and how to train solo with optimum benefits and maximum practical skill development.)

\$4.

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!

Be Sure That You Do Not Miss!

An enormous source of instructional articles, professional commentaries, book reviews, and the AmericanCombato System's structure, contents, and philosophy. NEW MATERIAL ADDED EVERY MONTH . . . ALL FREE!

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Total of over 400 articles packed with instruction, training tips, suggestions, insights, and technical close-combat and self-defense advice!

After reading the latest entries, check the "archives" (bottom of each page)

for lots and lots more FREE material devoted to quality skills, mental conditioning. *Years* of valuable writings! We've been a pioneer of what today is called "Reality Based Self-Defense" and the purveyance of the "WWII Close Combat Systems" since the late 1960's — — long before most of today's "instructors" were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

Farewell To A First Class Pistol!

THE Browning Hi-Power pistol is now out of production. We find this an unfortunate thing because this magnificent pistol was (and is!) surely one of the finest — if not *the* finest — 9mm combat handguns ever made. Yeah, yeah, that's our "opinion"; but if you ask around, amongst experienced, knowledgeable shooters (**NOT** the competition "combat heros", but those who did and who do it for **REAL**) you will likely hear the same from at least a significant number of them. A more natural *pointer* you cannot find. We appreciate but do not feel the thirteen round magazine is as important as this natural pointing quality — or as important as the fact that the weapon is beautifully, ruggedly constructed, and is as reliable as a handgun can be. The weapon is almost in a class by itself with regard to *durability*; and people who have torture-tested this pistol to see how long it will go before having one or

more parts break, have accomplished nothing but using up a fortune in ammunition, a lot of time, and plenty of energy. *You* will wear out before your Hi-Power ever does!

We will note here that the weapon was at its peak in development when it was made in Belgium, and only in its original **single action** function. Briefly, the Hi-Power was made in *double action* configuration. It was a very substandard weapon in double action, wore out with what was often normal wear, and when tested by the British SAS (the Browning Hi-Power was their issue sidearm) those testing the double action piece hated the damn thing. The double action Hi-Power was quickly discontinued.

Recently the Hi-Power was configured in .40 caliber mode (in our opinion a completely unnecessary step). The 9mm was fine. It was proven in war and in peacetime, but perhaps the advent of the popular “modern” 9mm’s just would not enable the “old” Browning to compete. This is somewhat odd considering that John Browning’s *original* masterpiece, the .45acp Government Model is going as strong as ever and is in constant demand; and the Commander and Combat Commander versions of that gun are still sought after and will likely not go out of production until Buck Rogers ray guns become state-of-the-art pistols.

Our personal preference is and has always been for the .45acp Colt Government Model, *or* the Commander Model. Still . . . if we were ever required to carry a 9mm pistol we would if at all possible want it to be one of the Belgium made Browning-designed 9mm Hi-Power weapons.

We honestly do not care all that much for the 9mm round. But when fired from a Browning Hi-Power, well . . .

We bid this marvelous old warhorse farewell. Doubtless those who own one will hang onto it, as it is now something of a collector’s item. Those who automatically think that newer is better and that this handgun



manufactured in 1935 “couldn’t possibly” outperform all of those brand spanking new 9mm’s that have appeared on the market in this 21st century simply haven’t handled and fired the Browning Hi-Power.

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Are You Training To Help Your Attacker?

YEARS ago we saw a documentary on TV about violent crime. During the course of the show two young pieces of s—t were interviewed in

prison. They were violent offenders. The apparent amusement when they discussed the damage and harm they had done while on their career paths made it very clear that these rodents would be resuming their inexcusable lives of predation when they were eventually released. Neither of the two could have been older than 20.

The interviewer asked many questions. One of the replies he received stayed with us. He asked:

“Did you ever worry about going after someone who had been trained in karate, or some other martial art?”

And one of the scum replied:

“Dat don’t mean nuthin, man,” he said with a smirk and a giggle. “I ain’t worry ‘bout dat!”

And the second lump of s—t chimed in, as the two of them shared a hearty laugh:

“Nah man, dem martial arts stuff be nuthin at all. Really nuthin,” he said. “Dem guys who do that s—t can’t do nuthin to us.”

Very interesting. We actually understood (and understand) why the roaches in humanoid form have this attitude — and by and large they do — as far as the possibility of encountering trouble from a statistically average student of martial arts is concerned. To really be able to adapt your ju-jutsu or karate training to a situation in which a dangerous, violent predator suddenly attacks you normally demands *years* of training and hard practice. Not years of going to an hour long class two or three times a week, but years of training *hard* at a serious traditional dojo four to six times a week . . . for at least two or three hours a session! Classical arts contain **too much bullshit** as far as close combat for *real* is concerned, and it takes a long time to be able to master the core basics and a handful of practical stuff that you’ve gleaned from all the crap, before you can use it aggressively, powerfully, automatically, and with ruthless disregard the second you are set upon.

Not that classical/traditional martial arts are “bad”. And not that training in any of them at greatly reduced severity because your motivation and interest and lifestyle just does not permit you to follow the all-out, true

classical way is “wrong”. Nope, not at all. **Just understand that if you are in a classical system it *will* require *at least* some years of training as we explained, before you can use it for real.** And remember: If you enjoy spending a few hours during the course of a week in a traditional dojo, and are satisfied with the exercising and combat-*like* movements that you’re developing, all’s well and good. Just don’t be entertaining any ideas of knocking some street-hardened tough senseless if he attacks you for real.

For self-defense and close combat you **must train in self-defense and close combat**. And that means an all-combat system; a *modern* self-defense and all-combat system. For precisely as the scum whose interview we alluded to earlier pointed out in their disgusting excuse for human verbal communication, violent offenders know very well that dilletantes in the martial arts and/or those with way insufficient training (but who *believe* that what they’ve acquired will see them through a dangerous emergency) are zero threat to street-smart garbage that has grown up with and embraces mindless violence as a lifestyle.

If you are a “dabbler” and are pursuing a classical martial art for but a few hours a week, **do not expect that you will be able to handle serious violent danger**. Don’t lie to yourself, and don’t let any “teacher” fill your head with bullshit, either. And if you into classical martial arts, fine. *But if you expect your training to be fully functional during dangerous, unanticipated and catastrophic emergencies, plan on hard and long years of training. Training as is done in the Asian countries by the Asian students.*

Go over the following points and if any of these apply to how you’re training presently, **but you want self-defense and close combat only**, then realize you’re *not* getting it, and you just may be training in a way that makes your attacker’s job easier!

- Does your teacher discount size and strength as being of little importance so long as you possess technical skills?

If so, then your teacher is misinformed and you are being taught to discount one of the important factors for success in close combat — strength. Strength (and to some degree size) is not necessarily the deciding factor in hand-to-hand combat, but it is sheer folly to claim that skill alone will be enough.

- Are your classes 1/4 to 1/3 stretching, limbering, and conditioning exercises?

For hand-to-hand close combat your classes should consist of technical practice and drill. Working out can and should be done with weights or some other form of progressive resistance exercise *at times other than practice sessions*. These workouts are important and should be regarded as serious training. Your techniques done easily at first and then full force should be the only “warmup” you need.

- Do you practice classical kata as an important mainstay in your classes?

If you are in classical training because that’s what you want, fine. But classical kata make no sense in an all-combat, self-defense program

- Are any defenses that you’re learning very complicated, and/or are they completely situation-specific?

These techniques require a cooperative training partner and will *not* work effectively against a dangerous, violent offender. Quality counterattacks are **broadly applicable**, and address actions and principles that may be applied in a wide variety of contexts, naturally and easily.

- Are you being taught that “all fights go to the ground”, and that ground fighting is for anything except *sport*?

If so, you are learning something that virtually every authentic and qualified **combat** instructor has cautioned against. Despite the widespread influence of this idea (and the popularity of combat *sports*, where the principle is often true) **you should always stay on your feet!**

- Is the clenched fist your primary *hand weapon*, which you incessantly seek to develop in punching — during self-defense practice and freestyle sparring?

The clenched fist is *not* the most effective natural hand weapon. Serious combat training emphasizes the **open** hand blows (especially edge-of-the-hand and heel of the hand; with fingertips and clawed fingers also

emphasized, along with elbows, head, teeth, knees, and feet). The fist is a weapon, but used exclusively on soft targets — i.e. solar plexus, sternum, testicles, liver, spleen, and kidneys.

- Are modern weapons ignored, while classical weapons are included in the advanced curriculum?

Once again, for classical-oriented students who are *not* primarily concerned about hand-to-hand combat and self-defense, this is fine. But for the modern student seeking self-defense and combat training, **firearms**, **fighting knives**, and the **stick** (especially the walking stick), as well as a few other *modern* weapons should be the order of the day.

Here, very briefly, is what the core and backbone of a genuine close combat and self-defense program should emphasize and advocate:

1. A vicious, savage, and frankly merciless mindset.
2. Genuinely destructive, very damaging and harmful techniques.
3. The need to *speedily* neutralize any foe — and to do so with ruthless disregard.
4. Commit to relentless *attack* when it is necessary to engage an enemy (in war or in peacetime) and not stop delivering punishment until he is completely helpless.
5. Techniques that are **simple**, easily learned, practiced, and retained, and that are broadly applicable to numerous situations.
6. The attainment and maintenance of the highest degree of strength and condition that your genetics will allow.

WE cannot stress too frequently or too emphatically that actual, real, honest-to-goodness close combat entails risk, and that there is no “nice” or “sanitized” way to defend yourself. In violent combat the most ferociously animalistic, brutal, and merciless generally wins. So, by all means acquire a commitment to that constellation of phenomena, and back it up with a solid repertoire of war-proven **combat** skills.

If you heed our counsel your training will be productive of reliable, workable, valuable skills upon which you can stake your life in a dangerous emergency. The *last damn thing* you want is to learn an

impractical classical or sporting approach that frequently results in the one who attempts to utilize it actually *helping* his assailant to defeat him.

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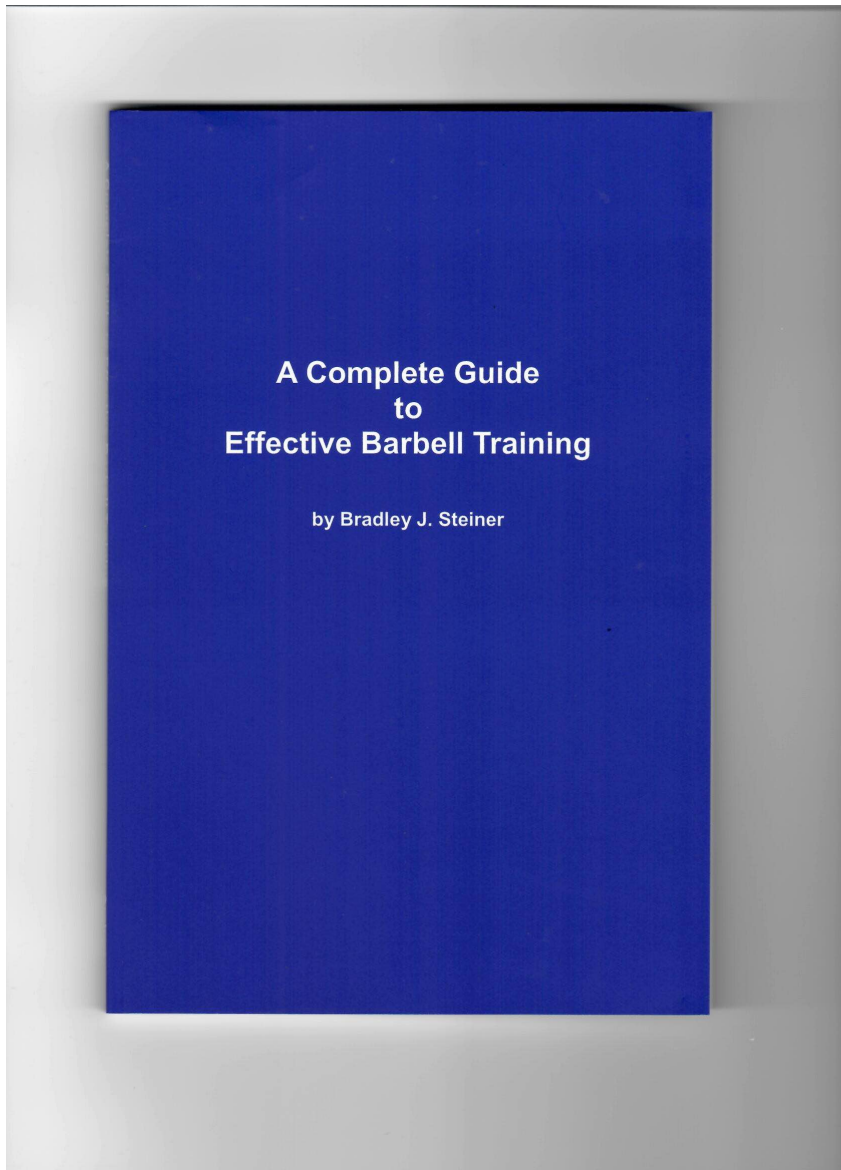
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Understanding Human Evil

THIS is really a prelude to the next article on *ruthlessness*, which, despite our efforts at clarity, may be thought “too extreme” by some.

Proof that a percentage (actually a too-damn-large percentage) of so-called “human” beings literally *delight* in being scum, may be seen even by those who are uninvolved in self-defense and combat studies. Just look at the phenomenon of releasing computer viruses, and of hacking into others’ computers solely for the purpose of wreaking havoc in those others lives.

About eighteen years ago, when we finally got and began to familiarize ourself with a computer, we asked a student of ours who was a very highly expert computer specialist about the “virus thing” that, at the time, we had only just heard about. “How does that scam work?” we asked him. “Does it pull in big bucks for those who create the viruses?” His answer momentarily surprised us, and then confirmed the conviction that we have had since childhood — i.e that the “human” species is somewhat of a failed experiment; that “humans” in far too many instances, are crap.

“No, Brad,” he answered simply. “The people who create and send the viruses do it for fun. There’s no money in it.”

“For fun.” Seriously ruining others’ records, businesses, personal communications and documents, etc. is “*fun*” for that category of s—t who are responsible for computer viruses. **Got that?!** Can you imagine what kind of pathetic, self-hating, despicable scum would derive *fun* from such an evil, anonymous activity? Probably not. And that’s a problem. It is difficult to appreciate the utter lack of humanity, civility, decency, and even, in many cases today, even *manners*, that many live by. **They are the threat. We would propose merciless measures be leveled against them — like amputation of both arms for computer criminals — but no one would even regard that as acceptable for discussion.** The very sad thing is that, when you “up the ante” so to speak, and demand that both arms of all violent offenders be amputated

(assuming that they have not permanently injured or killed anyone, in which case **death** is the obvious punishment) the idiot majority recoils in horror. “Oh my God,” they mutter. “That’s ruthless!”

DAMN F—ING RIGHT!

Ruthlessness: One Inescapable Factor For Success In Close Combat

THE other day we watched a video reenactment of a horrible, cold-blooded murder. The victim was a police officer who had stopped a completely insane motorist. The motorist exited his vehicle and charged the Officer in a violent frenzy. The lunatic then ran back to his vehicle, all the while ignoring the Officer’s clear and repeated verbal commands. The lunatic then produced a shoulder weapon from his vehicle and began shooting at the Officer. The Officer returned fire but did not hit the lunatic. The armed madman proceeded to fire repeatedly at the Officer, and apparently hit him with at least one round. The Officer fell down and the opportunity for the nut to escape the scene was clearly present. Yet, after returning to his vehicle momentarily, the lunatic *went right back to where the Officer lay*. As the Officer pleaded for his life, the madman fired more rounds into him, hitting him at very close range and killing him.

There you have an example, a *classic* example, of sheer **ruthlessness**. Most violent scum lack anything resembling a high level of technical skill in close combat — with or without weapons of any kind. ***But what they do possess — in abundance — is ruthlessness.*** And in fact it is largely their ruthlessness that makes violent offenders so dangerous. That living garbage is *indifferent* to human life, well being, and dignity. It simply explodes with whatever degree and “style” of destructive force it wishes — for whatever self-serving purpose it desires. The violent dregs of human society use murderous force to take someone else’s property, or money. If the sewage desires sexual gratification and the feeling of dominance that some predatory animals seek, it rapes. If

simple satisfaction, perhaps the delight of revelling in a sense of “machismo” is the goal, then the toxic muck terrorizes, subjugates, damages, and destroys. Violent predators do whatever their insane impulses drive them to do — like rabid dogs or rats. They are utterly and completely *ruthless*.

Violent predators may bear a surface physical similarity to human beings, but it is the shame of “civilizations” that these botched life forms are not regarded as the s—t they really are, **and destroyed** upon being discovered and caught.

No doubt about it, and get this straight: *Violent offenders are ruthless.* The big question is: “Are **YOU?**”

When we insist that you *must* be ruthless in dealing with violent criminal attackers (and we do insist that you must be) we are emphatically not suggesting that you should be *as* ruthless as violent offenders are, *in your normal, daily life*. Your ruthlessness must be strictly limited to your unavoidable physical need when and if you are ever forced to defend yourself or someone else. To be *capable of acting ruthlessly* is not the same thing as *being a ruthless person*.

Ruthlessness defined:

We define “ruthlessness” as behavior that disregards and is wholly indifferent to the damage, injury, pain, and destruction it causes to another, or to others. It is a combination of *attitude* and *action* that callously ignores others’ suffering or loss, and that regards as significant **only** that which serves and affects oneself.

When you think about it, this practically **defines** the goddamn violent criminal psychopath and predator. *And you must realize and accept this, or you will inevitably be at a disadvantage in learning how to deal with these monsters.*

Normally, most people would at first blush think of ruthlessness as a synonym for *antisocial*. **This is not true.** Antisocial behavior is plainly wrong. It causes harm to others, without justification. It damages and injures simply to gratify the urges and desires of that which is quite often the *psychopathic* personality. To be antisocial might very well **include** ruthlessness on the part of the antisocial person, but it is not, per se, “ruthlessness”.

Antisocial behavior is not justifiable. Ruthlessness *can be* justifiable. For example: The violent offender's ruthlessness is inexcusable and evil. When a potential victim reacts ruthlessly to a violent offender, in order to defend himself against the offender's attack, the ruthlessness is completely **appropriate, desirable**, and in our opinion, *commendable*.

There's the unpleasant and politically inconvenient truth — the truth that so many “experts” and “teachers” pay no attention to, and may not even be fully aware of, themselves: *Ruthless, merciless, cruel, and ferociously brutal counterforce is necessary for self-defense, and you had better make this integral to your combat mindset now, and see that you never lose sight of the reality of this truth!*

If you have any human or humane feelings toward a violent assailant, heaven help you! You can rest assured that the sonofabitch has none for *you*. And there is no way to know if this bastard who is attacking you intends to maim or to kill you. **You must assume that he is willing and able to do this, so that you do not enter upon your course of self-defense with woefully inadequate actions and attitude.**

Let us reiterate an important point here, before we go further. **We are not discussing competition or sport. Nor are we concerned about inconsiderate or impolite persons who make you angry, who perhaps attempt to offend you, or provoke you. Walk away from these useless a—holes. Do not react with violence to anyone whom you *know personally*, and are aware from personal, firsthand experience is not dangerous. Shrug off his annoyances and bothersome conduct. Blame yourself for interfacing with such jackasses. *Our concern is defending yourself against dangerous, unknown violent attackers. In such situations “anything goes”, and your concern for any attacker should be the same as that of a physician's for a cancerous growth!***

We produce this monthly Newsletter in order to convey the essence and spirit of **real** self-defense and close combat to decent, worthwhile human beings who *need* this knowledge. We want to reach as many people as

possible with our message, and so we do not charge for this Publication, which is free to visitors every month. Our training, research, experience, and teaching background in the martial arts, as well as in disciplines such as physical training, hypnosis and mental conditioning, survival, and secret operations qualifies us to present what many simply do not know, and what some — for commercial reasons, perhaps — will not tell you. It is our sincere hope that we contribute to the safety, peace of mind, and well being of good people everywhere.

See a violent physical assailant as an object to be destroyed. Do not subvert your chances of stopping him by considering him human in any sense of the word. Go at him with the fury of an enraged tiger. **Destroy!** Go for his eyes, his throat, his testicles; break his knee or shinbone, smash into his sternum or solar plexus. *Do not be restrained, hesitant, or in the slightest way “fair” or “merciful”!* Just defend yourself! Rip off his ears, break the bridge of his nose. Use anything at hand to assist yourself. **To hell with that bastard who unjustly intends to harm you or a loved one!** You must not be a “human being” when you are attacked. You must be more **inhuman** than your attacker obviously is. This is what he is not expecting, is not prepared for, and cannot cope with!

Ruthlessness is not nice. We have said countless times that *there is no “nice” way to defend yourself.* And there isn't.

The gutter garbage that believes its urge to maim or kill you will meet no serious resistance when it attempts to carry out its plan, *must be met with overwhelming, cruel, and mercilessly destructive violence.* Not the slightest compassion or forbearance. Explode in his goddamn face like a hand grenade going off unexpectedly. **And keep on attacking him with zero regard for how badly you injure the lout.** Stop only when you have decisively brought an end to the threat that he has brought to you.

Anything goes in self-defense. Would that all decent people would understand and embrace that — and then train in *real combat*

techniques that enable them to devastate any extralegal assailant who intrudes upon their lives.

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