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SWORD and PEN

Official Newsletter of the International Combat Martial
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Self-Defense

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www.americancombato.com

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I N M E M O R I A M

EARLY in the morning of December 5, 2011 Colin Hotnit, a friend and student of many years, passed away. Colin died just a few weeks short of his 45th birthday. He was the victim of a massive heart attack, and despite the unrelenting efforts of a wonderful team of physicians and nurses, he could not be revived from the coma into which he had fallen.

Colin served with distinction first as a patrolman, then as a detective, and, until his untimely passing, as a supervisory officer with the Seattle Police Department. We remember with fondness being at Colin's Police Academy graduation ceremony. He had started with us as a student before joining the Seattle force, after leaving the United States Army where he had served as an officer. Colin was a graduate of the United States Military Academy at West Point, and we knew of no one who better exemplified and embodied the true "Officer and Gentleman" ideal that West Point prides itself on producing, than did Colin Hotnit.

We spent some hours with Colin's mother and father and a large contingent of Seattle police officers at the hospital on the night of December 5th, and all of us were pulling — and praying — for Colin's recovery.

It was not to be.

People who know us know very well that we do not automatically speak well of someone merely because he has passed away; nor do we feign feelings for anyone simply because it sounds nice and because such false sentiments vibrate affirmatively within the skulls of others (about whose opinions we could not care less). Colin Hotnit was a good, decent man. We mourn his passing, and we offer our heartfelt condolences to all who knew and loved him.

E d i t o r i a l

How Much Longer Will You Wait, And How Much

More Time Will You Waste?

THIS is the time when everyone makes their “resolutions” for the New Year. Nothing at all wrong with doing this, of course, except that just about everyone makes them and then forgets all about them before the first month of the new year is over!

Has it been this way with you in previous “new years”? Have you resolved to get fit and to do something about that desire you have “always had” to acquire serious proficiency in the art of self-defense, *yet again*? If so, is history going to repeat itself, or will this year be different?

Only you can really make the pattern of procrastination and inactivity change. And we both probably know that, at the very least, you'd *like* to do this, wouldn't you?

So . . . ***take the first step!*** If there is a qualified professional offering good training in personal combat and defense skills where you live, *enroll*. And

once having enrolled, *stay the course*. Do not, like so many do, begin training all full of fire and enthusiasm, and then peter out after the first month or two has passed and you realize that this undertaking requires **effort** — *work, persistence, discipline, time, patience, and practice*. Nothing in this life that is worthwhile comes easily.

If there is no school offering the *real deal* where you live, you now have the option of ordering our new DVD Course. The eleven DVDs provide enough material for years of learning, and for a lifetime of training. Just remember, if you do order our DVDs, you will need to **work hard** and to **train seriously** *in* the material that is presented. But if you do, you *will* attain the confidence, ability, and knowledge that you seek. And training with the DVDs could not be easier. You learn at home; there's no need to travel to a school, and you set the specific times when you will practice — no need to adhere to a class and lesson schedule.

Join a reputable gym (**NOT**, for heaven's sake, a *health club!*). Or — if all you've got in the area where you live is a health club or some glitzy health club *masquerading* as a gym, purchase a set of weights, squat racks, and a bench. You'll have all the equipment you'll ever need for a lifetime of training, and you'll be able to workout at home. *Physical training* then, will also become convenient and always accessible.

Convenient and accessible as training will be with self-training instructional DVDs and a set of equipment for weight training, **nothing will happen unless you truly resolve (and STICK TO THE RESOLUTION) to get going on a program, and stay with it.** That and only that will see you building yourself, your skills, and your self-confidence up to where you will be happy with the results.

Don't kid yourself. Boredom will set in. Fatigue will from time to time be a problem. The temptation to do something else that is "more fun" than training will arise. Even a certain amount of discouragement can be anticipated, since *no one* — regardless of his own attitude and/or the quality of the instruction he receives — will make endless, uninterrupted progress. There will be

setbacks. There will be times when you feel that you are spinning your wheels. *All part of exactly the same process all of us who have made these marvelous activities our passion have experienced . . . and will doubtless experience every now and again in the future.*

Big deal! The undertaking is *more* than worth it, believe that.

And we truly do hope that you *do* believe that. We strive each month, here and on our other site, **www.seattlecombatives.com**, to offer commentary, instruction, advice, and guidance so as you assist you in every way. And the material costs you nothing. We do this because we love our profession, and we love promulgating the truth for all who genuinely wish to discover it, and to benefit from that which it teaches.

Okay. The next move is *yours*. It's January 2012. We'd like to see you back here *next* year with greatly improved and increased abilities and confidence, and — we hope — in the best shape of your life.

What do you say?

Bradley J. Steiner

Here's Something To Ponder

WHEN evaluating a technique remember that . . .

If

- *It looks beautiful*
- *It is extremely impressive*
- *It makes the individual applying it appear to be a kind of super-fighter or “combat magician”*

- *It appears to enable the user to easily handle a serious attacker*
- *It consists of a blizzard of almost impossible-to-follow actions*
- *It is done by an expert who demonstrates on a cooperative partner who enables the technique to be carried out perfectly, but you can't imagine the technique being done with such alacrity if the "partner" were actually a **determined killer***

..... then **forget all about that technique** for practical, close combat and defensive application in an actual engagement.

Coming To The Aid Of Another Person

ONE of the reasons why many who come to the study of combat arts do so is because they not only wish to be able to defend themselves, but they also wish to acquire the ability to defend their loved ones as well.

This little article is not about coming to the aid of a loved one. *Obviously* you will do so if necessary, and we needn't advise you to be decisive and ferocious in your action, so as to insure the safety and well being of that special person who is dear to you. Speaking for ourself, we are much more likely to tolerate physical abuses directed against ourself (assuming we are convinced that the abuser is essentially incapable of actually injuring us, and is simply a stupid, impulse-dominated pain in the ass) than we would *ever* be to tolerate any physical action directed against our wife, or against a dear friend. *In these instances whomever the attacker is will be dealt with without the slightest mercy or forbearance.* We know what we can withstand; we do not assume that anyone close to us possesses the capacity to withstand any physical abuse; and we will not tolerate such abuse against a loved one to transpire. We would rather crush the violator forthwith and leave him maimed for life lying in the gutter than see anyone we cherish even slightly harmed. The attacker's well being — even his life — is of no concern to us.

But what about coming to the aid of a third person who you do not know, *personally*? When is that advisable? And what is the best way to do it?

As a general rule we have to advise that going to a stranger's aid is *not* a good idea. It is much wiser to call the police and to report the incident. Remember:

— You really do not have the whole story when you see anyone physically attacking another. You might *think* that you know who the “good guy” is and who the “bad guy” is, but you can easily be wrong. As a result you may actually assist a dangerous criminal is escaping. Under certain conditions (when, for instance, an undercover officer is trouncing a drug dealer) you might help the felon to get away if you make the snap judgment that “that grubby looking guy is the bad guy” and jump in. That “grubby looking” undercover narc might have been justifiably pummeling a well-dressed drug dealer who had just tried to kill him!

— We live in an insane, litigious society. Thanks to the liberal/socialist crybaby/cowards who have been for decades *screaming* for their stinking right to sue everyone and anyone for whatever small and imagined “injustice” they suffer, *these very s—ts, who are most likely to be the ones needing help, have created a system that makes going to their aid an unwise gesture*. So don't. Don't think it unimaginable that you could be sued by the very person whom you try to help! It has happened. Steer clear. Call the police.

— It may be awfully difficult not to go to the aid of some female who appears to be receiving physical abuse from a male. HOWEVER, that female will more often than not *turn on you and swear to the police* (if the police get involved) that *you* are the culprit, and that she and her boyfriend/husband/pimp were having a private dispute. Or, she could simply say that you attacked them. It has happened. Call the police.

So, aside from coming to the defense of a close friend or loved one, are we saying that you should never go the aid of an apparent victim of violent

attack? *Almost*, yes; we are essentially saying that. With a very few possible and unusual exceptions. Speaking for ourself, for instance:

- We would certainly go to the immediate aid of a uniformed law enforcement officer who we observed in need of assistance. The same goes for a firefighter who we saw to be in similar straits, or a uniformed member of our Nation's armed services
- We would not hesitate to put an end to an attack upon an elderly person by one or more violent youngsters
- *If* we knew with reasonable certainty that it was undoubtedly what it appeared to be, then we would physically stop a would-be rapist from attacking a woman or girl. Similarly, we would stop an adult from beating (***beating***, *not spanking, smacking, or yelling at*) a small child

But such instances are rare exceptions and they prove the rule: ***Do not involve yourself in situations about which you really know little, and that could result in you being seriously injured, killed, or legally charged with criminal or civil wrongs.***

With that preliminary warning we shall now point out some things to keep in mind *if* you should ever find yourself in an unavoidable situation where you believe that you *must* go to another's aid and defend him/her.

Never approach an attacker from the rear or side and grab hold of him. If he is armed he may be easily able to stab or to shoot you — or he may reflexively stab or shoot his primary victim — as a result of this action on your part.

Use ***blows***. *Of particular value in this type of predicament are:*

Handaxe chops to the brain stem or carotid artery

Cupped hand ear-boxing from behind

A powerful elbow smash into the kidney

A punch into the kidney, accompanied by the opposite arm's striking into the attacker's throat from behind - usually leading to a strangulation grip

Front kicking *up* and *between* the attacker's legs from behind (and even better way to kick him in the testicles than from the front)

Seizing the attacker's ears (after ear boxing) and then ripping them off his head

*Note: The application of a powerful stranglehold (the "naked choke", or a variation) **after** striking or kicking the attacker, and applied with force to produce unconsciousness, is always a good technique.*

If the attack is in your home then you might be able to attack the individual with a knife. Stabbing deeply between the shoulder blades will penetrate his heart, and ramming the blade into his kidneys will shock him sufficiently so that you will be able to slash his throat. **Caution!:** If you can shoot a home invader who is attacking a family member *from the side* (perhaps through the temple) that will drop him. *However*, shooting him from behind **if the person whom you are trying to protect is in front of him** might result in the bullet(s) passing through the attacker and then striking the victim. Best to employ the pistol as a **blackjack**, cracking the attacker viciously across the back of his skull from behind. Then, if necessary, shoot him when he is clear of the family member you wish to save.

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

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)*TM 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.

CAUTION AND WARNING!:

These DVDs have been prepared in high quality and are protected by a COPY GUARD that prevents illegal duplication! These DVDs will play on DVD players and not on computers. Any attempt at unauthorized and illegal duplication may result in damage to the equipment employed.

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:

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

“WHEN ATTACKING, AWAIT THE RIGHT MOMENT. WHEN WAITING, BE POISED LIKE A BOULDER ON THE EDGE OF A TEN-THOUSAND FOOT PRECIPICE. WHEN THE RIGHT MOMENT MANIFESTS ITSELF, VANISH INTO THE ATTACK LIKE A BOULDER PLUMMETING INTO THE VOID.”

— SUZUME-NO-KUMO (1344)



If There Is To Be *Real* Justice

WHEN we were a child — a rather young child, during the 1950's — it was all but axiomatic that if you killed someone unjustifiably (ie. committed murder) you would go to the electric chair. Today, very, very few murderers are put to death. Most, believe it or not, do not even spend all that much time in prison — assuming that they are captured, that is. Redefining *murder* and plea bargaining (and of course, being able to hire a first rate lawyer) has enabled killers to, *literally*, get away with murder.

And, as far as those scummy, subhuman monsters who violate people *non lethally* — those who simply beat people up, bully and terrorize people, etc. — well, the system hardly notices let alone gives a damn about *their* activities any more. We've become too “enlightened” and too “civilized” (so those frauds who posture as intellectuals would have us believe) to deal with such bacteria as outlaw bikers, gang members, rapists, home invaders, muggers, etc. appropriately. When this Country *was* a Country, such vial life forms would be shot, hanged, or beaten to death by outraged citizens. *They would not be tolerated!*

But today, they **are** tolerated. And decent human beings are trammled by these examples of breathing filth, every day.

It was the famous trial lawyer Clarence Darrow who said that “*There is no justice inside or out of court.*” May God help us, he was right; right about the system, anyway.

The fact that the system, however you define it, scarcely if ever renders (or cares about) **justice** does not mean that justice never happens. Justice, insofar as crimes of violence are concerned, happens when a piece of gutter s—t pick the *wrong person* to victimize, and, as a result, the piece of s—t is beaten, maimed, or killed for his efforts.

One of our goals is to make **YOU** and all who are like you, most especially

those who train under us, the “wrong person”. If there is to be justice at this point in the history of our Republic then it would appear to be obvious that such justice will come, henceforth, directly from those whom the scum choose to victimize. The courts, the lawyers, the politicians, the government bureaucrats ***do not care***, and that is clear and obvious. Carved into the stone above the entranceway to the downtown criminal courts building in New York City is the statement: “*The true administration of justice is the firmest pillar of good government*”. That is so. And we lost that. Officially, anyway.

And it is not merely the so-called criminal justice system that is the problem.

Today we see children in elementary school forbidden to bring tiny toy guns onto school grounds, and in some instances, forbidden also to even *draw pictures* of guns! It is against public school policies almost everywhere in our Nation today to fight back if bullied. **This is child abuse**. Children should not merely be *taught how to defend themselves* so that they do indeed fight back — and fight back hard and well! — if they are bullied; they should be encouraged to do so, and praised when they do.

A bully who is beaten senseless by his intended victim, and who finds himself shunned for his despicable act, *and left with no recourse* quickly learns that bullying doesn't pay. But the message today is, largely: “Violence is wrong, period. We don't care if you started it or if you were defending yourself.” Into what kind of sheep like pawns do such youngsters eventually grow up to be?

To our way of thinking there is one rational argument against the death penalty. It is that the *wrong* individual may be executed. But think about this: *How can the wrong person be injured or killed if he is stopped by his intended victim **in the act**?*

When you train in self-defense and close combat with and without weapons you are training to insure, insofar as you are able to do so, that at least in any instance when *you* or *yours* are attacked, the outcome of that encounter will be a just outcome. That is: You will defeat your attacker. That's justice. And

if there is to be real justice in regard to the hideous disease of violent crime that now infects America, it will come from the *intended victims*. When they fight back well and destroy the violent offenders, civilization — *real* civilization — *wins*.

Get **REAL** In Your Training, Now!

REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

3. *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* — \$30.

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. *RULES OF SELF-DEFENSE* — \$17.

Perhaps the most politically INcorrect presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

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taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

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Practice Regularly — And Sensibly

SERIOUS training in close combat need not consume half the day, or even several hours. The trick is to find a training schedule that suits your lifestyle and physical capabilities, as well as your interest level, and then *stick with it*.

An excellent practice session can be accomplished in 30 minutes. You will not be able to practice all of your skills (assuming that you've been training and learning for a couple of months), but you do not need to do so at every session. Train sensibly so that you *cycle through* your technique repertoire say, once a week. If you stay with such a program you will be amazed at how well you not only develop your abilities, but how well — and how easily — you *retain* them.

Obviously, if you attend formal classes then you will allow for the class schedule, and that usually means at least an hour. Classes that include calisthenics, and great deal of other stuff that you can easily do at home, may

eat up two or more hours. Okay for the teenager who has nothing to do but train and do schoolwork, but ridiculous and unnecessary for the serious adult who requires drill that conditions his mind and body for combat. If you are fortunate enough to find a properly run school and a *professional* who does the teaching, then two one hour classes a week are sufficient if you put in 20 to 30 minutes practice on at least three additional days when you do not attend class. If you train on your own, using our DVDs, quality books, etc. then train according to your own schedule, but *once you pick that schedule do not deviate from it.*

The dropout rate in martial arts is stupendous. You will learn little or nothing of genuine, lasting value if you do not adhere to an ongoing, consistent regiment of practice and drill. Make it compatible with your lifestyle, but do not deceive yourself into believing that attending a class every now and then, and then dropping out; or watching some DVDs or reading a book or two and trying a move or two out here and there, and then shelving your learning materials is going to produce anything worthwhile. ***You must train hard, and you must train regularly.*** However, you are advised to do so on a routine that fits in with your daily life. That way you will never have to forego training for something that has “come up”, etc. You’ll be able to stick with a schedule and become genuinely proficient and confident.

We are not now saying that practicing for an hour or longer is per se wrong. It’s perfectly fine *if* you can do so conveniently, and *if* you do so *regularly*. Twenty to 30 minutes every day is manageable by *anyone* who really wants to learn. And that much will, as the months go by, pay dividends that you will be delighted with!

Many people begin training with tons of enthusiasm. They plunge into a schedule of one or two hour sessions of practice every day. **And in four days to a week they give up and drop the entire project.**

Do it sensibly. Pace yourself. Be regular as clockwork with your practice, but make such practice as you impose upon yourself manageable and enjoyable.

That’s the right way to train for *life*; and that’s what we hope you’ll do.

It's worth it.

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

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PLEASE be sure to tell others about this and our other web site. We would like as many as possible to benefit from the information and technical advice that we provide!

Until next month, we wish you good training!
Stay combat ready!

YOURS IN DEFENSE,

Prof. Bradley J. Steiner

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