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SWORD AND PEN  
OFFICIAL NEWSLETTER OF  
THE INTERNATIONAL  
COMBAT MARTIAL ARTS  
FEDERATION (ICMAF)

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October 2019 Edition

*Editorial*

## **A Word Of Thanks**

**WE** wish to set aside this time to say “Thank you very much,” to the numerous correspondents who have emailed and even sent actual *letters* (Wow . . . remember those?) in appreciation and support of what we do.

We are immensely grateful for your input and support. And we hope to continue providing both the online web site articles and information, as well as the personal instruction which we give regularly to students of *American Combato (Jen•Do•Tao)* in classes and private lessons, and the DVD instruction which we provide in our Home Study Course, for a long time to come.

A very lengthy email from a college professor who also is a black belt martial arts enthusiast (*Hapkido* is his particular art) paid us an enormous compliment, and asked us an interesting question:

*“You are certainly ‘The Authority and Scribe of The Self-Defense World’! The good sense and authentic information that your writings provide no doubt helps countless others who enthusiastically train for self-defense. I’m sure that I express a sentiment shared by many thousands all over the world who follow your work addictively when I say ‘Thank you for the incredible good sense and bright, honest light that you shine on this subject; a subject that has been commercialized, distorted, and essentially ruined for so many who have not discovered the truths and teachings you provide’.*

*“How do you manage to be so prolific? You are eloquent, articulate, precise, interesting, honest, motivational, timely, and obviously a true master of your subject.*

*“From whence, if I may ask, comes this stream of your ideas and your most valuable writings?”*

Gee whiz! It is a real reward to receive an email like this. We promise not to let it give us (too great, anyway) a swelled head. Hah! To seriously address the question posed by this visitor:

Since early childhood we have been a great enthusiast of the art of self-defense. Over the years of our childhood, adolescence, and young adulthood we trained incessantly in *judo*, *ju-jutsu*, *kenpo-karate*, *taekwon-do*, *varmannie*, the systems of *Caesar Bujosa*, *Charles Nelson*,

*Robert H. Sigward*, and a bit of *boxing* at Gleason's Gym in NYC. We also trained in combat firearms use (handgun, shotgun, carbine, and rifle) and knifework and stick fighting and had the great privilege of being a student of the late Col. Rex Applegate, and a former WWII FBI counterintelligence agent who had trained personally under Fairbairn and Sykes. ***It is impossible to write a great deal on the subjects that we write about unless you have done a rather extreme, extensive and intensive amount of training and learning, and researching for many years. It was in fact all of that (plus our dedication to weight training and the study of hypnosis) that gave us the background that enables us to write what we write, and to write about it as we do.***

We have always enjoyed teaching, and our most rewarding years of teaching were from 1975 to the present. In 1975 we had the System that we finally were able to formulate fully developed. Some few changes have been made here and there over the decades, but the core and essence of *American Combato (Jen•Do•Tao)* was finalized in 1975. This coincided, incidentally, with the year of our marriage. Our wife and I have been together now since 1972 — making our marriage (in 1975) and the age of *American Combato* soon-to-be **45 years old**.

We still train and workout, but now in our 70's, not as hard and long as we used to. Teaching and writing about this subject that we have always loved remains a great pleasure which, God-willing, we shall continue to indulge, and hopefully in so doing provide helpful and motivational material for those who wish to train in close combat and self-defense.

**Bradley J. Steiner**

***“A dangerous man is not a man with whom ‘no one dares to fuck’; he is a man with whom no one dares to fuck a second time”.***

Prof. Bradley J. Steiner

# **DVD Course Now Available!**

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

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

**“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”  
— James R. Jarrett, Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga.**



**Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.**

**“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”**

**— Greg Anderson,**

**Third degree black belt, author of Weapons At Hand, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.**

**“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is incredible!”**

**— Detective Ralph Friedman (NYPD Retired),**

**Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.**

**“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”**

**— Maurice (“Maury”) Geier,**

**Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.**

**“Your American Combato is a very good System”**

**— Charles (“Charlie”) Nelson,**

**WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).**

**“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”**

**— Grandmaster Jim Harrison,**

**The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would not like to fight. It would take a thick pamphlet to describe all of Jim Harrison’s accomplishments and contributions to the combat arts in America.**

**“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”**

**— Grandmaster John McSweeney,**

**The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.**

**“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your**

**outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”**

**— Dr. Albert Ellis,**

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

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

**— George Kalishevich,**

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

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

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



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

**— Grandmaster John Perkins,**

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

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

**Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970’s by Bradley J. Steiner, which crystalized into the American**

**Combato (Jen·Do·Tao)™ all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.**

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

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

**IMPORTANT NOTICE!—**

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

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

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

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

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

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

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

**Contents:—**

***DVD #1 FUNDAMENTALS***

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness

- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

### **DVD#2 BASIC BLOWS**

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.
  - The straight heelpalm
  - The knee attack
  - The front kick
  - The elbow smash
  - The fingertips *thrust*
  - The fingertips *jab*
  - The snap kick
  - The backfist-forearm smash
  - The hammerfist-forearm smash
  - The basic straight punch
  - The ear box
  - The throat lock

### **DVD#3 ATTACK COMBINATIONS - FIRST SERIES**

- Powerful and devastatingly effective combinations of attacking actions which are adaptable to an infinite number of situations and emergency circumstances. These attack combinations utilize the Key Blows, and include additional offensive unarmed combat actions and tactics. which enable you to infinitely combine, and

improvise limitless sequences and applications of ferocious attacks of your own.

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

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

#### **DVD#4 ATTACK COMBINATIONS - SECOND SERIES**

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

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

#### **DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT**

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

#### **DVD#6 COUNTERING THE UNARMED REAR ATTACK**

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn

- How to counter sudden grabbing attacks from behind
- How to counter holds that may be applied from behind

### **DVD#7 COUNTERING KNIFE AND CLUB ATTACKS**

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

### **DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS**

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

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

### **DVD#9 COUNTERING MULTIPLE ATTACKERS**

- Key principles and tactics of countering more than a single aggressor

- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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

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

### **DVD#11 KNIFEWORK**

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

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

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE.

**Add \$20. for postage and handling (\$40. for foreign orders).**

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

All DVD purchases are of course nonrefundable.

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

**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!

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### **Interesting Note**

**GUN** Digest recently ran an article on the old “Fitz Special”. This was a Colt revolver with a bobbed hammer and cutaway front to the trigger guard. Fitzgerald’s work, *SHOOTING* is rightfully a classic, and when we say that we disagree with the man’s idea for modifying a combat revolver we do *not* mean it disrespectfully. After all, the man knew his stuff! It was Fitzgerald who introduced the shooting position latterly recaste by the late Jeff Cooper as the “Weaver stance”. Just check Fitzgerald’s book for yourself if you doubt this. A large photograph of Fitzgerald using this shooting position is clear for anyone to see.





ABOVE: THE "FITZ SPECIAL". IN THE ORIGINAL CERTAINLY A VALUABLE COLLECTOR'S ITEM. BUT FOR ACTUAL USE . . . PROCEED AT YOUR OWN RISK!

Anyway, there is one important fact that the enthusiasts seem to miss: **FITZGERALD'S ADVOCACY OF THE CUTAWAY TRIGGER GUARD CLEARLY SHOWS THAT THE MAN KNEW THAT FOR COMBAT SHOOTING THE TRIGGER FINGER GOES INSIDE THE TRIGGER GUARD AND NOT ALONGSIDE THE FRAME OF THE WEAPON. With the trigger guard cut away the trigger finger went naturally and immediately into position to pull the trigger, as the weapon was drawn.**

Our dislike of Fitz' idea is due to the hazard of carrying a revolver with the trigger guard cut away, **AND** the fact that the guard may then be *bent* and thus render the weapon of questionable use!

We realize that sensible points are only made with those who think sensibly . . . so if you insist on modifying your own carry revolver to accord with Fitz's concept despite what we've pointed out, go right ahead. It won't bother us at all.

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**A Suggestion For Some Of Those Whose  
Interest Has Been Aroused In An  
Intelligence Career**

**RESPONSE** to our PDF Training Briefs has been encouraging; most especially to those latterly produced Briefs on *tradecraft, as it pertains to the use of "spy" skills for the private citizen.*

Apparently a few purchasers have a more than surface interest in this subject, and have asked us how best to prepare for employment in the intelligence field.

On the chance that you are serious about a career in secret intelligence work, we would recommend:

- Do *not* major in “Intelligence Studies”. Instead, major in one of the critical languages (Chinese, Korean, Russian, Farsi, Arabic, etc.) and **minor** in Intelligence Studies. Minor in political geography, or historical analysis, would probably be even better. There are plenty of Intelligence Studies majors, but *very few* who speak, read, and write one of the critical languages. Besides, the **only** place you can get a really meaningful degree in Intelligence, per se, is at the U.S. Government’s *National Intelligence University*, where you need a **top secret** clearance to be enrolled, and you must be a member of the U.S. armed forces or be working in some other related government organization and be recommended as a student in order to enter. (If you are eventually hired by CIA, DIA, the NSA, or the FBI, etc. they will put you through the training that they want you to have. Coming to them with a degree in “Intelligence Studies” proves only that you have an interest in the subject, which can be readily surmised by the fact that you apply for employment.)
- Another road to the *clandestine services* section of the CIA is by becoming a member of the U.S. army’s Special Forces. Following your years in that army MOS, and providing your record is excellent, acceptance into CIA should be relatively uncomplicated. Training in *American Combato* (if you are not receiving military combat training, but will be applying after college for CIA’s clandestine service, will be a plus. But if your goal is to be a linguist or analyst, combat skills would likely not be very important.)
- Keep a **spotless** personal record. No drugs whatever. Moderate social use of alcohol only. Stay financially responsible and keep excellent credit. Stay physically fit and healthy. **Develop the habit of keeping your mouth shut about personal matters.** Watch the company you keep. Be guided by good judgment in all of your personal activities.

- Develop good skills in written and verbal communication, and try to cultivate the habit of *listening* carefully when others speak, and encouraging them to talk freely.

Hope this helps you if a career in intelligence is your goal.

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### **The Walking Stick — Again!**

**OUR** enthusiasm for the walking stick as a personal weapon is boundless. We have discussed this in previous articles, and we have been urging that *all* students of self-defense and close combat (not merely our own *American Combato* students) make it a point to develop serious skill with the walking stick as a weapon.

While our personal preference is for the Irish and British Blackthorne sticks, in fact just about any quality hardwood walking stick will do. We will offer only one caution before going over the advantages of this all-too-often overlooked weapon of personal combat: *Do not alter or modify any walking stick that you may purchase in order to more deliberately “weaponize” it.* This might get you into serious legal trouble if you ever need to actually employ your walking stick in combat against an assailant or assailants. One individual who we will not identify actually went so far as to use a harpoon tip as the bottom half of the walking stick that he acquired! This modification was beyond stupid. First of all a plain, unadorned walking stick is a quite sufficient weapon as-is, in skilled hands. Second, the fashioning of a walking stick as a deadly harpoon indicates the possessor’s anticipation of having to employ the thing as a weapon, and just might detract from the user’s mantle of innocence, should the occasion arise where he defends himself with the stick. You must admit that having a *harpoon-tipped “walking stick”* is, well, “unusual”. A plain walking stick, on the other hand is just that: A plain walking stick; something that anyone might have for the very innocent purpose of using a walking stick!

The major advantages of the walking stick as a self-defense tool are:

- The stick may be employed to cause pain, inflict minor injury, cause disability, or kill if necessary (in defense, perhaps, against a knife-wielding attacker, or a gang onslaught). It is extremely versatile.
- Walking sticks are legal everywhere, as far as we know. In fact, if you use it, as many seniors do, for *assistance* in walking, then it becomes a **medical device**, and it would actually be *illegal* for anyone to deprive you of it (on a plane, in a particular office, or at an event, etc.), as we understand the law. This is true of the crook-ended cane, and while some individuals regard the cane as a good weapon, we have found the walking stick to better fill the bill as a defensive implement, while also serving the purpose that a cane might serve.
- It requires very little time to become very effective in using the walking stick as a weapon. In fact, some people will probably find that as little as three or four hours of instruction and practice will do the job . . . and just about anyone can become proficient in the practical use of the walking stick as a weapon in no more than twelve hours of instruction and serious practice. *The techniques are very simple.* (Do not confuse proper, modern walking stick combat doctrine with the sometimes complex arts of Japanese *jo-jutsu*, or the Filipino art of *escrima* or *kali*. Not only are these arts relatively complex and demanding of the mastery of fairly intricate skills [in the case of *escrima* and *kali*, the very unrealistic training with two sticks, coupled with the use of *rattan* wood instead of solid hardwood] but these arts are in some cases taught as *competitive* activities. Stick vs. stick training is all but completely irrelevant for practical self-defense).
- The walking stick has one advantage over even the finest fighting knife, the La Gana American Tomahawk, or the handgun: ***It is always right there, in your hands!*** It need not be “drawn”, seized from a place where it is kept, or “produced” from anywhere. *You simply lash out with it, or jab viciously with it, and go into aggressive counterforce action* with no preparatory moves.

- The movement combinations and variations of effective attack with the walking stick are — literally — astonishing. They come naturally, fluidly, and easily when you've mastered the key basics and have practiced seriously for just a brief period of time. In fact every user of the walking stick, as is the case with quality unarmed combat actions and techniques, can readily develop a personal style of action that is tailored to his own personal physiological and psychological propensities.
- Because, unlike the concealed knife or handgun, the walking stick is always there, in your hand, it may be a deterrent to a percentage of low-lives who see the possessor's weapon as something they would prefer not to contend with. Thus "*carrying a big stick*" as Theodore Roosevelt once observed, is a good policy.
- One very important advantage for all who carry a gun legally: When you *also* carry that walking stick you may very well not need to employ your handgun; your walking stick may be enough to stop your attacker. If, on the other hand, you should need to draw your handgun, the possession of a walking stick that you are able to use as a weapon may give you the time and the opportunity to establish the distance necessary in order to acquire your handgun and be fully prepared to use it, if your attacker does not desist and retreat.

Even in such places as New York City where the right to own and carry a handgun for self-defense is severely compromised by unconstitutional laws and regulations, carrying a walking stick ought not be a problem. And this applies in other cities where the citizens are restricted in their ability to carry guns, as well.

On balance we hope that we have made a strong case for the walking stick as a self-defense weapon. We hope that *you* will obtain a good



**ABOVE: AN ARRAY OF IRISH BLACKTHORNE WALKING STICKS. NO TWO ARE EXACTLY ALIKE, THESE STICKS ARE VERY STRONG, RELATIVELY LIGHT TO CARRY, AND FULFILL EVERY REQUIREMENT OF A GOOD SELF-DEFENSE STICK. OTHER TYPES OF WALKING STICKS MAY BE EQUALLY EFFECTIVE, AND YOU MAY PREFER THEM. WE RECOMMEND ONLY THAT YOU AVOID THE *CANE* DESIGN. IT IS CERTAINLY EFFECTIVE, BUT WE HAVE FOUND IT TO BE LESS SO FOR PERSONAL COMBAT THAN THE STRAIGHT WALKING STICK. (FROM THE INTERNET)**

walking stick, learn how to use it well, and make it a habit to keep it as your constant companion. One day you may be very, very glad that you did so!

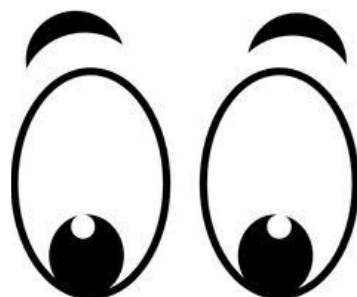
### **SOME TRAINING TIPS FOR STICK WORK:**

- Remember that a fast open hand eye jab or shin kick can easily set an antagonist up for a full power blow your stick across his head or neck.

Sometimes an unarmed blow can conveniently precede a blow with your stick.

- By *leaning* on the stick as a support, you might find a surprise side kick to the knee very easy to execute. It comes unexpectedly, and once the kick lands a powerful blow or series of blows can, if necessary, be delivered with your walking stick.
- Simple attack: Raise your stick as though to make a swing at your enemy's head; then suddenly drop low and smash him across the knee/shin area. *This blow to this leg will open him up for a smashing blow to his head!*
- Develop a lot of powerful jabbing thrusts to the throat, face, groin, or torso. Use a two-hand spaced grip (over/under with hands about 20" or so apart) and drive with your entire body. Also, using a two-hand grip, snap the *center* of the stick up into the underside of your attacker's jaw, or drive it forward into his throat or face.
- Obtain a cheap stick (a dowel will do) and practice jabbing and hitting into a tree. This will strengthen your grip and your control, and will allow you to build hitting experience, safely. Don't use your walking stick to pound trees; eventually the stick will become chipped and broken.
- Depending upon how seriously you wish to pursue stick work, you might want to have an inexpensive cold rolled solid steel bar (a barbell bar, for example) sawed to the same length as your walking stick. Practice your techniques with the steel bar **once a week** for about 20 minutes, and it will in time improve your strength and your speed.

Always regard your walking stick (as you should any and all personal weapons) as an *extension of your will and of your body*. Make it and its use a natural part of you.



**BE SURE TO FOLLOW PROF.  
MARK BRYANS ON INSTAGRAM!**

**NOW --- You Can Train  
Your Mind As Well As Your  
Body, With Our ...New And  
Exclusive Self-Hypnosis  
Programs!**

*(The Perfect Complement to Our DVD Training Course!)*

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

**— General George S. Patton, Jr.**

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



Prof. Steiner has been a State licensed hypnotherapist for more than **33 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

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### **Supplementary Physical Training**

**AGE**, health, and present physical condition will always influence how hard you should workout, and what your ultimate goals in training should be. But this much is certain: Everyone who trains in self-defense skills and in practical close combat techniques will benefit tremendously from a supplementary program of progressive resistance exercise. This means **weight training**.

Sensible weight training will bolster your ability and your confidence. We urge the use of simple, basic adjustable barbells and dumbbells. Nautilus machines *properly employed* are excellent, but a competently run Nautilus training facility may not be available to you, and you may be, as we ourself have always been, the type of individual who prefers to train at home.

You do not need elaborate or very expensive equipment. A barbell and a air of dumbbells (adjustable), a set of squat racks and a flat bench with uprights to support a barbell when bench pressing constitute the bare bones necessities, and for most people will prove to be all that they require for a lifetime of productive, healthful training.

Train on the very basic exercises. These are:

1. SQUAT
2. PRESS
3. BENT-OVER ROWING

4. BENCH PRESS
5. CURLS
6. DEAD LIFTS

One set of repetitions to start out with. Progress to two sets after a month or two, and then if you wish, after another couple of months, to three sets. *Stick with three sets.*

It is wise to include situp, or leg raises, or frog kicks, etc. to hit the abdominal muscles directly, following the weight training routine.

If you want very specific advice on the details of sensible training you can order our book (advertised elsewhere in this Newsletter), *Complete Guide To Effective Barbell Training*.

The point we wish to make here and now is that supplementary physical training is extremely valuable for the student of self-defense. Yes, it is possible to train solely on techniques, but you are missing added and very great benefits if you'll put in two or three weekly workouts with weights, in addition to the practice sessions.

Caution: If you attend a school where 30-40 minutes of calisthenics is done before getting into technical practice you are *not* getting the kind of supplementary training that you need. "Warming up" and limbering the body prior to a practice session is of debatable value. Better, in our view, to begin training with the techniques and build intensity as *they* warm up the body. Close combat and self-defense skills are non-acrobatic and if properly taught do not strain or inure the body even when done with full exertion. If, on the other hand, you are working in some classical or competition-oriented method, you *should* warmup well before diving into the core of your practice.

Weight training builds strength, confidence, physical resilience, and — when done correctly — flexibility, speed, coordination, health, and well-being. It takes little time, and can be done at home with equipment that is easily maintained, lasts a lifetime, and is conveniently stored.

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## Countering Holds And Grips And

### Grabs

**HOLDS** that one encounters in real hand-to-hand combat tend to be employed either for the purpose of *setting the opponent up for blows*, for *employing choking or crushing or bone breaking force to the opponent's throat or limb of his body*, or for *bringing him to the ground (throwing him, tripping him, or tackling him)*.

All holds have certain disadvantages (in **combat**, not necessarily in competition\*):

1. They take longer to apply than blows
2. They are fairly complicated
3. Many offer a trained recipient more than enough time and opportunity to counter very effectively
4. Almost all holds demand that the applicant be physically stronger than his adversary
5. Unlike swiftly struck blows, *holds* fail to cause severe pain or psychological disequilibrium until they are finally secured and pressure is applied, or the followup blows are employed.

We have observed many instances in which, confronted by an adversary's attempt to hold, grab, or grip, *the intended victim or adversary for some strange reason attempts to reply in kind!* That is, when he is grabbed, *he grabs* the person who grabbed him. When a hold is attempted against him, he *wastes time attempting to counter the hold* that the attacker is attempting to employ. It's odd that this is the case, but — especially in the case of completely untrained individuals — this “replying or reacting in kind” seems almost automatic.

In order to train effectively to counterattack attempted holds, grips, and grabs, it is essential that two things be understood and made to guide training: First, all wrist, arm, and clothing grabs must be ignored when applied, and **an immediate attack against the opponent's throat, eyes, knees, testicles, shins, insteps, ears,** must be made — with speed, force, and followup! Keep attacking! Go get him and do not stop until you have neutralized him completely. Grabs and grips of this kind are completely harmless in and of themselves, and your counterattacking barrage should explode in the face of the assailant the very second he attempts any of them. **Injure your attacker severely and immediately.** The grab or grip will go away.

Tackles and related holds that have as their purpose taking you to the ground are almost never used in *actual* combat. They are common in UFC/MMA type contests, but we are not concerned with those events. In the real world your adversary wants to knock you to the ground and stomp you, 99% of the time. He has no desire to engage in a wrestling match! *That is for sport.*

The only way to effectively handle any attempt to seize hold of you and throw you to the ground is to **attack your enemy immediately. BITE INTO HIS FACE, SEIZE HIS EARS, RAM YOUR FINGERS INTO HIS EYES, OR SIMPLY CLAW HIS FACE AND KNEE HIM. Jam fingers into his nose, hook and rip his mouth, slam an elbow into his head, stomp, etc. You must attack immediately.** If you do, unless you are confronted by some incredibly skilled expert who takes you totally off guard, you will stymie his followup. It is

fundamental and known to all judo experts that **three distinct phases** must be undertaken to throw a man successfully:

- a) Get him off balance,
- b) Get yourself into position for the throw, and
- c) Apply the throwing action

Long before an enemy achieves step “a” you should be blinding, biting, kneeling, stomping, clawing, elbowing, etc. like a wild animal, *before he can get you off-balance*. In fact, many punks and other scum don’t even understand *kuzushi* (i.e. off-balancing). They just grab hard and apply their strength quickly so as to throw their victims. React as we have just described — immediately, with all-out force, and without mercy — and the odds favor your being well able to ruin the bastard’s day!

Exceptions:

As we have said for many years and written many times, *attacks from behind* are potentially lethal to anyone — even an expert. So, your only hope when **ANY ATTACK IS THRUST UPON YOU FROM BEHIND** (assuming that you are conscious and alive) is to go into a frenzied, all-out retaliatory attack, yourself. You need to learn quality techniques. These are taught in our System, and they are explained and demonstrated in our DVDs. More: ***You need to train so that you apply these counterattacking actions almost the moment you are attacked from behind.*** If your attacker is unskilled your chances of survival and victory are good. If he is skilled and he takes you by surprise from behind you stand little chance of successful defense. That’s why alertness and being careful always to safeguard your rear is so vitally important.

The bottom line, really, always comes down to being: ***attack ferociously and destructively the very second you become aware of your opponent beginning to launch his attack, or the second you feel an attack (i.e. from behind), and do so with the animalistic fury of an insane beast. No restraint! Attack eyes, throat, ears, nose, testicles, solar***

*plexus, sternum . . . and do so with every ounce of your strength and will to destroy. Don't stop attacking until you are safe. That means: when your attacker has been so crippled that he has no longer the will nor the capacity to injure you; when the attacker flees; when you have created an opportunity for yourself (and anyone needing your protection who may be with you) to safely escape and get away.*

*As we keep reminding you, there is no "nice" way to defend yourself or survive a deadly encounter in war.*

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\* Despite the popularly believed myth to the contrary. In part, this is because in competition all of those serious blows and related actions (such as eye-gouging, biting, seizing and ripping at parts of the body — like ears, testicles, lips, nostrils, hair and stomping into the insteps/shins of the opponent — are **forbidden**.

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

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

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

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

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

*(Full unedited speech with accompanying commentary)*

**\$4.**

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

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

**\$4.**

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

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

**\$4.**

**Brief #4: *“Stay On Your Feet!”***

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

**\$4.**

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

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

**\$4.**

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

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

*defense and in war)*

**\$4.**

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

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

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

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

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

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

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**Brief #10: *The Really Vital Vital Points***

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

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

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

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

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

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

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

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

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

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**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.)*

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**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.)*

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

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

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**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.)*

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

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

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

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

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**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.)*

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**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.)*

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**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 the 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.) \$4.*

**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 self-defense needs impact practice more than the kind of comprehensive natural weapon hardening typical of the classical “karate” schools. Still, for the super-enthusiastic 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. Ninety 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 intelligence 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.)*

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**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!)*

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**Brief #39: Secret Communications — Part 2**

*(Much more solid tradecraft enabling you to engage in secret communications with the efficiency of a trained intelligence officer!)*

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**Brief #40: How To Conduct Secret Meetings**

*(Methods employed by trained agents and underground warriors who fight in resistance to tyranny.)*

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**Brief #41: Training Your Observational Skills**

*(Spies are taught to notice everything. You can learn to be as alert and observant as the finest secret agents, if you’ll follow the guidance in this Training Brief.)*

**Brief #42: Urban Escape And Evasion**

*(Escaping from captivity is a fascinating aspect of tradecraft training for secret intelligence and special operations military people. It takes courage, fitness, resolve, ingenuity, and a mastery of that which is described in this Brief.)*

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**Brief #43: Developing The Spy’s Attributes**



*(In this turbulent 21st century when Western Civilization itself is being destroyed, the unconventional and unusual attributes of the secret intelligence agent can serve to equip the serious individual for survival by teaching him what history's great secret agents relied upon to survive and win while operating amidst hostile forces.) \$4.*

**Brief #44: *Resisting Interrogation (Including The Polygraph)***

*(An encapsulation of all you need to know in order to effectively resist even professionally qualified interrogators — short of their using torture. And the polygraph section will surprise you; the method works!) \$4.*

**Brief #45: *How To Manipulate Humans***

*(Stop being manipulated and learn to manipulate those who seek to control or to use you by employing the tactics and tricks of intelligence professionals. Manipulation — used exclusively for self-protection and the safeguarding of that which is rightfully yours — is an important, valuable skill.) \$4.*

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## Your Training Should Be Comprehensive

**WHEN** we speak of your training being *comprehensive* we most emphatically do *not* mean that you should be concerned with mastering many hundreds or even thousands of techniques. In some martial arts this approach is the order of the day, and students apply themselves for years, come to remember many hundreds of different “defenses”, and then when attacked *cannot do a damn thing*. Quantity, when it comes to practical, realistic close combat and self-defense takes a distant second place to **quality**. You do not need an endless repertoire of skills and variations of skills in order to be able to defend yourself or handle a hand-to-hand encounter in war. You need a solid personal repertoire of utterly reliable skills that can be applied in the widest possible variety of situations, and that *fit you, personally*.

*American Combato* offers a very well-packed curriculum. By the time a student gets to Brown Belt level he has covered about three or four times the *number* of techniques that he needs. The purpose in training is not to have him master all of those techniques (and there are fewer in the *American Combato* curriculum — even given the extensive number that we offer — than there are in the popular and classical systems). The purpose is to ***have the student master those techniques that he finds best suited to his physiology and temperament***. Every single technique that we teach **works**; but some work better than others for each given individual pupil. There is no fluff, fill, or bullshit in *American Combato*. However, no one needs or could possibly be equally proficient in every technique taught.

So how is this “comprehensive”?

Our System — and we suggest that you approach your training in this manner even if you are *not* a student of ours, but want solid combatives ability — balances the training so that students master **offensive**

**unarmed combat, defensive unarmed combat, stick combat, knifework, use of the La Gana tomahawk, improvised and unconventional weapons, combat use of firearms, mental conditioning for violent combat, and physical training for all round strength and conditioning, as well as professional security tactics and protective tradecraft.**

That's what we mean by *comprehensive*. Remember, self-defense and battlefield combatives for military and intelligence persons consists of a great deal more than what the majority of so-called "martial arts" cover. Many martial arts methods, systems, and schools either teach *no* weapons at all, or they teach antiquated weapons. Most pay a bit of lip service to "mental conditioning" — but their teachers frankly haven't a clue how to inculcate it! Physical training largely consists of pre-class limbering up or extreme stretching, so that the acrobatics being taught can be performed safely. Tactics, the tradecraft of security and protection, protective measures, etc. vary in most schools from the antiquated and — sorry, but must say it — *silly* techniques of fantasy "ninja" nonsense, to such basic things that any adult student would know them already (i.e. Always lock your doors at night, etc.).

Self-defense must serve you *comprehensively*, in all areas of your life. It must be applicable and adoptable to you when you are young, middle-aged, and old. It should take into account protection and security for those you love, and it should avail itself of **anything** and **everything** that works, and that has proven itself to be of value and of practical use in peacetime and in war. Close combat, for members of our armed forces, must reflect the spirit and purpose of war. Not pleasant, but necessary . . . and the present systems being taught in our American services right now are, in our opinion, substandard, inadequate, and do not reflect the needs of deadly, brutal battle when a soldier or marine is in battledress and under combat stress *in a war zone*. (The comments that we have gotten privately from active duty members of the military who are **combat veterans** regarding the close combat training they received is shocking. *We owe our young lions a helluva lot more and better tha that!*)

Training for self-defense is training to **WIN**; to defeat and destroy a dangerous, violent, unprovoked aggressor while under maximum stress, often in very frightening conditions. Training for war is, similarly, training to **WIN** (or it ought to be!). When courageous people are sent to risk their lives in combat they should be equipped *by whoever sends them* with the finest, most reliable methods and tools with which they can stand the greatest chance of winning and coming home. A soldier's mission is to kill and destroy . . . not to be politically correct, smile nicely for the camera, and conduct himself in ways that please a brindead, politically correct public.

Similarly, the law enforcement officer faces a difficult challenge and a very dangerous prospect when he carries out his mission of going after criminals. Many of those monsters that our nation's police confront daily are desperate to avoid the consequences of their actions. They have guns. They have knives. *They have no problem attacking and killing police officers.* Yet, the howl for police to refrain from being violent when having to deal with these creatures is sickening prevalent. Our police learn wristy-twisty crap skills, when they should be taught serious combat methods.

Whether private citizen, soldier, police officer, you have the need for a serious, comprehensive training in close combat and personal defense.

We strongly suggest that you get such training . . . before you need it.

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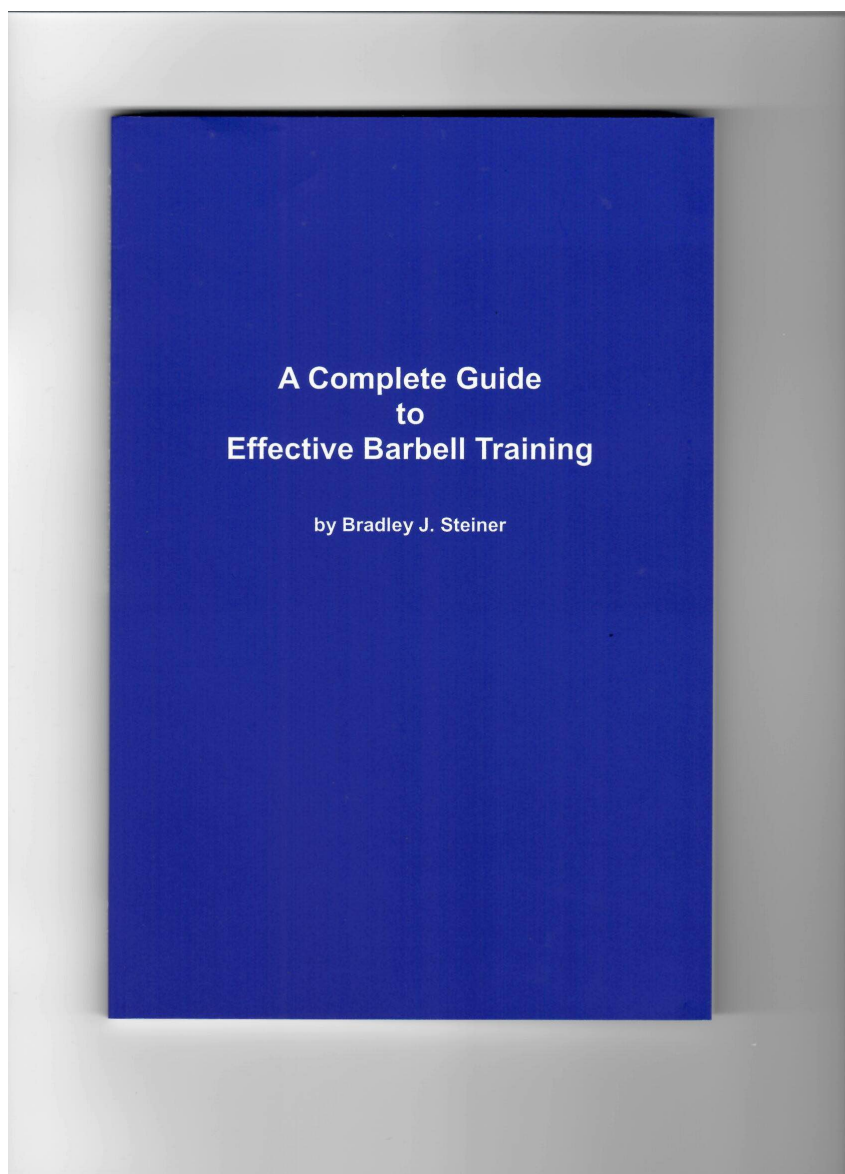
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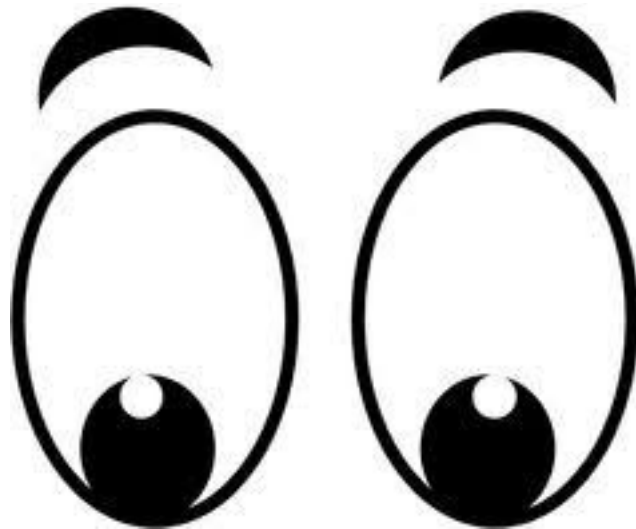
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