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

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#### Editorial

Self-Control, Self-Respect, And Avoiding Trouble

IT never ceases to amaze us how little it takes to provoke many individuals to violence. Serious beatings, even murders, have resulted from the most trivial, silly, unimportant, pointless actions or words that have been directed by one person toward another. That many people are certainly rude, stupid, uninformed, ignorant, dishonest, inconsiderate, treacherous, tactless, abrasive, obnoxious, mindless, irritating, troublemaking, and provocative lumps of stinking sh-t, we do not dispute. What we suggest, however, is that when and if you have the misfortune to encounter one of these bipedal hemorrhoids you react and respond in a manner that best serves your interests, not the hemorrhoid's.

Do not allow anyone to provoke you into taking action that easily could result in your being arrested, jailed, possibly sued, or otherwise made to pay consequences for something — and someone — who isn't worth what you'd scrape off the bottom of your shoe or flush down a toilet. Don't allow anyone for whom you have contempt to draw you into arguments; and avoid arguments with strangers.

An excellent example of how not to conduct yourself when you believe that someone has verbally "insulted" you was illustrated beautifully by the TV anchor Chris Cuomo last month. His tirade against someone who he assumed was "offending" him deliberately approximated the reaction of an out of control six year old, in our opinion.

Watch the incident on YouTube and you can see this for yourself.

According to the recorded incident a fellow had referred to Cuomo as "Fredo". It really isn't clear whether the man was intending this as a kind of putdown or — as the man calmly and civily stated to Cuomo — he truly believed that Fredo was Cuomo's name (perhaps not recognizing him, or making a legitimate mistake, for whatever reason, about Cuomo's name). There was absolutely no hint whatever of derisiveness, sarcasm, mockery, or intent-to-offend in the man's voice.

Cuomo proceeded to threaten the man with serious injury (i.e. that he would throw him down the stairs, etc.) while the man simply attempted to explain that insulting Cuomo was not his intention. ("Fredo" is the name of the somewhat retarded brother in The Godfather. Apparently the name has become some kind of an insult to Italians. Truthfully, we were not aware of this, and it was our assumption that the name Fredo is in fact a legitimate, if not common, Italian name.) We got the impression

from the man's reaction to Cuomo's explosive and threatening outburst that the fellow honestly may have believed that, himself.

Anyway . . . we urge anyone and everyone following our web sites and instruction not to react as Cuomo did if they ever are subjected to any real or imagined "insult". Our personal suggestion to anyone of Italian descent who feels as Cuomo does and who experiences a similar happening:

Either turn around and walk away, or say something like the following to the speaker: "Please don't call me that. My name is ———. Calling an Italian man 'Fredo' is actually an insult." You will likely get a simple "Gee, I didn't realize that. I'm sorry." (Which was kind of what the man that Cuomo threatened appeared to us to be attempting). If the person indicates by word or gesture that he knew it was an insult — or perhaps intended it to be such — simply turn around and walk away.

Cuomo's conduct was inexcusable. He would have deserved to be arrested and convicted of a violent crime had he laid a hand on the man who he imagined "insulted" him. Had he made good his threat (of throwing the man down stairs) or attempted to make good his threat, he should have been arrested and charged with attempted murder, in our opinion.

Knowing the injustice of the system, we assume that the "celebrity" status (and possible law degree) that Cuomo possessed would see him getting away with violent criminal conduct. Oh, well . . .

Just remember: Such conduct as demonstrated by Cuomo is wrong. Behave with restraint and self-control. If you are violently attacked (as the fellow whom Cuomo was screaming at might have been) then certainly you should defend yourself without hesitation. Incidentally, in our opinion, had Cuomo initiated violence after making a threat of what easily can be understood to be deadly force, the man against whom he had made the threat would have been justified in reacting in self-defense and using whatever level of force was necessary to stop the out-ofcontrol TV Anchor. Solid self-respect enables you to shrug off the lies, nonsense, and bullshit that malicious or ignorant types may hurl at or express against you.

Long ago we arrived at a simple philosophy regarding other people: When someone appreciates or respects us they rise in our estimate of them. When anyone disrespects, unjustly criticizes, attempts to "insult", or otherwise fails to appreciate and to respect us, they fall in our estimate of them. But our solid and wholly justified self-respect and positive opinion of our self remains untouchable and intact, regardless of anything anyone else may say or do. We respectfully offer this as a good formula for avoiding the scumbags and dregs whom you inevitabkly will encounter in your life, and remaining happily unaffected by them.

We are in no sense suggesting here that you tolerate physical attacks upon yourself or upon your loved ones. Violent offenders deserve to be destroyed. They must be stopped in any way available at the time, and they deserve neither mercy nor compassion, or any sort of protection under the law (although we concede that a tragedy of our time is that these creatures all too often do receive infinitely more legal leniency than they deserve). What we advocate is self-control, self-respect, and the resultant ability to steer clear of violence that all too often tends to erupt over interpersonal nonsense — often unintended "insults" or words or gestures of "disrespect" — that simply do not, cannot, and will not justify the legal or moral use of violent combative action.

### **Bradley J. Steiner**

"A harmless man is not a good man. A good man is a very, very dangerous man who has it under voluntary control." — Jordan Peterson

#### **Real World "Trapping" Techniques**

**NO**, we are not referring to the type of technique common in various "kung fu" styles known as "trapping". Read on and you'll see what we are in fact referring to, and you'll see how effective it can be in serious, real world emergencies.

*Trapping* as we advocate and teach it is based roughly on the kind of literal trapping that a hunter employs when going after game.

A hunter that successfully traps an animal has placed that animal in a position of total surprise and shock . . . in a position where the animal never anticipated being, and could not perceive coming, before it caught him unawares and placed him in a position of complete helplessness. *The trapped animal is completely at the mercy of the hunter who trapped him.* 

The hunter, after successfully ensnarring the animal in a trap, is now in a position to do whatever he pleases with that animal, be it killing him or placing him in captivity, etc.

(Note: We emphasize that this is not a perfect comparison with that which we refer to as a strategy to be employed in human combat. Wild animals are in general innocent creatures. Violent criminal offenders are *never* innocent. Their status is more that of toxic waste as opposed to being that of anything *human*.)

For self-defense our form of trapping is employable whenever a troublemaker, assailant, predator, bully, or multiple examples of such trash, acting together, confront you and it is clear to you that they intend you harm — that you are in **danger**. While there are numerous forms that this kind of subhuman savagery may take, and we cannot list an example of every possibility, *a victim certainly knows it when he or she is placed in such a precarious position*. The body language and verbal expressions as well as the facial expressions of the beast(s) let the intended victm know that he is in for it!

It is critical that you be committed to living in that which we refer to as "condition yellow" (situational awareness and alertness to goings on around you, and persons in your vicinity, and the actions of those persons, etc.), and that you are prepared to shift immediately to "condition orange" (that state of *readiness to act*, because you believe that you are confronting what is quite possibly going to be a dangerous attack). When you employ this color code — which we learned from the late Col. Jeff Cooper — you are optimally prepared to command your body to undertake whatever necessary physical actions you see are called for, in order to defend yourself or others.

Threats, intimidation, aggressive posturing, demand for your property or for your compliance, clearly blocking your way or backing you into a corner or wall, etc. triggers, in the mind that has been correctly conditioned for combat, the readiness to *preemptively attack* now that danger is perceived and believed to be certain.

Your reaction in such a predicament, where there is time and opportunity to *interact* with the scum confronting you, should be an immediate verbalization of your submission, intention to cooperate, timidity, and fear of being harmed. This should be accompanied by body language that says "Please don't hurt me, I don't want any trouble, I can't fight you".

**Deceit and deception.** You *must* get good at this! This is as valuable in individual combat as it is in war between nations, and in winning all forms of conflict. We love the motto of the Mossad (the secret intelligence service and covert action arm of Israel): *"By way of deception thou shalt do war"*. This applies to individual self-defense beautifully.

Your acting in the manner described immediately convinces (and you must be convincing!) the garbage that threatens to harm you that it need have no worries about resistance of any kind. It is, in a sense, like giving your foe a kind of mental *valium*. It calms any concerns he may have

had about encountering resistance from you. You are afraid. You are docile. You will submit to whatever the living sewage demands or imposes. *Why they've got an easy mark!* 

It will pay you to practice deceptions of this kind . . . because when applied convincingly they **WORK LIKE MAGIC!** 

What you are doing of course is **setting a trap**. Like the bait that the hunter places within the snare he sets, in order to remove hesitation in the animal's approach, *you are relieving your intended victimizer of all concerns about encountering trouble in doing with you as it pleases.* So, the goddamn piece of sh-t unconcernedly walks into the trap that you have set! He will be, for a brief moment at least, **100% at your mercy and unable to react to the actions that you will take**.

**Caution:** We hope that it goes without saying that if at any point up to the moment of your drawing the offender into your trap *it becomes clear that for whatever reason he backs off (possibly convinced that you're not worth bothering with) and retreats, you do not launch into your own offensive.* Enraged as you may be (and understandably so), as indignant and furious about what this garbage had been intending to do as you are (or what you were convinced he was intending to do), *if he disengages and leaves, it is over*. Your goal should always be to avoid trouble if you can, regardless of how angry and resentful you may be feeling. It is only when you are convinced that injury and harm to you or yours is imminent that you commence your own aggressive actions.

If we assume the worst, and the offender's actions indicate clearly that he intends to proceed with inflicting harm upon you when he sees that he has what appears to him to be a helpless, scared victim, **YOU SPRING THE TRAP!** 

At that point you explode with everything in you and attack your attacker. No more talk. No more efforts to avoid violence. No hesitation. No halfway measures. *The trap is sprung and the enemy is destroyed!* 

Two things *must* comprise your own offensive at this point:

- 1. Ferociously damaging actions. That is, attack the eyes, throat, testicles, sternum, ears, or knees. No restraint. No holding back. No concern about the sh-t's welfare. You cannot afford such niceties as every effort you have made up to this point has indicated that there is not the slightest justification for this sludge to attack you, that you have no intention of or ability to offer resistance. The monster is simply desirous of injuring or killing you, and you are now hellbent on rendering him completely harmless. You attack with every ounce of strength, speed, fury, and devastating skill capability that you possess. You have only one single purpose: **self-defense**; and to hell with the individual or individuals who have forced this upon you.
- Continue to attack until your foe is decisively finished. This may take a bit of followup, and you must *keep on attacking* whether or not your opponent "gives up". To hell with that! This is no sport. You continue until your enemy is unable *and* unwilling to attempt to injure you further; until you see an opening to escape safely from the scene; or until your attacker manages to turn from you and flee.

If all of this sounds unsporting, vicious, unscrupulous, ruthless, and disregarding entirely of your opponent's well being, *that's exactly what it is, and that's exactly what you need!* 

And *that's* effective "trapping" for real world self-defense.

Just like an animal caught suddenly in a trap, the scum who unjustifiably intends to harm you should be rendered helpless before his goddamn consciousness knows what hit him!

Successful defense to you!

## 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), worldacknowledged 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-tohand 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 Handto-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 minisystem 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!



# **Be sure to follow Prof. Mark Bryans on Instagram!**

### **Combat Quick Draw**

**IS** the ability to quickly draw your handgun, aim, and shoot your enemy *faster than an enemy can draw his gun and shoot you* a

genuinely essential combat skill that is one of the "must master" techniques of self-defense in using a handgun, or is this merely a function of TV and movie westerns — to be relegated to fictional "gunfights" one sees on screen, but dismissed insofar as being an actual modern combat skill required by the armed soldier, law enforcement officer, and armed private citizen?

The answer is that the need to "outdraw" an enemy in combat and shoot him with your weapon before he can draw and shoot you with his weapon *in a faceoff* almost never occurs. The opening scene in that popular TV Show *Gunsmoke* in which the marshal faces a gunman on Dodge City's main street is sheer fiction. Such faceoffs rarely occurred in the old west, and *never* occur today. Not that gun battles between lawmen or perhaps citizens and armed criminal offenders do not occur. They definitely do. But the opposing parties do not face each other at high noon and then at an agreed-upon moment see who can draw fastest and kill the other.

#### **Relation To Knifework**

In training students at black belt level in knifework ("knife fighting" as it is sometimes called) we always point out to them that true *knife fights* per se, almost never occur, save between retards and street garbage who might engage in such a ridiculous activity in a back alley or bar, or other venue where substandard examples of human life hang out and explode into violent personal battles over their pointlessly brainless disagreements and "misunderstandings". Neither we ourself, nor we would assume *you* who are reading this presentation, would ever agree to a knife fight. Dumb. Stupid. Uncivilized. Reprehensible. Tactically unprofessional.

What we mean by that evaluation of knife fighting is this:

One who is skilled and experienced in knifework and close combat *will never* give his enemy an opportunity to produce *his* knife, so that the two can have a knife fight! And if anyone believes that a violent attacker — a would-be killer — who is armed with a knife is going to wait until his intended victim draws his knife, so that the two can have a "duel", that individual has much to learn about the mental, tactical, strategic, physical, and technical elements of real close combat. (Schools and so-called "teachers" of self-defense and close combat who instruct in knife dueling and call that activity preparation for using a knife in combat and personal defense are incompetent). One of our teachers, the late Col. Rex Applegate (a man perhaps better qualified to speak on this subject than anyone else ever was) told us that in the entirety of the second world world — in every theater of that war — he *never* was made aware of a single incident where two soldiers faced off and engaged in a "knife fight".

We bring up the matter of knifework because the subject has some direct bearing on understanding this idea of *combat quick draw* with the handgun, and the relation it has with actual deadly encounters. It is of course *remotely <u>possible</u>* that a faceoff between a defender and an attacker *could* occur, and that the two would attempt to draw their weapons at the same moment. But the chances are truly *remote*. And after studying combat at close quarters for more than 60 years — armed and unarmed — we really must say that such faceoffs are frankly inconceivable. What is likely is that the individual — private armed citizen, or official of some kind — will *need to acquire his sidearm* <u>very, very quickly</u> because he is aware of the strong likelihood of an impending danger, or he finds himself suddnly under attack.

And *this* is why mastery of a combat quick draw is necessary. In an emergency when you need a sidearm you will need it *badly*, and you will need it in a *hurry*. You will want to have your weapon **in hand** and be ready to shoot an enemy with it, should you find yourself in a situation that promises to become lifethreatening. And, obviously, if a situation *is* immediately life threatening (i.e. someone fires a gun at you, or someone pulls a knife on you, or you find yourself suddenly rushed by a gang of violent offenders, etc.) you'll want to get your weapon in hand so that you can save your life, or perhaps the life or lives of one or more loved ones who happen to be with you at the time.

And so, we advocate that once a basic ability to handle and fire your weapon via point shooting has been learned, you spend the necessary time to acquire a quick draw. But **not** the way it is conventionally taught at the popular commercial schools. First, do **not** attempt to master quick draw within a day or two, and thus begin drawing and firing live rounds down range. *Premature attempts at quick draw and firing have caused more than one individual to shoot himself in the leg or foot during a course in one of the "name" shooting schools*. Those week long courses are absurd for having newcomers to the handgun attempt to learn and practice quick draw with live shooting early on! The term *flagrant stupidity and negligence* comes to mind, but we will not say that this is the reason for such foolishness to go on in those highly advertised, super-expensive so-called "schools".

If you are serious about mastering quick draw then give yourself two to three *months* in which to do it — and practice for short, concentrated periods *every single day*. Practice assiduously with an **empty weapon** until your action is as smooth and perfected as a machine. Only when you can draw your sidearm rapidly and perfectly, and get off your initial burst of two rounds **with not a single glitch or error** with an empty weapon, should you attempt to draw and fire at a range. Like it or not, this means taking a *long time*, practicing every single day with an empty sidearm.

Many years ago we discussed in a monthly column we had in a gun magazine the desirability and importance of using a mirror to perfect both the point shooting action and the drawing of the weapon.

**"Dummy practice in front of a mirror is particularly beneficial and should be** 

#### encouraged"

Quoted from the actual instructional course notes for training Commandos and SOE agents (later OSS agents, FBI and special military personnel in the United States) during WWII

Some pretentious sh-thead who sucked up peoples' money providing courses in the "new technique" of the pistol, made great fun of our advocacy of using a full length mirror to observe and correct form when training. The fact that mirror training had long been advocated by personages whose reputations, knowledge, experience, and accomplishments in the field of armed and unarmed combat literally dwarfed this ahole's did not matter. After all, with those who participate in contest shooting not using any mirror to similarly monitor their physical mastery of initial action, what the hell do William Fairbairn, Eric Sykes, Pat O'Neill, Rex Applegate, Paul Weston, and a dozen others who have been and done know or have of any value to say? Come on! Look at the medals these "experts" have won. Who gives a damn if Fairbairn engaged in more **<u>REAL</u>** lethal handgun encounters than even the most prolific competitor's number of match entries! The competitor is a champion (just ask him). Like the sportsman who acquires wins in competitive unarmed martial sports contests and insists that his track record establishes him as an expert in combat and personal defense, the guy whose "credentials" for establishing his combat handgun shooting expertise are his wins in contests where cardboard cutouts are the enemy that he has met and defeated, is a misguided person who is misleading others.

You may well be wasting your time using a mirror to assist yourself *if your sole objective is competitive shooting*. **However,** *if you want to develop a solid, permanent point shooting (i.e.* <u>combat shooting) ability, you will certainly benefit from</u> using a mirror to self-correct. And we would say that using a mirror is absolutely essential for developing the combat quick draw (unless you've got a competent professional teacher monitoring every single one of your practice sessions). Start off practice with an *E M P T Y* handgun. Use the handgun that you will be carrying, and work with the holster in which you will be carrying your handgun. In the real world this can mean a shoulder holster, crossdraw holster, small-of-back holster, etc. *Be guided by what suits your needs, <u>not</u> by what the "champions" in the match events use.* 

Begin practice in literal slow, deliberate motion. Just move slowly and relaxed through the full course of the draw, concluding with the instinctive (pointing) aim of the drawn weapon at your target (hypothetical enemy). We recommend working with a slow, deliberately relaxed pace of draw for *at least* two solid weeks. Practice at least 20 minutes a day. Boring? Too bad. *This* approach produces solid ability and you will *not* shoot yourself in the leg! No dry firing yet, just acquire the weapon in a position **ready to fire. FINGER INSIDE THE TRIGGER GUARD**.

"... The trigger finger is always kept inside the trigger guard with the finger nail resting against the front of the trigger guard. The finger is never kept running

#### along the outside of the trigger guard; it reduces your speed in fast action."

Quoted again from the actual wartime training syllabus notes that were used in training military, intelligence, and FBI personnel during the second world war. *This was training prepared by men who had been and done in <u>real</u> close combat using handguns — taught to <i>men and women who would soon be <u>doing</u>, themselves*.

It behooves the student of handgun combat work to remember that the "keep your finger outside the trigger guard" rule grew out of a need for safety in the type of sport-based training given the "new techniquers" following WWII. It is also very important to note that during the war, when training was conducted in real combat shooting by real experts in the subject, and when the trigger finger was always inserted inside the trigger guard, there were no accidents. This is because training was conducted correctly, with no rushing the quick draw. Accidents have occurred, however, in some of the "modern" schools, where the finger *is* kept outside the trigger guard, but rapid draw is permitted prematurely in the training. It is worth emphasizing here that the FBI — an Agency that emphasized quick draw for its agents, and produced 100% quick-draw competency in graduating agents from the then 16-week course at Quantico during the late 1940's, and throughout the 70's, never had accidents when agents trained in quick-draw. Why? Because the training was done correctly; adequate time was provided for agents to develop quick-draw ability.

What's more, as Col. Rex Applegate advised us years ago, the OSS Training Center where Applegate was in charge of all close

combat training, trained more than 10,000 men in combat shooting (including quick draw methods). <u>No accidental</u> <u>discharges when training or failures to produce competent</u> <u>individuals with the combat shooting doctrine</u>!

Let those who are honest and who possess brains take note. There's nothing wrong with training for competition. However, it is completely different from **combat** training, and *please*, be careful and take a long time with your "quick draw" work even though the "new technique" emphasizes "trigger finger outside the trigger guard" until you're ready to fire. Like it or **not**, this method — which is okay if you are only shooting for fun — is *not* a guarantee of safety at the range <u>unless</u> <u>you take a long time to learn your quick draw properly</u>!

## <u>Be Sure</u> That You Do Not Miss! ...

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#### Advantages Of "Disadvantageous" Situations

**FOR** many if not most who train in martial arts the predicaments of being slammed up against or blocked from moving away from a wall,

and/or being attacked when sitting down, present particularly difficult situations. Few systems of self-defense address these problems; or if and when they address them, they do so by teaching "defenses" which will work, at best, against cooperative training partners in the school.

Because being cornered by two men with your back to a wall, or being slammed or pinned against a wall and then being subject to a pummeling by the attacker's fists, along with being attacked when seated are *not* unusual situations, we want to provide some realistic and practical suggestions about how these types of attack may be dealt with.

Our approach in *American Combato* is to make sure that the student stops regarding such situations as being "especially dangerous" or particularly difficult to handle. Like all violent attacks there can never be any guarantee of success when employing counteractions, but the odds are definitely on the side of the *American Combato* student who has drilled in the counterattacks that we teach, and on the side of others who train in whatever form of self-defense they fancy, so long as the proper principles of action — as we teach them — are followed.

In fact the individual who has drilled and practiced thoroughly in the right ways to handle these "special situations" will very likely come to see that what at first blush might appear to be a *disadvantageous* predicament is actually one that offers the properly skilled person a great **ad**vantage!

#### Being Backed Against Or Pinned To A Wall

Never forget that with your back to a wall you enjoy **three** significant benefits: 1. No one can approach you from behind, 2. The wall will augment and bolster many types of attack that you will be able to initiate. Serving like a *springboard* or *launchpad*, a fast thrust of your hand or hands carries a lot more authority, *thanks to the wall*, when you strike. And 3. The wall itself can serve you in your combative reaction by offering something against which you may smash your attacker's face or head, as you proceed to turn the tables on your assailant.

Back pressed to the wall offers a superior opportunity to drive a **fingertips thrust** to the attacker's eyes or throat; a **half-fist thrust** to the attacker's throat; a **tiger's claw** to the attacker's face; a sudden **seizure** of the attacker's testicles; a **knee attack** or a **front kick** or **edge-of-foot scraping stomp kick** down the attacker's shinbone, into his instep; or *any combination of those blows*.

When pinned very close to the wall **BITE! Spit** in the attacker's face. use a combination **knee-to-his testicles** followed by driving that same side foot down to **scrape-stomp** the attacker's shinbone and instep. You might be able, under certain conditions, to apply a **throat-lock** and yanking action against the thyroid cartiledge.

Remember when pinned by one hand of the attacker lean sharply *over* and to the side of that pinning arm, while slamming an attack to the eyes, throat, or jaw of the attacker. That will guard you somewhat against the real threat, which is a punch by the attacker's free hand.

Pinned by two hands you may punch into the attacker's solar plexus or sternum, knee his testicles, stomp his shinbone, deliver one or two (simultaneous) blows with the *heels* of your hands to his liver and spleen (liver on his right side, spleen on his left side). Pinned and lifted off the ground by some violent ape is great! The attacker now must occupy both his hands to keep you in position while keeping both feet planted for stability and balance. *Start kicking into his lower abdominal and groin area.* Attack his throat and eyes as soon as you get the opportunity. If your adversary's height and reach is about the same as yours a powerful handaxe chop down across the bridge of his nose might be workable in any two-hand wall pin situation.

body-to-body *pressing* contact that also includes restraining holds to your wrists (common against females) calls for savage *biting*! Then scrape stomp, seize testicles while biting off as much of the enemy's flesh as possible. No one can press his body completely up against yours without bringing himself easily into range for your biting!

Basic tactic when confronted by two creatures who back you to a wall: Look at one and plead, then turn suddenly to the other, <u>making eye contact with him</u> and chop him in the throat or drive fingers to his eyes. Lash out with a side kick to the other monster. Fllowup and/or escape.

#### Being Attacked When Seated

Know that two advantages are immediately yours when you are sitting and an adversary is standing in front of you. First, your center of gravity is below his. Second, his groin area, hypogastrium, bladder, and solar plexus are completely exposed to devastating attack *from right where you sit*. If you are seated and observe that you are being approached from a distance (say in an office, or perhaps on a park bench) *get up*. Do not remain seated. Arise and position yourself so that you can use the chair (if you were sitting in a chair) as a weapon or/ and a shield against whoever is approaching, if they attack you. If you were sitting on a fixed seat (bus, subway car, park bench) then position yourself so that you will have the ability to smash the approaching individual into the seat — if he is an attacker.

If you find yourself seated *with an aggressor standing right in front of you* (say, a straphanger on a subway or bus) **<u>do not</u>** get up or attempt to arise. Stay seated. If the individual in front of you chooses to attack you he must . . .

- Punch at you
- Grab hold of you and a) Punch you with the other hand, or
  b) Yank you up from your seat, or c) Attempt to pin you in your seat (so that you cannot get up) so that he can strike you while keeping you seated.
- If he grabs you with *both* hands he will either attempt to pin you in the seat *or* he will yank youup out of the seat, intending to attack you further after pulling you to a standing position.

If you perceive the initiation of a punch, bend your head sharply forward and punch him in the testicles. Shift your weight to the side, arise, and smash his head into the seat, concluding with handaxe chops to his brainstem or kidney. (**Note:** If the attacker punches your skull he will simply injure his own hand). Upon being grabbed with one hand lean to the side of his grabbing arm and drive your extended fingers into his eyes. Followup as described in the above paragraph. (**Note:** A sharp punch to the bladder, or solar plexus can substitute for the eye stab if that comes more naturally to you. *But stay seated and use your sitting position as a strong base, letting yourself be braced as you land your initial strike*. This is similar to using a wall when you are pinned against a wall.

If the attacker attempts to pull you up with one hand (likely punching with the other) *spring up at him*, adding your spring to his oulling power, as you lean in the direction of his pulling hand and smash him in the face with a chinjab. Followup as before.

If seized by two hands and the attacker attempts to pin you, simply remain seated and let him. Attack his eyes with a fingertips thrust, or smash him across the bridge of his nose with a handaxe chop. Followup.

If attacker attempts to pull you out of the seat using two hands, *spring up at him as he pulls you, going with his force and adding your own*. Butt him in the face with your head, chinjab him, tiger's claw his face, ram fingers to his eyes, elbow smash him across the face/head area, and of course *follow up*!

All of the actions we have described **work**. They are based on the *American Combato* doctrine, and are natural, simple, and *very* destructive. They utilize the attacker's own strength and his

ignorance of how strong your positions really are when he believes that he has you in a position of disadvantage.

Work these actions into your training. Think about and visualize their performance. They may one day save your life.

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## **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.

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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 wellrounded, 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)

#### Brief #4: "Stay On Your Feet!"

(The truth about <u>real</u> 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.** 

**\$4**.

**\$4**.

#### Brief #5: *Rules Of Self-Defense*

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

#### 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.** 

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Brief #8: Mos	t Common Street Attacks -	Per Dept. Of Jus	tice And
	Other Studies - And Tip	s On Defense	
	(Here are the most likely	y ways in which ye	ou may
	expect to be attacked; w	vith powerful tips of	on how best
	to be prepared to defend	d against them)	<b>\$4.</b>
Brief #9: Kick	king In Close Combat And	e ,	
	(The war-proven kicking	0 0	vill work
	in real combat — and		
	Absolutely devastating k		
	loose clothing)	1 0	<b>\$4.</b>
Brief #10: Th	e Really <u>Vital</u> Vital Points		
	(No nonsense about "se about hidden targets. Th		
	reliable vital points that		-
	aggressors — not mere		
	practice sessions)	ely cooperative sit	<b>\$4.</b>
Brief #11• <i>Int</i>	eractive Tactics — The A	nnroach (1)	ΨŦ•
	(Learn exactly how to be		of anyone
	who approaches you wit	-	
	ready without appearing	U	\$ <b>4</b> .
Brief #12: <i>Int</i>	eractive Tactics — The T	•	$\Psi$ ••
	(Never be shaken again		or
	troublemaker makes it c	-	
	your head in. Instead, b		
	the right tactical skills f	•	•
			<b>\$4.</b>
Brief #13: <i>Int</i>	eractive Tactics — The A	Attack (3)	·
	(When and if some troub		initiates
	violence you want to ha	~	
	programmed to nail him	•	•
	covers exactly what you	•	<b>\$4.</b>
Brief #14: <i>Ho</i>	w To <u>Really</u> Handle A Phy	· ·	Ψ <b>··</b>
	(Bullying is always a co		eonle have
	been injured or killed by	• 1	-
	scarred for life by a scul	•	

politically **in**correct 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<br/>(Although a powerful martial art, classical karate has<br/>numerous drawbacks for the person seeking self-<br/>defense exclusiely. This Brief explains in detail how to<br/>modify any classical method you are studying so that it<br/>meets the necessary standards for real combat and<br/>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 "selfdefense" teachniques.)

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

(A truly complete compendium of guidelines and technical instruction <u>that works</u> 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.

#### Brief #23: Find And Depend Upon Your Best Techniques

(Every student and expert is different and everyone serious about self-defense must discover and perfect his own best skills, which need to be drawn from combat-proven doctrine. Here's how to do it.) **\$4.** 

#### Brief #24: Observations, Thoughts, Notes, And Miscellany About Self-Defense And Close Combat

(A potpourie of insights and tips covering all aspects of practical self-defense and close combat as garnered in over 60-plus years of immersion in and passion about the subjects.) **\$4.** 

#### Brief #25: Tactics For Countering A Gun Or Knife Threat

(There are numerous "techniques" for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that th American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.) \$4.

Brief #26: Triple Your Learning And Retention With Mental Review

 (Few give any thought to the importance and value of mentally reviewing the physical skills that they acquire and wish to be able to use. Fewer still do their "mental reviewing" correctly. Learn how from this Brief, and start to enjoy much greater progress in your personal skills and confidence building.)

Brief #27: The Fighting Knife: A "Must Master" Weapon

(This is a unique instructional work for all students of self-defense and close combat. It offers a complete analysis of the significance of the fighting knife — its indispensable role in the combat arts curriculum and valuable training advice for achieving mastery.) **\$4.** 

#### Brief #28: Finding The Right Teacher And Method For Yourself

(There are more martial arts schools and teachers in the State of California or New York alone than in all of Asia! And today there are hundreds claiming to be teaching practical, reliable close combat and defense. From the Founder of the first comprehensive and authentic all-combat American martial Art here is a complete guide to locating and evaluating the right teacher for you. Also — what to do if you have limited recourse and can't find a teacher.) \$4.

#### Brief #29: Conditioning The Natural Weapons

(In this 21st century the student of practical selfdefense needs <u>impact</u> practice more than the kind of comprehensive natural weapon hardening typical of the classical "karate" schools. Still, for the superenthusiastic self-defense/close combat student there are some efficient toughening approaches that should be used if hardening of the **practical** weapons is desired.) **\$4.** 

#### Brief #30: Analyzing The Combat Merits Of A System

(All of the martial arts are good; but they are not all good for the same thing. Very definitely, there are distinctive characteristics that make a system in question better for combat and personal defense than another system. This Brief provides the information needed to properly assess a given system's value for combat — not for competition or tradition.) **\$4.** 

#### **Brief #31:** *Repetition And Attitude: The Real "Secret" Of Developing Ability*

(Most who take up martial art training of any kind do not succeed in achieving their desired objectives. And the reason is simple: They do not do enough, and they do not do what they do with the right spirit and attitude. Nnety five percent of those who consider themselves "martial artists" spend more time on backyard-gossip type "forums" and other idiotic medium instead of **training hard with the right mindset**. Here's how to do it right!) **\$4.** 

#### Brief #32: The Moscow Rules

(Principles of intelligence tradecraft are extremely valuable to those who are serious about self-defense. During the Cold War secret agents working in the most difficult denied areas for CIA [and England's MI6] were guided by an above-Top Secret set of rules called the "Moscow Rules". Now declassified (but still in use by secret servants) these Rules are valuable for all seriously concerned self-defense students. **\$4.** 

#### Brief #33: Tiger Moves

(The late John McSweeney was a close friend and colleague of ours for many years. He is correctly

known as "The Father of Irish Karate", and in
addition to being a marvelously practical and realistic
teacher of armed and unarmed self-defense, John was
the creator of a System of exercise which he called
"Tiger Moves". We recommend that everyone —
including those who train with weights or some other
medium — learn this excellent Program.) \$4.

#### Brief #34: How To Evade Foot Surveillance

(Tradecraft that teaches you how to ditch a tail; discover if you are being followed. Escape foot pursuit. How to do it for real.) \$4.

#### Brief #35: How To Evade Vehicle Surveillance

(Outside an intelligence training center this is the most detailed and complete exposition of the subject. Complements Training Brief #34, and is priceless information for self-defense in a modern urban setting.) \$4.

#### Brief #36: "73 Rules Of Spycraft"

(After his death a paper by Allen Dulles (Head of CIA) was found among his effects. Titled "Some Elements Of Intelligence Work" this Document was an unpublished goldmine of tradecraft. Here it is reproduced in full. A marvelous companion to The Moscow Rules.) \$4.

#### Brief #37: "Going Gray" (Secrets Of Clandestinity)

(In secret intellignce work it is often essential to "go gray"; that is, to become anonymous, low profile, uninteresting. The opposite of James Bond! This Brief explains how to do it for the private citizen who is concerned about autonomy, security, privacy, and low-profile living.) **\$4.** 

#### Brief #38: Secret Communications — Part 1

(The methods used by secret operatives to communicate securely may be of value to private citizens who are merely concerned about privacy, security, and protection. This is tradecraft the pros use!)

		$\Psi$ <b>T</b> •	
Brief #39: Seci	et Communications — Part 2		
	(Much more solid tradecraft enabling you to e	engage	
	in secret communications with the efficiency of	00	
	trained intelligence officer!)	<b>\$4.</b>	
Brief #40: <i>How</i>	v To Conduct Secret Meetings		
	(Methods employed by trained agents and und	lerground	
	warriors who fight in reistance to tyranny.)	<b>\$4.</b>	
Brief #41: Trai	ning Your Observational Skills		
	(Spies are taught to notice everything. You can	n learn	
	to be as alert and observant as the finest secre		
	if you'll follow the guidance in this Training E	U	
Brief #42: Urb	an Éscape And Evasion	U /	
	(Escaping from captivity is a fascinating aspe	ct of	
	tradecraft training for secret intelligence and special		
	operations military people. It takes courage, f	itness,	
	resolve, ingenuity, and a mastery of that which	h is	
	described in this Brief.)	<b>\$4.</b>	
Brief #43: Dev	eloping The Spy's Attributes		
	(In this turbulent 21st century when Western		
	Civilization itself is being destroyed, the		
	unconventional and unusual attributes of the s	secret	
	intelligence agent can serve to equip the serio	US	
	individual for survival by teaching him what		
	history's great secret agents relied upon to sur	vive	
	and win while operating amidst hostile forces.	)\$4.	
Brief #44: Resi	isting Interrogation (Including The Polygraph)		
	(An encapsulation of all you need to know in o		
	to effectively resist even professionally qualifi		
	interrogators — short of their using torture.		
	the polygraph section will surprise you; the m		
	works!)	<b>\$4.</b>	
Brief #45: <i>How</i>	v To Manipulate Humans		
	(Stop being manipulated and learn to manipulate		
	those who seek to control or to use you by emp		
	the tactics and tricks of intelligence profession	nals.	

Manipulation — used exclusively for self-protection and the safeguarding of that which is rightfully yours — is an important, valuable skill.) **\$4.** 

These valuable Training Brief presentations are perfect compliments and supplements to our DVD Home Training Course and/or to *any* martial art you may be training in!

#### The "Fair Play" Trap

**FAIR** play is fine so long as you are *playing*. However, selfdefense is no game, sport, or friendly competition. It is a battle for survival! And unless a student comes firmly to grips with this irrevocable fact, he will be less than fully equipped to defend himself, protect his family, and deal with the predatory scum that comprises a percentage of the human species.

While we certainly recognize anyone's perfect right to participate in whatever sport he wishes, we take exception to the widespread notion that the <u>sport</u> of UFC or MMA is related to the *war* that is a self-defense emergency. Participation in the MMA, the UFC, competitive karate, judo contests, boxing, wrestling, etc., while certainly providing a serious and advanced competitor who is in hard training a set of tools that he can normally adopt to a real emergency, does not prepare a person <u>fully</u> for real close combat. Combat is a separate phenomenon and must be addressed as such *if* the student's goal is personal defense, and he has no interest in sport, whatever.

One of the problems with attempting to prepare for self-defense by participating in sport is that fair play — i.e. decency and good sportsmanship — is (and must be) inculcated into every participant. And it is a fact that, under great stress, a person reverts to that which he has most deeply embedded into his motor memory and psyche. This does not mean that a sportsman will deliberately reduce his level of reaction to a deadly attack. Rather, his constant training in adhering, when fighting, to the appropriate body of rules and regulations that attend his sport, will incline him sharply to follow those rules and to obey those regulations in combat, *unconsciously*. In a situation, for example, where some street punk confronts the sportsman and assumes a stance, it would be quite natural for the sportsman to assume the stance that he is accustomed to. In reality, a far better reaction is *immediate attack*; violently blasting into the street punk while he is the process of assuming his "stance". However, his conditioning from contests and sport would mitigate severely against the likelihood of his doing that. He will do, instead, what his conditioning and experience have taught him to do.

The sportsman is in a "fair play trap". The ethical consideration that is a **necessary** and **valid** and **indispensable** part of any and all competitive fighting is completely out of place when an emergency obliges the individual to defend himself.

You can have a sport, or you can have a combat method. But you cannot have both in the same system, no matter how much popularity or popular bullshit is behind the idea that you can. Our focus is and always has been on close combat and selfdefense. **If** that is *your* objective, and *your* concern, then read, study, and memorize the following precepts:

**1.** There is no correlation between any form of sport and real combat.

In a sport the idea is to win in a certain allowable, prescribed way. In combat/self-defense the idea is to *WIN*, period.

2. Embrace the dirtiest, foulest, most unfair methods for selfdefense — and do so with great enthusiasm. *These are the techniques that work under extreme, life-threatening conditions when anything goes for personal protection.* 

**3.** Fighting (i.e. "mutual combat") is stupid, dangerous, and — except in a sporting form in which consenting adults participate — *always* avoidable. The need to defend yourself is *not* always avoidable, and as an unwilling participant in the battle you must **never** restrict yourself to any rules or forebearance.

**4.** Objectively speaking, of course, *any* attack that is initiated against a passive individual is a "dirty", "unfair", "unsporting", "foul" action. Even if an attacker elects to attack by employing only certain sporting-type actions, *the fact that he is doing so against an unwilling participant and not a fellow competitor makes him a predatory beast deserving of no mercy, fairness, ethics, consideration, compassion, decency, or concern.* You owe such a beast *nothing*.

**5.** Whatever harm or damage or injury or loss any attacker suffers, he bears 100% full responsibility for it. An intended victim who resists the attacker is responsible for *nothing*. (This

is a principle of **reason** and **justice**; it may not be reflected in the law).

6. Your attacker will never hesitate to do to you what *you* might be hesitant about doing to *him*. Ponder this deeply and consider how important it is to *eliminate* any hesitation whatever when reacting fiercely to any violent criminal attack.

7. Police officers and those in similar occupations may need to employ arrest and control skills. You do not need or want this bullshit. You want decisive, destructive skills that *stop* strong, determined human aggressors in their tracks. As a private citizen you have no responsibility to arrest or to control an offender.
8. Your life is more important than your attacker's life. He (the attacker) has, as far as you are concerned, signed his resignation from the human race the moment he decided to pose an unwarranted danger to you.

**9.** Weapons, despite the stupidity and hysteria so commonly heard today, are *highly desirable and important tools*. Firearms, edged weapons, and bludgeoning weapons are all a part of a comprehensive self-defense repertoire. Going beyond the obvious value of being armed when confronting armed aggression, there is the reality of weapons often being needed to *equalize*. Multiple attackers, much younger and stronger assailants, a defender's having medical conditions that prevent him from using his hands and feet well enough to defend

himself, etc. are important reasons why weaponry must be an important part of comprehensive self-defense preparation.
10. Finally, please remember something that we first pointed out in the early 1970's:

#### SELF-DEFENSE IS <u>WAR</u> IN MICROCOSM.

Summing Up . . .

You have every right to go to war when you are attacked and defend yourself with ruthless disregard for the attacker. No matter what bullshit may be believed or accepted, it is the initiator of unjustifiable violence who bears full responsibility for whatever damages he or others may suffer as a result of defensive action being taken against him, not to mention whatever damages his intended victim may suffer. No tactic is too foul, dirty, or unfair that a defender should hesitate to employ it in self-defense. You owe *nothing* to anyone who initiates violence against you, unjustifiably. Do not remain in the "fair play trap"... as only the living scum who choose to prey upon the innocent benefit from anyone's insistence upon being fair and ethical.

Harsh and politically as incorrect as anything can be. *THAT'S WHAT WORKS WHEN THE NEED TO DEFEND LIFE AND LIMB AGAINST DANGEROUS, VIOLENT ATTACK ARISES*.

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