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

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October 2020 Edition

E d i t o r i a l

The Nature Of the Beast

WE have observed the recent months of street savagery and violence — all very distressing — and have drawn the conclusion that circumstances in American cities, and in many cities through Western Europe, now approximate that of conditions in third world countries.

Absolute, unbridled insanity. *Savages* running amok and getting away with horrific acts of violence and destruction that, in a saner time, would have been dealt with by waves of armed troops crushing the violators immediately. Civilization cannot survive anarchic chaos and insurrection very long before succumbing to what might be described as another Dark Ages.

The implications for students of self-defense are clear: The nature of the beast that you may now be confronting acts with what amounts to license. Emboldened by the outrageous orders to “stand down” which incompetent civic “leaders” have given the police, the violent types act with the confidence that they have not all that much to fear, since law enforcers simply won’t act.

So **YOU** must be prepared to act; to act quickly, decisively, ferociously, and efficiently, should you be targetted by the savages. The smug, over-confident violent offenders need to be taught to fear **YOU**. *You*, the people who bear the true burden of their outrageous conduct and violations.

No one can or will protect you as well as you may become able to protect yourself. This means total self-defense preparation: Mindset, conditioning, ferocious unarmed attack and defense, firearms, edged weapons, and bludgeoning weapons. You need to be prepared.

We listened to a speech by NYC’s Mayor De Blasio. We are no psychiatrist, and so we are simply expressing a personal opinion here: We think that the man is either completely out of touch with reality, or is such a dishonest, politically-motivated SOB that he should be run out of NYC! After sanctioning the release of incarcerated violent felons (many of whom reoffended — ***violently!*** — right after being released) this wingnut actually boasted about how the City now has fewer incarcerated felons than it had in years past. Well, wow! How do you like that. You let them out, and then you boast about not having them locked up, as though magically they were transformed into humans, and no longer required imprisonment.

Adults who resort to serious violence and the physical harming of people as being simply “their way”, and show no sign of understanding that violence is wrong, need to be put down like rabid dogs; not pardoned and let out to prey upon normal society once again.

These now are amongst the kinds of swine you may find yourself needing to defend against. Not pretty.

Get it through your head that we are living through some of the darkest times in American history. Our British cousins are, similarly, going through hell in their major cities, as are the French and the Germans, as well as others. *Self-defense is now a vital concern for anyone hoping to stand a chance if attacked by the less-than-human thugs, punks, killers, troublemakers, and terrorists.* The nature of this predatory beast is chilling. It is unconcerned about right and wrong; it has no compunctions about murdering or maiming any who are not among its group; it cannot be reasoned with; it has neither sense nor conscience, and it does not know or care about the sanctity of human life, and the rights of human beings.

There is only one way to deal with a monster like this. It is to avoid it if you can do so, or to stop it decisively in any way you can and without a tremor of hesitation or a flicker of mercy.

Are you prepared?

Bradley J. Steiner

“The necessary consequence of man's right to life is his right to self-defense. In a civilized society, force may be used only in retaliation and only against those who initiate its use. All the reasons which make the initiation of physical force an evil, make the retaliatory use of physical force a moral imperative.

If some "pacifist" society renounced the retaliatory use of force, it would be left helplessly at the mercy of the first thug who decided to be immoral. Such a society would achieve the opposite of its intention: instead of abolishing evil, it would encourage and reward it."

— Ayn Rand, *The Virtue of Selfishness: A New Concept of Egoism*

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 plays 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 \$25. for postage and handling (\$60. 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.

Guard Against Generalizations

When Evaluating People

THE Centurylink web site recently (6 September 2020) ran a lengthy presentation citing “The Rudest City In Each State”. We read a few “assessments”, shook our head, then dropped the article and went on to check the weather.

How anyone could possibly label a *city* as being rude is difficult to understand. Yes, there are rude — even very rude — people in every city. There are also kind, generous, thoughtful, considerate, friendly, and extremely benevolent people in every city. Without literally knowing, analyzing, interviewing and comparing every single person in every city, and then performing the impossible task of evaluating — person by person — precisely how many in each city were and were not rude, *and then figuring out the exact ratios of “polite” people to “rude” people applicable in every city, and how the results in each city stack up against the results in other cities, all you’ve got (in our humble opinion) is a smelly crock of **bullshit!*** HOW THE HELL COULD ANYONE EVEN BEGIN TO DO THIS WITH *ONE FIFTH* THE TOTAL NUMBER OF CITIES IN AMERICA, let alone all of them?

Articles like this one entertain some people; for others the articles confirm or dispute their prejudices; the articles make some people laugh; the articles make some people angry; and some really stupid members of our species with an IQ approximating the number of fingers and toes that they possess, *are actually so damn stupid that they regard this as “established, incontrovertible fact”*. Ugh.

But here’s why we bring this up. Generalizations are, per se, unacceptable when evaluating persons who are unknown to you. You do this at your own risk. When it comes to **personal security, self-defense, and cautious, situationally aware living**, you cannot afford this simplistic, idiotic mindset. **People whom you do not know personally must be recognized as the strangers they are.** You cannot safely judge so-and-so who approaches you as a “good guy” because he is smiling, apparently friendly, and initially courteous and respectful. Nor can you accurately evaluate someone who is shabbily dressed and perhaps a bit unkempt as a troublemaker. *If you do not know someone, you do **not** know them*; and you know nothing about them. The well-dressed fellow with the attaché case may be a drug dealer. The unkempt fellow in jeans and a dirty T-shirt might be an undercover DEA agent.

People whom you do not know you **do not know**. Period. Now it would be just as wrong to judge a person unknown to you as a good guy *or* as a bad guy. The simple truth is: *You don't know*. **And because you don't know (and, literally, *cannot* know) your course of action remains clear: you remain in condition yellow (i.e. relaxed alert) and never drop below that level in regard to a stranger. You may of course rise to condition orange (alarm) if the BEHAVIOR or the GUT LEVEL INTUITIVE SENSE YOU GET ABOUT THE STRANGER causes you to feel uneasy.** However, it is entirely possible that you might on occasion bring yourself to an orange level of readiness unnecessarily, *or* you might unfortunately remain in a yellow state of readiness, when orange would be more appropriate.

We are hoping that you get this.

People who are successfully victimized by violent predators in general are caught off guard, by surprise. People who possess defensive skills and *who are ever-aware and alert* are not only rarely successfully victimized; these people are very, very rarely targeted in the first place. The aura of preparedness that experienced street filth can pick up coming from these people, normally warns the garbage off.

If you do not know someone then realize fully that **you do not know them!** Remain alert. Remain ready. And to paraphrase that former USMC General Mattis, always be polite while at the same time being fully prepared to take lethal action if necessary, should a deadly threat materialize, and the individual you are interfacing with prove to be a predator!

Snap judgements about persons whom you do not personally know are also a potentially huge mistake. “Don't judge a book by its cover” is a piece of the soundest advice anyone could give a student and practitioner of self-defense and close combat. ***That advice does not lose validity when expanded to include more than books.*** It applies — we believe *trebly* — to people.

“Oh, this guy is puny. I don’t need to worry about *him*,” could be one of the dumbest things that you ever tell yourself. We have seen persons who, apparently “puny”, nevertheless were fierce, determined, and extremely dangerous when aroused; and only a fool with rocks in his head instead of brains would wish to engage in battle with them. We have also seen muscleman types who were timid, and who literally were docile and easy to intimidate. Maybe that fellow approaching you who you never saw before is as weak and ineffectual as he looks. *But what if he isn’t, and what if he suddenly comes at you with a knife, fully determined to kill you?* Don’t think this sort of thing doesn’t happen.

Most of you have likely never heard of the Russian weightlifter *Alexeev*. He goes back a ways, but so do we, and we remember him very well. An apparently obese, clumsy, and slow moving clod **ON FIRST APPEARANCE**, this athletic Hercules was a world class Olympic weight lifter who was so agile he could, from a standing position, jump up — unassisted — from the floor to a table or desk top, and land perfectly balanced! Try it sometime. Anyone *looking* at Alexeev and not knowing him or ever having seen him before, might have been tempted to dismiss the man as a hopelessly overweight, physically underpar individual. Hah!

Generalizations do not produce reliable knowledge. This is precisely *because* they provide — at best — only a **general** concept. *Any individual may prove to be an exception*. Your task in mastering self-defense and close combat skills is in part to come to an understanding and appreciation of this fact, and **be guided by that** whenever interfacing with and interacting with **ANYONE** *whom you do not know*.

As an aside . . . and as an end to this instructional piece . . . I must point out that I have been to **three of those cities indicated as being “the rudest” in their respective states**, and I personally found the people there to be open-hearted, friendly, and a pleasure to meet.

So there, Centurylink!

Efficiency In Actions

WHEN you are under violent attack the last thing that you can afford to do is try to employ some beautiful, intricate technique that you recall seeing demonstrated in class. *Efficiency* is the key when the balloon goes up **for real!**

This is why we recommend and will not budge from standing by the simple, destructive actions of wartime movements. You cannot beat them for efficiency. For example:

Thrust extended fingers suddenly into your attacker's eyes;

With hand clawed, thrust a piston-like tiger's claw blow directly into an opponent's face;

Using your half-fist shoot a direct, straight thrust of your knuckles into the attacker's throat;

Using the pincher-like throat-lock, suddenly seize the attacker's windpipe — and crush;

Drive a knee blow — *repeatedly* — into the testicles of an attacker;

Stomp down hard on an attacker's knee;

Scrape-stomp down an opponent's shin-dome, and crush his foot arch;

Box an opponent's ears with cupped palms;

Whip a surprise front kick into the enemy's testicles;

Handaxe chop the neck or throat or general facial area;

Drive a straight vertical-fist punch into an aggressor's sternum;

Deliver an uppercut punch to an opponent's solar plexus;

Smash both palms into the enemy's ear, seize them, and *rip!*;

Dig thumbs deep into inside corners of an attacker's eyes and gouge outward;

Throw a handful of gravel or coins into an attacker's face (a hat or a handkerchief will sometimes do) — step off to the side and break his knee with a stomping kick;

Growl and yell suddenly as you go after your attacker; just like a wild animal. The idea is to shock him into realizing that *he* is under attack by *you*;

Blend, combine, followup with another blow, then another, and another; and do not stop attacking until your enemy is no longer a threat. *That's* efficiency. A 100% drive to the wall **done by total surprise** — explosive, relentless, fierce, vicious, *merciless* all-out attacking with not the slightest hint of mercy or forbearance. *That's* efficiency.

Waste no time getting into any stances, except a nonchalant, innocent, non-aggressive-appearing relaxed-ready off-angled position with hands relaxed at sternum level and standing at a distance outside arm's reach from the individual whom you do not know, but who has approached you. *That's* efficiency.

Set your mind ahead of time. Live in yellow (relaxed ready), and know that you'll shift instantly to orange or perhaps to red if necessary, without telegraphing your readiness to deal with anything. *That's* efficiency. You let a stranger know nothing . . . but explode like a wild, murderous animal *if* that stranger initiates a violent attack against you. *That's* efficiency.

You train in essentially only **one** type of “hold” for serious personal defense or wartime close combat: The stranglehold — which may also be a neck-breaker if or when needed and applicable to save your life. *That’s efficiency.*

You abandon all of the fancy throws and zero in on a very few combat-worthy throws; and you use these throws judiciously, only when the opening is perfect and only *if* you’ve really mastered the throws. The throws of close combat are preceded by **blows**, and they are concluded by **blows**, and you **NEVER, EVER** go to the ground with an enemy by choice. *That’s efficiency.*

You strive to learn the very best techniques that suit **YOU**. You never see acquiring a vast repertoire of techniques as being even one tenth as valuable as acquiring a repertoire of quality, effective, destructive skills that *suit you and your psychophysical idiosyncracies*. *That’s efficiency.*

You do not weigh yourself down with the idiocy of being aggressive and “never walking away from a fight”. Instead, as a responsible individual you make up your mind **NEVER** to fight — *ever* — with anyone; while remaining ready at all times to defend yourself when such defense is unavoidably necessary. ***And you decide firmly that in such a case ANYTHING GOES;*** you will waste not a quarter of a second on compassion, restraint, mercy, fairness, or human decency. You will do whatever it takes right then and there — with zero restraints, blocks, or inhibitions about doing *anything* — to defeat an adversary and save and protect innocent life and well-being: yours or that of someone about whom you care, and who depends upon you for protection. *That’s efficiency.*

In any dangerous emergency when you are forced to defend yourself or submit to being maimed or killed, you will use *any weapon available or object-at-hand as a weapon*, regardless of whether or not your attacker is obviously armed. ***Your purpose is self-defense and survival . . . not engaging in a “match” to see which of you is more expert in some set***

of agreed-upon rules or actions! WINNING is your only “rule”; and your permission to adhere to that rule has been granted you by the attacker who presumes to violate you. That’s efficiency.

Warfighting (which is what self-defense is, in microcosm) depends upon efficiency. Absorb that fact and *use it* when you train!

Specialization

TRAINING, even for the most enthusiastic among us, is not always a joyful occasion. Boredom affects everyone. So does laziness. So does fatigue. So do the thousand and one temptations to “do something else, and get to the training later”. Still, with the exception of true emergencies and/or illnesses or genuine physical exhaustion, *you must overcome any encroachments upon scheduled training sessions*, or accept that you’re not going to acquire the ability you’re after. Period.

So . . . how is training enthusiasm kept as high as possible? If you can answer that question then the job of sticking with your appointed routine of training will be that much easier. It will never be possible to “always be in a peak mood for practicing”, but it should be possible to drastically decrease boredom, and at least make training an ongoing *challenge* as opposed to a never-ending *chore*.

One approach that we have found effective with students is to place particular emphasis upon a certain set of techniques for, say, three or four weeks. Really hammer those techniques at every practice session. Strive to perfect them . . . to surpass your own best past performance with them. Then, after the three or four week interval, *shift your training focus entirely*. Go back to a completely balanced practice session, wherein you work on all of your skills as usual; or perhaps shift to a different few techniques for another block of three or four weeks (no more than a month of this specialization on any set skills).

During a period of this specialization you do not completely neglect all of your other techniques. You need to cycle through your entire personal repertoire of skills with consistency and regularity. What you do is *ease up* on the intensity and quantity of work that you employ when practicing those other techniques. Here's an example of what we're talking about:

Let's say that you customarily drill in eight basic blows, six attack combinations, and a dozen counterattacking (self-defense) techniques. You do ten repetitions on each side with each of your basics; you do each attack combination five times on each side; you do each counterattack five times on each side. That's your *standard* practice or drill session.

You decide that for the next three weeks you are going to hit **three** of your basics, **your one favorite attack combination**, and **two counterattacks**. So . . . during the three week period you employ 40 repetitions on each side for your three basics; you employ 30 repetitions on each side for your pet attack combination, and you do each of your two selected counterattacks 20 times on each side. All of your other basics are done but five times each side, your attacks are done twice on each side; your counterattacks are done twice on each side. **And you pour about *double* the effort-output (strength-wise, and speed-wise) into your selected techniques for the three week period.**

This schedule will help you alter your mental focus, exert yourself differently, and enjoy the experience of boosting your proficiency in whichever techniques you choose to emphasize during any given period.

The physical effort-out should be about the same, but *how that effort is distributed amongst your acquired skills* will differ markedly. And that's what you want to enhance and to sustain interest.

There are other tips, tricks, and methods for keeping training both **productive** and **interesting**. This we shall discuss over time. But for now, try this approach of specialization if you're feeling in need of a

boost. We're confident it will help you to keep on keeping on — which is the precondition for success.

Best of luck to you!

Sensible Progression In Skills Acquisition

A comprehensive system of close combat and self-defense deals with a variety of skills aimed at making the long-term student increasingly prepared to handle violence however it may come to him. Nothing in a really good system is all that complicated . . . but the entirety of the system should most definitely provide adoptable methods and tactics so that students will not be dependent upon any specific set of conditions for them to be able to defend themselves.

We speak primarily, please understand, for how we conduct training in the *American Combato* System. We do not speak for — or necessarily agree with — how other systems, methods, and course may be conducted.

For most people the process begins with **unarmed** combatives — offensive and defensive, coupled with *very* heavy doses of no-nonsense mental conditioning for violent combat. During this phase students are trained to a level of serious competence and confidence in their *natural* weapons. This minimizes any later training in weaponry from becoming what a student may feel is a desperate need to resort to armed resistance. Weaponry is crucial and indispensable, but weapons must not become crutches. Their use must be strictly limited to those situations and circumstances where and when they are both **needed** and legally and morally **justifiable**.

During the unarmed combatives training mention is made of the value of using *anything at hand* to assist in self-defense. Students should learn

that throwing gravel or coins into an adversary's face serves as an excellent distraction, and that he really should never deal with a serious attacker bare-handed unless there is nothing at hand that he can use to assist his defensive efforts. He is also taught (speaking of course, about how we teach in *American Combato*) to anticipate attackers being armed, and to realize the enormous difference between any kind of competition and real combat. He is also enjoined to respect classical martial arts systems, but to appreciate that for practical, modern use, they have numerous shortcomings, and may require many years of hard training before what is taught can be used naturally and instinctively in vital combat. Practical skills take considerably less time to master and to achieve competence for real world use. Four to eight months of **quality** training, assuming a healthy, fit person in his 20's or 30's who is receptive to the attitude taught and who *practices the skills regularly and seriously*, should be considerably better prepared to defend himself in an emergency than are most who hold black belts in classical systems or whose training is oriented toward sporting matches.

After a solid foundation in unarmed close combat and defense has been laid the student continues to train hard in this aspect of the Art, but the addition of the stick (baton, walking stick, yawara hand stick, and improvised stick weapons — i.e. branch, broomstick, etc.) is taught. This is a fundamental stick combat program, Advanced stick combat is taught at black belt.

Once a student reaches black belt, 1st degree he is trained in:

- Advanced stick combat
- Knife work
- Combat use of the handgun and shotgun
- The La Gana American Tomahawk
- Special weapons (for persons needing to know these

weapons and their use for particular missions)

Some persons may be taught to use weapons from the very beginning, along with mental conditioning and suitable armed tactics. These are persons for whom unarmed skills may simply not be feasible. Very elderly, frail, handicapped individuals will often benefit from a program of *armed* skills, exclusively. It is foolish and incompetent to suggest to anyone who lacks the physical capacity that he study techniques which he cannot possibly apply reliably. Most people can follow the established progression which we prefer to follow, but there must be ways for those unable to do so to be prepared to defend themselves.

All along the way of however long a student remains with our System, emphasis on the value of his following a supplementary weight training program at home is given. Such things as age, health, physical condition, goals, and personal lifestyle influence the intensity and severity of supplementary physical training . . . but to the extent that it will benefit the individual student it is emphasized.

Use of striking posts, dummies, training bags, and other devices for moderately hardening the natural weapons and, most important, for gaining experience in actually hitting and kicking something full-force, is stressed.

The objective of a comprehensive combatives course (at least **OUR** objective in the comprehensive *American Combato* course) is to equip the student with the maximum capability that *he as an individual possesses the personal potential to achieve* in unarmed and armed individual combat, and to enable that student to establish a superior level of self-confidence and combat mindset that will stand him in good stead for the rest of his life.

Possibly these ideas can help you.

The Facts (For The Benefit of Newcomers to the Field of Close Combat and Self-Defense)

WHILE we try to be courteous and patient — too often with individuals whose apparent capacity to appreciate it appears to be significantly diminished — we’ve just about arrived at the decision to simply delete any inquiry that qualifies as “insipid” and just leave those who cannot or will not think to be victims of their own inanity. We are tired of helping some people to feel more intelligent than they are by taking their utterly inane questions seriously, and replying with reasonable answers. (We must, with a smile and a chuckle, remind ourself: *ILLEGITIMI NON CARBORUNDUM*. Ask your Latin teacher for a translation!)

The idea has been put into the heads of those foolish enough to believe it that the blows of unarmed combat (like the *chinjab smash*, the *open hand-axe chop*, and others) “have never been shown to be effective, and in fact were never used”. Anyone saying this (except as a joke) is, to be polite, embarrassingly *wrong*. One military close combat teacher of our acquaintance put it this way: “*They’re f—king incompetent a—holes!*” Ahem. Frankly, we don’t think that highly of them.

These blows have been demonstrated time and time again to not only be effective, but to be much, much, much more effective than the clenched fist punching that some misguided individuals seem to believe outperforms everything else! Our own students have, from time to time, utilized these very techniques with complete success. Some of these students were females . . . and their having attempted to *punch* would have had no effect on their male assailants at all.

The truth is that the *only* venue in which clenched fist punching has been “proven to be effective” is in **SPORT**. Why? Because the combat blows are not permitted in sport, and the athletes who are young, tough, in active competitive form *must* use clenched fist punches, and for young, tough, in-hard-training athletes the fist *is* somewhat formidable. Just as clenched fist punching is formidable when done by trained, experienced,

in-shape boxers. But normal punching is **nowhere near as formidable as the favored blows of unarmed combat, in real combat.** *And those blows have been proven . . . in several wars, in law enforcement, and in private citizen encounters, for over 100 years!* Fairbairn proved this when he taught the Shanghai Municipal Police and private citizens of that City in the early years of the 20th century. Just observe how often punches — even by young, tough, experienced *boxers* — are so rarely decisive!

We have no intention or desire to debate this. Many years of training, research, teaching, and feedback have *proven* what we say to be true. We only mention this now for the benefit of any who are first coming to the study of self-defense and who may be subjected to the absurd rhetoric of those who simply report what they *want others* to believe (because they are touting it), and direct listeners, who lack knowledge, experience, and the basis for proper judgement from realizing that which the listeners *need* to be guided by in order to learn quality self-defense.

P.S. We'd never do it, and we do not recommend or suggest that anyone else do it, but a very easy way to establish the effectiveness of, for example, the chinjab smash and the edge-of-the-hand blow would be to ask one of the detractors or doubters of their efficiency if you might have their consent (in writing) to apply a chinjab or a handaxe chop to them; the chinjab to be delivered fullforce under the jaw, and the chop to be delivered across their throat or carotid artery. You would only need *one* of these blows delivered to make your point forever! But again, it is best simply to write off these individuals and ignore them; DO NOT use any physical actions against them! To any rational person *they are simply buffoonish malcontents and attention-seekers trying to bait those who make sense!*

Our actual suggestion (assuming you accept the imposition of even responding to any of these individuals at all) is to suggest that they ask a medical doctor — preferably one who specializes in emergency care — what the effect of a chinjab, handaxe chop, eye

gouge, or tiger's claw thrust would be. Then walk away and ignore these people.

One really must marvel at the foolishness of anyone who actually doubts that a chinjab, a handaxe blow, an eye attack, etc. “has never been proven to work”! *What jackasses such individuals prove themselves to be!*

Many years ago a physician in Canada, Gordon Perrigard, who was also a black belt judo/ju-jitsu expert, developed a system which he called *Arwrology*. He wrote a rather quaint book of the same name in which he described — both as a medical doctor AND as a black belt expert — how some of his students used the open hand chop (we call it the “handaxe blow”) with incredible, instant success. We never knew Dr. Perrigard, but his examples are amongst many, many documented instances where the combat blows worked beautifully. The chinjab has been utilized to good effect many times — on several occasions by our own students. Just ask a physician what this blow can do to a person against whom it is applied! We remember *more than half a dozen* instances over the years when medical doctors who were our students were literally shocked when, in lesson one, we showed them the chinjab (Then again in lesson two, when we showed them the handaxe chop). Summing up their reactions: “My God, do you realize what that blow would do to someone? You could break their neck [chinjab] or you could kill them [handaxe chop]!”

Yes . . . we do realize it. And if you're serious about self-defense you'd better realize it, too!

Some Special Advice For Females

WHILE it is not unheard of for a woman or girl to be attacked by someone who punches her, the vast majority of attacks on females by males commences with a *grabbing, holding, embracing, or seizing* type

of action — after which a smacking or punching followup sometimes is resorted to, when the assailant does not receive immediate acquiescence to his demands and gestures.

We want to emphasize to women that the common approach of the major portion of attacking actions that they may anticipate actually provides them with a **golden opportunity to react successfully with a counterattacking technique**.

We will describe several excellent technical reactions to an attack that a woman can use with confidence, but first we must explain something crucial.

An almost automatic reaction that females have when held or grabbed without warning by someone whom they either do not know or know to be a problem, is **shock**. They react with stunned surprise. This is often accompanied by either **completely freezing**, or by reflexively attempting to **pull away**. At the same time it seems to be the case that the female victim will voice some understandable but utterly useless words: “Get your hands off me!” / “Don’t touch me!” / “Hey, what the hell do you think you’re doing?” / “Stop that!” . . . are examples of what the scummy punks who put their unwelcome hands on a woman too often hear. *Believe us when we tell you: Those types of abusive garbage that attack women are **not** deterred by these responses; they have doubtless heard them many times before. Regrettably, the punks realize that such verbalizations indicate **fear**, and of course that only encourages them.* The same is true for the pulling away reaction, and the freezing. The animals have encountered it before, and it *never* deters them.

Here is what we want females to understand about male violence and abuse directed against them (very often, but not always, with sexual assault being the motive and ultimate objective):

1. When it happens it is **not** the aggressor’s “first offense”. He’s done it before. His boldness and confidence comes from his past successes;

- it does not come from his “invincibility” or enormous physical prowess or strength. **THIS IS TO A VICTIM’S ADVANTAGE!**
2. The aggressor *believes* that he will be successful because of his past successes. **THIS IS TO A VICTIM’S ADVANTAGE!**
 3. The aggressor *does not fear* the woman . . . and he does not believe that she will be able to mount an effective counteroffensive — or that she will even *try* to do so. **THIS IS TO A VICTIM’S ADVANTAGE!**
 4. The aggressor, although initiating violence or controlling force himself, *is not doing so because he wishes to engage in a fight, per se*. He simply wishes to achieve submission and compliance, and he has no anticipation of encountering spirited resistance. **THIS IS TO A VICTIM’S ADVANTAGE!**
 5. Without realizing it the aggressor’s action actually *helps* the trained woman to overwhelm and defeat him, and escape. **THIS IS TO A VICTIM’S ADVANTAGE!**

We want women to understand that virtually every aspect of most attackers’ actions and attitude offers *advantages* and *opportunities* to the would-be victim **IF** she will work to overcome what is the typically characteristic reaction, and train hard to develop a reaction that *capitalizes* on the weaknesses of her assailant and upon the opportunities that his own actions against her provide.

Here are the keys to training effectively in order to deal with an intrusive, unwanted grabbing/holding attack by a male:

- Think often and repeatedly during training and practice about the evil and outrage of someone daring to put his hands on you. Decide **NOW** that *yes*, it really *could* happen to you, and if it ever does — no matter when or where or why — you will **not** be shocked, you will be ready.
- Upon feeling the attack begin you will click into “**kill mode**” and go literally berserk with hatred, rage, and the determination to utterly destroy your attacker.

- You will *never* try to pull away from the assailant, but will instead make immediate use of the strength and momentum that he applies to *move in murderously **against him!*** You will understand that his holding or grabbing you amounts to no dangerous threat in and of itself, **but that it will lead to a dangerous attack if you were to allow it to do so. AND YOU WILL NOT!**
- You will attack as you go with the assailant's force. You will not slap, smack, or pound uselessly on his arms, shoulders, and chest with your fists; nor will you attempt to forcefully shove him away and off of you.
- You will go after the attacker's **EYES, THROAT, EARS, TESTICLES, SHINS, and NOSE. AND YOU WILL ATTACK RELENTLESSLY AND WITH ALL OF YOUR POWER, WHILE GROWLING AND CURSING AND BITING HIS FACE.**

Your techniques will be:

— Ramming your extended fingers into his eyes, or gouging at his eyes with your thumbs

— Jabbing into his throat with a half-fist hand formation so that your strong foreknuckles strike his windpipe

— Position allowing, you will chop with your open hand edge to his throat / or / his neck

— You will if you can, apply a throat-lock (pincher grip) to his thyroid cartilage, **close your fingers tightly, and pull out**

— You will smash your open hands into his ears and *close* them with a solid gripping action. Then **bite hard into his face** and, while biting down hard rip his ears by employing a bow-and-arrow type action with both hands

— You will ram your knee *repeatedly* and as rapidly and powerfully as you are able into his testicles. Very effective after securing a grip on his ears

— You will stomp down hard in a scraping action of either the inside or outside edge of your shoe or boot on his shinbone, ending up by crushing the arch of his foot. Also very effective after securing a grip on his ears

— You will smash the little finger side of your clenched fist across the bridge of his nose, using all of the strength you possess. Alternatively, you may strike with the *heel* of your hand in this manner

— Upon being grabbed **from behind** you will begin stamp-kicking back, snapping your head back into the attacker's face, reaching back to seize his testicles, elbowing back (high to the face or mid-level to his solar plexus, depending upon which is most doable at the time, assuming your arms are free to move). You will drop your weight, and **not stop kicking, butting, and using your hands/arms to strike and to seize**. You may hook your foot around and behind the attacker's ankle to prevent being carried off or thrown into a vehicle, while **kicking with the other foot**. Turn as soon as possible, and go after your attacker with the most destructive, vicious, relentless and murderous force of which you are capable

— You will continue to attack like a wild animal — relentlessly and with fury — and desist and escape *only* when you have been released and your attacker is visibly injured and no longer focusing on you

— If by chance you break away from the attacker quickly and there is *anything* handy, in the vicinity, that you can take into hand as a weapon, do so — and use it to attack your attacker.

Attacks against women and girls by men is **ALWAYS** a serious, dangerous, potentially maiming or killing situation . . . and only by confronting that type of problem realistically and determining to treat it with the gravity required, will women and girls gain the justifiable confidence and capability to resist and survive that they deserve to enjoy.

We hope that this presentation is of value to every woman who reads it, and to those who, as instructors of self-defense, train females to deal with unprovoked criminal violence.

Assume He Is Armed!

WE cannot urge strongly enough that the whole idea of “force continuums” for practical self-defense is ridiculous and dangerous. Ridiculous, because it assumes that, somehow, the victim of a violent attack will have the capacity to know (rather magically, we would assume) the *criminal history*, the *abilities* and the *intentions* of the attacker(s). How??? *Somehow*. And that is **r-i-d-i-c-u-l-o-u-s**. It is dangerous because *if* a person accepts this asinine politically correct drivel he will assume — with absolutely no justification — that his “hunch” and the initial appearance of the attacker(s) have provided him sufficient evidence to guide the severity of his reaction to the onslaught. (Believing this is more likely to **assist** a serious attacker than it ever is to enable a defender to handle his emergency with adequately decisive and severe *force*.)

Here is solid survival and self-defense **WISDOM** (regardless of what any half-wit who postures as a “self-defense teacher” is endeavoring to peddle):

Be 100% non-aggressive, non-violent, considerate, and polite in your physical conduct, speech, mannerisms, and interactive gestures, approaches, and responses with ***all*** with whom you deal and interact. However, should you ever be attacked physically by someone who is either unknown to you **or** whom you know to be a troublemaker, ***treat it as a potentially grave physical threat . . . a threat to your well-being and perhaps your life, itself.*** Make no snap judgments based upon hunches or upon your intuitional evaluations, upon the appearance, age, or gender of the assailant, etc. **Take the attack as an immediate,**

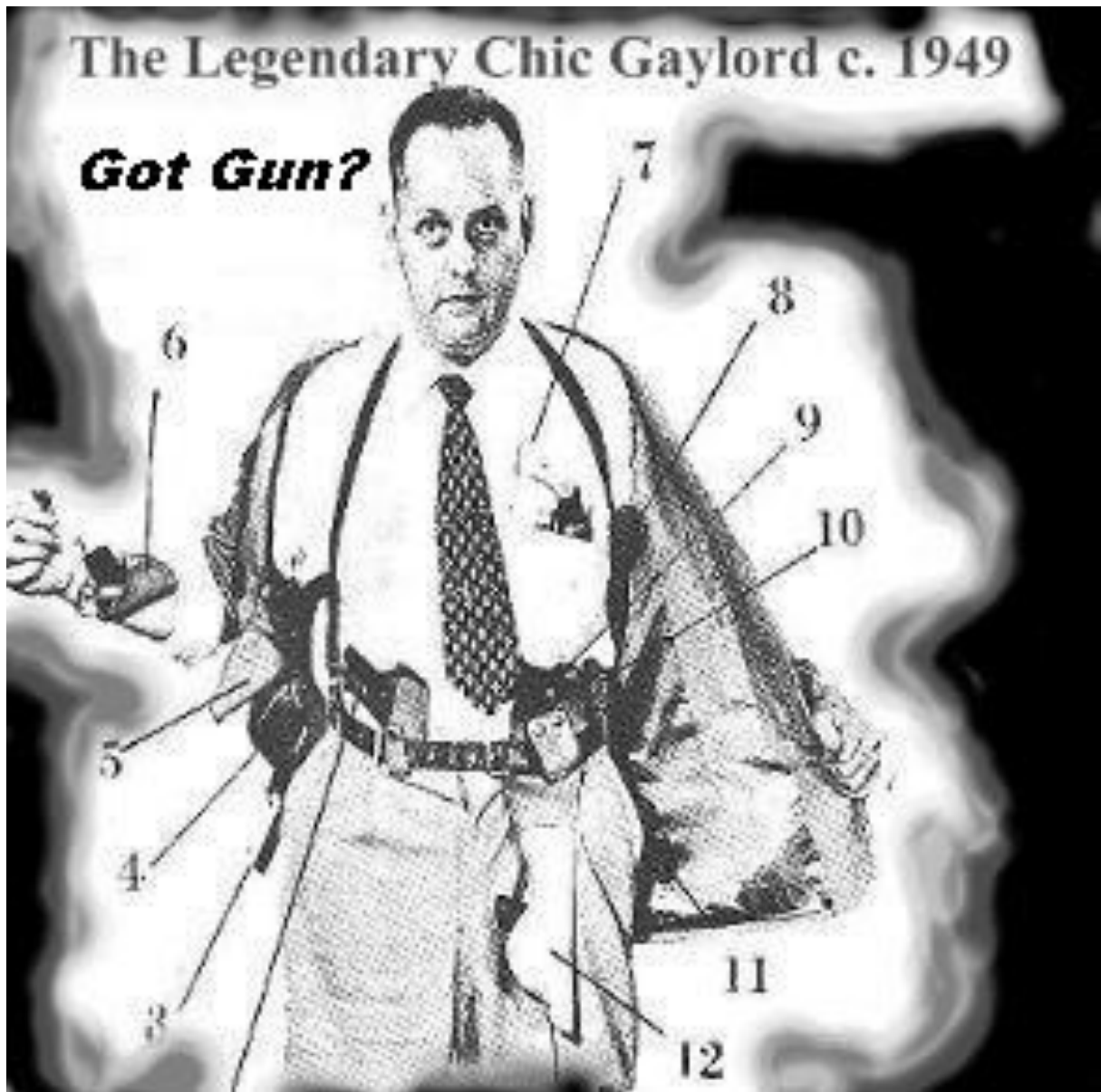
dangerous threat that *must be stopped forthwith!* This assumption is necessary and — except to a fool — *justified*.

One crucial thing to consider — to *always* assume — is that any unprovoked violent attacker may be **ARMED**. In fact, statistically it is probable that he is armed. Felons who commit acts of violence are routinely *armed* . . . with knives, guns, improvised (but deadly) items-as-weapons, **coupled** with what may at the outset of their attack be a *well-disguised* veneer of harmlessness. The worst and most dangerous psychopathic murderers (i.e. Ted Bundy, Kenneth Bianchi, Richard Kuklinski, etc.) were masters of deception and could approach a victim in a most disarming manner.

Besides, even if some scrap of sh-t who approaches you with what on the surface *seems* like a low-level attack (i.e. a shove, a wrist grab, seizure of your clothing, blocking your path, etc.) **he very well may be well-armed**. How can you tell? ***YOU CAN'T TELL***. That's the message.

Look at the picture below. This is the late Chic Gaylord, one of the finest combat handgun holster-makers of the 1940's and 50's. He ran a shop in New York City, and provided outstanding quick-draw leather to FBI, U.S. Secret Service, and NYPD Officers mainly. His book, *Handgunner's Guide* is a classic, and is referred to in *Kill Or Get Killed*, by Rex Applegate.

This photo was posed by Gaylord to show the numerous ways a firearm could easily be concealed and carried upon the person by anyone. Remember . . . the laws where you live (perhaps in New York City, Chicago, Honolulu, or some other outrageous violator of Americans' second amendment-protected right to keep and bear arms) may keep *you* from going about with the protection of a handgun; ***they will have not the slightest effect on violent criminals who, by definition, couldn't care less about gun laws — or any laws that they wish to violate!*** Criminals come up with all sorts of ways to hide not only handguns, but knives, bludgeoning implements, razors, and even, in some instances,



vials of acid and cut-down shoulder weapons. You would do well, if God forbid one of these pieces of crap attacks you, to *assume* that the beast is armed, and decisively **SHUT HIM DOWN**, forthwith. When he is rendered immediately hors de combat, it won't matter what the hell he has concealed on his person, and may have available to use against you; **he will be unable to endanger you further . . .** and you can get the hell out of there fast (as you should).

Remember: You can forget about competition, sports, classical art, and methods of control, arrest, and submission when it comes to mastering skills to save yourself and perhaps a loved one from sudden, unprovoked criminal savagery. Be real. Violent criminals — may they be damned forever — are always “real”. **DON'T WAIT TO FIND THIS OUT WHEN AND IF THEIR VIOLENCE IS EVER DIRECTED AGAINST YOU!**

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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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- Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons***
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- Brief #3: *Fairbairn’s “Silent Killing Course”***
(Original and full outline as Fairbairn drafted it — with commentary) **\$4.**
- Brief #4: *“Stay On Your Feet!”***
(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives) **\$4.**
- Brief #5: *Rules Of Self-Defense***
(Of course there really are no “rules” in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training) **\$4.**
- Brief #6: *Close Range — Quick Reaction!***
(What you don’t learn in the shooting schools, but what has been proven to be the right way to use a handgun in personal defense and in war) **\$4.**
- Brief #7: *Remembering Charles Nelson And His Valuable Lessons***
(We remember our years with “Charlie”; including some of the actual self-defense tips he

taught, and a copy of the Men's Magazine article about Charles Nelson, from 1960) **\$4.**

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

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(Bullying is always a cowardly act; but people have been injured or killed by bullies, and many people are scarred for life by a scumbag bully. This most politically incorrect presentation will teach you the truth about how to handle a violent bully. Here's the unvarnished truth!) **\$4.**

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(Action is always faster than reaction. The real secret to being able to handle any attack is to cultivate an immediate and spontaneous reaction. Do not depend upon blocking.) **\$4.**

Brief #16: How To Hit With Great Power

(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility.) **\$4.**

Brief #17: Adopting Classical Karate To Modern Close Combat

(Although a powerful martial art, classical karate has numerous drawbacks for the person seeking self-defense exclusively. This Brief explains in detail how to modify any classical method you are studying so that it meets the necessary standards for real combat and street survival.) **\$4.**

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

(Although judo is much more than a mere "sport", it is not an all-in combat method. Some judo experts may be able to apply their training in real combat, but to make judo really effective in an emergency the modifications enumerated in this Brief are necessary.) **\$4.**

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

(Essential instruction for anyone training in any system

or style for self-defense. Teaches how to overcome those errors that result in nearly 100% useless “self-defense” techniques.)

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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.)

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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.)

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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 th American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.) **\$4.**

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

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

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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!)*

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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.
- 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.**

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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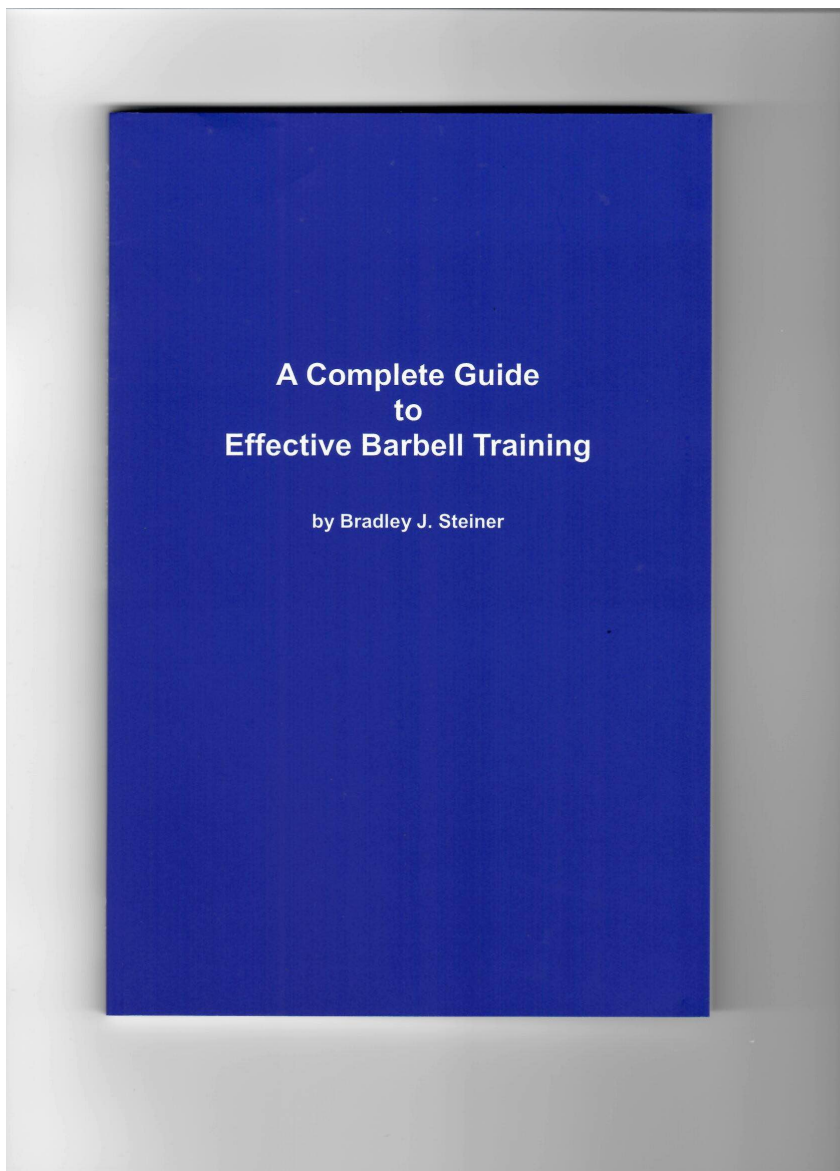
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