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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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Prof. Bryans and ourself each did 1-hour interviews on the Rick Barnabo Show in Phoenix, Arizona. If you go to [prescottcombatives.com](http://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 and our most recent interview with John B. Wells on Caravan to Midnight on

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# *Editorial*

## *YOU ARE TRAINING FOR*

### *WAR!*

**(Warfighters Prepare Carefully For Those Against Whom  
They Wage War)**



**WAR IS THE “SELF-DEFENSE” OF A NATION. AND JUST AS  
SERIOUS COMBAT ARTS STUDENTS PLAN AND PLOT FOR DEALING  
WITH ANY KNOWN ANTAGONIST, SO DO MILITARY LEADERS.  
SELF-DEFENSE IS WAR IN MICROCOSM. IT IS NOT A SPORT!**

**BOXERS** train and condition themselves in order to be prepared to fight other boxers — with *boxing*. The same thing applies to wrestlers; to karate competitors; to fencers; to judo men, etc. And, even though it seems that few are sensible and honest enough to admit it, the MMA/UFC competitors train in order to be able to engage and to defeat others who are — similarly — using the allowable skills of MMA and UFC. *No competitors train for combat. They train for their particular brand of*

## competition.

Combatives people —— or combat arts devotees —— do not train in order to meet any particular “style”, “form”, or “repertoire” of fixed, established skills. They train in order to survive violent attack and/or to win in military type hand-to-hand close combat engagements. in **war**.

It is amusing how many actually resent anyone’s pointing this out —— even though it is irrefutably true. Combat arts people do not seem to have any problem with those who relish competition; but for some odd reason the competitors (*especially the UFC/MMA crowd, and their fans!*) vehemently dislike those who focus on combat and defense. Apparently, the MMA/UFC people are totally convinced that, because *theirs* is some “ultimate” form of something, or because they follow a combined hitting/grappling sport, **they’ve got the combat and self-defense stuff covered. No need to look beyond what *they* do; they’ve already proven(?) that by using their skills as they do to win match events, you will automatically acquire the ability needed to defeat enemies and attackers in *real combat situations*.**



“WARPLANNER” W.E. FAIRBAIRN TRAINED TO UNDERSTAND THE ENEMY, AND THEN TO DEAL WITH HIM — AS WAR (SELF-DEFENSE) REQUIRED. WHETHER BETWEEN NATIONS OR BETWEEN INDIVIDUALS WARFIGHTING DEMANDS A MINDSET AND METHODS THAT ARE UNTHINKABLE IN SPORT.

Several years of ardent pursuit of judo, UFC, boxing, MMA, wrestling, or karate as a competitive sport will, we readily acknowledge, provide *the accomplished competitor with some ability to use his sporting skills and experience in actual battle*. However, that most emphatically does *not* mean that in order to develop optimally as a close quarters combatant and self-defense expert, you must involve yourself in a combat **SPORT**. If actual physical combat skill and self-defense ability is your sole objective then you would be very well advised **not** to become a sportsman. Instead, study **combat**. Get to the core of the matter right away. *And stick with it*. You’ll never be able to garner prizes in any match fighting, and you won’t know the first thing about winning contests and becoming a “champion”. **But if you have no interest in becoming a competition champion, and if in fact you frankly don’t enjoy sports all that much to begin with — why bother?**

Self-defense is a very worthwhile, important objective. To train for it instead of following a classical martial art or a sporting form of competition fighting demands no apology. It is a legitimate end in itself. And if that is the end that *you* seek, it is important, in assessing the skills, mindset, tactical orientation and techniques that you follow to ask yourself: “Against whom must the methodology that *I* study be effective?” and “Who will *my* adversary be?” **Know your enemy.**

The student of self-defense confronts a special kind of opponent. In fact it is an opponent that is not truly and fully human or civilized; it is an opponent whom one meets *not* on any field of honor, but simply due to misfortune. One’s attacker is an *adversary* in the sense that infectious bacteria is an adversary of normal good health. There is nothing enjoyable, sporting, exciting, or self-improving about meeting a physical enemy whose intention it is to abuse, injure, maim, or kill you. “Respect” is always due a violent offender — but *never* the type or quality of respect that one has for a sporting opponent. One respects an opponent in competition as an equal.

One respects that opponent as a person, as a *fellow human being*, and as a devotee of the same discipline that one is dedicated to, oneself. One may often even admire and have the highest personal regard for a sporting opponent — regarding the opportunity to have a match with him as the highest *honor!* **One respects a violent offender the same way and for the same reason that one may be said to “respect” a dread disease. One appreciates how dangerous and threatening to one’s well-being and life itself that offender (or disease) may be, and hence you *never take it lightly*. But there is no positive human regard for an attacker; there cannot be any. There is and ought to be HATRED, CONTEMPT, REVULSION, THE DESIRE TO DESTROY, RESENTMENT, AND THE FOULEST WISH TO SEE IT (I.E. ONE’S ATTACKER) WIPED OUT OF EXISTENCE.**

In today’s climate of liberal, permissive, socialist **S——T** our philosophy will seem to many to be unacceptable. Fine. Our desire is only to communicate with those whose standards and premises reflect our own. We have no desire to debate, discuss with, or even listen to, those who can’t seem to “**get it**”. We came to regard the concept of making concessions to pure evil as untenable and inexcusable back when we were a child in grade school. Thus we have long since left in the dust those apologists for violent living garbage and regard them as enablers of the dregs of human society; hence **miles beneath contempt, themselves**.

You are preparing for **W A R** when you train in self-defense —— with and/or without weapons. It is preparation for a war that, God-willing, will never come to you. And we hope with everything in us that *all* of our lives may be lived in peace and harmony with our fellow man without any suggestion or hint of violence or physical coercion. However, precisely because training for self-defense is preparing for a war ***that you do not wish to ever have to engage in, and that which you do not yourself contribute to the onset of in any way, the situation necessitates extreme and mercilessly brutal and ruthless methods***. The situation, should it ever manifest, will be one of **desperation**. *You will be engaged in a struggle for survival; a struggle the necessity of which has been imposed*

*upon you by a violent aggressor. And there will be no way to know how exactly he will attack you; what exactly he intends to do to you; why he has targeted you; how dangerous he is . . . and so forth.* To be realistically prepared, obviously, you must assume and train for the **worst**. Otherwise, if a given situation should prove to be horrific and life-threatening, you will not be prepared. **This makes whatever training you did essentially wasted.** Certainly you can do everything right and *still* end up maimed or killed. But if you do everything right then you can be assured of victory **IF VICTORY IS AS AT ALL POSSIBLE IN WHATEVER GIVEN PREDICAMENT YOU FIND YOURSELF IN.** No system, method, course, teacher, or approach to self-defense can deliver more than that.

A new student's introduction to close combat and self-defense should not consist of him being taught the almost ***IMPOSSIBLE-TO-APPLY-IN-A-DANGEROUS-SITUATION-AGAINST-A-FAST-MOVING-MURDEROUS-ATTACKER- "KOTE-GAESHI"(WRIST-TURNING) NONSENSE.*** (That was, following the ukemi, the first "technique" we were taught, when back in the late 1950's, we took our first lesson in ju-jitsu!). Nor (unbelievably!) should a soldier's beginning lessons in hand-to-hand combat consist of his getting down on his hands and knees and facing a similarly positioned fellow soldier, and commencing to go through sporting grips and ground holds. Learning how to tie one's belt, bow appropriately, sit in zazen, formally employ whatever classical skills one's teacher fancies against a cooperative opponent, memorize the Chinese (or Korean, or Japanese, etc.) terms for one's teachers, techniques, uniform, school, etc. is all well and good **for the classical pupil!** But the man or woman who comes in off the street looking for a reliable way to cripple a thug, maim a mugger, or bring a lethal attack to a brutal and merciless halt — *even if it costs the would-be murderer's life* — has no remote need of these quaint and interesting things. *They belong to the classicist.* And no police officer, security professional, bodyguard, soldier, marine or private citizen who is schooled in holding, throwing, ground-pinning and grappling, etc. is being prepared for anything — except perhaps to die.

Granted a *small amount* of arrest and control methods are needed by law enforcers and security people; but that ought properly to constitute possibly 10% of their curriculum. The core 90% should provide lifesaving skills . . . skills to augment and coordinate with the sidearm, shoulder weapon, baton, etc., and/or to be used when life and limb are in danger and when the only thing immediately standing between the officer and possible death is his skill in unarmed combat. The law enforcer, like everyone else who requires preparation for dealing with an unknown attacker, must train for the enemy he faces. And since he cannot possibly be a mind reader, **HE MUST TRAIN FOR THE WORST, AND BE FULLY PREPARED — MENTALLY, TACTICALLY, AND PHYSICALLY — TO HANDLE THE WORST.**

Our constant emphasizing that combat and contest are completely unrelated, and that, popular though it may be, participating in competition in order to prepare for hand-to-hand combat, is a mistake comes only from our knowledge that **THIS IS A FACT**. It has nothing to do with “not liking contests”, with “feeling that competition people can never defend themselves”, and certainly now with having any absurd idea that combat training is for some reason “better than” classical or competition training. We use the word ***DIFFERENT*** (as anyone who knows us at all knows with certainty).

Warfighters prepare for **WAR**. And they do it by understanding their enemy. Intelligence provides information on the enemy’s *assets* and *intentions*. Nearly always this information is imperfect and incomplete, but however much of it can be acquired and analyzed **must** be factored into the plan for war. Warfighters *never* underestimate their enemy, and they *always* (unless they are fools) prepare to deal with the worst that their enemy can bring to bear against their own forces. Again, unless they are fools, “rules”, “morality”, “ethics”, “decency”, “restraint”, “forbearance”, “mercy”, “compassion”, and all related sentiment ***GOES DOWN THE TOILET!*** This is necessary because war is for **survival**. It is itself quite **moral**, too, if the war is one that is fought in defense of one’s country and way of life, and not for the purpose of conquest or subjugation.

All of this clearly parallels **self-defense**, which, as we pointed out in the 1970’s, is **war in microcosm**.

A aggressor ——— whether a solitary criminal aggressor, or an entire aggressor nation ——— is an unscrupulous enemy whose intention is to win at any cost. A defender ——— whether a solitary citizen defender, or an entire defender nation ——— must determine, mobilize, and function so as to win at any cost.

Learn this lesson well. If you are training in self-defense you need it.

**Bradley J. Steiner**

**We are very proud of one of our students: Officer Jason Ellis, whose outstanding service as a law enforcement officer has earned for him a Distinguished Service Award for his outstanding performance on the job for eight solid years. Congratulations Jason**





## Simple, Serious Solutions

**VERY** often a violent attack is clumsily mounted and leaves the offender wide open for effective countermeasures. In fact we would pretty much place *all* violent attacks into that category, with but three exceptions:

- Attacks from behind
- Attacks by multiple assailants
- Armed attacks

Certainly there could be some exceptions. A hard training karate exponent in his prime —— or a boxer, judoka, wrestler, kickboxer, etc. —— who launched a sudden attack from the front and without any weapon in his hand or cohorts to assist him, would certainly pose a *very* difficult problem.

However, with the sole exception of a film we once saw taken at a beach in Brazil (if we remember correctly) the only martial arts man we've *ever* seen initiate an attack was one of the Gracies. We believe that his initiating violence stemmed from some real or imagined “insult” to the Gracies or/and to their System; but we're not sure. Aside from that incident, those whom we would categorize as well-trained, properly conditioned, experienced, and adult participants in virtually *any* of the martial arts would not go about starting trouble. (Ah, wait! We did remember one other fellow. A creep going by the name “Tommy Karate” who, regrettably, *was* a highly skilled karate exponent —— even trained in Japan for a while —— but was a member of organized crime, and plied his considerable abilities as a mob enforcer). Well, at least he didn't bother anyone who had nothing to do with him!

Seriously, well-trained people rarely if ever present any sort of problem to private citizens who mind their own business; and the prospect of being mugged or beaten up for kicks, or sucker punched, or strong-arm robbed by a properly trained black belt is **highly** unlikely. Don't worry about it.

Returning to our point about most attacks themselves being such that they provide an automatic and excellent opportunity for a trained defender to handle the matter rather easily . . .

——— Being **GRABBED HOLD OF**

Whether the grab be to your wrist or wrists, arm or arms, collar, lapel, belt, body (over or under arms), neck, or hair, so long as you *are aware of it coming, and your attacker is within range of your visual perception*, it really ought to be pretty obvious how you can deal with the aggressor efficiently, swiftly, and long before he can cause any real harm to you.

The key of course is to be **attack minded**. The awareness of your assailant moving on you should trip your “attack wire” and launch a fierce, powerful, and immediate attack of your own — employing the most expedient natural weapons at the moment — to your attacker’s exposed vital targets. *And if you do this, and keep on attacking, your adversary will be unable to adjust and to cope, and you will almost certainly win.*

No one within view can suddenly grab you so that the entirety of your body is immediately immobilized or rendered helpless unless you allow him to walk up to you and do it. A **skilled blow that, untelegraphed, is launched into a vital point might do this**, but a grab won’t. (The protection that you have against a blow — punch, kick, etc. — is **alertness** and **distance**. But more about that in a moment).

The very best solution to a sudden, powerful grab is normally:

- √ Ram your fingers into the attacker’s eyes
- √ Knee him in the testicles
- √ Head butt his face
- √ Slam an elbow shot into his sternum/solar plexus area — or into his head
- √ Punch him in the sternum, solar plexus, or testicles
- √ Front kick his knee, shin, or testicles
- √ Side kick his knee/shin/foot arch
- √ Apply a throat lock
- √ Use a one or two-hand ear box attack
- √ Drive a tiger’s claw to his face
- √ Deliver a half-fist strike to his throat or neck
- √ Tear one or both of the attacker’s ears off
- √ Bite the attacker’s face
- √ Bash the bridge of his nose with a hammerfist smash
- √ Drive a heelpalm to his nose, eye, temple, or jaw
- √ Deliver a chinjab smash

Experiment. Working **carefully** and **slowly**, with a **reliable** and **mature** partner, have him apply — or try to apply — any type of grab he wishes from

the front or from either side, within range of your peripheral vision. **USING EXTREME CARE** note how you can, with just a little bit of practice *immediately* launch a counterattack when you “think attack” instead of bothering with how the assailant has seized you, and wasting time trying to defeat the grab, itself.

You will come to appreciate just how vulnerable an *attacker* is, providing he moves on a well-trained, aggressive, and unhesitant target.

### ———— Being **PUNCHED OR KICKED**

Blows are superior to holds for either attack or defense. They can be launched without warning, they go straight to the target, they cause immediate severe pain and or disability, and they momentarily *stun* when and if they land well. A *skilled* boxer or karateka is normally an excellent exponent of hand-to-hand in self-defense. The same may be said for a hardened street fighter; his experience, toughness, speed, agility, and indifference to being hit makes him dangerous.

For practical purposes we really do not need to worry much about being attacked by a well-trained boxer. It *could* happen, but, like well-trained martial arts students, boxers are normally **not** violent people outside the ring. Even when they are more aggressive than they ought to be, they don’t go around mugging, beating, robbing, raping, and thrill-killing. They get into *fights*. And getting into a “fight” per se can be avoided by anyone who is determined to avoid it. Unlike an **attack**, wherein there is always a defender; in a **fight** the matter is one of mutual combat. And mutual combat is stupid, dangerous, and **in violation of the law just about everywhere civilized human beings live!**

Distancing ——— one of the critical components of stance, readiness, and interactive movement that we emphasize in *American Combato* ——— coupled with mental condition “yellow” and *situational awareness* is the foundational tactical strategy in being able to counterattack an assailant who initiates a blow using his hand or foot. If you are aware of a stranger’s approach **stand outside of arm’s reach and in an off-angled (“Relaxed-Ready”) stance.** *Your* opponent must either move in closer to you so as to get into range for a blow (in which case you will **readjust and move back**), or he must make his move from the established distance (in which case you

will have time and room in which to deal with whatever blow he attempts). We have always favored the low to-the-knee side kick against any and all types of punches or punching attacks. Front kicks can work, too, but the side kick is much more desirable.

A fast sidestep is excellent against a blow, and of course a lashing side kick to the attacker's knee should follow instantly.

In real world encounters a simple version of a front kick is normally the kind of kick one can expect from an attacker, and a fast side kick into the kicker's shinbone as he throws that kick is a fine countermove.

If your experience has indicated that you're fast and super-alert, you might experiment with these counters:

—Straight punch to your head:

Sidestep (either side) and parry outward. Then employ a low hooking kick to the attacker's groin, or a side kick to his knee. Follow up!

—Roundhouse punch to your head:

Step inside the swing, outward shielding with a high area block that *wraps around* the assailant's punching arm, as you drive repeated chinjabs and possibly a knee-to-testicles or two into him.

We like Fairbairn's chair defense technique for use against a fist-fighter whenever there is a chair handy.

Obviously, if you ever notice that someone is *about* to punch or kick you, **ATTACK!** If someone assumes a fighting position **ATTACK**. Never wait until *any* type of violence that you are able to see coming actually "connects". That is foolish, indeed.

You do not want and you do not need an extensive array of complicated, elaborate, situationally specific fine motor types of "self-defense techniques". Yes, these can be interesting to study as a *classicist*; but as a student of close combat and self-defense you don't want that approach.

Dangerous, violent attacks are *simple*, and they are always *serious*. Likewise, the close combative measures that you want to be instantly prepared to take against such attacks must be **simple** and **serious**.

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## Interesting Information About A Great Judo Man's Training

**THE** term “superman” cannot reasonably be said to apply to too many people. However, in our humble opinion the term is all but a *required* designation for the late Kodokan judo master, Masahiko Kimura. Kimura was an anomalous physical and technical judo marvel. He was *so powerful*, we were told, that he was asked not to employ his pet throw full force — o-soto-gari — when engaging fellow black belt judoka *on the mats* at the Judo Institute! Think about that for a moment. Accomplished, hardened, well-trained, in-shape, in-their-prime, black belt judo experts who have *mastered* the art of ukemi, and who are being thrown on mats found Kimura's basic leg-reaping throw (the first throw taught to white belts in judo) too traumatizing to withstand! Now *that* is power.

Weight training was a mainstay in Kimura's personal training regimen. This is hardly surprising. The important thing to bear in mind here is that only genetics will enable *any* training to produce a Kimura . . . however, just as weight training contributed to Kimura's fullest development, so it will contribute to yours.

We thought you might be interested in seeing Kimura's personal training routine. He followed it six days a week. We suggest you use it for encouragement and inspiration; do not attempt to emulate it!

### **Masahiko Kimura's Daily Training**

**Regime (Kimura trained 6 days a week):**

*1,000 Push-ups or Hindu Push-ups*

*Bunny Hop- 1 km*

*Headstand- 3 x 3 Minutes (against a wall)*

*Judo Practice- 100 Throws*

*One-Arm Barbell Lift and Press- 15 Reps each side OR Bench Press- 3 Sets: 3, 2, and 1 Reps*  
*200 Sit-ups off Partner's Back or Decline Sit-ups*

*200 Squats with*

*Partner/Log/Barbell/Sandbag (150-200lbs)*

*Judo Practice- 100 Drills Submissions*

*500 Shuto (Knife-hand Strikes)*

*Judo Practice- 100 Entries*

*Judo Randori- "X" x 3 Minute Rounds*

*Practice Throws (particularly Uchi-mata)*

*Against a Tree- 1 Hour*

*Additional Judo Practice- 1 Hour*



Kimura at age 24



Kimura training with weights

Kimura was a powerhouse. Remember this whenever you hear anyone speak of how judo/ju-jitsu “requires no strength”.

Obviously a great asset in a combat **sport**, strength is a ***mandatory factor*** in actual close combat, per se. In sport you have weight classes, rules, and a safe, carefully constructed area in which the entrants do their fighting. None of this obtains in combat, and so every little edge that one possesses *could* prove to be the lifesaving edge.

Oh, one other thing: Kimura (like other true **greats** of judo —— Le Bell, Geesnik, Bluming, Draeger, etc.) ***did not use any steroid drugs***. He built up on good genetics, lots of discipline, hard work, nutrition, love of his Art, and desire. A valuable lesson for an awful lot of the misguided in today’s martial arts scene.

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**Be sure to visit ...**



[www.seattlecombatives.com](http://www.seattlecombatives.com) for over 400 articles OF FREE INSTRUCTION, COMMENTARY, and BOOK REVIEWS! Check each section on this web site, and when you've scrolled down to the bottom of each page don't miss clicking on the previous (archived) pages containing many articles! There is a lot of free material on here that is solid close-combat and self-defense oriented. No B.S., no sport, no nonsense, and all FREE; with new articles and instructional pieces added EVERY MONTH!

### GRAVEL

WE see pepper spray, mace, and teargas as *bullshit* devices intended to con the gullible into believing that they can have a reliable self-defense "weapon", without the need to have a *real* **weapon** that inflicts severe injury. Those so-called "self-defense sprays" work beautifully . . . on normal people who are not violent or insane. On dangerous lunatics and fanatically driven psychopaths bent on murder and mayhem you might as well spit at them for the good any of those sprays will do.

QUESTION: "If those sprays are garbage then how come cops carry them?"

ANSWER: “”Because cops are *ordered* to carry them. There isn’t a single experienced patrol officer in any major city who has firsthand experience with violence who has any respect for those stupid canisters of crap. Cops are ordered to carry those sprays so that liberal/pacifistic idiots can be quieted by showing them that a “low level force option” is advocated by their law enforcement organizations. Note that cops also carry **loaded guns**. Try taking the officers’ firearms away and insisting that they handle serious violence with those crap sprays and only those with single digit IQs will remain on the force.

Don’t carry sprays for self-defense. Find out what legal whoops you must jump through where you live in order to carry a handgun. *Then jump through those whoops, get your permit, take a good safety and gun handling course, and learn combat shooting.*

If the above is distasteful to you then you need some revision in your mindset and philosophy of self-defense; you **don’t** need pepper spray.

All of the foregoing does not mean that having something other than a deadly weapon to aid your self-defense effort is futile. Far from it! Virtually anything at hand that can cut, stab, jab, bludgeon, or strangle will make an excellent improvised weapon in an emergency. *And . . . simple gravel* is one of the finest ways to disorient an aggressor so that his leg may be broken or so that some other injury may be quickly inflicted upon him, and you can escape.

**Carry a handful of gravel (*not* sand) in your outer pocket and you’ve got something 50 times as valuable as whatever kind of crap “spray” you’ve been told to carry!** Gravel gives you no false confidence. Throwing it is natural and surprising to anyone. It hits the attacker’s eyes and face (and unlike sand or dirt, will *not* blow back at *you*) **and renders him helpless for long enough to do whatever you have trained in a good unarmed combat course to do!**

Gravel is also free, so the matter of cost is nonexistent.

Primarily, we advocate gravel because it works, and it does not give the person carrying and using it the false hope that it will accomplish anything more than **DISORIENTING ONE'S ATTACKER FOR A MOMENT OR TWO**. You know that gravel thrown in the face distracts for at least a second or two, and in a second or two you *might* be able to get away ——— you **surely** will be able to cripple your assailant with a couple or a few well-placed strikes and kicks that he doesn't see coming. Or ——— you might give yourself the needed second or two to draw your legally carried handgun by throwing gravel in a scumbag's face.

It's also very easy to throw a handful of gravel into the faces of two or three punks, if necessary, with one sweep of your throwing hand. Try it in your backyard where you need not bother anyone, but will be able to see the effectiveness of this method.

We particularly like this trick in the Fall and Winter when heavy jackets and coats are worn. Easy to keep a handful of gravel instantly available in your outer pocket.

Note: If you don't like the idea of scooping up a handful of gravel at a local park, go to a pet shop and purchase a small quantity of aquarium gravel.

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***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.**



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#### **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.**

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##### ***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” —

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### **DVD#2 BASIC BLOWS**

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- 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

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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
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- Rear shoulder weapon threats

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

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- Defending yourself with a knife

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### **Everyone Feels Fear**

“**BE** Silent and Fearless” was a catch-phrase used a long time ago by one of the prestigious karate schools in NYC, when promoting their program. Hell, *who on earth would **not** like to be able to enjoy fearlessness while at the same time saving his breath and not wasting so much as a second*

*verbally acknowledging some a—hole who presented a threat? A wonderful way to “connect” with people seeking self-defense instruction. It gets them where they want to be got.*

The only problem with using such a come-on is that it is sheer fantasy, and it has its greatest appeal to those who **need to know and to work with the TRUTH before they can ever hope to successfully defend themselves in a dangerous situation.**

Becoming a formidable close combat expert and acquiring the skills and solid confidence that will enable you to defend yourself is a 100% realistic and attainable goal. Becoming “fearless” is not. Fear is a natural *lifesaving* phenomenon that involuntarily arises in the human organism, manifesting in **quick-thinking, quadrupled physical strength, magnified resistance to trauma, a physical capacity to move faster, jump higher, balance better, turn quicker, and a laser-like focus upon whatever course of action you choose to undertake.**

An intelligent individual might very well, at this point, ask: “*Well, if fear provides and produces all of that, what’s wrong with fear?*” The answer is: **Absolutely *nothing*.** Fear is one of an individual’s greatest allies when a difficult and downright dangerous predicament arises. **And the first step toward recognizing how greatly fear can help you, is to understand that no matter how unpleasant the onset of fear may be, *it most definitely can and ought to be seen as that which will tip the scales in YOUR favor.***

Fear is necessary,

Fear is valuable.

Fear is inevitable.

Fear is your ally.



Fear is **NOT** “unmanly” or “cowardly”.

Fear potentially enhances your capacity to use your skills by many times *if* you make it your business to master the **ENERGY OF FEAR**.

You have a choice about how you will use fear when fear arises. Fear may serve as an energizer, motivator, and technical/mechanical performance enhancer.

Value systems that regard people who feel afraid as not being “macho” enough, as being “weak”, etc. are laughably childish, superficial, ignorant, and just plain stupid.

If the victim of a bully fully appreciated how **devastatingly powerful, fast, and decisive** his fingertips thrust to his tormentor’s eyes would be ——— if only he would use it! ——— *thanks precisely to that unpleasant sensation of fear that, tragically, blocks him from using the technique, and then following it up by stomping his victimizer into a hospital bed, the bully’s victimization of his unfortunate victim **WOULD NEVER SUCCEED.***

Bullies just about never feel any fear. This is because ——— being bullies ——— they carefully select their intended victims after becoming convinced that those victims really are helpless before them. **What an advantage *this* assumption provides the individual who, in addition to understanding what his own fear energy gives him, appreciates at what reduced efficiency his tormentor inevitably functions, because he is over confident and feels no fear!**

As a student of close combat and self-defense it is critical that you learn the value of fear and that you become able to **use the energy that fear provides** in the service of your and of your loved ones’ protection.

Too many confuse fear with *panic*. Panic is never an asset, and it could be the worst possible thing to happen to you in an emergency. Panic can be avoided, however. And it is not difficult to avoid it, at all. Understand what panic is.

**Panic is becoming afraid of the fact that you feel fear.** Nothing more. It is *not* an automatic reaction. It is the reaction that comes from **reacting to the onset of the fear response by becoming terrified that you are afraid.**

The way to eradicate the possibility of panic is to *understand* what it means to feel fear, and how great an asset that fear energy will now be to you in the crisis you are in. You learn to *welcome* fear, **because you decide to USE IT to bolster your immediate action of counterattacking or preemptive violence, and you pour it into an explosive retaliatory act.**

When you feel fear and tell yourself, “Ah, this is great! I can now go full steam ahead on this punk and do better than on my best training day!” you cannot possibly panic, and the fear — which provides you the necessary ability to flee or to fight — is suddenly directed into the lifesaving decision to **ATTACK** . . . to “fight” rather than to “flea” . . . and to do so with every ounce of your mental, emotional, and physical focus.

We have worked long and hard — for decades, in fact — on understanding the mental aspects of close combat and self-defense. Our use of psychiatry, psychology, and hypnosis, coupled with our countless hours immersed in the techniques and tactics of combat, has produced in us an ability to understand, define, and effectively *teach* students to acquire a mastery of their psychic energies — to include fear energy — directly applied to all aspects of violent personal combat, with and without weapons. After using hypnosis for decades with students and clients *personally*, we produced self-hypnosis programs that work marvelously with those who employ them, teaching how to control and use fear, and many, many other aspects of mental conditioning for combat.

What you want, if you are serious about mastering combat arts and *being able to use them for real*, is not to delude yourself into pursuing some idiotic path to “fearlessness”, but rather to understand, embrace, channel, and **USE** fear in any hot situation posing danger to you and yours, so that its energy and power **SERVES** you. And this it surely will do!

Like some of those other popular myths and fairy tales that many have managed to smuggle into the teaching of Asian martial arts, the one about being “fearless” should be identified for the nonsense it is, and *dismissed* completely from serious conversation.

Everyone feels fear when confronting a dangerous threat that he understands may devastate him or someone he loves. Very few have come to understand that it is that fear that comes upon them and that feels so unpleasant that can prove to be their salvation!. **You do not want to be “fearless”,**

**You want to be able to USE FEAR ENERGY.**

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*Professor Bradley J. Steiner*

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