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SWORD and PEN

Official Newsletter of the International Combat Martial
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E D I T O R I A L

Are You Prepared?

WHETHER “civilized” or savage, there is no society on earth where the threat and danger of physical violence does not exist. Nor has there ever been a time in human history that was devoid of this danger. Yet, incredibly, we see people living in most instances with an attitude of what can only be described as indifference to the threat. Because it has not yet happened to them, they seem to believe that it never could happen to them. The idea of learning how to defend themselves just isn’t important enough for them to invest the time, energy, and money to acquire this absolutely necessary form of insurance.

It is too late to learn what to do when violence strikes. Your and your family’s

survival and well being then depends on the mercy of your attackers. The individual who is trained and ready, however, has nicely reversed this dilemma. Now it is the *attacker's* well being and survival that is in the intended victim's hands. As it should be. But this rarely is the actual case . . . and with things as they are, it appears that the edge will remain with the violent predators. *Children in school are being taught not to fight back when bullied; adult citizens are enjoined not to be armed; the message societally is: “Don't resist, don't fight back, just 'tell someone', or 'call the police.’”*

Being “armed” in the sense that we mean it refers not merely to being in possession of lethal weapons (*lawfully*, of course) — but of being *armed* with skills, mindset, and the ability to handle violence decisively and well, armed **or** unarmed. If in fact people were generally so equipped, the problem of violent crime would drop to the relatively insignificant level that it once was at in America. People were of course victimized by thugs, punks, bullies, and gangsters in bygone days; but *never* in the United States to the extent that they are today. Violence used to be *unusual*. Now it is routine and commonplace. And sadly the general populace remains all but clueless about how the problem can be corrected. It can be corrected by **FIGHTING BACK!**

It is moral, rational (and it even used to be **legal!**) to deal with violent types by using overwhelming violence. So long as you were defending yourself, *no problem*.

But this is no longer true. Today it is quite possible to use force — up to and including lethal force — in an attack in which you believed your life to be in danger and *still* get into trouble with the legal system. Since the primary thing is to **save and to protect innocent life and limb** we realize that this type of risk, in an emergency, must be taken. Better to be alive and not dead (or confined to a wheelchair) and have some legal problems to cope with, than to be maimed for life or lying in a grave, and be free of legal hassles.

It is **absolutely** a disgrace that we need to think this way, but we do. So

we'd better.

If you are smart and if you are far-sighted enough to think about what may happen during the next 10-20-30 *years*, as insanity, violence, and irresponsibility continue to escalate and to be embraced as the *norm* in what once was civilized society, then you will **do everything possible to prepare yourself in case violence strikes.**

We confess to feeling a certain contempt for people who hesitate, procrastinate, and continue to delay *doing something* about learning self-defense. **How neglectful of those whom they love and who they maintain that they care for are they people!** People who will drop \$100. a week or more at some bar, who will waste time and energy on meaningless jabber with mindless contacts, etc. will *hesitate(!)* to invest in training that could save their lives and the lives of those they love. “It’s too expensive,” or “I don’t really have the time,” tend to be common excuses. It can be a lot more time and money consuming to be mugged and beaten, to fall victim to violent home invasion and be unable to stop the monsters, or to be attacked and left for dead by some pack of filthy street savages. But . . . many people can’t comprehend that — **until it happens to them.**

We believe strongly in both supporting the police and, whenever feasible, in calling them and letting *them* handle any situation. But in reality it simply is not possible to “call the police” in every instance when a violent attack occurs. Usually, attackers target and pounce on their victims so stealthily and speedily that — if they are lucky enough to survive it — those victims can do no better than contact the police *after* they have been devastated.

Learn how to defend yourself and how to protect those you love. That is your surest and most efficient option. **The police will not be right there when you are attacked. YOU will be!** Learn how to give your victimizer the nastiest surprise of his rotten, undeserved life!

Those who protest that they are “careful”, that they “don’t go to questionable places”, etc., and therefore they don’t need an ability to defend themselves are fools. *Bad guys are everywhere. It only takes a road trip or a bus*

pass for scum to travel to where humans live, and to be able to victimize those humans in any manner they wish. Being careful is fine. In fact, it's recommended. But what happens if you are careful and trouble finds you, anyway?

Are you prepared?

Bradley J. Steiner

Home Invasion

Situations . . . This Is *WAR*



A SURVEILLANCE CAMERA REVEALS TWO VERY UNWELCOME VISITORS. AND MAKE NO MISTAKE ABOUT IT; THE *ONLY* WAY TO “GREET” THIS KIND OF SCUM IS WITH LETHAL FORCE!

VIOLATING private dwellings by breaking into them and robbing, raping, or killing the residents, has been a crime that has always been with us. However, it has not been until recently in American history that the specific designation “*home invasion*” has been adopted, and when the crime itself has become ***commonplace***.

In our opinion the primary reasons that account for this disgraceful atrocity becoming an almost everyday occurrence in American cities are:

- Absurd leniency toward violent, atrocious felons by our so-called “criminal justice” system
- Absurd legal hindrances to acting in self-defense in general, imposed upon our citizenry
- Absurd and unConstitutional laws restricting firearms ownership and use in self-defense
- Softening of the character and resolve — essentially the “guts” - the **intestinal fortitude** — of our citizenry

Whether anyone agrees or disagrees with us is not important. That’s *our* opinion, and others are certainly entitled to theirs. However, we **have** the problem, and right now we want to make some useful suggestions that will help innocent people to deal with it, if they ever need to do so.

First and foremost is an understanding that this problem is epidemic and that it *could happen to you and to your family*. Next, is the resolve to **do something** about preparing *now*.

- Secure your home with a good alarm system
- Make certain that you have a solid, secure front and back door, and *always* keep your doors and windows secured at night
- If possible, have a dog. It needn’t be a Doberman or Shepherd (although

either of those breeds is *ideal*). Simply having a small but alert dog that **barks** when and if he hears anyone outside is a tremendous security aid.

— Make sure that you and your family learn how to use firearms and then **purchase firearms** for yourself and for your family members. ***Do so legally.***

Go through whatever legal requirements may exist where you live, and — seriously — consider relocating if the laws are *so* restrictive where you live that it is almost impossible for you to exercise your right to keep and to bear arms.

Note: You also should become familiar with the law as it pertains to defending yourself with and without deadly force, as some locations are so inimical to the private citizens' right to self-defense that *the citizen who defends himself can get into more legal trouble than the felon against whom he acts in self-defense!*

— Learn self-defense. It will sharpen your awareness and mental ability to deal with danger, as well as equip you with valuable physical techniques that can be just as valuable in an emergency than a firearm.

— Learn combat shooting with both handgun and shoulder weapon. This has *nothing* to do with competitive shooting, plinking, or hunting. It is a separate discipline and encompasses techniques, tactics, and mindset — exactly like unarmed combat encompasses; and combat shooting is *integral* to overall self-defense and close combat training.

— You should also learn how to employ a knife, stick, and miscellaneous hand-held weapons of expedience so that, if a crisis ever comes to you, you are capable of summoning however complete and vicious a reaction may be needed to save your life and the lives of those you love.

— Keep your mouth shut about your preparations. Just **BE READY**.

— Never forget that a violent home invasion is a potentially life-threatening situation. You must **ASSUME** lethal intention on the part of any home invader(s), and that he is armed (he will almost certainly be armed). Your reaction must be **swift, courageous, without mercy, and decisive**. There is too much at stake in this kind of crisis, and you **DO NOT WANT TO GIVE ANY BENEFIT OF ANY DOUBT TO VIOLENT FELONS WHO BREAK INTO YOUR HOME**. Obviously if, upon your reaction, the invader(s) turns to flee, **let him go**. But do not make any attempt to “capture” him, or to “hold him at gunpoint”, etc. ***THIS IS A SITUATION OF WAR.*** Foreign as this kind of thinking has become to the statistical preponderance of

your citizens today, this is the attitude and mindset that will save your life, if saving it is possible.

So What About Ground Fighting?

Once on the ground, you are more vulnerable to attack ...
... It is, therefore, obvious that you should concentrate on remaining on your feet.”

—*William Ewart Fairbairn*

“Avoid, if at all possible, going to the ground with your adversary.”

—*Rex Applegate*

EVERY creditable expert in close combat and self-defense — present or past — has made this point and made it *very* emphatically: **Stay on your feet. Avoid going to the ground with any assailant, whenever possible.** And what is most interesting about this is the fact that some of these experts were in fact *masters* of the ground-grappling art (i.e. Pat O’Neill) and/or were thoroughly versed in its aspects and had participated frequently in ground grappling *when they had trained in the sporting aspect of their art* (i.e. William Fairbairn, Wesley Brown, Joe Begala, E.H. Leather, Bernard Cosneck, Robert Carlin, Mikonosuke Kawaishi, James Hipkiss, etc.). **Real combatives experts have always known that ground fighting is for competitive matches, and that in actual hand-to-hand combat one should *remain on his feet*.**

The admonitions of history’s most illustrative masters of hand-to-hand combat lead inexorably to two rules for the student and teacher of real world close combat:

1. *Never intentionally go to the ground with your adversary — i.e. never try to take him to the ground for grappling, and/or in order to apply*

some “*submission*” tactic.

2. *Stay on your feet and do not allow an opponent to take you to the ground with him.*

Providing a good program of technical training is undertaken, Rule #1 is easy to follow, and need not concern a properly trained individual — except academically. Rule #2, in spite of current fads and the errors that have been caused by them, concerning practical self-defense, is a *lot* easier to follow than one might at first suspect. This is because *no violent offender wants to go to the ground with you. He certainly may wish to put you on the ground.* However, the attacker’s purpose is to injure or to kill you, or to rob you, etc., and then **escape and avoid capture and arrest**. He has no wish to “compete” with you, and to secure a submission hold or “win” the “match”! (Yes, we know that this should be obvious; but the absurdities associated with mistaking the MMA/UFC phenomenon as some kind of “litmus test” for effective combatives, makes making this statement necessary).

In real combat one ends up on the ground either because one is knocked or thrown to the ground, **or** because of something inadvertently done by either defender or attacker that has *resulted in both combatants going to the ground.* **IT IS THE HEIGHT OF FOOLISHNESS FOR A PERSON TO ACTUALLY SEEK TO TAKE AN ATTACKER TO THE GROUND WITH HIMSELF. AND IT IS SIMPLY NOT A DANGEROUS ENEMY’S GAME PLAN TO WRESTLE AND FIGHT ON THE GROUND WITH HIS INTENDED VICTIM, DELIBERATELY.**

In actual combat, then, “ground fighting” will consist of:

a) Defending yourself if you are on the ground, against one or more *standing* adversaries,

— or —

b) Managing the unanticipated situation of finding yourself on the ground *with* your enemy.

Counters from the ground against a standing assailant involve correct maneuvering and kicking, ***and then getting back on your feet***. These skills are a part of close combat training and are taught to students in due course.

Countering the unusual situation in which you and your adversary end up on the ground will entail . . .

Sinking your teeth into the most accessible body part of your attacker and striving to bite out a piece of his body, while using your free hands to gouge his eyes, crush his windpipe, seize his testicles, or rip off one or both of his ears. You could also, of course, use a knife, sharp stick, or rock against the opponent, if possible. In some cases you might employ the strangulation and body control technique taught by Applegate and Fairbairn (described in *Kill — Or Get Killed*). Hand-axe chops rapidly delivered *may* be possible, etc. ***But the bottom line is that you GET BACK ON YOUR FEET AS SOON AS POSSIBLE, and make no attempt to remain on the ground.***

Remember that while on the ground with one attacker you are completely helpless to deal with one or more assailants who are still standing. It is a simple matter for them to kick your head in or otherwise finish you off. Also, remaining on the ground provides a certain advantage to *any adversary who is larger and stronger than yourself*, even if he lacks skill. And the prospect of rolling onto a sharp rock, striking your head on a rock, tree, fire hydrant, or parked car, etc. (depending upon where the encounter takes place) is as likely to happen to *you* as it is to happen to your adversary. What's more, the process of *falling with the attacker* presents a serious risk of injury or death. You will not be on a mat, and the falling skills of judo and ju-jitsu are just about 100% useless in **real combat**.

Pay attention to what we say, ignore it, or laugh at it. It's your choice. But if you're smart, you'll take it to heart, train accordingly, and **stay on your feet** in any actual emergency!

Bullying Children — In Cyberspace

NOW this, we confess, is somewhat outside the scope of our usual concerns. However, we decided to address the matter after receiving an email from — of all people — the *wife* of one of our regular visitors. Her husband is a black belt in judo. She writes:

“My husband respects you and your work enormously. Unfortunately, the area of ‘defense’ about which I am contacting you does not seem to be too important to him . . .

She goes on to explain at length that their daughter is and has been for a long time the target of “cyberbullying”. She explained what is and what has been going on. The child’s father dismisses the matter as silly kid stuff, and after lodging a lukewarm complaint with the school that his daughter attends, does not take this seriously. The girl’s mother does.

So do we.

“Please can you suggest something that I can use and that I can present to my husband as advice from you?”

We advised the mother to contact the police and a good attorney. This activity, one of our police officer students advises us, may be a **criminal** offense. In any case, it can be a case for civil litigation. The underage bastards who spit out their venom can’t be sued, but the living s—t that spawned them can be. We also advised her to send a letter — certified mail, return receipt requested — to the school’s principal and the child’s teachers notifying them of all the details and all of the names of the brats who are involved. But, ***above all***, we urged the reorienting of this girl’s psyche so that she views her scum contemporaries as the muck and sewage they are. **1. Teach your daughter that the views and mutterings of others don’t matter.** **2. Let her understand that she is FORTUNATE to receive this early education in the irrationality, injustice, attempted cruelty, and despicableness of a huge portion of the planet’s populace. This will inoculate her so that this never bothers her again, and so that she**

acquires a philosophy of realism when dealing with human trash. **3. Teach her that these scum are detestable and that she must NEVER WASTE A MOMENT OR A THOUGHT ON THEM**, beyond what is necessary to dismiss them from her personal life and concerns. **4. Equip her with good self-defense training, and LET HER KNOW THAT SHE HAS YOUR PERMISSION, AS WELL AS EVERY PERFECT RIGHT, TO DEFEND HERSELF WITH VIGOR AND RIGHTEOUS INDIGNATION** should any of these putrid blotches of undeserving conscious life ever physically attack her. *She has every right to be treated with respect and with dignity; and if and when she is not, she is fully justified in regarding her violators with unforgiving contempt.*

We would also explain and console her with the assurance that this phenomenon of unjust, malicious mudslinging is commonplace amongst adults. So-called “internet forums” for example have given to malicious, neurotic, useless human debris a platform for gossiping, lying, and regularly — but **IMPOTENTLY** — attacking their superiors. Big deal. **All** who have achieved anything, stand for anything, believe passionately in anything, have created anything, and who have earned and who *enjoy the exercise of a potent voice on behalf of all of those things are* routinely targeted for mindless commentary and backyard gossip-masquerading-as-”discussion” by gelded simpletons and assorted other walking hemorrhoids whose only satisfaction and achievement is to attack those who have done more with their lives than their assailants. *What the child must learn is that to be attacked by sewage is evidence that one is NOT sewage, oneself, and that one is felt — by the sewage — to be a REPROACH.*

Children should not have to suffer bullying. But all too often, they do. Hitherto, our focus has been exclusively upon **physical** bullying (or the threat of physical bullying), whenever we have addressed the subject. But we thank our correspondent for bringing our attention to this version of bullying, and we hope that we have introduced some hard core philosophy that parents can use to enable their children to (**figuratively**) *spit in the face* of any sniveling garbage that presumes to attempt to verbally harass them.

Oh, one last thing. To this particular girl's dad: *Thank you for visiting our sites regularly. We appreciate it. And we respect and appreciate your devotion to judo. We respectfully suggest that you take your daughter's present situation more seriously. Do as we suggest: equip her with the **psychological armor and mental combat karate** that she will surely need to cope with the scum bags who will inevitably intrude into her life — now and in the future. **May the cyberbullies — and all bullies — be eternally DAMNED!***

DVD Course NOW AVAILABLE! ***(You Can Learn Self-Defense and Close Combat At Home!)***

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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:—

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- How to stand, move, distance, and position yourself
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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).

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- 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.
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 - The front kick
 - The elbow smash

- The fingertips *thrust*
- The fingertips *jab*
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- 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.

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- No realistic close combat system is worthwhile unless the matter of

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- How to immediately react with devastating and decisive force against any grabbing type attack from the front
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- 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
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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.

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

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— 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 on 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,

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Brad Steiner

P.O. Box 15929

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U.S.A.

G R O W L!

SELF-DEFENSE and close combat is essentially very simple. Not by any means "easy". Just **simple**. The techniques, tactics, and mental conditioning that is required for success is uncomplicated and direct. Yet incredibly many people actually gravitate toward needless complexity (**useless** and **impractical** complexity) because they fancy that what is required of them is some kind of acrobatic and "artistic" capability.

Nothing could be farther from the truth.

Look at the tactic of *shouting* suddenly and loudly in an encounter. Dubbed “kiaï” in karate and ju-jitsu, this simple — and battle proven — tactic has taken on an element of mystery and complexity. Special exercises are in some circles practiced to enhance or “cultivate” one’s kiaï, and instead of treating this terrific, simple thing that enhances one’s advantage in any engagement for that which it is, many have made it literally **useless** by *complicating* it!

Let us make the matter really simple. And while doing so, let us “Westernize” it, somewhat. As follows . . .

To increase the effectiveness of your attack or counterattack, ***scream like a madman***, and while doing so, ***contort your face and growl like a savage who is bent upon murder***.

Nothing especially complicated. No special breathing or “secrets”. Just ***YELL*** and ***GROWL*** as you ***GRIMACE*** like an insane lunatic. Don’t waste time looking for “instruction” in how to kiaï. You already can and will do it correctly if you do it ***like you were berserk and want to kill***.

- Do it without warning — let it *explode* suddenly, along with whatever physical techniques you use
- Do it as ***LOUDLY*** as possible

Like the simple and effective *techniques* of close combat, this tactic works naturally, beautifully, and very well. **Just remember to go all out . . . 100% . . . like you were driven by the desire to kill.**

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Weight Training: The “Old Timers”

Had it Right!

IN the last few years something very positive has been happening in the so-

called “bodybuilding” field. People are rediscovering the fact that proper, sensible weight training is *not* the unhealthy, abnormal, subcultural s—t that has, since the advent of widespread steroid use coupled with the preposterous worship of “size-size-size” in the 1970’s, been pawned off on the physical culture seeking public as true ***body-building*** and physical training.

Doubtless, those mental cases who destroy their lives with steroid drugs and who go for the bloated, over-trained, inflated “physiques” that are in vogue, will continue on their crazy paths (which often lead to an early grave, and *not* to top physical shape and all-round development). Too bad. But gradually, the rediscovery of **sensible training** by those whose heads are on straight, will — hopefully — lead to the renaissance that is desperately needed in the field of physical culture. *Weight training is the finest overall form of physical development and fitness that exists, when properly employed.* And guess what: **Weight training once was “properly employed” — by those in the 1930’s, 1940’, 1950’s, and 1960’s.**

Oddly enough the field of martial arts was one of the last to finally accept

weight training as being the finest supplementary physical exercise to bolster their capabilities, confidence, and performance. While a few confirmed nutjobs might still maintain that “you don’t need strength”, it is generally conceded that weight training will improve any practitioner of martial arts. And, as we have been insisting since the 1960’s, weight training is **ESSENTIAL** for the person training in close combat and self-defense. Being weaker than you are capable of being might cause you to lose a match; but being weaker than you are capable of being might cause you to be **killed** or to be **maimed** in a self-defense emergency.



ABOVE: ONE OF THE TRULY GREAT “OLD TIMERS”: SIG KLEIN. KLEIN WAS A PERFECT EXAMPLE OF PHYSICAL EXCELLENCE. HE WAS WELL-BUILT (NOT GROTESQUE), ABLE TO DEMONSTRATE REAL STRENGTH BY LIFTING HEAVY WEIGHTS, AND EXTREMELY AGILE (HE WAS A HANDBALANCER). KLEIN’S WORKOUTS CONSUMED NO MORE THAN TWO HOURS (USUALLY ABOUT ONE HOUR), AND WERE DONE BUT THREE TIMES A WEEK — MORE THAN ENOUGH, DESPITE THE TIME THAT MOST OF TODAY’S “BODYBUILDERS” SPEND IN THE GYM.

The philosophy and the approach to weight training that the old timers gave us is the philosophy and approach that we have always used, taught, and advocated, personally. It works. And it will work for **you**.

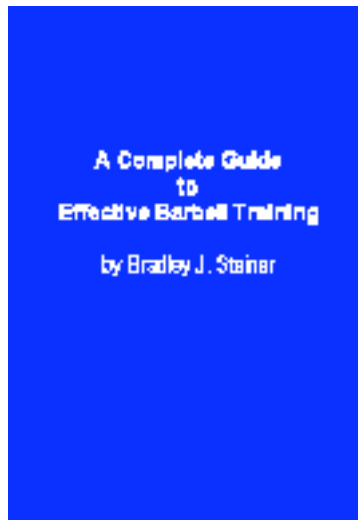
One of the big mistakes that those in martial arts who do use weights tend to make is to think that there is a special way for martial arts people to train (as, they believe, there is a particular approach that is unique to each physical art or sport). ***This is not true, and it never has been true.*** Weight training builds all round strength, health, fitness. That strength, health, and fitness may be adapted to any physical art or activity. If you will simply follow a good, basic, all round program of weight training, you will build the enhanced physical attributes that you require for self-defense applications — providing, of course, that you train in close combat and self-defense.

Learn from the wisdom of the past masters of physical culture. **STAY AWAY FROM STEROIDS. TRAIN YOUR ENTIRE BODY THRICE WEEKLY. DO NOT BECOME OBSESSED WITH SIZE AND MERE APPEARANCE. USE THE SIMPLE, BASIC, PROVEN EXERCISES. KEEP WORKOUTS DOWN TO REASONABLE TIME LIMITS. BEGINNERS NEED ABOUT 30 MINUTES FOR A WORKOUT. THE MOST ADVANCED TRAINEES NEED NEVER EXCEED TWO HOURS.**

Oh, yeah . . . one last thing: *Don't waste a cent on the "bodybuilding magazines" that are available today.*

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Combat Throws Vs. Judo And

Wrestling Type Throws

THROWING is a *secondary* close combat skill. Like choking and strangulation techniques, throws have a place in emergency self-defense and in military combative engagements. *Blows* however remain the core, heart, and essence of practical, effective, real world hand-to-hand battle. *After he has mastered an adequate set of blows and developed their use in effective combinations, as well as learned reactions to common attacks that might catch him off guard, **then** a student can benefit from learning such additional actions,* assuming that he has the interest and motivation.

There is a serious point of confusion that exists regarding throwing. That is, *the throws that are commonly employed in judo and wrestling competition are **not** the throws that should be developed for actual battle.* (We note, for example, that many schools purporting to teach **ju-jutsu** actually teach the throws of judo; and aside from the fact that even the most simple and practical of the judo throws are *not* entirely suitable for deadly combat, *most* of the throws in judo are dangerously complicated, risky, and should never even be considered as hand-to-hand combat actions. They are for judo *competition*).

In *American Combato* we instruct our students in a few judiciously selected throwing techniques that are oriented toward **combat**, and that have no place in, and cannot safely be employed for, competition. Characteristic of these throws is:

- **They cause serious injury *while they are being applied***
- **They cause further serious injury as they are completed**
- **They rely upon *injury* and not upon finesse or complex maneuvering in order to off-balance the enemy**
- **“Breaking the fall” for these throws is virtually impossible since the recipient is injured or totally disoriented during their execution**
- **They are very *simple***

While combat throws are uncommon in so-called self-defense and martial arts programs today, they remain the **right** throws to be taught for actual use in personal defense, if and when any throwing is taught, at all.

Below, taken from the U.S. Army’s Field Manual 21-150 (Combatives) of 1971 is a demonstration of one of the combat throws that was taught by Pat O’Neill to the *First Special Service Force* during WWII. The “Head Twist Takedown” here shown is applied against an attempted underarm hold. This is one of the throws that we train our own students in, in *American Combato*. We note that an **offensive** application of this throw may be undertaken if the adversary is, for example, struck suddenly in the solar plexus or sternum, or disoriented by some other speedily executed strike. We teach the execution of this throw in an *extremely* aggressive manner, and obviously great caution is needed in practicing it (*only* under qualified supervision) and

good judgment needed when determining to apply it for real.



Figure 45. Head neck takedown.

nent's head, you can apply enough pressure to strangle him or break his neck.

(4) In combat you would lunge at your opponent from his rear, applying the takedown hold described in figure 47. This lunge movement IS NOT to be used in training since the opponent's neck can be broken upon impact from the fall (fig. 48).

c. Followup or Recovery. If you maintain your hold for several minutes your opponent will be unconscious and no further followup is needed.

d. Instruction and Commands. The rear strangle takedown is taught in three phases:

(1) REAR STRANGLE TAKEDOWN, PHASE ONE, MOVE; on this command apply the hold loosely.

(2) PHASE TWO, MOVE; on this command push opponent off balance with the left fist and

walk backward slowly pulling him to the ground and at the same time go down with him to lessen the pressure on his neck.

(3) PHASE THREE, MOVE; on this command gradually pull in and roll the shoulder up behind your opponent's head to demonstrate the pressure that can be applied. In training the normal speed is not attempted. To practice the takedown without pause for phase commands, the command is REAR STRANGLE TAKEDOWN, MOVE.

81. Rear Takedown

a. Objective and Use. The objective of the rear takedown is to knock your opponent off balance and drive him to the ground in one continuous motion. The best use of this takedown is under the same

Throws of this kind are unsuitable in competition and are potentially *very* dangerous — as all **combat** skills must be. They must be reserved for actual self-defense emergencies or for military type hand-to-hand combat engagements.

Perhaps the best single example of how a *competition* throw differs from a

combat throw is to be seen in Fairbairn's classic *All-In Fighting/Get Tough!* Fairbairn, a close combat genius whose WWII method is among those that influenced the development of our own System, **drastically** altered the well known "hip throw" of judo (judo being an Art in which Fairbairn held a 2nd degree black belt). If the reader is familiar with the *o-goshi* of Kodak judo he need only contrast how it is executed with the ***far superior*** (for combat purposes) "hip throw" variation that he developed and taught for actual combat.

It has been our purpose here to educate our readers about the truth regarding throws employed in actual versus sporting battles. We are ***not*** trying to advocate throwing per se as a primary hand-to-hand skill or strategy.

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

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**We wish you and your yours a wonderful
Thanksgiving Holiday!**

YOURS IN DEFENSE,

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