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SWORD and PEN

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

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www.americancombato.com

www.seattlecombatives.com

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In Memoriam

ON SEPTEMBER 8, 2013 Robert K. Koga passed away. Sensei Koga (as we always referred to him) was perhaps the single most important and influential police defensive tactics and baton instructor in American history. A former U.S. Air Force Serviceman and Los Angeles Police Officer, Sensei Koga developed the "Koga System" of Police Baton and Arrest and Control Methods. His methods were, in addition to being taught to the LAPD, taught in China, Mexico, Japan, and Canada. He was known and respected worldwide. An all-round hand-to-hand master, Koga's methods were ju-

jutsu and aiki-jutsu rooted. His Baton System is taught as part of *American Combato's* Brown Belt Stick System.

We communicated often with Sensei Koga, and we always found his commentary and insights valuable. He was a truly marvelous police officer, according to our close friend James Jarrett, who was Koga's protégé when he served with him in the LAPD. Robert K. Koga believed in, stood for, taught, and practiced the highest standards of ethical, proper, traditionally *American* law enforcement. He always worked hard to convey these standards to every LAPD Officer who he instructed.

Sensei Robert K. Koga was 83 years old. May God rest his soul. He is missed, and his memory is respected and loved by all who benefitted from associating with him.

E d i t o r i a l

Real World Close Combat Vs. Classical Art

YOUTUBE has a very impressive demonstration posted by ju-jutsu practitioners in the U.K. It is extremely well done, and the fellows participating are obviously dedicated martial artists. The nearly one hour long video depicts flawlessly performed skills and we watched the entire presentation with appreciation, admiration, and enjoyment.

When we were halfway through the video it occurred to us that referencing this demonstration — which offers a near-perfect representative selection of **classical/traditional** martial arts skills — would provide us an excellent opportunity to clearly explain why classical/traditional and **combat/defensive** martial arts are completely different. Not that one form is “better” than the other . . . just that they are **different**. And by describing how and why this video virtually *proves* our point, we might assist prospective students in determining exactly what approach to take when applying for training in an art

that they expect to meet their particular needs. For, just as we and our *American Combato* have nothing to offer a classical-traditionalist who is after the pure and unaltered “traditional” way that a martial art was originally taught, so those who provide instruction in a classical/traditional art have little if anything to offer the man or woman who is looking for reliable **close combat** and **self-defense** training for 21st century living.

Incidentally, we do not feel that those who, like ourself, are completely devoted to combat/defense training, cannot enjoy, appreciate, and admire the obvious accomplishments of dedicated classicists. If you wish to see the video that we are referring to, then go to YouTube and enter “World Ju Jitsu Federation Black Belt Syllabus”. Those guys are outstanding in their skills and devotion to their art. Hopefully it is still on YouTube (we first saw it last November).

To our students and friends we then addressed in an email the following commentary regarding that video, and we feel that by repeating what we emailed to them here, you might gain some clarification regarding the 180-degree variance between that which we do, and the classical/traditional approaches:

“Dear friend,

“Please watch the attached YouTube video. If you are unable to open the attachment go to YouTube and enter: World Ju Jitsu Federation Black Belt Syllabus.

“This beautifully organized and very well-run demonstration of *ju-jutsu* serves as a perfect example of what I mean by a “classical/traditional” martial art. My comments are in no way intended to be disrespectful or derogatory. It is my purpose here to emphasize a point that I have been making repeatedly since the late 1960’s regarding **real world hand-to-hand combat vs. choreographed and overly complex skills that are practiced under ideal, prearranged conditions.**

“First, notice that all of the techniques are demonstrated on a mat. Insofar as

the mat would serve *only* as protection for the “bad guy” (ie the attacker) in training, this is fine, and in no way necessarily detracts from the combative effectiveness of anything. Parenthetically, however, we note that we personally do *not* like the idea of training on a mat as it gives a very false sense of security to trainees, provides an unrealistic “ground” upon which one would actually be engaging an enemy, and enables the defender to engage in many actions that would be suicidal for himself *in a real encounter, on pavement or on debris-strewn actual ground, anywhere* (perhaps in a park or other wooded area with irregular ground conditions).

“Second, observe that all “attacks” are formalistically executed. Actual attacks are not like that. Notice that, ***with the exception of his first attacking move***, the “attacker” does absolutely nothing further that is aggressive. Rather, he **cooperates** with the “defender”.

“Third, observe that the “defender” always **waits for** and **allows** what he knows will be an attacking action to be generated by the “assailant”. He knows *how* this “assailant” will attack, and thus can render what is a rather complex, **very** “situationally-specific” defense. What this kind of training does to the student unwittingly is **oblige him to play “catch up” in any truly threatening situation**.

“Fourth, honestly ask yourself if the kind of super-precise, fine motor articulations that the “defender” executes (at full speed, and with very commendable skill in the demonstrations, we readily acknowledge) could possibly be replicated in an actual urban or wooded environment, under great stress, suddenly when a surprise attack is encountered, perhaps in poor light, when dressed in normal street attire (possibly in an icy, snowy, wintertime setting, or when it is pouring rain, or nighttime), when one is ill or in a weakened physical condition due to some injury, while wearing gloves, if one’s hand is injured . . . etc.?

“Fifth, could the physical capacity to render these moves conceivably be retained (assuming one spent the requisite **years** of practice to acquire them when young and in good condition) into one’s 60’s, 70’s, 80’s, and beyond .

. . . *when one is most likely to need them, for real?* Could anyone possibly retain even the ability to do these techniques with a cooperative practice partner(!) unless one kept in constant daily practice for lengthy sessions and was *adequately limbered up and flexible enough* to employ them?

“Sixth, it is obvious that even if, somehow, these skills could be employed under real world conditions such as we have mentioned above, there is no way that they could be utilized when **multiple assailants** initiated the attack, or when a second attacker suddenly came on the scene to assist his comrade.

“Seventh, unless plenty of cleared, flat, safe space is the scene, it is not unlikely that both “defender” and “attacker” would be injured during the application — or *attempted* application — of many if not all of these skills, simply because of the environment. People are attacked in offices, shopping malls, parking garages, classrooms, movie theaters, apartments, hallways, stores, restaurants, on staircases, on public conveyances, etc. etc. **Who the hell ever gets mugged for real in a dojo???** Yet these techniques require a “dojo environment” if they are to be executed.

“Eighth, notice that the size and the build of both “defender” and “attacker” are very similar in these demonstrations. *But do you believe that a relatively small (say 150 to 165 pound) individual who lacks serious strength, could apply these techniques against a large (say 200 to 250 pound) person who is possibly three or four times stronger?* Or that a statistically “average” size and strength female could apply these skills against a statistically “average” size and strength male? Or that an 80 year old man of average size and strength could apply them against a 20 to 25 year old aggressor who is a street savvy violent offender?

“I could go on, but I am not going to. Instead, if you are serious about self-defense, **YOU** “go on”! *You* exercise your mind and imagination and figure out for yourself what you believe will, won’t, can, or cannot work and be truly effective in a vicious, do-or-die hand-to-hand engagement with a determined,

powerful, murderous adversary.

“I wish to emphasize once again that in no way am I intending these observations and comments to be disrespectful of the very commendably skilled and expert individuals who put together this demonstration. Nor am I attempting to suggest for a moment that the study of classical/traditional jujitsu (or karate, or whatever one prefers) is a waste of time. It is not! *If you enjoy and feel that you will benefit from such classical/traditional study of martial art, then such a study is extremely worthwhile.* I am only trying to distinguish between **COMBAT-DEFENSE** martial training, and **CLASSICAL-TRADITIONAL** martial training. *Each is valuable, beneficial, and worthy.* But each is **very, very different from the other.**

“Your feedback and comments will be appreciated and welcome.”

Bradley J. Steiner

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!

Oldies But Goodies

(Those “older” handguns may just be the best choice of all for personal defense!)

"For no one - no one in this world can you trust. Not men, not women, not beasts. [Points to sword] But this....this you can trust!"

Conan the Barbarian, 1982

“**DON’T** quarrel with success” is a very wise piece of advice. And when the track record — i.e. the *success* — of a good number of the older model sidearms is understood, it becomes clear that the latest production weapons may *not* be the best choice.

This is not an attack on those handguns that are the current rage, or on those handguns that will become the current rage (assuming confiscation does not take place) in the future. Some of the latest handguns are quite excellent. And many people prefer them. However, anyone who is old enough to have carried and used one or more of those well-made *sidearms of yesteryear* will certainly be able to attest to their reliability, quality, eye pleasing features, comfort in handling, and convenience in carrying. More: some persons — like yours truly — prefer the *simpler* designs and configurations of many of the old classics, and, in a pinch, would feel a lot better being armed with one of them than with an example of the “latest thing”. And then of course there are those who *trained* with older models, *carried* older models, and came to *believe in them* and to trust their rock-solid reliability.

Newer is certainly not always synonymous with better. Perhaps what we have to say about this right now might influence some younger people who never had the pleasure of handling and shooting many of the older sidearms, and who — possibly because such excellent deals can be found (thus saving a nice chunk of money on their purchase) — might wish to opt for one, purely because these rough economic times make saving bucks however we can a virtual necessity. *One would indeed be foolish to consider only money when purchasing something so critically important as a handgun for personal protection; but if, as we maintain, some of those “oldies” are at least as good as the more costly modern sidearms, why not save?* The money you don’t need to spend on the weapon can go to the purchase of ammunition, a holster, or, if you’ve got an automatic, a couple of spare magazines. (Used firearms *of high quality manufacture* hardly lose their value or their reliability if they have been properly cared for).

So called *innovations* are not always or even necessarily good. What comes to mind is the (in our opinion) *ridiculous* “Seecamp Conversion” that was popular — purely because it was “different”, we suspect — in the 1970’s. This useless “improvement”(?) turned the outstanding single action Colt Government Model .45 pistol into a *double action* weapon. The late Col. Jeff Cooper put it beautifully: “*An unnecessary solution to a non-existent problem.*” Beyond that, it made the proven Colt’s mechanism more

complex and finicky, and *much* more difficult to control in an emergency, rapid-fire encounter. (Everyone we knew who opted for this “conversion” ended up regretting it, putting his weapon up for sale, and purchasing a new Colt .45 auto — which, lesson learned — he **did not** tamper with!).

Then there was the equally absurd “improvement” to the Browning Hi-Power (in our opinion *the single finest 9mm combat pistol ever* — **in its original, single-action configuration**). Some “geniuses” decided that converting *that* handgun into a double-action weapon would somehow make it “better”. The mess that was produced was, naturally, more complicated and prone to problems than the original Browning, *and*, when tested by SAS and others who’d “been and done”, and who didn’t need to be titillated by senseless articles each month in the silly gun magazines announcing some “newer” this or “better” that, proved to **break apart** with hard use. The original Belgium made single action Browning Hi-Powers, as anyone who has owned or who presently owns one and *uses* it will vouch: the weapon is virtually 100% reliability and apparently immune to wear! *We have never heard of any of those Hi-Powers breaking or wearing out, even after many thousands of rounds being put through them!*

With all due respect to *Smith and Wesson*, a fine firearms manufacturer, we wonder what in blazes could have made them *discontinue* their original Model 19 Combat Magnum revolver? Now there was a near perfect and ideal fighting revolver. Ditto for their Model 13 Military and Police in .357 — essentially the same weapon as the Model 19, but without the high visibility sights. They still offer their Model 10 Military and Police (.38 Special caliber only), with a round butt . . . but the weapon is regarded as one of their “classic models”, and costs over \$700 if purchased new.

Ruger, a firearms manufacturer par excellence, produced a no-frills, no-nonsense winner called the Security Six. It was ruggedly reliable — second to *no other revolver*, including the old S&W Model 19 — and sold at an incredibly low price. No longer manufactured. Go figure.

If you are looking for a reliable, well-made, *proven* self-defense sidearm

whose only “drawback” is age, then we’d **urge** you to check into any of the following handguns. Most can be purchased in excellent condition *used*. And

if you’re feeling the economic crunch —— as most of us are —— you will likely save a lot of money in the bargain. In some instances, one of the vintage

models might cost you *more* than one of the modern darlings; however, if you opt for it and can afford it —— and you have it checked out before purchasing to insure that its condition is good —— you will not go wrong or regret your purchase.

Here are the “oldies” we swear by, and unreservedly recommend:

1. The Colt Government Model/Commander/or Lightweight-original **Series ‘70** .45 autopistol. *More than 100 years old and **still** top choice of FBI HRT agents, U.S. Marine special operations forces, and a helluva lot of us who know damn well it’s a truly **great** firearm.*



2. The Smith and Wesson Model 19 (or 66 in stainless steel) Combat Magnum revolver. Two and a half inch barrel *round butt*, or 4" or 6" square butt configurations. In .357. (Which means you can also fire .38 Specials in these weapons).



3. The Smith and Wesson Model 13 (or 65 in stainless steel) Military and Police revolver. This is essentially the same weapon as the model 10, but since it fires the .357 ——— and you can always use .38 Specials if you wish ——— we'd recommend it over the Model 10. Also, this weapon was manufactured with a three inch barrel and round butt . . . and in that configuration was, in our opinion, one of the finest constant carry/concealment duty revolvers ever made.



4. Browning Hi-Power. Perhaps we are prejudiced, but we rate the original Belgium made 9mm Hi-Power (single action!) as the finest 9mm combat pistol in the world.



5. Any of the **old** Smith and Wesson 5-shot snubbies: Chiefs, Bodyguard, or Centennial in either blued carbon steel, aluminum frame (lightweight), or stainless steel. All in **.38 Special** (*these are last ditch close-in maximum concealment, lifesaving revolvers; and the .38 Special will do every time when you place those close-in shots well*).



6. These no longer manufactured Colt *revolvers*:

- The Police Positive Special
- The Official Police
- The Detective Special
- The Cobra, or the Agent (essentially 6-shot revolvers that some preferred over the S&W snubbies)



7. The Ruger Security Six. A great .357 piece, obtainable in 2-1/2" or 4" barrel length, and in carbon or stainless steel. The 2-1/2" model is referred to as the "Speed Six".



8. The Smith and Wesson Highway Patrolman Model 28. A hefty, solid .357 revolver that we'd rate very high as a bedside gun. Pure, rugged quality! Its weight makes rapid firing with excellent control easy; though we would hesitate to recommend this weapon as a constant carry piece — certainly not for constant *concealed* carry, unless you're 6'8" and weight 280 lbs. or so!



There you have what we hope is a helpful list of some of those tried-and-**well**-proven handguns of yore than are every bit as reliable, effective, and compatible with the self-defense needs of the decent armed citizen (as well as of the soldier or law enforcement professional) as is the recently produced crop of “modern” sidearms.

We do hope that you have found this helpful.

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!)

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

— General George S. Patton, Jr.

Mental Conditioning is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority 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 **nine** 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
- 005 - Tapping Into Your Vital Reserves
- 006 - Building The Determination to Prevail In Close Combat
- 007 - Become Attack Minded
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- 009 - Develop Ruthlessness For Self-Defense
- 010 - Sharpening Your Situational Awareness
- 011 - The Anticipatory Attitude - Overcoming Astonishment
- 012 - Developing Real Courage
- 013 - Build Confidence When Facing A “Tough Guy”
- 014 - Develop Coolness And Nerve in the Face of Danger
- 015 - Mastering the Ability to Take an Enemy by Surprise
- 016 - Becoming Convinced That it Really Can Happen to You!
- 017 - Banishing The Fear of Bullies *Forever*
- 018 - Become Ready, Willing, and Able to Do *Anything* In
Self-Defense
- 019 - Eliminating Hesitation and Becoming Decisive
- 020 - Raising Your Threshold of Pain

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.

Lecture 1 - 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.

Lecture 2 - Differences in Training For Combat Vs. Training For Competition Or Classical Art Performance

One hour in length, this talk provides a complete clarification for students (and possibly some teachers, as well) of the crucial differences between training for

competition, tradition, and *combat*.

This Lecture Is \$20. Plus a \$4. Shipping and Handling Fee. \$10. for foreign orders.

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

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P.O. Box 15929

Seattle, WA. 98115

U.S.A.

“ANGER IS THE PRELUDE TO COURAGE”

— Eric Hoffer

**Mercy, Tolerance, Compassion, Fairness, Rules, Ethics,
Forbearance, Sportsmanship, Humanity, Scruples, Decency . . . All
Obstacles To Successfully Defending Yourself!**

SOME people sincerely believe that every member of our species is human; that all life is precious, and that no matter how much suffering one causes the innocent, and regardless of what foul, despicably evil and detestable actions anyone commits, he or she nevertheless deserves compassionate treatment and full respect for his “humanity”. *If you are one of those who believes this, then you might as well stop practicing self-defense now. Don’t purchase any weapons. Take up horticulture.*

We are being blunt. However, unless this point gets across — *really* gets

across, takes within your psyche, and *stays* there — you really won't be prepared to defend yourself and those you love, and there will be little purpose in your spending time and expending effort to acquire the techniques and tools of individual combat and defense.

Because the *attitudinal component* of close combat and self-defense training is so critically important, it bears emphasis again, and again . . . and again. It must be emphasized at every lesson, in every class, and it needs to be recalled whenever one practices by oneself. *Just as repetitious drill in techniques is prerequisite to making those techniques doable without conscious thinking in a crisis, so **repetitious mental conditioning and review of that which constitutes proper mindset and psychological preparedness for violent combat is required in order to insure that one WILL DO that which one has learned HOW TO DO when the moment of truth arrives.***

There is no substitute for the combat-conditioned mind. Our belief is that it constitutes **90%** of that which is required for success in personal battle. And there is not one legitimate, experienced, professional teacher of this subject in the world who will not concede that it is ***at the very least* 50%** of what is required. Technical skill is *not* enough. Over the last four decades we have trained many legitimate holders of black belts in one or another of the classical/traditional martial arts who — by their own admission — could not employ their considerable physical abilities in the classical arts they had mastered **in an actual, desperate hand-to-hand combat situation**. That is why they came to us. And what we gave them — what we give every student — is **megadoses** of powerful mental conditioning as well as a thorough education in the dirtiest and most savage physical skills of man-to-man combat imaginable.

Together — proper attitude, mindset, and psychological preparedness, *plus* vicious and destructive, “anything goes” techniques — these ingredients go to produce a fully trained person who is ready, willing, and able to defend himself and to protect those he loves.

We have received quite a number of very positive reactions from those who

have purchased and are using our self-hypnosis programs. Since nearly every purchaser has been previously exposed to virtually **zero** meaningful mental conditioning for close combat, the impact of these programs has been quite dramatic and extremely pronounced. This is due to the extreme manner in which these programs literally “take hold of and recondition virtually every aspect of the user’s attitude and mindset” (to paraphrase one purchaser of several of the programs), and then do for his mind and spirit what techniques such as those we describe in our DVD Course and in our personal training programs, do for his physical capability to defend himself fiercely and well in any situation.

An attitude of fairness, compassion, mercy, or sportsmanship, etc. is no more “appropriate” in the **MENTAL** sphere of personal defense and combat than would a handshake, a smile, and a friendly slap on the back be “appropriate” in the **PHYSICAL** sphere.



THERE ARE “CREATURES” WHO ARE *IN* BUT NOT *OF* THIS WORLD. PREDATORY VIOLENT FELONS MUST NOT BE MISTAKEN FOR OR DEALT WITH AS THOUGH THEY WERE HUMAN BEINGS. THE ATTITUDE THAT YOU WOULD TAKE TOWARD TOXIC BACTERIA OR A DANGEROUS VIRUS IS APPROPRIATE. *THE IDEA IS TO PROTECT YOURSELF AND ALL INNOCENTS FROM THIS SCOURGE AND DESTROY IT BY ANY MEANS POSSIBLE OR NECESSARY.*

Imagine the attitude that you would have if you saw a roach crawling across the floor of your kitchen. You would quickly step on and crush it —— no regrets, no hesitation, no remorse, no compassion —— without a moment’s

deliberation. **THAT** is the proper attitude and mindset that you *must* have when confronting the prospect of being beaten, raped, kidnapped, stabbed, or shot by some extralegal living *scum*. *You will maim or kill that filthy gutter swine and **not** hesitate a moment* — lest he maim or kill *you* or *yours*. In fact, you should think even *less* of destroying a violent felon than you would of crushing a roach under your shoe. The roach is morally innocent. A violent offender is as guilty as sin; he *deserves* whatever he gets. *So give it to him!* Let no wasted sympathies block you or stay your hand from generating the most savage and merciless brutality against him.

All of the politically correct, socially palatable BS that the sea of lemmings and sheep keep belching out as the “right” and the “moral” way for innocent people to relate to the bacteriological **scum** and **vermin** that have been permitted to **infect** civilized cultures in western civilization must be discarded with contempt and righteous fury. *Then and only then* — when you have come to your proper senses about how *really* to deal with savages and monsters — *and to hell with how they suffer!* — will you have acquired the proper **combat mindset** for acquitting yourself well in a violent emergency.

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"Lockjack" 'im Out! (I.e. *KNOCK* 'im Out!)

WE take tactics, techniques, tricks, and methods from *any* source. If it works, we'll use it. And the following personal combat trick comes courtesy of a *genuinely* tough source: An outlaw biker gang.

Here is a method of building an ingenious improvised blackjack. It involves the purchase of nothing illegal, yet it enables you, once you've got it made and are carrying it, to knock the largest man senseless in a second.

You need two items: 1. A medium-sized heavy steel padlock, and 2. A neckerchief. Like these



A GOOD, HEAVY PADLOCK. IT SHOULD FIT COMFORTABLY IN YOUR BACK POCKET.



MANUFACTURED “BLACKJACKS” ARE ILLEGAL IN MOST CITIES. THE “LOCKJACK” IS NOT, TO OUR KNOWLEDGE, ILLEGAL; AND IT COULD BE MORE EFFECTIVE THAN A BLACKJACK!



A COMMON WESTERN STYLE NECKERCHIEF

Roll the neckerchief up and tie one of the end portions tightly through the padlock’s loop. *Presto!* By holding the neckerchief at the free end you can swing the padlock like a flail and easily clock anyone.

The trick is to keep the padlock in your strong side rear pocket. About one

third of the neckerchief extends outside your pocket, appearing like a handkerchief being carried for an entirely innocent purpose. *The protruding portion of the neckerchief permits you to seize the weapon and swing it instantly into your opponent.* Obviously, you will not use this for the same purpose that an outlaw biker would; you will use it strictly for self-defense. Example: “Hey man, give me your money!” “Sure, sure,” and you reach for your ‘wallet’, withdrawing the ‘lockjack’ and swinging it all in one lightning stroke — cracking your holdup man across his head or face. In the very rare event that this does not end the encounter, it will at least set your would-be tormentor up for *whatever* you need to do in order to drop him decisively.

Remember: *This is for an emergency self-defense encounter ONLY, when you must take serious action or be seriously injured or killed.*

The “Knockout Game”



Videos of knockout attacks have been attracting much more attention than usual in recent months. (Taken from the NY Daily News web site - November 18, 2013).

THIS disgraceful new “game” being played nationwide by sewer savages who never should have been granted the life they possess, to pollute human society by being born in the first place, is **deadly**. We are aware that at least *four* completely innocent human beings have been murdered by these roving barbarian scum who find it “amusing” to attack people. Personally, we would find it **very amusing** to hear of roving bands of vigilantes taking neighborhoods back, and capturing, beating, killing, and disposing of these predatory creatures in garbage dumpsters (where they all belong).

The videos of these horrific attacks should make decent citizens everywhere *killing mad*. Civilized society cannot tolerate this! Humans do not do this; **monsters and savages do this**. And there is no reason to tolerate the existence of monsters and savages in the cities of our Nation.

In one happy instance (in Michigan) a father who was waiting for his daughter after school **shot** a would-be attacker-scumbag who was bent on playing the “knockout” game by *tasing* him. The piece of manure was shot twice by the gentleman who happened to be in **LAWFUL possession of a licensed handgun**. We were greatly saddened to learn that the piece of garbage who was shot did not die, and that he apparently will recover, sentenced to a mere one year in jail. Well . . . maybe his wounds will become infected and he will die in jail; or perhaps he’ll be raped and die of AIDS. We can only hope for the best.

It is critical that you remain constantly vigilant when you are out and about. Keep your distance from strangers, and snap to a state of bright orange when ANY STRANGER approaches. BE PREPARED TO LASH OUT WITH LETHAL FURY AT THE FIRST INDICATION OF AN ATTACK! If you are “distance sensitive” you will notice the scum closing in — and when it’s clear that you are being targeted, ATTACK YOUR ATTACKER! As we endlessly stress to our

students: *Establish proper distance and maintain proper distance (i.e. outside of arm's reach) with all strangers insofar as you possibly are able to do so. Let no one approach you by surprise from any quarter. **Be alert.** Do not let any aggressive action continue beyond the very second you perceive it in its embryonic stage. **Attack your attacker and show not the slightest restraint or mercy!***



TRY SNEAKING UP ON *HIM* AND KNOCKING *HIM* OUT FOR “FUN”! YOU NEED TO MAINTAIN NOT ONLY THE HIGH LEVEL OF ALERTNESS AND SITUATIONAL AWARENESS THAT A TRAINED ATTACK DOG MAINTAINS ——— BUT ALSO THE READINESS TO ATTACK FEROCIOUSLY THE VERY *SECOND* AN ASSAILANT’S INTENTION TO MOVE ON YOU IS DETECTED.

Those who prey upon others — for the purpose of robbery or, as these f—ing scum happily proclaim, for “fun” — have not the slightest concern of how badly they injure their target-victims. ***Don’t you be stupid enough to care about them!*** They deserve the same “mercy” and “compassion” that a rat deserves, when it is attacking a baby in its crib.

There is insufficient outrage and determination to put a stop to these jungle savages and their mindless violence, on the part of those who direct our law enforcers and prioritize their mission. Such nonsense as seat belts, parking violations, and that foolishness of “domestic violence” appears to be all-important. ***So learn how to protect yourself, and be ever-ready to do so.***

{**For the record:** *We certainly do not condone domestic violence when in fact it is real violence. However, police have been making arrests for perfectly normal squabbles that couples have. There have always been laws on the books that enable police to arrest a husband or a wife for physically assailing their spouse . . . so the ridiculous “domestic violence” laws are 100% **unnecessary**. They are an unjustifiable politically-motivated means by which the state can interfere into the private citizens’ homes and families.*}

How about turning our law enforcement officers loose on the vermin, scum, and living predatory filth that constitutes the real problem with violence in our society? And how about citizens becoming prepared to defend themselves to the max, and bolstering their capability by legally going armed?

Well friend, your best protector is **YOU**. So please . . . for the sake of your and your loved ones’ safety and well being . . . **be prepared to defend against violent garbage!** Real tragedy can result if you are not.

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Underpinnings Of The Philosophy Of American Combato

1. Avoidance is self-defense technique #1.
*Never get into a fight. Take action only if and when you are confronted by unavoidable danger. Close combat and self-defense has **nothing** to do with “matches”, “contests”, “competition” or “sport” of any kind.*

2. Since it is impossible to accurately judge the intention and capability of any attacker, you must assume — if attacked — that you are in *extreme* danger. To attempt to assess and evaluate — i.e. to *measure* — the degree of danger you are in and the degree of precise force appropriate to the situation, is to attempt

the impossible.

3. When it is clear to you that you are in imminent danger, *act* and *act fast*. **Attack your attacker ferociously.**

4. Rely upon **blows**, including gouges, kicks, jabs, clawing, butting and biting primarily. (The ability to employ basic throws and strangulations is highly desirable as these moves are sometimes practical in a combative engagement). The blows, etc. must be optimally destructive and harmful actions. *Do not exercise restraint or moderation when you react to an attack.* This only gives your attacker a greater opportunity to maim or to kill you.

5. **Keep all attacks and counterattacks simple.**

6. **Never** rely upon a single action, counter, or movement. *Always* follow up and follow through with relentless aggression. Stop *only* when the attacker has been decisively neutralized, when

you can safely escape, or when the attacker turns to flee.

7. Expect to get hurt. Even the greatest expert will likely be injured to some extent when dealing unexpectedly with a determined, dangerous attacker.

8. Train always to deal with *general types* of situations. Avoid by-rote, set-by-step actions that are rigidly arranged. You **do** need specific attacking and counterattacking movements. But they should be specific to a *type of situation*, not to a minutely-specific, predictable and unalterable *position*. **Principles** cannot and do not exist independent of **techniques**. But good techniques are built around the training of the body to employ good principles that facilitate *spontaneity*.

9. Mental conditioning is 90% of preparedness for violent combat. This certainly does not mean that techniques are unimportant (they are *vital*)

important); but they can be utilized to their full potential only by someone with a properly conditioned mind.

10. Fitness, strength, and agility are all important and every effort should be made to achieve and to maintain optimum physical readiness within the parameters of age, present health and condition, etc.

11. Weapons are integral to close combat and self-defense. “Unarmed” is only one single aspect of proper combatives training.

12. There are no secrets, no mysteries, and no hidden knowledge. The ultimate effectiveness and formidability that is achieved in close combat and self-defense depends upon _____

- Serious, consistent *hard work* on **reliable** techniques in physical practice
- The establishment and maintenance

of the right degree of mental conditioning (“mindset”)

- The acquisition and habitual use of good tactics, and personal security measures
- Physical hardihood
- Genetics
- Luck

We believe that our System is built upon the most solid foundation possible. And many others agree!

As we receive numerous requests to quote items and passages that appear here in *SWORD & 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***:

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