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SWORD AND PEN
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E d i t o r i a l

Finite Skills — No End to “Systems”

HOW many styles of *karate* are there? Or *ju-jutsu*? If you’ve been in the martial arts for any significant number of years and have been a

dedicated student then you almost certainly know that a factual (if very general) answer to that question is: “*A helluva lot!*”.

There are major styles of each martial arts system, to be sure. In Japan the *Butokukai* recognizes five key styles of *karate*: Shotokan, Shudokan, Wado-Ryu, Goju-Ryu, and Shito-Ryu. (Personally, we think it a real slight not to recognize the late Master Oyama’s *Kyokushin-Kai* as one of the core systems of Japan . . . but that’s just our opinion). The Koreans also have their five major styles: Oh-do-kwan, Yun-mu-kwan, Chi-do-kwan, Chung-do-kwan, and Moo-duk-kwan. But there is also *hapkido*, *kuk-sool-won*, recently an off-shoot of *kuk-sool-won*: *hwarang-do*, and God knows how many other derivative and innovative styles there are — in Korea, Japan, the Phillipines, Thailand, Vietnam, Tibet, and India. And when you inquire into the *Chinese* styles(!) — wow! Now you’ve opened up Pandora’s Box. Not only are there dozens of *core* styles in China, but there are dozens of core styles for *both* their external *and* internal systems! As for off-shoot styles . . . well, to use a term common to New York’s fabled mobsters, “*Forget about it!*”

Please forgive our not addressing the *ju-jutsu* styles, of which there are more than likely several hundred today . . . to include very excellent modern systems that were born in the U.S.A. and in Europe: this is not, after all, a historical treatise.

There are as many systems as there are long-term, dedicated expert black belt students of pre-existent systems who have started their own system. Peter Urban started “U.S.A. Goju” in New York City after serving a long and hard apprenticeship in Japan, under the late Gogen Yamaguchi primarily, as well as Mas Oyama. The late John Kuhl, a marvelous instructor, branched out from Urban and created what he called “Combat Karate”, thinking as he did strictly along the lines of modern self-defense.

It is very interesting to note that a commonality exists between those few all-modern and practical systems which attempt to cut away all of the classical pomp and circumstance, and all of the sporting elements

wherever they may be contained, and simply *get down to the nitty gritty of no-nonsense close-in hand-to-hand combat and real world self-defense*. We are proud to say that our *American Combato (Jen•Do•Tao)* is quite probably the first **comprehensive and complete *total martial arts system*** in the West to have done this.

One thing has become very clear to us since 1975 when we established *American Combato* as a formal, complete martial arts system: That is that all of those honest individuals who have since and similarly approached the objective of formulating practical doctrine *have inevitably arrived at amazingly similar conclusions to our own*. And similar techniques. Many learned from us and frankly “borrowed” much of our doctrine. Others simply turned to one of our primary sources (i.e. the methods taught in WWII by Fairbairn, Sykes, Applegate, O’Neill, Biddle, Feldenkrais, and a very few others) and realized that there really isn’t any kind of “endless offering” of real world skills. There are those contained in the abbreviated wartime courses as devised by the aforementioned group, and then there are other skills, which must be culled from the numerous core systems of martial art, that meet what we refer to as The Applegate Standard. This Standard enables objective researchers to build upon the WWII teachings and their amazing contributions, *by evaluating any new technique, skill, tactic, or action by asking*: “Will this work so that I can use it instinctively in vital combat against an opponent who is determined to prevent me from doing so, and who is striving to eliminate me by fair means or foul?” A “yes” answer here means that whatever is under consideration is well worth learning, perfecting, and — if necessary — *using*, in actual, no-nonsense, real close combat and personal defense.

Those relatively few skills that work reliably in real combat and self-defense are of great value because:

- They are simple
- They are easily understood and readily learnable
- They are extremely damaging and dangerous
- They are retainable with little and in some instances

- actually *no* retraining or arduous review
- They have many, many applications and uses
 - They do not have a “shelf life” (That is, persons need not be in their 20’s or 30’s and in hard training or competition for them to be effective)
 - While young, strong, fit, physically active persons naturally have an advantage in using these techniques, they are surprisingly effective for persons who are non-athletic, and even out-of-shape
 - They do not encourage wishful thinking or flights of fantasy (as, let’s be honest, some classical martial arts definitely do)
 - They are doable with no warming up, extreme stretching, special clothing, or specially cleared space and environment
 - Their teachers frankly acknowledge and stress attitude and mindset
 - They include *modern* weapons, as well as counterattacks against those weapons
 - They embrace foul, “dirty”, unfair, and flagrantly unscrupulous tactics and techniques — which are understood to be vital in *all* actual combat
 - They focus with extraordinary intensity on **OFFENSE**, relegating “defensive” actions to second place
 - They stress blows of the hands, feet, and other body parts, as well as gouges, clawing, and biting
 - They teach but a handful of very simple **combat** throws and takedowns, as well as neck breaking and strangulation; all as bolstering factors — not primary skills — for close combat.

In one sense you have a lot less (quantity-wise) to master when the martial art you embrace is a pure combat system. However, if it is really and truly is a *combat* system (and if it is authentic) your responsibility of learning the simple skills it contains **to the point of reflexive, natural, motor-memorized, subconsciously-directed perfection** is never-

ending, and very demanding. The brevity of a combat art is more than compensated by its **quality**.

And its style is simple. Very, very simple. No endless proliferation of systems; and clearly: *a finite body of techniques*.

Bradley J. Steiner

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“Let go of your thoughts and let your spirit direct you. Set your mind at ease and do not think about how to attack, just attack with the spirit of terror and death. In the span of a single breath, crush your opponent’s courage and cause him to tremble. Resolve in your heart to win under any circumstances and do not stop until the opponent is lying dead at your feet.

“You must be direct and powerful and strike with speed and death.”

Miyamoto Musashi - GO RIN NO SHO (Book of Five Rings)

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Don't Miss This!:

Simple, elementary lessons in American Combato are available (with more on the

way!) on YouTube. Prof. Mark Bryans describes simple and effective skills that almost anyone can learn and use in any emergency. Additionally, we (Prof. Steiner) will be providing a whole series of short training talks and tactical instruction on YouTube. Straightforward no-nonsense material. Get a tongue-tip-taste of what we teach!

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

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

— Dr. Albert Ellis,

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

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

— George Kalishevich,

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

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

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

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

— Grandmaster John Perkins,

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

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

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

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

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

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

IMPORTANT NOTICE!:-

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

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

DVD#11 KNIFEWORK

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

- Defending yourself with a knife

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

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600. for \$7,500. worth of training!
All DVD purchases are of course nonrefundable.

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

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

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

Gang Attacks

The Horror Of Multiple Assailant Violence

FOR a sobering glimpse of **reality** please go to YouTube and enter "Man Attacked by Group in NYC". Just *one* major city, and you will see documented more video reports of multiple attacker situations than have ever been *fictionalized in motion pictures and on TV!* That's all we are

going to say about the **importance** of recognizing and accepting this ugly and dangerous phenomenon of “wild pack animal violence” as a reality to be dealt with in our Nation.

There are many members of the species (we just can't bring ourself to say “human” species, when referencing them) who, like wild pack animals, attack, injure, terrify, maim, and kill members of the human race. In fact, this is **common** today . . . and the fact that these scum are repeat offenders (and have been allowed to continue living after previously demonstrating their willingness to senselessly attack innocent people) amounts to a national disgrace. If humanity manages to survive on this planet the day will come when botched life forms which we refer to as “violent criminals” and “dangerous predators” today ***are put down like rabid dogs.***

Apologists for violent criminals should simply be ignored. Like advocates of *all* insane and outrageous ideas and theories, and like those who criticize people who make good sense in any field, **there is no reasoning with these fools. They will continue to believe that which they want to believe.** Just ignore and shun them . . . and proceed to take necessary action to protect yourself and your loved ones from the crawling scourge these idiots overlook or minimize.

Multiple assailant attacks are **deadly** attacks. Let that sink in. Remember, whenever two or more rodents in human form attack a victim, *the attack is overwhelmingly dangerous and potentially life-threatening, even when the multiple predators have no intention of killing their victims.* Heart attacks, strokes, accidental injuries that exceed the intended onslaughts of the savages, *all* are possible outcomes, and have occurred with sufficient frequency in the past to convince any honest person of the truth in our statement.

So . . . what can you do about this? There are measures that can and should be taken, and *above all* a realistic approach to the matter of defending against multiple attackers must be taken by students of self-

defense, if they wish to have any real hope of surviving this kind of egregious dilemma.

In a nutshell:

1. Be committed to always being situationally aware. *Notice* things. Like those two or more young males down the street, standing around and talking. Or the two odd looking individuals down the block walking toward you. Red light warnings to the wise! Yes, certainly, these individuals could all be conscientious candidates for Harvard Medical School on their way to share notes for an upcoming exam in microbiology. *Or they could be predators waiting for a convenient victim.* **Cross the street. Avoid contact.** Do this on the chance that these individuals *about whom you know nothing* just might not be model citizens. **Avoidance is self-defense technique number one.**
2. When interacting with *any* strangers or not-that-well-known acquaintances, be calm, very polite, and agreeable. Notice how often news reports confirm that violence erupted in a given situation because of some real or imagined “disrespect” — or most often, some *disagreement*. Don’t contribute to or, heaven forbid!, start any *disagreements* with unknown persons. What for? There’s nothing to prove, and you’re not going to see it their way, anyway, once you’re away from them.
3. Go immediately to condition orange (danger-alert!) upon any approach by unknown strangers. (Yes, yes, yes smartass . . . if two old ladies approach you, you can remain in yellow.) *Keep your distance . . . striving to remain outside arms’ reach of them.* Move to the outside of the pair or group if at all possible. Be ready. Chances are these individuals are **not** troublemakers . . . but be 100% prepared in case they are.
4. If it becomes clear to you (due to their body language, what they say to you, or your gut reaction to something that they do) that these individuals mean trouble, ***attack first, and do so like an insane, murderous, wild animal!***

5. Always drop ONE of the multiple attacking party with a powerful blow to his throat, or at least a knee-breaking kick, or a blinding thrust into his eyes, straight away! This will reduce the odds against you by one, and immediately shock the remaining individuals into realizing that *you are attacking them*. They are now on the defensive.
6. Keep on attacking, moving, turning, bobbing, and do not stop! There is no way to be effectively and purely *defensive* against multiple attackers, and to attempt to do so is foolish and hopeless in the extreme. **Only by attacking ferociously and doing as much damage (hopefully lethal damage) to members of a multiple attacker group do you stand a chance of preventing them from killing or maiming you.** The purpose of this is *not* to “win a battle between yourself and these scumbags”. Your ultimate purpose is to clear the way for your **ESCAPE FROM THE SCENE**. But escape is not possible so long as your assailants possess the will and physical condition that enables them to keep attacking you.
7. As soon you can safely do so, run! If you are carrying a licensed handgun gain distance and draw your weapon **only if you are being pursued**. If you are being pursued, turn and use your weapon. **Never attempt to draw a weapon until or unless you have DISTANCE, TIME, and SPACE in which to do so. Otherwise you will have that gun taken away from you.**
8. Obviously, if you are chased or approached aggressively by two or more scumbags *and you are lawfully armed with a handgun, you should draw it when the distance between yourself and them allows you to access your weapon with no possibility of interference from the assailants*. Should you be fortunate enough to be carrying a walking stick that you know how to use combatively, **use it!** If you have a knife and can access it (and, if it is a folder, *open* it) without having to contend with an attacker’s grappling you, *do so*. And, against two or more attackers, **have no hesitation about using that knife — or anything — to defend yourself!**

While it is possible that producing a weapon will cause your attackers to retreat and discontinue their onslaught (and of course will enable you to

avoid using your weapon) *do not count on it*. Be ready, willing, and mentally able to use your weapon **immediately** if the attackers keep coming. You have no time to delay.

Defense against more than one attacker is absolutely feasible, despite the nonsense touted by many who say that such cannot be done. The fact is, **it has been done . . . and often**. So, while taking this form of attack with the deadly seriousness it deserves, *do not become fatalistic about it*.

The techniques that work against multiple assailants are the same core skills fundamental to *American Combato*, to the WWII Fairbairn System, to the O'Neill method, and of course to the skills taught by Rex Applegate, Anthony Biddle, and John Styers. And these skills must be used with 100% ferocity and determination. What does *not* work is emphasis upon throwing (ties you up with one man), various holds and control grips, and all ground grappling. *Some* judiciously selected throws may have an occasional place in countering multiple attackers, but ***never, never, never, never, NEVER go to the ground*** when dealing with two or more assailants! Ground work (ne-waza) is a terrible tactic against a single enemy in hand-to-hand combat. Against two or more it is virtual suicide.

Be Sure That You Do Not Miss! . . .

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

GO TO:

WWW.SEATTLECOMBATIVES.COM

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

After reading the latest entries, check the “archives” (bottom of each page) for lots and lots more FREE material devoted to quality skills, mental conditioning. *Years* of valuable writings!

We’ve been a pioneer of what today is called “Reality Based Self-Defense” and the purveyance of the “WWII Close Combat Systems” since the late 1960’s — — long before most of today’s “instructors” were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

The Simplest Combination

COMBINATIONS of attacking blows and related actions *must* be developed if a student is to attain the greatest degree of readiness for

dealing with real violence. Combinations teach and insure *followup*, which bypasses the mistaken notion that a “one punch stop” is a feasible goal in real combat. Combinations instill attack-mindedness, aggressiveness, the *process* of attacking so that spontaneity is fostered, and go to insure that in a crisis the student will never hesitate or falter because he mistakenly stops to “think” about what, if anything, he should do next.

The idea that attacking (preempting) by employing combinations is complicated and elaborate is erroneous. We have heard this objection from some who have trained in *kenpo-karate*, for example. Having studied this Art we hasten to point out that —

- Kenpo-karate stresses a very large number of “self-defense techniques” (*not* attacking combinations), which are **reactive** and **defensive** — something that effective close combat skills almost never, ever are. And —
- Kenpo-karate teaches extremely elaborate and complicated defense combinations — many entail the use of fine motor movements and very acrobatic body contortions — neither of which play any part whatever in the **attack combinations** as developed and taught in *American Combato*.

One good example of an attack combination that the most complete beginner can use, and he can use it if he has learned but a single viable unarmed combat blow, is to repeat the same blow two or perhaps three or more times. (No reason why an advanced black belt couldn't use this, too; but we see it as a great way to understand how a very effective attack combination can be constructed and employed to good effect).

Hand axe chops, chinjab smashes, knee attacks, front kicks, elbow smashes, and hammerfist blows are especially practical for *repeated*

individual delivery in rapid, powerful barrages. If the first blow lands, deliver another!

One great advantage in repeating the same blow multiple times to the same target is that you stand the greatest chance of destroying that target. Any point on the human body will collapse when subjected to repeated and relentless pounding; ***most particularly an already vulnerable point.*** *Capitalize on that fact whenever the opportunity presents itself!*

Forget About Movie And TV Private Eyes!

No “Citizens’ Arrests”!

RECENTLY we had occasion to give some lessons to a licensed private investigator (private eye). His original intention for coming to us was to learn how to control someone he was arresting. As a private eye, we pointed out to him, he had no more authority to make arrests than any other private citizen. He already knew that, he assured us, but the kind of investigations he handled sometimes entailed the risk of physical assault, and he needed to know how to deal with that, and then go ahead with a lawful citizen’s arrest, so he could turn the individual assailant over to the police.

We tried hard to explain that learning how to defend himself if attacked while working a case is one thing, and we’d be delighted to train him in skills of self-defense. But it would be *very* unwise to knowingly approach anyone during the course of his day’s work from whom he *anticipated* a violent reaction, and plan on subduing him.

Our advice to the P.I. is the same as our advice to **YOU**: *Forget about “citizens’ arrests”.* *For whatever reason, if you believe that a necessary encounter with anyone is likely to result in an outbreak of any degree of*

violence, let the police handle the situation. If you for whatever reason must make contact personally with a potentially violent individual, then call for police assistance. You are asking for more trouble than you can imagine by exercising your right (and yes, you do have a right under very specific circumstances, whether you are a private detective or not) to effect a physical arrest and “bring someone in”. Leave that for TV and movies.

Sworn law enforcement officers are granted the **right** to make arrests and to carry firearms. In effect, they operate under the color of law. The city, municipality, state, or federal government specifically *authorizes* and you might say *mandates* that these officers make necessary arrests, and that they do so using all necessary force. If a cop says “Sir, I’d like to speak with you, would you please step over here,” and the person being addressed commences to swing at the officer, *then the police officer is operating 100% according to the law and is **making a lawful arrest** when he reacts to the onslaught by defending himself in any way necessary, and handcuffing the individual — then bringing him in to a lockup.* When a sworn law enforcement officer wishes to speak with you it is wisest to simply comply and speak with the officer. If and when the officer advises you that you are under arrest you have the right (and according to a marvelous and justifiably noted defense attorney, Marc Victor, of Arizona) to say nothing. **But you must cooperate physically.** Resisting arrest is a serious crime. *Don’t do it!*

If a private detective **or** a private citizen says, “Sir, I’d like to speak with you, would you please step over here,” and the person being addressed commences to swing at the P.I. or citizen, *then the citizen or “P.I.” is **in a fight**, and that could easily lead to serious problems!* It is wisdom to avoid physical violence. Exercise that wisdom, rather than attempt to gratify your ego.

Call the police if you believe that any situation may erupt in violence, and you have the opportunity to enlist the assistance of law enforcement. Obviously, the right of self-defense exists, and if a situation *unanticipatedly* leads to you being attacked, do what you must do to

protect yourself. Such emergencies do occur, and this is what self-defense and close combat training is for **in the private sector**.

Despite the fact that so-called citizens' arrests are legal and everywhere permissible on the books, we **strongly** urge you to *not* attempt to make any. There may be an exception for a very unusual situation, but in general we stand by this advice.

Question: "OK, but suppose I defend myself. Don't I need to hold this assailant for the police after I overcome him?"

Answer: "No, you do not. Our advice is that you get away from the scene of your attack as soon as possible. You don't want the attacker to recover and renew his attack . . . and you do not want your attacker's cronies to show up and finish what he started. As the *victim* of a violent attack your only obligation is to protect yourself, not to arrest your attacker. You might call the police, but escaping the scene and remaining anonymous might be the wisest course, You did nothing wrong. For the victim of an attack to defend himself and then flee to avoid further trouble is easily understandable."

Question #2: "What about a home invasion? If I am lucky enough to drop this monster, what do I do? He's in my home or apartment. Don't I need to control him for the cops?"

Answer #2: "First of all a home invader must be stopped *decisively* and with a degree of maiming or even lethal force that may not be needed when dealing with a street assailant. Plainly put: He must be rendered **unconscious** and **helpless**. Then *call the police*. (You might keep the unconscious intruder at *gun point* if you have a gun.) No, you do *not* put him in an armlock and take him to the local precinct.

This is serious business. There are times when you *can* do something, but in reality you *shouldn't*. *With very, very* few exceptions, making citizens' arrests and/or getting arresting control over offenders when you think a wrongdoing has been done is one of those times.

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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*.

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(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.**

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(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 #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.)

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(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.)

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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.)

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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.)

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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.)*

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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.) **\$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!) **\$4.**

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!) **\$4.**

Brief #40: *How To Conduct Secret Meetings*

(Methods employed by trained agents and underground warriors who fight in reistance to tyranny.) \$4.

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.) \$4.

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.

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Brief #46: *Constructing A Realistic Urban Survival, Evasion, And Resistance Kit*

(Jam-packed with life-saving information about E&E. Goes way beyond just assembling a suitable kit. Contains counsel given to special ops and intel field service personnel.) **\$4.**

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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!

Attacking Is The Tactical Imperative

WHAT does effective unarmed combat have in common with effective stick fighting, knife fighting, the use of a tomahawk, handgun employment, shotgun use, bayonet combat, and the use of any improvised weapon-at-hand that circumstances might allow you to lay your hands on?

Very simple: ***The correct and most effective use of one's natural weapons or of any other personal weapons that one can think of involves offensive, attacking action.***

If you analyze martial arts, inspecting the endless proliferation of weaponless *and* weapon skills that can be found, something very interesting becomes apparent: The *offensive* skills tend to be in the minority, and in many cases are all but non-existent entirely. The

offensive skills are few and far between (except in the more modern Western systems, preeminent among which is *American Combato*). And while the reason for this may be noble (i.e. one trains for self-defense, never to be an aggressor) the tactical orientation is seriously flawed and does not greatly facilitate the stated objective without many years of dilligent, serious, intelligent practice and drill. Ask the majority of those who spent a few months to a year or so in *karate, ju-jutsu, taekwon-do, kenpo-karate*, etc. Are they well able to defend themselves? Do they possess solid confidence? Can they reliably handle sudden aggression from a determined adversary? We venture the educated guess that in 90% (if not all) of the cases, you will hear a resounding “No!” in response to your questions.

One of the primary reasons for this sad reality is that, while beautiful, authentic, and very physically and mentally beneficial, these martial arts emphasize the wrong tactical premise: i.e. *to defend yourself you need to know **self-defense** — or reactive techniques — that enable you to neutralize the assailant’s action*. In other words, you play “catch-up”! The attacker gets to attack, and you get to react to whatever he may do. Awkward, slow, tactically contrary to every principle of correct warfare and combat.

What **IS** tactically sound? That’s easy to answer: Attacking the attacker! Moving offensively, preemptively, destructively and ***immediately*** upon 1) perception of an aggressive move or 2) a realization that you are under attack. An example of the first situation might be someone whom you are facing raising his fist to punch you. An example of the second situation might be someone seizing you from behind. Whatever the hell happens, ***aggressive, offensive reaction*** remains the key to defending against it.

Question: “But how can you attack someone who has already gotten his attack underway?”

Answer: Rather easily. You either attack him with whatever natural weapons or aggressive moves can be made, or you move first to neutralize his action and *then* attack like a wild animal. All of this is

counterattacking, and we certainly recognize that it may be necessary since not everything can be preempted no matter how skilled or expert you may be.

Now for *weaponry*.

Personal weapons — that is, weapons carried and employed by the *individual combatant or defender* — are **all** to be employed in a primarily *offensive* manner. Certainly, as is the case with unarmed skills, the **MOTIVE** ought properly to be self-defense (except perhaps in certain wartime, military instances, when skills are employed to attack and kill an enemy in battle), but the *means* must be fierce **offense**.

We have observed all sorts of fancy and elaborate stick and knife skills, and maneuverings with other implements . . . supposedly preparing the practitioner for close combat. But the truth is that simpler is better, and to use the knife you **stab** or you **slash**. Maybe one or two movements gets you in . . . and then . . . *finis*. *No dueling. No fancy twirling and manipulations to show off.* **Just get the enemy!** To use the stick you **jab** or you **smash**. Quick, simple, easy, and you keep on jabbing and smashing until your enemy is kaput. **You attack by surprise.** No twirling the stick. Nothing fancy. From a nonchalant position in which it seems that you are nonaggressive, you attack and destroy.

We have seen all sorts of “combat” skills demonstrated with knives and sticks wherein the defender deftly manuevers and performs all sorts of impressive feats with his blade or stick. *Bullshit*. Train to attack. Train simply. Train correctly.

During WWII (before the foolishness of the sport-type so-called “combat match shooting” came about, and courses were given in “**defensive pistolcraft**”, *real* combat experts knew better and the handgun was taught as an **offensive weapon**. Yes, a handgun is carried for close-range, quick reaction shooting, and is not per se a *weapon of attack*. However, to use it correctly in combat you **shoot** the enemy; and

that demands *offense*, not defense. We have never heard of a handgun being fired so as to block an incoming round!

And so it goes.

We hope that the message has been conveyed clearly enough to convince you. If you are training for self-defense then focus on *going after* anyone who attacks you. Work on simple counterattacks that lead in to vicious followup offensive moves. And *whenever possible*, bypass any and all purely “defensive” moves and ***go get the violent offender who is determined to get you!***

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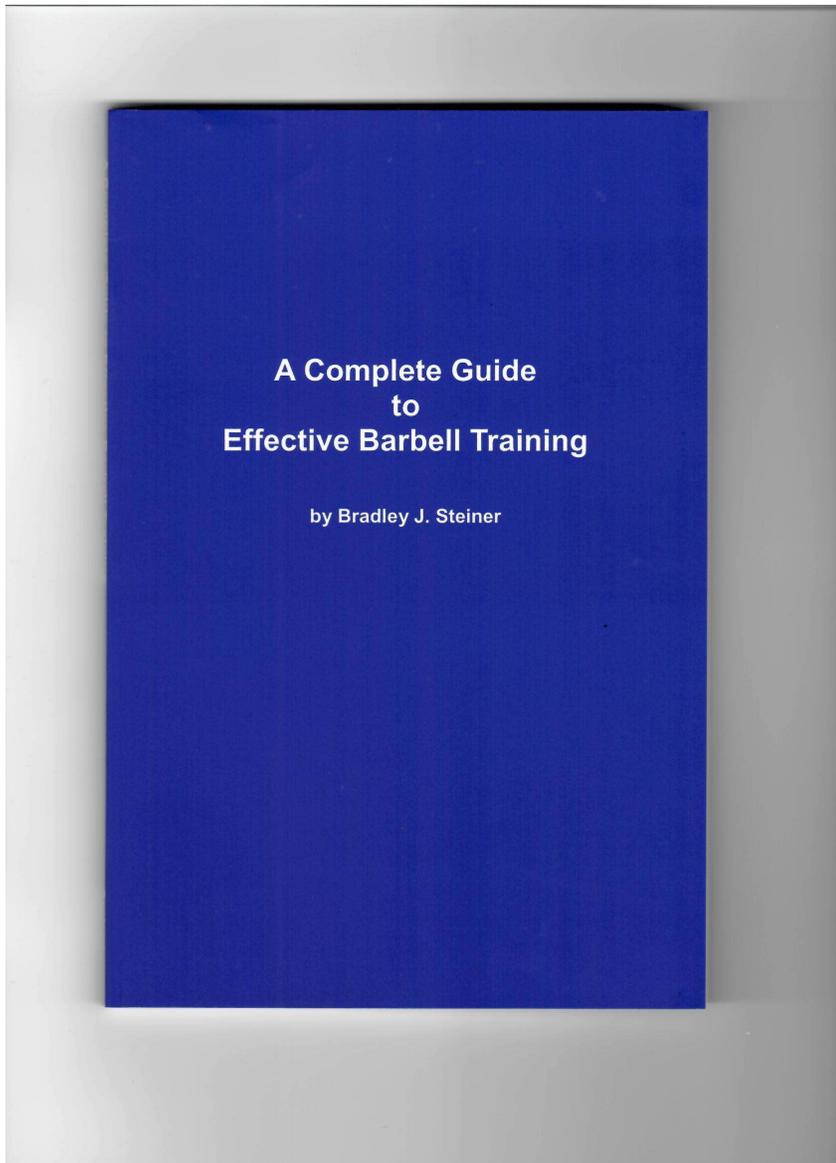
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Using Enemy Commands To

Your Advantage

WE have mentioned frequently the need for *deceit*, *deception*, and the use of the *element of surprise* to overcome adversaries. We hope that the message has gotten clearly across.

One potentially life-saving application of that which we advocate so strongly is the situation of being outnumbered or confronted by someone with a deadly weapon who issues commands. *Not* mere commands for your money, car keys, or briefcase. In all but the most unusual and exceptional instances, armed or multiple individual holdups of any kind **merely for replaceable property** should be complied with. To repeat the reasons why:

- a) There is only one way to oppose a deadly weapon threat *or* a deadly threat that is made by a pair or a group of individuals. That is: *with lethal force*. Such situations justify your use of a handgun in defense of yourself, if you have one on your person legally, so it would be preposterous to employ scaled-down techniques in such predicaments, if you must take action, and if all you have with which to defend yourself are your natural weapons. It makes no sense to risk death yourself or to kill one or more others simply to save property that can be replaced. If you succeed in defending yourself in these situations and take one or more lives, the police interrogation, paperwork, possible civil lawsuit, and general legal B.S. will be a greater loss to you than the expense of replacing that which was stolen. If you can get rid of an armed holdup man or a group of street scum who want your wallet, by complying, **and you do not believe that they want anything more than the property**, we say cut your losses and give up the property.
- b) If unfortunately the individual or individuals who hold you up are *not* satisfied with securing your money or other property, then your initial compliance will have set their minds at ease — convincing them that they can do with you what they will, and you are unlikely to offer any resistance.

An excellent moment to act should commands be given that make you aware that you need to resist, is at the moment *when those commands are given*. **Pretend to comply**. This is best done by *saying* “Okay, okay, just please don’t hurt me” and then **while using the felon’s command**

that you move as your opportunity to reposition, make your move in a manner that facilitates your immediate counterattack.

Example: A holdup man commands you to step into the alley beside you. You say what we have described above, and then, after turning toward the alley in an apparent move to comply, you slam aside his weapon and attack with force to kill. (**Note:** You may not need to actually kill the holdup man, but our point is that you attack with 100% commitment, total force, and no concern about how badly you injure the armed assailant. Once he has been neutralized and you are safe, stop attacking him and *get the hell out of there.*

This strategy is enormously effective and the odds are with you if you apply it correctly.

The holdup man who gives you a command **and who sees you in total compliance making a move that appears to be in obedience to his order** naturally tends to relax his level of readiness to shoot or to stab (or, if a group, to start beating you) right away. In effect they are saying to themselves: “He’s doing what we told him to do.” ***Then you attack!***

Never react to the command of an armed attacker or a group by immediately resisting their command. Use that command to begin your counteroffensive.

Let’s say that you’re a woman. You are in an elevator going to the eleventh floor. A stranger gets in the elevator at the third floor and presses the “stop” button when the elevator reaches the sixth floor. He turns to you. “Now you are gonna be real nice to me, or I’m gonna hurt you real bad,” he says. “Now get over here.”

You smile and look at him seductively. “Oh, I’ll be *very* nice to you,” you say convincingly, “I think this is sexy and exciting!” You move close to him and embrace his face with your hands, smiling. You kiss him once, and then you drive both thumbs deep into the inside corners of his eyes and gouge deeply and hard with all of your strength. If possible

you slip the middle fingers of both hands into his ears, securing a powerful grip on his head as you gouge. You slam repeated knee blows into his testicles while gouging his eyes, and you continue your attack until he collapses. Perhaps you slam his head several times back against the wall of the elevator while gouging his eyes. Only when your attacker collapses and is helpless do you disengage the stop button and get out of the elevator at the next floor and escape to complete safety.

The felon *commanded* you to “get over here”. By doing so as we described you lull him into a false state of complacency. He certainly isn’t going to hurt you and prevent you from giving him what he wants! And by the use of good strategy you set him up by convincing him that he was going to get what he wants.

Real self-defense . . . real combat between individuals . . . even real *warfare* between nations . . . is dependent for success as much upon psychological and tactical factors as it is dependent upon technical factors. *Very often the psychologically stronger individual or nation achieves victory, although weaker physically and less equipped technically.* Cunning, guile, deception, deceit, cleverness, misdirection, and resourcefulness are weapons no less potent than guns and knives. **Learn this, and learn to employ these things in emergency situations.**

Probably most who have had even a cursory amount of instruction in and familiarization with the martial arts are familiar with the underlying strategy of *ju-jutsu*. That is, *win by appearing momentarily to yield.* Then, when the adversary encounters this unanticipated reaction to his onslaught, ***attack!*** In essence, that which we are advocating here is **psychological ju-jutsu**. The art of physical ju-jutsu emphasizes using the assailant’s weight, strength, and momentum against himself. **We are now advocating the use of the assailant’s *commands* and *orders* against him . . . where and when the circumstances of a given situation permit you to do so.**

Fundamental *American Combato* tactic. And it *works!*

Knife Defense: Beware The “Unskilled”

Attacker

THOSE who are seriously involved in the various armed and unarmed combat arts very often are the ones who, occasionally, come up with truly misleading ideas regarding that which applies to the study of, training in, and application of the very skills that they are so intimately familiar with. Two examples come immediately to mind:

- “Relying upon such ‘lesser calibers’ as the 9mm and the .38 Special is a mistake. For combat, one must arm oneself with a .45 automatic, or a .44 or .357 revolver . . . or something of similar power in order to be sure of stopping one’s foe.”

(In point of fact, probably more individuals have been killed or have fallen helpless when shot with *either* of those “lesser calibers” than with every .45 automatic every manufactured!)

and . . .

- “A man who attacks with a knife held in the ‘icepick’ or ‘hammer’ type grip may be classed as *unskilled*. Such an attacker is much more easily defended against than the trained knife wielder who attacks with his weapon held in the approved ‘combat grip’.”

(Here again, more people have probably been killed or maimed by so-called “unskilled” knife-wielding felons — or perhaps even military opponents in war who employ an unskilled grip — than have ever been dispatched by “*trained experts in knifework*” who hold their weapon “*correctly*”.)

We want to elaborate on this second item.

Knives are easily obtained, inexpensive, handy, readily available and easily disposable **deadly** weapons. They are lethal when employed by a person whose intention it is to slash or/and to stab his intended victim

— *period*. While training in how to employ a knife in combat (“**knifework**”) should always include training the student in proper grip and manipulation, it is a serious error to regard **ANY** individual who attacks with a knife as less than 100% dangerous.

The individual most responsible for perfecting a deadly, practical, easily-learned method of knifework was William Fairbairn. Along with Eric Sykes and Rex Applegate his excellent system was taught to allied commandos, rangers, raiders, and secret agents in WWII, and even to modern special forces soldiers, The method is **war-proven**. Even so, it is instructive to remember that Fairbairn himself advised that ***THERE IS NO CERTAIN DEFENSE AGAINST A KNIFE***. He did not say “against a knife that is used in the approved grip by a trained knife-fighter”; he said ***against a knife***, period.

When training in most knife defenses martial arts students most often acquire absurdly inaccurate ideas about what can and cannot be done against a *real world knife attack*. Suffice it to say here and now that ***any attack*** in which an assailant employs a knife **MUST BE TREATED AS HORRIFICALLY LIFE-THREATENING, AND THE BEST POSSIBLE DEFENSE IS TO RUN!**

Only when running away is impossible should any defensive, counterattacking action be attempted. And then **do not rely on the wrist-twisting, arm-locking, complicated actions so commonly taught!** Yes, they work in the dojo, but they can get you killed if attempted against a murderous knife-wielder.

This article’s objective is to make you aware of how **dangerous** any knife attack is. We will not be concerned here with counterattacking measures per se. If we can convince you that the unskilled *and* the skilled knife user is indeed a deadly enemy — to be respected and ***avoided***, if at all possible — and that most “knife defenses” are useless against real world attacks, then we’ve accomplished enough for now.

Hope you’re paying attention.

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