

©Copyright 2013 by Bradley J. Steiner - ALL RIGHTS RESERVED.

SWORD and PEN

Official Newsletter of the International Combat Martial
Arts Federation (ICMAF) and the Academy of
Self-Defense

JANUARY 2013 EDITION

www.americancombato.com

www.seattlecombatives.com

IN Memoriam

On Saturday, the first day of this last December, one of our beloved Black Belts and friend's passed away. At 46 Greg Alan Anderson appeared to be in top shape and at the peak of his career as owner and trainer at his outstanding facility, Ideal Exercise, in Seattle. Greg ran this gym with his lovely wife of 19 years, Ann-Marie, and gave countless lucky people the benefit of his physical training wisdom. Greg was an outstanding athlete, having played football and having wrestled at the national level while in college. He was a first-class student of ours, and achieved the rank of Black Belt, 3rd degree, after training with us for many years. Greg passed away after a brief illness.

Greg's sense of humor was always a delight to us, and we enjoyed hundreds of conversations, in person and on the phone, in which we and Greg laughed heartily together and simply had a grand

time.

What can one say? It is awful to lose a friend. It is awful for us to lose a student. To lose a good student who became a good friend leaves us more tearful than verbal.

We miss you, Greg. God Bless You.

Brad

Editorial



A New Year — And *Still* Procrastinating?

NEW Year’s resolutions are more often than not made with the best of intentions — and then abandoned with the greatest alacrity. It’s almost as though people knew ahead of time that they really weren’t going to actually *keep* their resolutions; but hell, *making* them is “what you do” when January 1st rolls around; and you only need to be *serious* when you’re *making* them!

This phenomenon is epidemic when it comes to getting started training in a martial art. People know that it is important to be able to defend themselves. People want to be able to do so. People plan to “get started”. People e-mail

or telephone teachers. But then they succumb to weakness, laziness, or procrastinatory habits that have kept them from doing numerous things that they “knew” were important and that they “always wanted” to do.

Every year we express the same sentiment to our visitors: ***STOP PUTTING OFF UNTIL “TOMORROW” THAT WHICH YOU SHOULD HAVE DONE FIFTEEN YEARS AGO!*** Put even more bluntly: *Stop being such a weakling, get off your ass, and enroll for training now.*

Last year there was one instance when a student trained by us saved his life using what he had learned. He had been taking private lessons for about four months. Until he was attacked by some crackpot who pulled a knife and threatened to kill him, my student had had no experience with violence at all, except for a scuffle or two when he was a boy in middle school. Yet, *because he had taken some training in American Combato* (**his** statement to us, no boast on our part) *he is alive today.* He doesn't like to think of what the outcome of that attack would have been if he had put training off until “next year” or until “the time was right”, etc.

For your sake and the sake of all who you love and care about, and who love and care about you, ***do not keep putting off getting started in training.*** You can never tell when you may need the skill of personal defense, and if you need it but don't have it, you're sunk.

The benefits of serious training in Combato are numerous. First, you will obviously acquire the potentially lifesaving skill of personal defense. With this comes self-confidence and poise. The physical practice promotes health and vigor, and contributes to your personal fitness. All of these things enhance the quality and security of your life in general. A person who knows that he can take care of himself if he must is not intimidating. He will speak up for himself and project a personal demeanor that does not invite exploitation or abuse.

As most people who make training a serious part of their lives come to appreciate: *The person who is competent in defending and standing up for himself, and who is prepared to do whatever may be necessary if he is pressed by troublemakers, rarely finds that he needs to use his skills.*

The presence that he projects does not invite trouble; rather, it discourages it.

When we started in the martial arts (back in the 1950's) there were relatively few schools where one could go. Virtually all of these were located in the major cities: Los Angeles, San Francisco, Chicago, and New York. Books were the only medium for self-instruction, and there were precious few quality books available. Today, schools of martial art are found in nearly every city, town, and hamlet. True enough, not all of the schools are of the best quality, and most teach *classical/traditional* or *sporting/competitive* approaches, which have little or no relevance for actual self-defense. Still, one can learn *something*, and then supplement that with self-teaching — today, not only via the medium of books, but also by using DVDs (which are in some instances the equal of personal instruction!). The point is, *today*, anyone who wants to learn *can* learn.

There are two locations where you can enroll for *American Combato (Jen•Do•Tao)* instruction. Our School, in Seattle, Washington, or Prof. Bryans' School, in Prescott, Arizona. If you wish, you can take an intensive short term course with us that can be imparted during a brief visit to our School. *Or*, you can order our DVD Home Study Program. This is one of those DVD programs that *does* parallel personal instruction. You can readily supplement all of this, if you are a super enthusiast, by obtaining the books that we recommend and review on this and on our other web site:
www.seattlecombatives.com.

Unless you are afflicted, then, with the most dreadfully shameful commitment to putting things off forever (and thus *getting* nowhere and *being* nothing) you ought to be able to see that there is not the slightest justification for not getting started and *sticking with* a good program of personal defense.

Your reason for visiting our sites is, presumably, because our philosophy and doctrine resonates with that which you believe to be significant and important as regards self-defense and related disciplines. Fine. But if you're not **DOING** something, then reading and thinking about the subject will avail you little. *Train!* Get started. Get started and *keep going*. The rewards are significant.

We really do hope that 2013 is a great year for all of us. We are certain that by finally getting something **done** about your “always having wanted to learn self-defense” it will be a pivotal year for **YOU**.

Make it happen.

Bradley J. Steiner

**BACK IN PRINT! A CLASSIC THAT
WILL TEACH YOU THE RIGHT WAY TO USE
WEIGHTS FOR COMBATIVES AND GENERAL
ALL-ROUND DEVELOPMENT!**



A Complete Guide
to
Effective Barbell Training

by Bradley J. Steiner

New Release!
In Stock and Ready to Ship!

A beautiful 6 x 9 softcover book with 112 pages, 15 chapters, including 73 photographs of the author posing for each exercise!

ALTHOUGH written decades ago this book, originally published by Peary Rader in the *original* Iron Man Magazine, contains everything you need to know to use weights sensibly and effectively to develop strength, muscularity, and the kind of solid, all-round condition you need for self-defense and close combat.

“You can order a copy directly from us. If you order this book from us, I will autograph it personally to you.” ***Bradley J. Steiner***

Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign orders*** total cost is \$35. (in U.S. funds) to:

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

Strive For Balanced Development

WE recall many years ago listening to two fellows argue passionately about which was more important in a fight, *speed* or *power*. Each felt very strongly that the attribute he was espousing was truly *the most* essential for success in hand-to-hand battle, and neither relented. We lost interest after a few minutes of listening to this back-and-forth and couldn't help but thinking to ourself what narrow-minded fools each of these fellows really is. Narrow-minded

and pigheaded, and *not* simply because each failed to see that the other's position had as much merit as his own, but because each failed to comprehend that there is more to even the possession of both power *and* speed, when it comes to being fully prepared for anything-goes close combat.

If you train for self-defense please do not fall into the trap of believing that by becoming “as fast as possible” or “as strong as possible” you will have done all that is required to be ready to handle yourself in an emergency. And do not deceive yourself: It takes more than speed and strength (although these are critical attributes) in order to be **combat ready**. It takes *balanced development*. And that means:

- **Mental conditioning and the acceptance of a tactical lifestyle**
- **Well-developed skills of a practical, functional nature**
- **As much physical strength as your genetic potential allows you to acquire**
- **The ability to move as fast as you are capable of moving when you employ your skills**
- **Precision — or *accuracy* — in the application of your skills**
- **Coordination and balance when you move**

Unlike certain sports that clearly demand a preponderance of a particular attribute over other attributes in order to be optimally ready to compete, *combat* — being chaotic, unpredictable, and likely to involve multiple adversaries, weapons, opponents of unknown capability, strength, determination, etc. — demands that the individual be *ready for anything*, and *able to cope* with anything, and ready to do so with the most efficient use of all his attributes of mind and body.

Only a fool or an amateur underestimates his enemy in combat.

Only a fool or an amateur neglects to cultivate *all* of his personal resources and develop *all* the necessary attributes for success, when training for dangerous emergencies.

1. YOUR MIND

Our belief, after well over half a century of immersion in this field of study, is that 90% of being able to prevail in close combat or defeat an antagonist in a self-defense emergency is *mental*, not physical. So often we see examples of how physically outmatched persons nevertheless were able to prevail against their stronger, larger, sometimes more highly skilled and better armed opponents *because these persons possessed the right mindset*. While not necessarily being able to match their enemy in regard to strength, size, experience, or armament, the successful combatants nonetheless evidence what is sometimes only describable as *fanatical determination* to win. These fellows are *aggressive* — **attack minded** — and, like wolverines or honey badgers, their *only* concern, focus, and obsession when confronted by violence is to **attack and destroy the enemy**.

2. YOUR SKILLS

That which works in close combat and self-defense is in inverse proportion to that which is eye-appealing, acrobatic, spectacular, and visually impressive to an audience. That which works in close combat and self-defense is *not* that which anyone may safely and sanely compete with — since real combat skills and emergency measures taken to defend an innocent life have *zero* relation to sport of any kind, anywhere.

Your skills must be *non-classical*, and *noncompetitive*. **If you can play with it, then it *isn't* destructive and dangerous enough to rely upon in actual combat.** And, if it *can* be relied upon in actual combat, then it is too destructive and too dangerous to play with. And . . . simply because it has been done for thousands or hundreds of years does **NOT** mean that it is the very best and most practical way to do it.

You can get an idea of the kinds of skills you need by perusing such classics as *Kill Or Get Killed*, by Applegate, *Get Tough!*, by Fairbairn, and *Cold Steel*, by Styers. And you can ***actually learn*** such skills by training personally in *American Combato* (with our self or with Prof. Bryans), or by ordering our 11-DVD Training Course.

3. YOUR PHYSICAL STRENGTH AND CONDITION

Certainly strength and fitness is important. It is not necessarily the decisive factor, but it invariably *is a factor*. All else being equal, the stronger and more physically fit individual will prevail every time.

Weight training remains the The Method of building all round strength and fitness to its limit — as quickly and as efficiently as the process may be accomplished. So the message is: *Train with weights*. Not the way modern bodybuilders “train”; and ***never*** using those lethal steroid drugs. Workout on a regular, sensible, all round program several times a week on alternate days.

Hardening and toughening the natural weapons and drilling realistically in strike techniques by using striking posts, heavy bags, dummies, etc. is essential. You need not become fanatical about this, but you *must* get experience in really applying your blows full force against a target — and you cannot do this with training partners.

4. YOUR SPEED

Cultivating as much speed when applying your skills is imperative. Combat permits no time for dawdling or contemplation. When violence strikes it's ***now or never!*** You get your enemy or he gets you.

Speed is cultivated by the deliberate development not only of “*fast*” technique application, but also —

- Learning to attack without warning — without “telegraphing” — by *complete surprise*. The use of deceit and deception weighs in heavily here,

and just as these things are essential in warfare, they are essential in personal combat.

- Training to use very *direct, simple, uncomplicated* skills. The fancy stuff makes for fascinating classical training and provides exciting demonstrations (or motion picture and TV fight scenes), but *never* spend a moment on anything that is complex if you expect to be able to use it speedily and naturally in actual defense.

5. YOUR ACCURACY

The human body possesses approximately fifteen or so truly reliable *vital target points*. (The prevailing views espoused by many in the martial arts that the body is *inundated* with vital points is nonsense. In taekwondo we were taught that there are **72** “vital points” on the human body. No way. Not *really vital*, vital points.)

Remember that under combat stress and the chaotic conditions of hand-to-hand battle any human being engaged in a desperate fight possesses a *drastically increased* threshold of pain and the ability to continue to fight despite serious injuries. “Pressure point” nonsense will work in group demonstrations and against halfhearted, physically inferior pests; **but only serious, crippling and maiming actions will drop a dangerous, determined physical enemy**. And those are the only ones you should be worried about!

You need to know every one of the body’s vital targets and be able to zero in on them with destructive, well conditioned natural weapons. And you want the ability to *repeatedly batter and continue to attack* those vital targets.

6. YOUR AGILITY

Coordination and balance when you attack and defend is vital. Coordination makes for efficient and correct applications of force, and the maintenance of balance — physically and mentally — enables you to continue applying force after seizing the initiative, and remaining well able to manage the situation as

you do battle.

There are exercises that can enhance your agility, but the very best way is to regularly follow a sensible, all round weight training routine, and *practice your skills until they become reflexive and natural, and you move perfectly when applying them.*

This factor will, we hope, be taken to heart by all who train in the self-defense arts. For in any crisis demanding a violent reaction from you you *will* need to remain balanced, together, and capable of moving ferociously and well — all at the same time.

As you strive to build your abilities in close combat and personal defense, always remember to keep the *balanced development* of all that contributes to combat readiness uppermost in mind. Never focus on a single attribute. It takes a *lot* more than that to be fully prepared.

• • •

To Spar Or Not To Spar — It Really Oughtn't

Be A Question

“Once judges, referees, or timekeepers come into the picture, the fighting is not true hand-to-hand combat. It is authentic only on the battlefield or in dim-lit alleyways where the contestants make their own rules, set their own time, and use whatever methods they are capable of to beat, maim, cripple, torture, or kill their opponents . . .

“Hand-to-hand combat is no ‘gentle art’. It has nothing to do with sportsmanship. It is simply the highest form of ‘dirty fighting’ because it is for survival rather than for any return engagement . . .”

LT. CDR. JOHN MARTONE, USCG

Former professional fighter; Sparring partner of Jack Dempsey; Director of Physical Training (Combat Trainer) United States Secret Service, and Combat Instructor of the U.S. Army's Counter Intelligence Corps and the U.S. Coast Guard

“Hand-to-hand combat has but one simple objective. That objective is to *Win*. There is no prize for finishing second in a hand-to-hand fight with the enemy . . . There are no rules; there is nothing ‘sporting’ about it. No holds are barred, no fouls are considered, and there is never an umpire or a referee.”

United States Navy's V-5 Manual *Hand-to-Hand Combat* - 1943

FREESTYLE sparring, as it is called in karate, or *randori* or *shiai* as it is called in judo, approximates the Western boxer's or wrestler's competitive activity. It is a match, a *contest of skill*, to determine who, using an agreed upon set of physical techniques and following strictly regulated rules of conduct — supervised by a referee — can defeat his opponent. Such matches are always conducted in a controlled area that has been cleared for safety and suitably matted. Later versions and adaptations of sparring (such as the UFC, MMA, “cage fighting”, etc.) are really simple, if somewhat more flamboyant and — we believe — reckless and irresponsible, versions of sparring; or of **sport**. One of the toughest, most punishing and aggressive of the sparring sports is Thai Boxing. (Thai boxers, it is helpful to note, have very short “competition lives”. The best of them enjoy perhaps six to eight halcyon years, and then they must retire. Injuries, especially to the lower legs, are very common in Thai boxing; as well, of course, as other injuries often suffered by kick boxers, and competitive karate people.)

Sparring in *any* form or version involves strict rules and rigidly controlled conditions. If it does not, then it isn't sparring, it is violent brawling or fighting. The claim in some quarters that one or another of the popular sparring sports

“has no rules” is untrue. It is a misrepresentation of the facts. For one example, look at the list of “fouls” that entrants are agreed *never to employ* when competing in UFC/MMA contests:

1. Butting with the head
2. Eye gouging of any kind
3. Biting
4. Spitting at an opponent
5. Hair pulling
6. Fish hooking
7. Groin attacks of any kind
8. Putting a finger into any orifice or any cut or laceration of an opponent
9. Small joint manipulation
10. Striking downward using the point of the elbow
11. Striking to the spine or the back of the head
12. Kicking to the kidney with a heel
13. Throat strikes of any kind, including, without limitation, grabbing the trachea
14. Clawing, pinching or twisting the flesh
15. Grabbing the clavicle
16. Kicking the head of a grounded opponent
17. Kneeing the head of a grounded opponent
18. Stomping a grounded opponent
19. Holding the fence
20. Holding the shorts or gloves of an opponent
21. Using abusive language in fenced ring/fighting area
22. Engaging in any unsportsmanlike conduct that causes injury to an opponent
23. Attacking an opponent on or during the break
24. Attacking an opponent who is under the care of the referee
25. Attacking an opponent after the bell has sounded the end of the round
26. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury
27. Throwing opponent out of ring/fighting area

28. **Flagrantly disregarding the instructions of the referee**
29. **Spiking an opponent to the canvas on his head or neck**
30. **Interference by the corner**
31. **Applying any foreign substance to the hair or body to gain an advantage.**

There is a great deal more than that required of entrants. They wear protective mouthpieces, there are weight classes, gloves, specified time lengths for rounds, and so on. Yet Rules #1 through #22, and Rule #29 are *basic* and *should be regarded as first option actions whenever possible, in serious self-defense or hand-to-hand military combat.* (This in no sense is said to denigrate the UFC or disparage enthusiasts of MMA, although we personally are not a fan of the activity. We point this out merely to demonstrate that even the most “aggressive” and “violent” of the combat *sports* is, after all, still a **SPORT**.)



ALTHOUGH CERTAINLY TOUGH, HARD FIGHTERS IN GREAT CONDITION, UFC COMPETITORS DO NOT DUPLICATE HAND-TO-HAND COMBAT OR DEVELOP THE KINDS OF SKILLS THAT ARE PRACTICAL AND REALISTIC FOR PRIVATE CITIZENS, POLICE, AND SOLDIERS TO EMPLOY IN ACTUAL EMERGENCIES. THIS ACTIVITY IS, IN OUR OPINION, NEEDLESSLY BRUTAL, AND IS OBVIOUSLY SUITABLE ONLY TO RELATIVELY YOUNG MEN IN EXCELLENT SHAPE.

The type of sparring that we did in Korean taekwondo years ago — called freestyle — was *not* intended as a sport; but in point of fact, despite its ostensible purpose of being “simulated combat” *was* in fact a kind of sport. There were rules. There were controlled conditions. There was supervision. ***There were many things that you couldn't do, and there was a lot that you were required to do.*** Our sparring duplicated, in method and intention, the *original* sparring that was formulated in the 1940's in Okinawa, and that was practiced during the early years of Japanese karate. **And method and intention did *nothing* then, as it does *nothing* today, to make sparring a suitable training medium for practical self-defense and close combat.**

Let us for a moment turn away from the “fouls” that constitute basic real world combatives, and that are disallowed in all sporting events. Let us look at the **circumstances** that prevail in real combat, and see how and why the impossibility of safely competing and sparring in those circumstances negates sparring as a practice medium for combat:

- You may be attacked by surprise — no chance to “square off” and begin the battle equally
- Your attacker may be armed (in fact, most often he *is* armed)
- You may be attacked from behind
- There are often two or more attackers, as opposed to there being a single opponent
- You may be ill at the time you are attacked - or long out of training
- You may have an injury of some kind when you are attacked
- Your attacker may be larger, or/and stronger than yourself
- Your attacker may be considerably younger and more agile than yourself (many attacks occur when teenagers or punks in their 20's or 30's attempt to

victimize seniors)

- Your attacker may be under the influence of narcotics, or be drunk
- Your attacker may be literally insane
- You will be normally dressed in an actual situation (police officers and soldiers wearing battle dress are even more encumbered by their apparel than are private citizens)
- The terrain may be irregular and dangerous: i.e. icy ground, broken glass, rocks, sticks strewn about, etc. *Hard pavements*, not mats, constitute the ground upon which real encounters in nearly all urban settings take place
- Poor weather conditions (heavy rain or snow) may inhibit physical reaction possibilities in a real attack
- You will not be attacked in a cleared, well-lit, safety inspected, referee supervised setting



REAL ATTACKS DO NOT HAPPEN HERE! . . .



... THEY HAPPEN *HERE!*

- You may well be attacked when with a loved one about whose safety you are even more concerned than your own

Finally, remember that *every* individual who is attacked is an *unwilling* participant in the encounter. When two men spar they both *want* to and *agree* to the rules.

Sparring and competition fighting may be enjoyable, and certainly there is nothing per se “wrong” with them (assuming that they are properly conducted, and attention is given to teaching the participants proper decorum and fair play). However, there is no question that these activities are *not* suitable as a training method for hand-to-hand close combat and self-protection. *Much* different training processes

are required to ready a man for real world combat.

We have discussed and described how we train in *America Combato*, and why we do so, elsewhere (see past *Sword & Pen* Newsletters, and reference the dozens of articles in the various sections on the www.seattlecombatives.com web site, as well as our DVDs, and our CD publications, and our past articles in various magazines, and our books). In the future we may come back to this again, and go a bit further in discussing training methodologies for practical combat and defense.

For the present it has been our purpose to clarify two points: 1. That sparring and freestyle competition of any sporting kind bears no relation to that which is required to prepare a man for engaging one or more armed or unarmed enemies in close combat - be it a street defense predicament or a military battlefield situation. and 2. *Why* this is so.

We believe that we have provided a reasonably cogent treatment that makes our point.

• • •

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)[™] 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, ad all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*

- Defending yourself with a knife

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

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

All DVD purchases are of course nonrefundable.

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

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

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

And Now You Can Train Your

Mind As Well As Your Body, With Our ...

New And Exclusive Self-Hypnosis Programs!
(The *Perfect* Compliment to Our DVD Training Course!)

Mental Conditioning is at *least 50%* of what is required to be successful in

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

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

There will be **20 Complete Self-Hypnosis Programs** made available this year. The first **FIVE** are now ready, prepared on quality CD discs, and available for shipment:

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat**
- 008 - Develop An Instant-Violent-Response Capability**

Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for foreign orders.

And we are also making available a series of **Combat Training Lectures**, which enable you to gain information, insight, tips, suggestions, guidance, encouragement, and valuable instruction listening to professionally presented lectures on all subjects pertaining to close combat and self-defense. The first Lecture, **Rules of Self-Defense**, is ready for shipment.

Lecture A - Rules of Self-Defense

Complete on *two* quality CDs. One and a half hours you’ll want to listen to again and again for reference and inspiration in training!

This Lecture Is \$30. Plus a \$5. Shipping and Handling Fee. \$12 for foreign orders.

Send cash or money order (payable to Brad Steiner) to:

Brad Steiner

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

The Knee Attack

IT would be funny if it were not true that some of the simplest and most effective natural weapons and natural weapon attacks were well *known* in the classical/traditional martial arts, but rarely *used* by their participants. Many of these excellent techniques are included in the commando style of personal combat, in systems like *American Combato*, and a few others. One of the best of these techniques is the **knee attack**.

The knee is a vicious, powerful weapon and should be drilled and cultivated until the student can generate great speed and force when applying it. There are two primary targets for the knee attack in realistic and practical combat situations: **1.** The testicles, and **2.** The face. (**Note:** Under certain conditions the knee may be applied to excellent effect against the sternum/solar plexus area, the pubic bones/bladder target, and — in certain unarmed and armed attacks from behind, — the kidney.

One mistake that many individuals make when considering the knee attack is to assume that, because it is such a simple technique, and the mechanics of its delivery are learnable within a minute or two, they do not need to practice it.

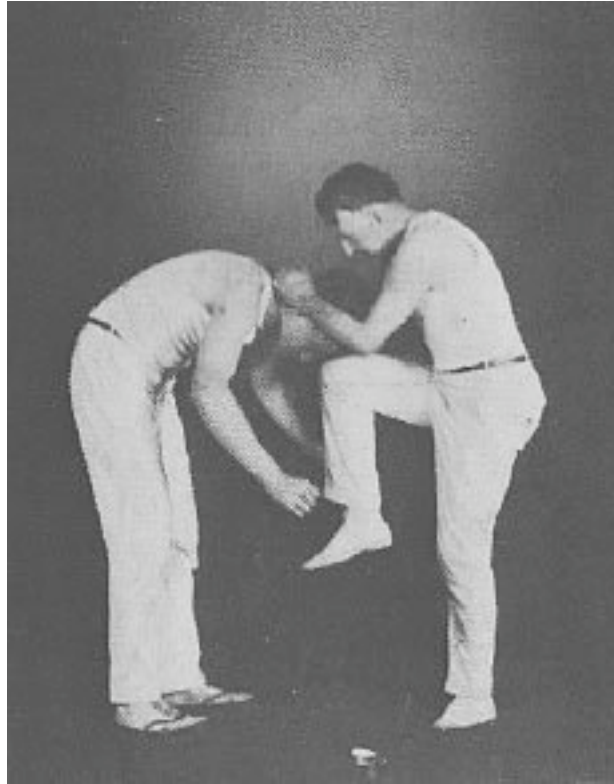
They'll "remember" to use it; and besides, it's so easy, they don't need to develop it. *Nonsense!* In fact it is more likely that a knee attack delivered to the testicles will fail in a given situation because it has not been developed, than it is that a poorly developed chinjab smash or handaxe chop will fail. The knee attack is **gold**; but it *must be delivered correctly*. "Correctly" means:

- Drive the knee *up* and *between* the enemy's legs — do not knee him "on" the groin area. The target is his **testicles**.
- Deliver the knee attack *only* when body-to-body with an enemy. Never knee *out* at him.
- Train incessantly to develop a sharp, snappy, *driving blow* that (in your mind's eye) you are aiming to drive *way up* and *out between his shoulder blades*. His testicles should *literally* be *crushed* by an ideally executed knee attack.
- Knee your enemy repeatedly! (In *American Combato* we train to deliver the basic knee attack by slamming two rapid, successive knee blows into the opponent). Individual knee blows are taught with other basic attack methods (for example, the ***knee-to-testicles followed by a chinjab smash***, shown below:



FROM *KILL OR GET KILLED*, BY REX APPLGATE.

- Whenever possible **grab** your adversary hard when you deliver the knee attack, and pull him in toward you as you lean forward to obtain optimum body force in executing the blow. (Tip: We train to seize the enemy's ears, which serves to injure, distract, and permit us to rip his ears off at the time of, or following delivery of, the knee attack.) It is important to remember when kneeling in rapid succession to *bring the foot of the kneeling leg down to touch the ground after each knee blow*.
- The kneeling leg should flex and flex *hard*. Try to kick yourself in the buttock. This makes a harder, sharper weapon of the knee delivering the blow.
- When and if your first knee attack doubles the enemy over, your *second* knee attack should be delivered to his face.



WHEN THE OPPORTUNITY OCCURS, A KNEE TO THE FACE OF AN ADVERSARY — PROVIDING IT IS A FULL FORCE, CORRECTLY EXECUTED BLOW — WILL ALMOST CERTAINLY KNOCK HIM UNCONSCIOUS.

- Whenever kneeing the face it is important to overlap both hands (*not* interlacing fingers) and press enemy's head down *hard* into the knee blow. This is of course not necessary when a second knee blow to the face is executed after a knee-to-testicles, and you have a two-hand grip on your opponent. Use your grip to yank him hard down into your upcoming knee. While there is nothing spectacular or acrobatic about the knee attack, it is *brutally* effective when correctly delivered. And like all of the best blows of unarmed close combat, its simplicity, ease of learning, and ease of retention once learned, coupled with its adaptability to a virtually unlimited number of situational predicaments, makes it a *high priority technique* on your “must learn” list.

Training Tip: In order to facilitate speed and great power in delivering the basic knee attack, you may wish to use **ankle weights** when practicing the blow. If you train once or *no more than* twice a week using the ankle weights (you need never employ greater than ten pounds on your ankle) you will enhance your kneeing capability very rapidly. Be sure to train *without* the

weight resistance at least *twice* for every one session using the weights. No more than two weekly sessions with the ankle weights.

• • •

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 n

hard copies for serious study.

4. *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*.

ALL OF THE ABOVE RECORDED IN THE HIGHEST QUALITY SPEED, AND ON THE FINEST QUALITY CD DISCS IN “PDF” FORMAT FOR YOUR CONVENIENCE AND LIFETIME LEARNING.

Also available is the quality revised *Paladin Press* reprint of our 1970's Classic that “started it all” in this “WWII methods/practical combat/offense based fighting, etc.” movement:

***The Tactical Skills of Hand-to-Hand Combat* — \$14.**

We will autograph your copy, and we will

include a document available from no other source, explaining the significance and role of this little Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

We pay first class postage on *all* purchases, except foreign orders. Please include **\$3.00** per item, additional (U.S. dollars) to cover air mail shipping overseas. Send your orders, with cash or money order *only* payable to:

BRAD STEINER
P.O. BOX 15929
SEATTLE, WASHINGTON 98115
U.S.A.

• • •

Why You Should *Avoid* Training On

The Olympic Lifts

AS anyone who has been a visitor here for more than a few months knows very well, we are a *fanatic* about students of close combat and self-defense following a sensible weight training program. *Nothing* is a better all round developer of the entire body, builder of terrific internal health, ruggedness, and strength. *However* . . . the program followed must be a correct one, and this means basic exercises only; strict exercise performance; keeping workouts

within realistic bounds, avoiding overtraining, and viewing the process of weight training as a lifetime pursuit (just like combatives).

There was a time (in the late 1960's and early 1970's) when we believed that one of the best ways to use weights in conjunction with close combat training was to use the Olympic lifts. Back then, there were three: The **PRESS**, the **SNATCH**, and the **CLEAN AND JERK**. The press has since been eliminated from Olympic lifting competition. We no longer believe that to be true.



ONE OF THE GREATEST AMERICAN WEIGHT LIFTERS WHO EVER LIVED: NORBERT SCHEMANSKY. THIS MAGNIFICENT LIFTER BROKE RECORDS LEFT AND RIGHT. HE WAS A MEMBER OF THE YORK TEAM. ABOVE HE IS SHOWN DOING A LIFT WITH INCREDIBLE POUNDAGE. OLYMPIC LIFTERS ARE POUND FOR POUND THE STRONGEST ATHLETES IN THE WORLD. HOWEVER, WE DO NOT RECOMMEND THAT THESE KINDS OF LIFTS BE EMPLOYED IN A PHYSICAL TRAINING PROGRAM. ULTIMATELY, THEY CAN LEAD TO PHYSICAL DISABILITIES THAT RENDER YOUR COMBATIVE CAPABILITY DANGEROUSLY INADEQUATE.

It was from the late inventor of the fabulous Nautilus Machines, Arthur Jones, that we came to appreciate the serious *dangers* attendant the prolonged practice of Olympic lifting. Because of the stresses placed upon the body when doing the lifts, inevitably lifters develop permanent injuries to their backs, hips, shoulders, and knees. Heaven knows we admire the incredible strength feats of Olympic lifters, and we certainly do not say this to deride the sport. However, facts are facts. Olympic lifts are best left *out* of a good physical training program. All exercises done should be of a kind that enable the muscles to properly control the weight being utilized throughout the full range of exercise movement. The occasional “cheating” that one does employ on heavy training days will not be harmful; but these should be done using the basic *exercises*, not the Olympic lifts.



ONE OF THE BASIC EXERCISES: THE BENCH PRESS. WHEN DOING THIS EXERCISE CORRECTLY THE WEIGHT IS CONTROLLED EVERY INCH OF THE WAY. THERE IS NO SUDDEN JARRING OR STRESSING OF THE BODY DURING PERFORMANCE — LIKE THERE IS WHEN SNATCHING OR CLEANING AND JERKING A BARBELL.

We mention this because we have received a couple of inquiries from visitors in which they ask about the use of weight *lifting* movements in their routines, and

why we do not advocate their inclusion in a program. (**Note:** The sport of *power lifting* is entirely different, since it utilizes three “lifts” that are also basic *exercises*. The **squat**, the **bench press**, and the **dead lift**. Our only objection to the use of power lifting in conjunction with training in close combat is that it may prove much too enervating to be training hard *both* in order to excel in combatives, *and* in order to lift maximum weights in the three power lifts. We think it more sensible to use those three movements as *exercises*, and to follow an all round program of between about six and ten basic exercise movements. Unfortunately, we must advise *against* becoming an active competitor in power lifting today because of the rampant use of steroid drugs by ambitious competitors. To become a top strength star by killing yourself with drugs seems rather a pathetic course of action).

NOTE: If you want an excellent, concise, and very sensible guide to how to use weights and develop yourself fully, be sure to order our newly reprinted classic, *A COMPLETE GUIDE TO EFFECTIVE BARBELL TRAINING*, described earlier in this Newsletter!

• • •

As we receive numerous requests to quote items and passages that appear here in *WORD & PEN* and on our other web 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**:

- 1. We must be quoted in context.**
- 2. Credit must be given for that which is quoted/referenced.**

3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. **ONLY** that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal approval or agreement.

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

YOURS IN DEFENSE,

Professor Bradley J. Steiner

www.americancombato.com

www.seattlecombatives.com

— e n d —