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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

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LISTEN TO OUR RADIO INTERVIEWS!
Prof. Bryans and ourself each did 1-hour interviews
on the Rick Barnabo Show in Phoenix, Arizona. If
you go to prescottcombatives.com, click on “home”.
When “news media” drops down, click on that — —
and there’re the full interviews! . . . and listen to our
interview on Coast to Coast am with George Noory
on www.prescottcombatives.com. It aired live on 2
September 2014.

Editorial

Knowing When To Take Action

A variety of imbeciles would have you believe that it's evidence of your "machismo" to take up every opportunity to "throw down". And while it certainly makes sense for **sportsmen** and **competitors** who wish to rise in the area of competition and make a name for themselves to participate in all of the match contests that they can arrange, **anyone who gets into fights outside the sporting arena is a brainless horse's ass**. And any so-called "teacher" of martial arts who encourages or who participates in fights *outside of the legitimate sporting context* — or who touts for those assholes who do — should be seen as the moronic dummy he truly is.

It should be, among other things, one of the purposes of serious combat training to teach students ***NOT*** to get into "fights", and *never* to encourage or condone the use of violence save in unavoidable self-defense emergencies.

Students of formal Eastern or Western "martial arts" are not the only ones who should be trained to grow up and keep their "macho attitudes" as well as their hands, ***to themselves***. Boxers, wrestlers, football players, fencers, kick boxers who get into fights outside their respective contest arenas are societal menaces and pariah, and should be recognized as such.

However — there definitely *are* times and contexts when violent physical action is required, and is legally and morally justified in order to stop some violent scumbag(s) from victimizing yourself or someone you care about. And just as it is **especially** crucial for all *combat* trainees to be clear on when it is necessary and justifiable to take action, so it behooves those who participate in *any combat sport* to know when it is permissible to use their capabilities against someone other than a fellow contestant. We submit the following as pristine examples of *knowing when to take action*:

You must physically resist — with all-out violent force — when:

- You become convinced, even though the person(s) you are facing has not yet made an overly aggressive move, that he is about to do so.
- You are approached by someone in a manner that raises an alarm, and his demeanor and approach is assaultive.
- Two or more individuals indicate (by verbally threatening you *and blocking your exit or otherwise positioning themselves*) that their attack on you seems imminent.
- You are threatened (by a gang, an armed individual, or any otherwise apparent overwhelming force) to comply with their command to “go with him/them”, “get in the car”, etc. This may occur *after* you comply with a demand for your money or other property. It becomes clear that he/they intend to take you away from the primary crime scene.

Despite the fact that your life may be in immediate danger, remember that it will be in even greater danger IF:

- You permit yourself to be tied up, duct-taped, placed in the trunk of a car, proned out or made to kneel with your back toward a gunman, handcuffed (by other than a law enforcement officer who has placed you under arrest), taken aboard an aircraft or vessel, you are suddenly jumped by two or more assailants, *and you fail to attack and defend yourself immediately and with EVERY OUNCE OF ABILITY AND STRENGTH YOU CAN MUSTER!*
- You are with a loved one or possibly a family group and are ordered at knife or gunpoint to separate. *En masse* there is a good possibility of survival if you all *attack like wild animals*. But there is a near certainty that if you comply with the offenders’ efforts to divide you or your group that you will die en masse!

Remember that it is all too easy to *believe* such rot as “Do what I/we say and you won’t get hurt”. Identify when any situation will surely go from “**bad**” to

“hopeless” and do not deceive yourself. ATTACK AND KEEP ON ATTACKING, AND AT LEAST STACK THE ODDS OF SURVIVAL ON YOUR AND YOUR LOVED ONES’ SIDE.

These are *real world* scenarios that demand violent retaliatory action if you hope to survive. And that idea is key: i.e. that in such situations you *may not* survive! These are desperate self-defense emergencies and do not deceive yourself about that. **Be prepared to attack without mercy and to keep on attacking like a wild animal until you can get away safely.**

There is a natural tendency in sane and decent people to be reluctant to finally accept that violent, injurious action **must** be employed because the last moment has arrived when violence can any longer be forestalled. We therefore make the point, and hope that you *get it*: Whenever circumstances like those described occur, **that** is the moment of truth and you had **better** be fully ready, willing, and able to **GO!**

A very important reason to go over the prospect of predicaments like those we have discussed is because when such situations arise, **anyone** — trained or not — experiences shock. By reviewing such scenarios and deciding ahead of time what must be done if they occur, the shock and astonishment decreases significantly. Having considered the matter ahead of time and determined what you will do, you will not freeze, panic, or initiate an inappropriate reaction.

IT GOES WITHOUT SAYING THAT THE RATIONAL STUDENT OF COMBAT ARTS WILL *ALWAYS* STRIVE, WHEN IT IS REALISTIC AND SAFE TO DO SO, TO **AVOID** VIOLENCE. Our purpose here has been to awaken such students to what inevitably must be taken as **THE NECESSARY MOMENTS** to take action. *These situations may not be clearly addressed in the conventional “martial arts” or even self-defense training that is generally given. It certainly is ignored in all sport and competition training.*

Learn this well. It could save your life.

Bradley J. Steiner

Don't miss our article in the "Monthly Instruction" Section of www.seattlecombatives.com discussing those techniques that you do *not* need and that you should *avoid wasting time on*, if your interest in in serious self-defense and close combat.

Learn A good, Basic Set Of Counterattacks And Try Never To Need Them!

WHEN attacked from behind (a situation that can usually be prevented by the exercise of alertness, and by always being careful to have something blocking off access to you, from the rear — like a wall) it is unlikely that you be unable to preempt what occurs. In such instances, or — and this *can* be avoided just about 100% of the time — if you are in mental condition "white", you will need to contend with what likely will be a full force aggressive onslaught that has made impact. No chance to get a jump on things and slam your own attack home before the adversary can get to first base. However, whenever you are aware of any aggression *beginning*, on the part of anyone you do not know, or from anyone you are suspicious of, you can

almost always get a **preemptive attack** in before your assailant manages to achieve anything against you.

One of the great benefits of being **offensively oriented**, as opposed to playing catch-up by depending upon the ability to deal with whatever specific action your attacker decides to initiate, is that you will be *faster* and you will require *far fewer techniques* in order to defend yourself. “Knowing a specific defense” entails the need to *perceive the assailant’s specific attack, for which that specific defense was developed*, in order — in a crisis — to defend yourself. Too slow. Too weak. Too unrealistic.

Build your self-defense and unarmed combat ability upon an offense-based tactical imperative. **Preempt** whenever possible. *Do not wait a millisecond longer than the moment you realize an attack is being launched against you, before attacking your attacker.* We have been emphasizing this since the late 1960’s and we note that the idea has caught on. Today, a lot of “instructors” parrot the message . . . but they do not truly emphasize and stress its proper application. You must **de-emphasize** “self-defense techniques” in favor of effective **attacking actions**. This does not mean that you do not train in counterattacks for use when preemption is impossible; but it does mean that you must think, conduct yourself, and train so that the *need for counterattacking inevitably diminishes* as your skill and mindset develop.

This concept is so crucial that we strive endlessly to emphasize it and explain it so that every student will make it a part of his personal equipment. The System that we founded in 1975 — *American Combato (Jen•Do•Tao)* — is built and rooted in and upon this foundational concept. The skills and techniques that we teach reflect this principle, and through training, instill it in our students.

We are teaching and writing the **TRUTH** concerning close combat, self-defense, combative weaponry, the psychology of violence and personal combat, physical training, et al. For *your* sake, please do not be misled.

Fundamental to becoming effective in self-defense and close combat —

really effective, *outside the dojo or practice hall* — is mastering the preemptive (“attack the attacker”) strategy, and learning the skills that we teach, while cultivating **attack mindedness**. This is why, for example, so much of the preliminary material in our DVD Course focuses on the finest combat blows derived from WWII military and related methods (including some classical), and an entire *proven* syllabus of **attacking combinations**, as well. Then, we get into counterattacks.

Counterattacking (i.e. “self-defense” techniques) cannot be dispensed with. No matter how highly developed your preemptive capabilities may be, no matter how alert you may remain, and no matter how ardently you keep your edge in training, you **could** find yourself taken somewhat unawares and in need of counteractions, before you can render your attacker harmless.

But counterattacks, like attacks, must be correctly formulated, integrating the skills that they employ in such a way that they adhere to what in military parlance is referred to as “**combat logic**”. This means, in simplest terms, that the techniques must work **in real combat**, and not be merely “theoretically” doable in controlled practice. Our counterattacks, like our attacks, basic blows, and related skills ***ALL*** meet this standard of being “combatively logical”. **They work**.

They work because they are *generally applicable*, they employ *gross body movements*, they are *simple*, they are *very destructive*, they lend themselves to *infinite ad libbing and further development of offshoot attack combinations* as well as *mastery of followup and followthrough*, and they are *easily retained*, and readily applicable for people of all sizes, levels of strength and/or athletic acumen, and age. What is more, every counterattack decisively neutralizes (not merely “controls”) the attacker — all crucial in real combat engagements. Consider “age”. Long standing “champions” of all competitive martial sports **retire** from competition at some point. There are few competitors past the age of 45. But can anyone fail to understand that as someone ages he becomes a **more desirable target for violent offenders**? Senior citizens need reliable, effective skills more than 20 year old weight lifters who are regular on the competition circuit, and who aspire to be

“champions”. The competitor has a limited shelf life. Self-defense is *for* a lifetime!

You want reliable, simple, retainable, destructive counterattacks — but **FIRST AND FOREMOST**, whenever a violent emergency cannot be *avoided*, the ***vicious, fast, powerful attacking action*** should be relied upon as your key and core reaction to danger. **Get the bastard(s) before he(they) gets you!** This works.

Your counterattacks are secondary and subordinate to your offensive *attacking* skills and tactics. You certainly need them as your backup. But as is the case with “backups” in anything . . . you really do not want to have to resort to them. Learn a good syllabus of counterattacks. Then try to never need or use them.

DVD Course NOW AVAILABLE!



(You Can Learn Self-Defense and Close Combat At Home!)

Here are a few comments about us and what and how we teach, from a handful of the many genuine authorities in the field of close combat and self-defense who are familiar with us and with our work:

“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”

— James R. Jarrett,

Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”

— Greg Anderson,

Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.

“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is incredible!”

— Detective Ralph Friedman (NYPD Retired),

Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has

received, among other awards, the coveted 'Combat Cross'. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”

— Maurice (“Maury”) Geier,
Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”

— Grandmaster Jim Harrison,
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim Harrison’s accomplishments and contributions to the combat arts in America.

“From you I learned the valuable lesson of ‘attacking’

**instead of ‘defending’ when you have to defend yourself”
— Grandmaster John McSweeney,**

The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

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

— Dr. Albert Ellis,

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

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

— George Kalishevich,

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

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970’s, I found that Mr. Steiner’s advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

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

— Grandmaster John Perkins,

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

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

DVDs!

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

available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this

instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior

experience in any martial art can understand and develop the skills! These are the first four of *American Combato's* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn

- How to counter sudden grabbing attacks from behind
- How to counter holds that may be applied from behind

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife

- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

• Key principles and tactics of countering more than a single aggressor

• The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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

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

DVD#11 KNIFEWORK

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

- Defending yourself with a knife

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

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

All DVD purchases are of course nonrefundable.

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

**Brad Steiner
P.O. Box 15929
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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!

**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 in 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 are **20 Complete Self-Hypnosis Programs** available:

- 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**
- 008 - Develop An Instant-Violent-Response Capability**
- 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:
Brad Steiner**

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

The Yawara Hand Stick — Pro's And Con's

THE *yawara stick* is about the only “classical” martial arts weapon that is included in the weapons curriculum of *American Combato*. The **handgun, shotgun, carbine, modern fighting knife, American (i.e. *La Gana*) Tomahawk, Koga and related police batons**, and the **walking stick** comprise the “weapons syllabus” in our System. *Unconventional and improvised weapons* are taught also. However, these must obviously constitute *modern* objects-and-implements at hand, since we now live in the 21st century and it is hardly likely that objects-and-implements normally a part of daily life in the 18th century (or earlier) will be laying around available in a violent emergency.



Above: A commercially available yawara stick. The hard steel balls at each end make a very concentrated, destructive blow possible. And the design of the stick facilitates a powerful grip.

So what's so good about the yawara stick? Simply put, with certain modifications and alterations in *how* it ought to be employed today, it is, although technically a “classical-traditional weapon”. *still very effective*, within certain limits, today.

“Yawara” was one of the old *Japanese* ju-jutsu systems. The *yawara stick* was a weapon that was included in that ju-jutsu system's overall training program. The purpose that the stick served was **NOT** at the time as a weapon for serious, battlefield combat. Warriors had swords, heavy maces,

bows and arrows, and spears, for warfare. The yawara hand stick (manufactured then in wood or plastic) served the warrior when his assignment roughly paralleled that of the modern police officer. In this regard remember that the *bugei* (or “samurai”) quite often undertook tasks for his retainer that included “peacekeeping” — or, perhaps more accurately, maintaining law and order. In that capacity many wrongdoers whom the *bugei* was tasked with controlling or arresting needed to be subdued and managed with less than lethal or maiming force. Unarmed ju-jutsu was the primary means of subduing. Tying opponents up was also a well-developed skill. And the *yawara* stick served to assist and to enhance the effectiveness of each of these “police” tactics. By providing a wooden or plastic contact point, yawara sticks enable enormous pressure to be exerted against pain-compliance points, increasing the effectiveness of tactics in which these points were used, usually in conjunction with ju-jutsu locks and holds. Even a strong, well-conditioned hand is unlikely to focus pressure that is comparable to the (often pointed) end of a short, stout length of solid wood or plastic.

The use of yawara sticks outside the above-described context was almost nonexistent. *Again, the warrior had access — virtually **exclusive** access — to much more formidable weapons when more formidable force was required.* Still we do see evidence that the employment of the yawara stick was, *rarely*, used to assist in the application of *atemi* (“body smashing”) blows. We’d guess that this occurred when a warrior became angry and frustrated with some resisting troublemaker, and never in any military battle context.

The yawara stick — *then* — served the purpose of giving the *bugei* an increased advantage when in the role of a policeman. (Remember, he already had the huge advantage of possessing much greater physical hardihood than the commoner, coupled with his ju-jutsu, an art that was **banned** to the peasant or working class during the era of the warrior).

So . . . could police make use of the yawara stick *today*, for applications similar in the modern era to those encountered by feudal warriors of Japan? We rather doubt it. The stout hardwood **baton** is — or certainly ought to be — the modern cop’s mainstay for less-than-lethal situations where his

hands and feet are not enough. **As a weapon for control and submission, it is our opinion that the yawara stick has had its day.**

But the interesting thing about the yawara stick is that in addition to its original use, it can serve as a handy defensive weapon today.

Damaging Blows — Not Pressure Points

When employed as a weapon today, the yawara stick should be used exclusively for **striking blows**. Held in the hand so that an end protrudes from the thumb and little finger sides of the clenched fist, its potential for delivering concentrated, powerful strikes to vulnerable targets is impressive. In *American Combato* we teach the use of a series of rapid strikes using the yawara stick to vital targets:

The **thumb side** end: Against the face, throat, solar plexus, sternum, bladder, ear, side of neck, temple, ribs. The method of striking employed is the same as the basic straight punch action, with the hand canted slightly so that the end of the yawara stick, rather than the fist, connects upon impact. Another delivery method is by using an inward-arcing blow (similar to a reverse handaxe blow).

The **little finger** end. Against the facial area, collar bone, skull, nape of neck, kidney, spine. The method of striking is with the circular *hammering* type blow (common to *kenpo-karate*) and/or the whipping vertical blow or lateral blow (same as utilized with the *handaxe* or the *hammerfist* blows).

Either the **thumb** or the **little finger** end driven into the eye — crushing it. This is done by punching *slightly past the side of the opponent's head, alongside his temple*. The end of the stick crushes into the eye as the fist shoots past the head. ***A very, very dangerous blow which easily could cause blindness!***

You Don't Need A Manufactured Yawara Stick



**A MINI MAGLITE — LEGAL EVERYWHERE, AND EASILY CARRIED AT ALL TIMES —
MAKES AN EXCELLENT YAWARA STICK.**

You certainly do not need a commercially produced yawara stick to employ the principle of striking with this device. A closed folding knife, an unextended “expandable baton”, a thick pen, or virtually any piece of metal tubing, or even a simple six inch length of dowel or hardwood will serve very well. **And**, there is an advantage to using such an improvised yawara stick: *It is not a manufactured “weapon” per se.*

When we lived in New York back in the 60’s and early 70’s, we made an excellent yawara stick by cutting a six inch piece of solid steel off an old barbell bar. We taped it for a grip and carried it in our back pocket. We would hesitate to recommend this for anyone to do today, since there is no way that such a device would *not* be taken as a weapon, were it to be used and later described in a police report. If you are going to carry a **weapon** per se, then get a permit to carry a handgun. That’s a *far* better weapon than any “yawara stick” — and if you own and carry it, and use it, *lawfully* you won’t get into trouble. If you live in a place like New York City where only the police and violent criminals carry firearms, then any yawara stick that you carry should be a simple length of hardwood, or a mini maglike; something that will work very well as a weapon, and that cannot get you in trouble if you use it in legitimate self-defense.

Used as it was originally used we'd dismiss the yawara stick from consideration. Private citizens should ***not*** bother with arrest and control and restraining holds.

Used as a bolstering tool to enhance and intensify the ***blows*** that have been learned in unarmed combat, the yawara stick ——— or similar item *used as a yawara stick* ——— can be a very valuable, formidable self-defense weapon for the urban environment of the 21st century.

You Cannot Do Battle On An Equal

Footing

QUITE properly, every combat *sport* demands that contestants engage on a relatively *equal* footing. That is, there are **rules**. And the winner in a sporting combat **contest** is the individual who has met his adversary on a level playing field and on an equal footing and who has, according to this strictly enforced parameter of ***permitted actions*** managed to defeat his opponent. All well and good. understandable, ethical, fair, and in most cases reasonably safe.

Combat (military context or personal defense) must be handled differently. Here, there are **NO RULES**. And for the participant who fights for his safety and survival (and possibly the safety and survival of his loved ones, too) the best policy is to ***TRUMP THE ENEMY BY BEING WORSE ——— I.E. MORE VICIOUS, MORE UNSCRUPULOUS, MORE FOUL, UNDERHANDED, AND MERCILESSLY SAVAGE AND AGGRESSIVE THAN HE IS!*** Like it or not, you need to have and to adhere to this philosophy in **any** serious and real situation of **war** if you wish to stand the greatest chance of winning.

If, in your private life, you had a problem with a lawyer, your wisest step would be to contact the state **bar association** where you live. This organization can match and trump a lawyer. Unless *you* are a lawyer, you cannot do so; and you'd be a fool to try.

Always go over your adversary's head, so to speak. He must be assumed to be larger, stronger, more skilled than yourself, intent upon maiming or killing you, and in possession of a weapon, as well as having the benefit of cohorts who will jump in to assist him. **GO AFTER HIM WITH EVERYTHING YOU'VE GOT!** Do *not* trade him blow for blow, tit for tat, or adhere to some ridiculous, politically correct “force continuum”. By the time you finally realize that you’d better ratchet up the degree of force that you are using — because your adversary is indeed a life-threatening madman — you will be fodder for the stretcher-bearer or coroner.

Got something in your hand? *For heaven's sake use it!* (Never mind that he's not “armed”).

Opportunity right there to break that SOB's leg with a side kick as he raises his fist to punch? *Kick him!*

Aware of the proximity of his eyes as he seizes you under the arms to grapple? *Go after his eyes like your fingers were steel claws!*

Suddenly confronted by four or five gang members who stand in front of and who block your vehicle? *Step on the gas and smash through that gathering of bacilli!*

Got it?

Unless the “fight” is a prearranged **SPORTING CONTEST** which both of you have agreed to enter, and during which both of you have agreed to scrupulously adhere to the contest rules, **you are under no obligation to meet your adversary on an equal footing!** The felon who attacks you deserves to be destroyed, not accommodated. The sonofabitch wants to fist fight? **To hell with him.** You throw dirt in his face and kick him in the testicles. Then *make sure he is kaput before you stop.* You would be insane to attempt to match a real attacker with some “ethical level of oounterforce”. **Go over his head! Blast through him with fifty times the violence and**

ferocity that he brings to *you*! DO NOT EVER FIGHT A DANGEROUS, POTENTIALLY LETHAL FELON ON AN EQUAL FOOTING!

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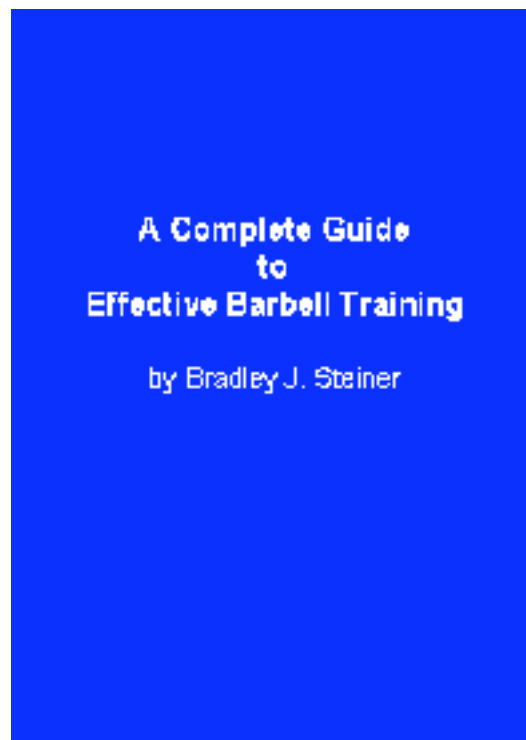
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