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Sword and Pen
Official Newsletter Of The International
Combat Martial Arts Federation (ICMAF)

www.seattlecombatives.com

www.americancombato.com

www.prescottcombatives.com

January 2019 Edition

Editorial

Make 2019 The Year You Get Started Learning To Defend

Yourself!

SELF-DEFENSE is all but a *must-have skill* for modern urban living. Yet, as the degree to which punks, toughs, psychotics, and psychopaths rule our major metropolitan areas proves: precious few citizens — even police officers! — possess a solid ability with real-world, no-nonsense self-defense. Every day we read and hear of atrocious violations of decent people by subhuman trash. Muggings, rapes, beatings, stabbings,

shootings, carjackings, home invasions, bullying, and terrorizing are conditions that honest and good people appear to have resigned themselves to live with, despite laws that theoretically protect them, but that in effect do **nothing**.

Good cops arrest the scum when they can. But then it seems that the law courts too frequently turn these swine back on society. If citizens are to regain their self-respect, their security, the right to walk their streets and enjoy their parks and other public recreational facilities in peace and safety, then it must be *they* — the private citizens, themselves — that the violent offenders learn to fear. So far, fear appears to remain the province of the hard-working family man, the innocent student, the young man or lady just finishing school and now working in some downtown office or business concern, the housewife, the retired elderly couple living in an apartment, and so on. *The garbage drifts through our cities confident and bold, taking what and whomever it wants, and wreaking havoc amongst the humans.*

We grew up in New York City; specifically, in the Bronx. We moved away more than 40 years ago because of the insane gun laws, the cost of living, and the deterioration of that once-great City of New York into a dangerous trap. We taught self-defense there, but could not legally obtain and carry a handgun, and could not teach combat shooting to anyone but sworn police officers. (And please note that despite the fact that we *did* teach some sworn police officers combat shooting, *we, ourself, could not obtain a license to carry a handgun!*). The self-defense we taught was then (as it is even more so, today!) brutally effective — and as a result we were cautioned that if we ever used it in self-defense, we *could* get into trouble. “Too brutal,” we were

told. *It did not seem important that violent attacks by street filth and violent, troublemaking scum was also “too brutal”.* We, it seems, as a law-abiding citizen, were expected not to “stoop to the level of the predators”. Uh huh.

The laws and expectations regarding self-defense (armed and unarmed) are much more reasonable in many cities outside New York, and while no less populated with civilized and good people than New York City, Seattle, Washington retains no expectation that private citizens submit meekly to victimization. *At least for the time being, **this** City’s laws regarding self-protection are quite good.* Still . . . and this what irks us . . . the majority of citizens here in Seattle (as in most other reasonably-sized cities) *cannot adequately defend themselves, and what’s worse, they do not seem to realize that the ability to do so may one day be necessary to save their life!*

Hopefully this is not you — and if it *was* you, then hopefully it will no longer be you. **Learn how to defend yourself!**

If you live in the Seattle area we’d love to discuss your learning directly from us. Our System, *American Combato*, offers the most comprehensive all-in self-defense method available, anywhere. While mercilessly severe to any mugger, street assailant, troublemaker, bully, criminal or toughguy who insists upon physically injuring you, the Method is safe to learn, and will build the confidence as well as the skill to more than adequately defend yourself and those you love.

Or, consider our DVD Course. Next best thing to personal, private instruction. Our Self-hypnosis CDs provide the first and

finest approach to using hypnosis to **mentally condition** yourself for victory, confidence, and all-out effectiveness and efficiency in any emergency. Our PDF Training Briefs contain supplementary information, guidance, commentary, and instructions that will bolster *any* program or course of training that you are taking *anywhere* under *anyone*, for self-defense. And our book-on-CD *Mental Conditioning For Close Combat And Self-Defense*, provides more than 200 pages of instruction in acquiring the “combat mindset” and the self-confidence to meet and to defeat any would-be attacker. Our classic book, *Complete Guide To Effective Barbell Training* will instruct you in no-nonsense all-round physical strength and fitness building to bolster and enhance your self-defense skills.

We have always said that it’s too late to acquire the skills, tactics, and mindset you need once you’re attacked.

Get started now. Make up your mind to become the skilled, confident, *ready* individual you have always wanted to be, and become the “wrong person” to victimize!

It’s up to you. Haven’t you waited, procrastinated, and delayed long enough? *Isn’t it time you took action, while there’s time?*

Bradley J. Steiner

“Strength and growth come only through continuous effort and struggle”

————— *Napoleon Hill*



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 renowned 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
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!

Get In Good Shape And Stay There

WHILE physical strength and condition will never, alone, guarantee that you will be prepared to react well to violence, there is no doubt whatever that strength and condition — and internal good health — are assets in any physical encounter. They may enable you to survive an attack.

In order to be in the best possible all round condition, and be as strong as your genetics permit, you must follow a physical training program *in addition to* your close combat and self-defense program. Take particular note here if you train in a classical art that has students devoting anywhere from 20 to 40 minutes or so to stretching, limbering, and calisthenic strength building at the outset of each class: *this is not an adequate or even necessarily relevant routine of exercise for the purpose of supplementing and bolstering unarmed and armed close combat and self-defense skills.*

What you need is some seriously demanding routine of *progressive resistance exercise*. This usually means the tried and proven approach to strength development and super-fitness through training with plate-loading barbells and dumbbells. Nautilus machines are also excellent, as are pulleys and portable “chest expanders”. The important thing is that your exercise program enable you to gradually increase the amount of effort required of you to do the exercises. Our hands-down preference is for simple, plate-loading adjustable barbells and dumbbells. They can build a person to the limit of his genetic potential; they are safe, they are relatively inexpensive, and they can be done at home. There is no need to join a gym or health club. This is especially important because of the

need for regularity and consistency in exercising. Having your equipment at home makes training at any time and on any day possible, despite inclement weather, and possibly not having the time to travel to and from an exercise facility on some scheduled training days. There is certainly nothing wrong with joining a good gym, but we believe that training at home offers many advantages over gym training. You decide . . . but make sure that you do one or the other!

One of the great advantages of weight training is its efficiency. In 30 minutes you can give your body a workout that is harder than an hour and a half of calisthenic exercise. And ultimately, no matter how far you advance along the road to strength and conditioning, building up with weights, you need never exceed one and a half hours per workout, three times a week — even if you have developed *world class* power!

Weights don't wear out. They require no maintenance. They can store under a bed. And the exercises you should do are simple, easily learned, and will serve you for a lifetime.

We will add a couple of serious cautions for anyone starting out in weight training as a program to supplement combatives work:

- You must practice your combat and defense skills. Weight training augments and bolsters the physical qualities that you need in order to render combat techniques with maximum authority. *But weight training does not serve as an alternative to combat skills; it merely insures their optimum effectiveness.*
- Pay no attention to the nay-sayers in and outside of the martial arts field who may attempt to discourage you from weight-training. The “strength is useless” myth still persists among many in the martial arts field. And as far as “muscle-boundness”, “muscles slow you down”, or any of the other **long-disproven nonsense myths** just smile and walk away when anyone attempts to sell you that crap.
- Never, ever use steroid drugs. Rely upon good, hard, sensible exercise, a balanced diet, adequate sleep and rest, and a positive, healthy attitude to build yourself up and to maintain optimum condition and

strength. *Those in the UFC or MMA* (or any other martial arts sport or activity who use steroids are self-defeating fools). The use of these drugs can **kill** you.

- The best way to workout is to train your entire body at every workout. Three such workouts a week, on alternate days, is *plenty*. In some cases **two** such workouts (one every four days) will be sufficient. This will be determined by your experience and your time in training.
- Weight training, exactly like unarmed and armed combat/defense skills, is **for life**. You do not “retire” from training . . . you merely adjust it as age and your varying life and physical conditions change over the passing years.
- **Do not compete** when you train; except with yourself. Your objective is to become as strong, fit, resilient, tough, and ruggedly healthy as **you** are able to become. Your goal has nothing to do with how you compare with anyone else. How much less or how much more anyone else has developed is irrelevant. *Judge your gains by how much you are improving, and how much stronger you are becoming.*
- Omitting certain exercise movements when and if you have an injury makes sense. Train as your condition permits, but **NEVER** train when you are ill! When you are sick your strength and development must then be thrown into assisting your recovery, as you rest and get well, and follow whatever advice your physician has given you.
- Always train on the key, basic exercises.
- If you are already warmed up from physical work or perhaps a combatives training session, then go right into your weight-training workout. Otherwise, spend some minutes doing simple twisting, bending, and turning calisthenics to prepare your body for the efforts of weight training.
- **Remember that there are no “weight training for martial arts”-specific workout routines!** You want an all round *general physical training workout*. All of the major muscle groups should be worked hard using **presses, squats, bench presses, rowing, curling, and dead lifting**. One or two abdominal exercises should also be included in the training schedule.

A book that we wrote quite some years ago, *Complete Guide To Effective Barbell Training* has been reprinted and will teach you everything you might need to know and use in order to reap all of the gains you are after from your weight training. See below.

New Release!

In Stock and Ready Ready to Ship

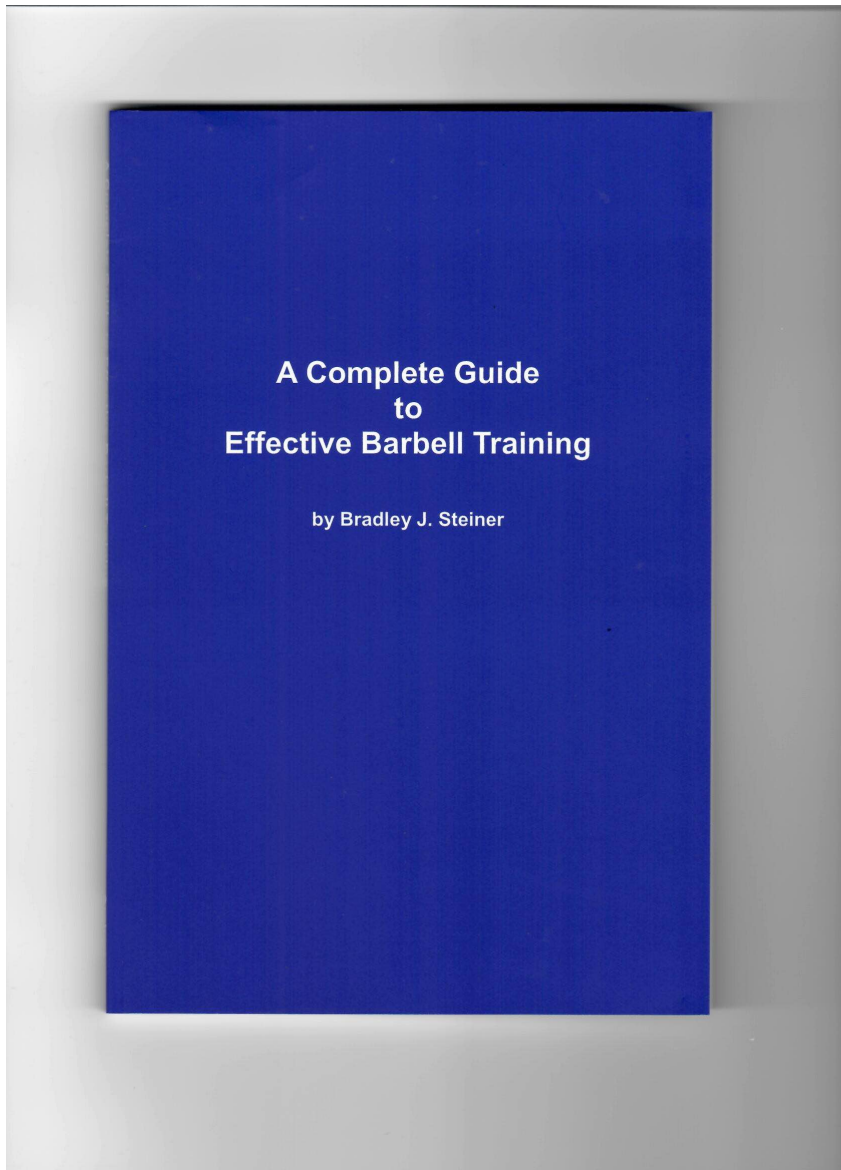
The Long Out-Of-Print Classic on

sensible, effective weight-training.

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

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

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



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

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

Walking Sticks And Canes

WALKING sticks are fabulous self-defense weapons. The use of the stick (yawara, baton, walking stick, and lengthy stick) has been integral to the *American Combato* curriculum since its inception in 1975. In fact at Black Belt, 1st Degree, students of our System are trained to a level of significant expertise with the stick. Recently a communication from one of our regular web site visitors who is a medical doctor, and who has

been using our DVD Course for two years now made us reconsider one stick weapon that we had long since disregarded as greatly inferior to the simple walking stick, and therefore not worth bothering with: The hook-ended *cane*.



ABOVE: OUR CHOICE OF WALKING STICK — THE IRISH OR ENGLISH BLACKTHORNE. WALKING STICKS MAKE EXCELLENT SELF-DEFENSE WEAPONS. THE AVERAGE STUDENT WHO HAS ACQUIRED BASIC UNARMED COMBAT SKILLS CAN BECOME FORMIDABLY PROFICIENT WITHIN SIX HOURS OR TRAINING AND PRACTICE WITH A GOOD WALKING STICK.



ABOVE: EXAMPLE OF THE CROOK NECK CANE. CERTAINLY A BETTER CHOICE THAN BARE HANDS ALONE, WE STILL BELIEVE, SAVE FOR ONE SINGLE ADVANTAGE EXPLAINED IN THIS ARTICLE, THAT THE WALKING STICK IS A *FAR* SUPERIOR STICK FOR PERSONAL DEFENSE.

The good doctor, whose email nudged us into now including the crook neck cane in our stick curriculum, pointed something out that we confess we had never been aware of, until he enlightened us: *the cane is in fact regarded — legally — as a “medical device”*. *In fact it would be unlawful for anyone to expect you to surrender or put aside your cane*. This is what the doctor advised us, and we accept him as an expert insofar as medical devices and official attitudes governing their possession is concerned. On the assumption, then, that this is true universally, it is obvious that the traditional crook necked cane offers an undeniable advantage that must not be overlooked. Namely, that you will be able to keep it in hand, *with you*, in places and under conditions where a walking stick might be temporarily confiscated.

We remain completely convinced that the walking stick is a better weapon for self-defense than a cane (by far!); but again we would rather board a plane and have that cane in hand with us, than have to surrender it or put it in a “secure place” until disembarking. *In a dangerous situation we’d rather have a walking stick, but we’d certainly be grateful if we had a cane, when a walking stick might not be allowed*.

For students of combatives (who should ultimately be mastering pretty much all modern stick weapons), we would urge that time be spent familiarizing oneself with the ways in which a cane might be employed against an aggressor. There are some specific techniques for using a cane that might prove worth learning.

Note: In order to facilitate certain actions we recommend that the cane you select have a sufficiently wide gap in the crook neck so that it may be easily hung on your wrist or forearm. Also a metal tip rather than a rubber end is desirable.

30 New Instructional Presentations - **AVAILABLE NOW!** *Many more . . .*

**COMING VERY
SOON!**

PDF Training Briefs

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons*.

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

- 1. Self-defense and close combat**
- 2. Urban survival and spy tradecraft**
- 3. Physical training**

Here's how this works:

- **Select the PDF Briefs that you want.**
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
- **Send us your list and include \$4. for each PDF Brief on your list. Cash or money order payable to Brad Steiner.**

Mail to:

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

- Orders from outside the United States should be paid in U.S. dollars.
- Clearly print out your email address, and we will email you the PDFs that you order. No postage charges, no waiting for the package to arrive. Your PDF Briefs will appear in your email within 24 hours!
You may print out a hard copy of the PDF and/or read it on your computer screen.

“How can we afford to sell these training briefs for such little cost?”
Answer: *There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!*

Currently Available Training Briefs are listed below. **Make your selection!**

Brief #1: *The Last Speech Given By Col Rex Applegate*
(Full unedited speech with accompanying commentary) **\$4.**

Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons*
(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations” {U.S. Pentagon}) **\$4.**

Brief #3: *Fairbairn’s “Silent Killing Course”*
(Original and full outline as Fairbairn drafted it — with commentary) **\$4.**

Brief #4: “Stay On Your Feet!”

(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives)

\$4.

Brief #5: Rules Of Self-Defense

(Of course there really are no “rules” in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training)

\$4.

Brief #6: Close Range — Quick Reaction!

(What you don’t learn in the shooting schools, but what has been proven to be the right way to use a handgun in personal

defense and in war)

\$4.

Brief #7: Remembering Charles Nelson And His Valuable Lessons

(We remember our years with “Charlie”; including some of the actual self-defense tips he taught, and a copy of the Men’s Magazine article about Charles Nelson, from 1960)

\$4.

Brief #8: Most Common Street Attacks - Per Dept. Of Justice And Other Studies - And Tips On Defense

(Here are the most likely ways in which you may expect to be attacked; with powerful tips on how best to be prepared to defend against them)

\$4.

Brief #9: Kicking In Close Combat And Self-Defense

(The war-proven kicking techniques that will work

*in real combat — and serve you for a lifetime!
Absolutely devastating kicks requiring no stretching or
loose clothing)* **\$4.**

Brief #10: *The Really Vital Vital Points*

*(No nonsense about “secret” nerve centers or bullshit
about hidden targets. This teaches all of the truly
reliable vital points that really stop strong, determined
aggressors — not merely cooperative students in
practice sessions)* **\$4.**

Brief #11: *Interactive Tactics — The Approach (1)*

*(Learn exactly how to be ten steps ahead of anyone
who approaches you with dangerous intentions. Be
ready without appearing ready)* **\$4.**

Brief #12: *Interactive Tactics — The Threat (2)*

*(Never be shaken again when some punk or
troublemaker makes it clear that he intends to beat
your head in. Instead, be ahead of him, by mastering
the right tactical skills for dealing with the threat)*
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Brief #13: *Interactive Tactics — The Attack (3)*

*(When and if some troublemaker actually initiates
violence you want to have your mind and body
programmed to nail him instantly. This PDF Brief
covers exactly what you need)* **\$4.**

Brief #14: *How To Really Handle A Physical Bully*

*(Bullying is always a cowardly act; but people have
been injured or killed by bullies, and many people are
scarred for life by a scumbag bully. This most
politically **incorrect** presentation will teach you the
truth about how to handle a violent bully. Here’s the
unvarnished truth!)* **\$4.**

Brief #15: *Spontaneous Reaction, Not “Lightning Reflexes”*

*(Action is always faster than reaction. The real secret
to being able to handle any attack is to cultivate an*

immediate and spontaneous reaction. Do not depend upon blocking.)

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Brief #16: *How To Hit With Great Power*

(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility.)

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Brief #17: *Adopting Classical Karate To Modern Close Combat*

(Although a powerful martial art, classical karate has numerous drawbacks for the person seeking self-defense exclusively. This Brief explains in detail how to modify any classical method you are studying so that it meets the necessary standards for real combat and street survival.)

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Brief #18: *Adopting Kodokan Judo To Realistic Self-Defense*

(Although judo is much more than a mere “sport”, it is not an all-in combat method. Some judo experts may be able to apply their training in real combat, but to make judo really effective in an emergency the modifications enumerated in this Brief are necessary.)

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Brief #19: *The Two Biggest Technical Errors Made In Self-Defense Training*

(Essential instruction for anyone training in any system or style for self-defense. Teaches how to overcome those errors that result in nearly 100% useless “self-defense” techniques.)

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Brief #20: *Self-Defense Training For Senior Citizens*

(A truly complete compendium of guidelines and technical instruction that works for senior citizens who want to be able to defend themselves. No “feel-good, socially palatable, politically correct bullshit”. Here is the truth about how to be truly prepared to defend against some of the lowest scum on the planet.)

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Brief #21: *Fighting Vs. Self-Defense*

(Legally, morally, technically, tactically, mentally, and physically, “fighting” and “self-defense” are different. This Brief teaches how and why this is so — and explains to every student and teacher of self-defense just why it is so important to understand the difference.)

\$4.

Brief #22: *The Importance Of Solo Training*

(Training without a partner is essential for the fullest development of self-defense skill and mental preparedness. This Brief teaches why this is so, and how to train solo with optimum benefits and maximum practical skill development.)

\$4.

Brief #23: *Find And Depend Upon Your Best Techniques*

(Every student and expert is different and everyone serious about self-defense must discover and perfect his own best skills, which need to be drawn from combat-proven doctrine. Here’s how to do it.)

\$4.

Brief #24: *Observations, Thoughts, Notes, And Miscellany About Self-Defense And Close Combat*

(A potpourie of insights and tips covering all aspects of practical self-defense and close combat as garnered in over 60-plus years of immersion in and passion about the subjects.)

\$4.

Brief #25: *Tactics For Countering A Gun Or Knife Threat*

(There are numerous “techniques” for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that the American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.)

\$4.

Brief #26: *Triple Your Learning And Retention With Mental Review*

(Few give any thought to the importance and value of mentally reviewing the physical skills that they acquire and wish to be able to use. Fewer still do their “mental reviewing” correctly. Learn how from this Brief, and start to enjoy much greater progress in your personal skills and confidence building.) **\$4.**

Brief #27: *The Fighting Knife: A “Must Master” Weapon*

(This is a unique instructional work for all students of self-defense and close combat. It offers a complete analysis of the significance of the fighting knife — its indispensable role in the combat arts curriculum — and valuable training advice for achieving mastery.)

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Brief #28: *Finding The Right Teacher And Method For Yourself*

*(There are more martial arts schools and teachers in the State of California or New York alone than in all of Asia! And today there are hundreds claiming to be teaching practical, reliable close combat and defense. From the Founder of the first comprehensive and authentic all-combat American martial Art here is a **complete** guide to locating and evaluating the right teacher for you. Also — what to do if you have limited recourse and can't find a teacher.)* **\$4.**

Brief #29: *Conditioning The Natural Weapons*

*(In this 21st century the student of practical self-defense needs impact practice more than the kind of comprehensive natural weapon hardening typical of the classical “karate” schools. Still, for the super-enthusiastic self-defense/close combat student there are some efficient toughening approaches that should be used if hardening of the **practical** weapons is desired.)*

\$4.

Brief #30: *Analyzing The Combat Merits Of A System*

(All of the martial arts are good; but they are not all good for the same thing. Very definitely, there are

distinctive characteristics that make a system in question better for combat and personal defense than another system. This Brief provides the information needed to properly assess a given system's value for combat — not for competition or tradition.) \$4.

These valuable Training Brief presentations are perfect compliments and supplements to our DVD Home Training Course and/or to any martial art you may be training in!

Don't Forget Your Gravel

ONE of the most effective aids to employing self-defense in close quarters emergency situations is a simple handful of gravel. You can pick up some aquarium gravel from a pet store, or scoop some up for free at a local park (we're only talking about a small *handful* — nothing more). Sand or dirt will not do. Coins are OK, but gravel is free and has a slight tactical advantage over coins.

How is gravel employed in self-defense? Simple: You throw it forcefully into your attacker's face. Now you've got at least one or two seconds to do anything you wish to do — and your assailant is helpless to stop you! (Note: the tactical advantage over coins is that gravel can actually get into a person's eyes). The reason why sand or dirt is **not** recommended is because these substances can blow back in your face, once thrown. Gravel possesses the weight to go where it is thrown, against even a strong wind.

We recommend carrying a handful of gravel in your outer pocket. On your way to your vehicle, while walking home, or at any time and in any place where you sense that you are being followed or become aware that you are being approached by someone you do not know, it is a simple

and quick and inconspicuous matter to acquire the gravel. Hold onto it with your hand inside your pocket. If an attack should materialize, fling the gravel into the attacker's face. A side kick to his knee is a nice followup, and the combination of gravel-and-kick should enable you to escape the scene without worrying about the troublemaker further.

We have since their introduction been a vigorous opponent of all of the "self-defense sprays". They will not work against the most dangerous and insane categories of aggressor, and besides it is relatively time consuming to acquire a spray if it's in your pocket, handbag, or belt sheath. You then must have it positioned correctly in order to spray the adversary. *Gravel is much simpler and quicker.* You can keep it in your hand, inside your pocket or by your side as you walk, and you merely need to toss the handful into the assailant's face in a simple, natural throwing action. A gross motor move, unlike the relatively fine motor move of positioning the spray in your hand and pressing the triggering mechanism when it is pointed at the opponent's face. Also, the gravel spreads out and will certainly hit the attacker's face *somewhere*. Sprays have been known to miss!

We have seen police reports describing how officers used their issue sprays **and there was not the slightest effect on the suspect.** Well, the police have the backup of loaded sidearms and, sometimes, batons. The police use of sprays is, whether anyone cares to admit it or not, a *concession to political pressure and societal "sensitivity"*. By resorting to the spray an officer can cover his ass because he followed the department's force continuum policy. You, as a private citizen, need have no such ridiculous concern. **You simply want to protect yourself.** Gravel is excellent. It does the job of **disorienting** and **distracting** for a brief time, enabling you to followup as you deem necessary, or run from the scene. There is no false hope of the gravel "stopping" an attacker — as there shouldn't be. **It takes the application of decisive force to do that.** But gravel enables you to bring that force to bear by temporarily throwing your assailant off guard.

Gravel can also be used most effectively, albeit with a little bit of practice, against two or more attackers! For this you will need to expend some handfuls of gravel in practice — at a park, in a back yard, or in a lot somewhere, where no one will accidentally be struck by what you throw.

Practice suddenly tossing the gravel so as to cover two or three faces in close proximity. It's not difficult! And when you consider that multiple attackers is always a **deadly** situation, this added tactic can provide you the edge you need — combined with your combat techniques — to prevail over a pair or group of scum who target you for victimization.

Although we have never tried it, we suspect that a handful of gravel would not be confiscated by TSA at an airport, were a passenger to have this on him at boarding time. (We confess that we cannot right at the moment come up with a good reason for having the gravel, should a TSA inspector ask. But even if it is confiscated . . . what's the great loss?).

A simple handful of gravel. Don't leave home without it.

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We’ve been a pioneer of what today is called “Reality Based Self-Defense” and the purveyance of the “WWII Close Combat Systems” since the late 1960’s — — long before most of today’s “instructors” were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

Combat Skills In The Movies And On TV

WHILE the occasional fight scene you see on TV or in a motion picture might reflect *some* actual hand-to-hand action, the overwhelming majority of what you see is **orchestrated performance by actors**.

Specifically, actors who are given the role of *winning* given close combat scenes, and actors who are given the role of *losing* those close combat scenes. And quite often, when the fellow who losses the on-screen “fight” is in fact a professional stuntman or woman, it would almost certainly be *that stunt person* who would prevail in a **real** fight. We met some stunt men in NYC years ago. These guys are **tough**. Many of them are qualified black belts, experienced boxers or wrestlers, or have come up with some serious violence in their past.

Of course numerous actors and actresses are themselves accomplished in one or another martial art. No doubt most of them could handle actual violence, if it came to them off-screen, quite well. (The late Nick Adams — star of *The Rebel* TV series — was a student of Ed Parker’s. On one occasion Nick, who was not large or particularly powerful, broke some punk’s knee, when the punk attacked him off-screen. It would be wrong to conclude that *no actors* actually possess skills in hand-to-hand combat. Some do.) The important thing to remember is that **the techniques and tactics you see performed by actors — regardless of how impressive and dramatically effective they may appear to be — are choreographed carefully, and do *not* reflect real combatives.**

Look to motion picture and television combative encounters for entertainment, not for instruction. One of America’s great martial arts experts, Chuck Norris, did some very impressive fight scenes in his TV appearances as a Texas Ranger. *You can bet that Norris would be using different skills and tactics than those depicted on the TV episodes, were he to find himself actually under violent criminal attack.* The choreographed fight scenes may have to be done many times before they are “right” for final inclusion in the show. When you are assaulted or jumped by surprise there are no rehearsals possible. You’ll get unjured, and if you do prevail it will not be with showboat techniques!

Remember the movie *Billy Jack*? We thoroughly enjoyed that motion picture, and we liked Tom Laughlin’s *occasional* performance of some martial skills. *Most* of the elaborate “fighting” was actually done by the late Hapkido Master Bong Soo Han. The leaping, turning, and jumping

kicks portrayed — even though portrayed by a genuine martial arts master (i.e. Bong Soo Han) — are **not** the kind of techniques that would actually be employed in serious self-defense! Han was hired because his great skill enabled him to perform the *spectacular*; not because the producers wanted to document the *practical*. And if you'll recall the scene in *Billy Jack* when Laughlin **actually removes his boots before fighting off a large group of attackers** (that fight scene was actually performed by Han), here you have an **INSANE TACTICAL BLUNDER!!!** Boots are one enormous asset when delivering good kicks. Our wish for all of our students is that they are wearing some seriously heavy footwear when and if they ever need to use the low side kick to a violent attacker's knee! And our advice to any serious students of Hapkido who are reading this:

Do not ever remove your footwear before kicking! Not that you'll likely have time to do such a stupid thing if you're attacked, but don't think that those high kicks you religiously practice will either be doable (they are NOT recommended) or somehow "enhanced" (?) by using your bare feet (Oh, my goodness!). Kick for the knees, the shins, the testicles; leave the elaborate stuff for the movies where they can be made to "work".

Question: "Has there *ever* been any really 'good stuff' used in a movie or TV show?"

Answer: "Yes, certainly. But it is almost always laced with exotic horse manure and is rarely if ever a good, simple rendering of real world martial skills. The late Burt Reynolds learned some excellent combat skills from the late and truly outstanding combat karate Master John Kuhl (who worked as Reynolds' bodyguard). This was exceptional, and a good example was a fight scene Reynolds did during a confrontation with a local tough guy/bully in the film *Malone*. There was another fight scene in another Reynolds' film which reflected good combat doctrine: Low kicks, and simple, brutal followup.

"In *The Shootist* the late John Wayne (who as far as we know was not an actual handgun enthusiast) spoke some real words of genuine wisdom, in

his role as an aging gunfighter. When asked what made him such a feared gunman by a boy who hero-worshipped him, Wayne — speaking as the gunfighter — said: “*There are men who are faster than me. And there are men who can shoot more accurately. But I won’t hesitate.*” Indeed! Whoever wrote the script made some really good tactical sense regarding using a firearm (or any other weapon, or bare hands) in close combat: I.e. ***Do not hesitate!***

“But despite these rare inclusions of technical or tactical realism that *occasionally* find their way onto the silver screen or into a TV episode, we strongly urge everyone to regard movies and television shows purely as entertainment, as far as combat techniques and tactics are concerned. Enjoy the show. But always remember it *is* a *show*, and there is a big difference between theatrical combat and **real** combat.

“We love good action movies. But we do not look to them for any suggestions of what to do in real world emergencies. And neither should you.”

Whatever Happened To *The Tactical Skills Of*

Hand-to-Hand Combat?

AFTER the sad and untimely passing of Peder Lund, Owner and Publisher of *Paladin Press*, and the reprinter of our classic Manual, *The Tactical Skills of Hand-to-Hand Combat*, that Manual went out of print. It is still obtainable online (eBay, ABE Books, Alibris, etc.) but brings collector’s prices. We of course own the copyright and we might reprint the Manual ourself one day . . . but other than locating copies on legitimate sites where, as we’ve said, collector prices are standard, the Publication is out-of-print. **Note: *Anyone offering reprints or copies for sale other than those which were published latterly by Paladin Press are violating Federal copyright law. They are subject to serious fines, and even more serious imprisonment!***

We have received requests for this Manual, and are presently no longer offering it for sale.

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Do Your “Self-Defense Techniques” Meet These Standards?

WE refer to them as “*counterattacks*”; traditionally, the martial arts categorize them as **self-defense techniques**. These are the reactive actions taught against all of the known types of attack. And while **offensive action** — notably preemption — stands as the very best and most desirable way to neutralize an assailant, no system of martial art is complete unless it provides a solid repertoire of reliable techniques that the individual can employ if or when taken off-guard, or for whatever reason unable to **attack preemptively**.

In going over the checklist we provide below please bear in mind that we are not concerned with low-level pests and bothersome morons who initiate lukewarm crap, but who do not pose a dangerous threat. **You will not be able to tell by an attacker’s initial action against you, which could be a simple wrist or arm grab, a push, or a clothing grab, if his intention is to injure you severely. *However, by learning to respond***

instantly and aggressively you will be ready for anything . . . and such low-level asinine pains-in-the-ass as might bother you will cease and desist FAST if you respond thusly, and they realize that they are in trouble.

Of course it is our view that by training for the worst possible cases, you inevitably prepare for *anything*.

Make sure that your “self-defense” techniques . . .

— are simple. That they use the least possible amount of complexity and require the least possible degree of athleticism.

— are **destructive**. Human attackers are very dangerous and difficult to stop. Pain compliance is nonsense; you require massive shock to the central nervous system or/and action that intereferes with the enemy’s breathing.

— do **not** advocate ground fighting. Stay on your feet and use standing combat methods. Sacrifice throws, throws in which you go to the mat with an opponent, techniques where you actually try to take your opponent to the mat . . . *all* are inappropriate for close combat. There is no “mat” in a mugging.

— employ a lot of followup. Use barrages of destructive blows; never count on one-shot stops. Once you go into action, *keep on attacking and attacking* until you are safe.

— stress open hand blows as opposed to clenched fist punching. *Some* punching (to the solar plexus, sternum, testicles) may be useful. But by far the **open** hand is the way to go in actual self-defense.

— never advocate turning your back on an attacker. Many so-called jujitsu throws involve turning your back to the opponent. *Forget ‘em!* And when facing any stranger **never** turn your back.

— are retainable. Can you readily employ them long after you’ve drilled in them? Good quality self-defense techniques are readily retainable.

— do not depend upon great strength. Strength is of course a great asset, but self-defense skills that demand you be strong have very limited value — unless you are very strong! And realism demands that you **assume** that any attacker will be stronger than yourself.

— are widely applicable. A good course of 40 self-defense techniques should enable you to adopt the actions and principles you learn therein to literally *hundreds* of situations. Techniques that are too situation-specific are a waste of time. Schools that teach many hundreds (or even a few thousand!) “self-defense techniques” may be teaching esthetically satisfying movements and physical fitness . . . but they are not teaching practical close-combat and self-defense.

— frankly embrace and advocate *strongly* foul, underhanded, unsportsmanlike, deceitful, deceptive gutter tactics. There is no “nice way” to defend yourself. Violent offenders are dangerous and sometimes formidable, They are also usually desperate to get away from the law. **You need and want every filthy trick laced into your response capability.**

— are taught with great emphasis upon mental attitude: i.e. aggressiveness, attack mindedness, ruthless disregard of the enemy, etc.

If you carefully consider every self-defense technique in your personal repertoire as needing to meet those standards — and you see to it that they do! — you’ll have a reliable back-up to your combat blows, attack combinations, strangulation skills, and weapon studies.

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