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# ***SWORD and PEN***

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

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**[www.americancombato.com](http://www.americancombato.com)**

**[www.seattlecombatives.com](http://www.seattlecombatives.com)**

## ***In Memoriam***

*On Sunday 23 January 2011, the great fitness promoter and exercise “guru” Jack LaLanne passed away. He was 96 years old. LaLanne was a genuinely great physical trainer and authority who promoted sensible exercise and good diet since the 1930’s. Unlike the trash that is today passed off as “bodybuilding”, Jack LaLanne was a real bodybuilder and a real promoter of healthy bodybuilding — without fad diets, without steroids, without insane muscle pumping, and without the egotistical, narcissistic nonsense that is regrettably all too commonly found in gyms nationwide.*

*LaLanne was one of the very few who inspired us to begin exercising, and we enjoyed his TV Show when we were a young boy. While Jack’s TV Show stressed calisthenics and the use of a rubber strand exerciser which he called the “Glamor Stretcher”, we discovered that LaLanne was a weight training enthusiast, and we ourselves became an “addicted” weight trainer in 1963.*

*May God rest this wonderful man's soul, and may God grant comfort to his wife of 51 years, Elaine LaLanne. Thank you, Jack LaLanne, for encouragement, inspiration, and for the example you set over the decades that you blessed us by being here.*

## *E d i t o r i a l*

### If Ever You Are Confronted By The Prospect Of Abduction



**ABSURDLY** (in our opinion) this web site and our other ([www.seattlecombatives.com](http://www.seattlecombatives.com)) have been officially *firewalled* by our Nation's armed forces. We got this piece of information from one of our students who is presently on active duty in our military. We can conjecture *why* this is so, and it leads to very unpleasant observations about the state of our culture and American society in general, in this 21st century.

Somehow, the idea that soldiers, marines, airmen, naval personnel and coast guardsmen are *peace keepers* has crept into that which passes for our "thinking" today. This has led to a dangerous reduction in the capability of our armed forces, and also to a drop in the quality of the motivation in those who are now attracted to enlist in one or another of the services. A "social worker" or "police officer" mentality is ***not*** the appropriate one for a warrior whose responsibility is

the defense of the nation against tough, hard, armed, aggressive, deadly foreign invaders. We knew this once. And when we did (i.e. at the start of and through to the middle of the last century) we *won* the righteous world wars in which we fought. American citizens were safe when traveling overseas. The very real threat of the **MIGHT** of America descending upon any who would dare to threaten a U.S. citizen meant that zanies, freaks, and fanatical killers of all types normally *left Americans alone*. People were attracted to the armed forces by appealing to their desire to stand up for and **fight against** the enemies of our Republic. Pride in their ability to attack, destroy, and kill when compelled to engage in a war was commonplace. Soldiers were *taught* to be proud of their prowess; not to apologize for it. The private citizenry was proud of our Nation's *fighting capability*, hardly inclined to apologize for it. We had a **WAR** Department then, not a Department of *Defense*.

Failing to appreciate the need for and great value in *being able to fight and fight well* inevitably leads to **weakness** and to **helplessness** — in a nation or in an individual.



Let's say it plainly: Decent human beings should possess the capacity and the equipment to be a deadly threat to any who pose a deadly threat to them. Being armed — with knowledge, skill, and weapons — is *absolutely nothing to apologize for, to anyone*. In our opinion it is virtually an obligation upon every citizen to be so prepared; however “politically incorrect” the simpering, feminized weaklings may whimper to the contrary.

And they do whimper. Sometimes officially.

Whenever we teach members of our armed services (and we do so *unofficially* today, when they come to us — as they often do) we teach them things that, amazingly, contradict the policies that they are forced to obey as members of their service. We never advocate the violation of whatever policies regulate these people as members of our military, but we do hope that circumstances might change and therefore allow them to make use of that which we teach them. Until such time, of course, we simply teach them *for academic purposes, only*, and ask them to retain what we give them, in hopes that the command structure will issue a green light on behalf of that which we teach, in the near future. (**Note:** This is something like the situation that existed at the FBI when J. Edgar Hoover first became its Director. Special Agents were trained to use firearms, *but they could not yet carry them and use them on the job, as the law had not yet authorized the arming of Federal agents*. We give our marvelous fighting men our best — and hope and pray that sanity will intervene on high, and that that which we train them to do, they will be officially permitted to do!).

One thing we teach every serviceman is to go **NOWHERE** when serving overseas without being armed with a reliable handgun *and* a razor sharp fighting knife. Skill in the use of these crucial implements of personal defense is of course mandatory. The snatching of our uniformed servicemen and holding them prisoner by enemies of Western Civilization is not an uncommon occurrence. It isn't really all that difficult to accomplish, either. All too often our courageous fighting men are *forbidden to carry any weapons* when on leave, abroad. Their present systems of unarmed combat are — in our opinion — laughably absurd and ineffective in the extreme. Thus, when on leave, those wonderful people who risk and lay their lives down to protect us are actually *forced to be helpless*, by official policy!

As a citizen of the United States of America we resent this and see it as a disgraceful imposition upon some of the most wonderful young people of each generation. *We want our fighting men safe. We want them ready, willing, and able to fight back and win, and to be able to save their lives and assist their fellows under any and all conditions.* And we could not care less if this bothers anyone or makes them uncomfortable.

We have no power or authority to influence or to alter “official policy”. However, we do have the power and the authority to influence and to alter our students’

personal survival and self-defense policies. We hope also to be able to influence our readership — those who visit this site. I.e. **Y O U!**

The problem of abduction (kidnap) is a very real and serious threat. Perhaps it is a bit more of a threat for females, but it would be the height of folly to ignore the very real fact that males are also targeted for this form of violation.

It *can* happen to *you*; it *can* happen to a member of your family. This is but one good reason to make learning close combat and self-defense a priority. And if and when you do finally get off your duff and learn how to use your natural *and* any available manufactured weapons, applying what you learn by remembering the following tactical principles should make you a **very** hard individual to abduct:

**1. Basic Rule:** *Never* allow yourself to be transported away from the scene of the abduction attempt. If it is humanly possible for you to put up a ferocious battle then and there, ***do do!***

The objective of abductors is to *abduct* you, not to kill you; and so even when they are armed it is not their intention to use their weapons against you lethally *then and there*, but rather to coerce you into following their orders, or permitting them to do whatever it is their intention to do (tie you up, gag you, shove you into a vehicle, etc.). *You are safer resisting abduction efforts at the scene of the attack than you will be later on, if they successfully manage to take you away.*

**2.** If you find yourself being rushed or seized suddenly, without warning, react ***immediately*** and as lethally as your capacity permits. Deadly force is legal, moral, and *necessary* in order to prevent a determined kidnap attempt from being successfully carried out. This is not the time for hesitation or halfway measures. ***Use deadly force and any weapon — manufactured or improvised — that is available to you!*** Your ferocity and animal determination to *kill* and to *get away* no matter *what you must do* must be made evident by your growling, grimacing, and relentless efforts to attack and attack and attack!



REACT LIKE THIS AND YOUR CHANCES OF THWARTING AN ABDUCTION ATTEMPT ARE EXCELLENT!

3. If you are confronted by one or more weapon-bearing abductors who have managed to approach you closely before you realize their intention, **pretend complete submission**. Give up. *Tell* him/them that you will do what they want. Plead, “*Just don’t hurt me!*” Convincingly assure them, if there is time, that you will offer no resistance. ***THEN ATTACK WITH DEADLY FORCE WHEN YOU PERCEIVE THAT THEY ARE CONVINCED THEY’VE “GOT YOU”.***

4. What you must not permit to be done to you:

- Be handcuffed or tied up
- Be locked in the trunk of a vehicle
- Be proned out or made to kneel on the ground
- Be taken aboard a plane or vessel

Murderous resistance must begin — preferably by *surprise* — when it is clear that any of the foregoing is about to happen.



ONCE *THIS* HAPPENS, FIGHTING BACK BECOMES JUST ABOUT IMPOSSIBLE. THE IDEA IN LEARNING HOW TO THWART ABDUCTION IS TO MASTER SKILLS AND ACQUIRE THE MINDSET THAT ENABLES YOU TO PUT UP FIERCE, LETHAL RESISTANCE *BEFORE* YOU ARE RENDERED HELPLESS.

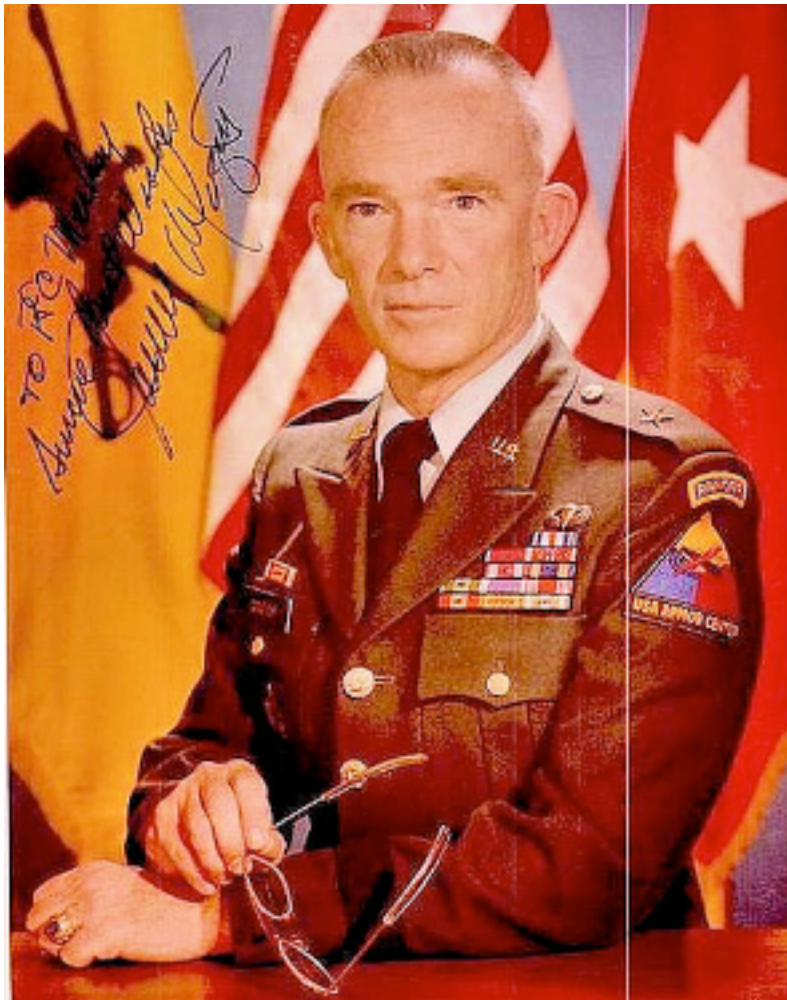
5. Should you be driving and suddenly encounter a roadblock and attack, or realize that you are being pursued, ***DO NOT STOP YOUR VEHICLE.*** (Obviously

*we are not now referring to police roadblocks, or to the awareness that a police officer is signaling you to pull over!)* Keep driving! Place your hand on the horn and blast it constantly as you drive. Never stop your vehicle. So long as it is in motion you are far safer than when it is stopped. In an urban area, drive to a fire or police station.

6. Should you gain the upper hand during your resistance effort, **get the hell out of there!** Do not attempt to remain and continue fighting, or to remain and call for help, or *anything*. **Get away, and as fast as you are able to do so.**

7. In your home common sense can prevent a successful abduction. **Be armed. Be prepared. Be willing and able to greet any forcible entry to your home with immediate deadly force.**

**Note:** NATO's Deputy Chief of Staff, General James Lee Dozier, for those who are old enough to remember the incident, was abducted successfully from his **apartment** because he opened the door to the kidnappers when they knocked.





GENERAL DOZIER. EVEN THOUGH A HIGHLY EXPERIENCED PROFESSIONAL SOLDIER — RANGER QUALIFIED (SEE FLASH ON THE GENERAL'S LEFT ARM) — COULD DO LITTLE AFTER CASUALLY *OPENING THE DOOR TO MEMBERS OF THE RED BRIGADE*, WHO PROCEEDED TO KIDNAP HIM. KNOW WHO YOU ARE OPENING YOUR DOOR TO!

8. While, ideally, you should *always* be armed — with a razor sharp fighting knife and a powerful handgun (servicemen; and whenever lawful and feasible, private citizens, too!) — unless you can bring your weapon into play *before* physical contact occurs, you need to create *distance, time, and space*, so that you can effectively bring your weapon into play. Thus you **MUST** have unarmed combat abilities, and they need to be *really good*; no “martial artsy” bullshit or competition technique.

9. Ignore completely any injuries that you sustain as you resist. Knife or gunshot wounds are rarely fatal, and only *certain death* will result if you pause to assess any injuries. ***Get away, and then you can get to a hospital. Remain at the scene, and you'll likely end up in the morgue.***

While many will doubtless wince or raise their eyebrows in disdain for the advice that we have presented, this remains some of the most valuable, authentic, reliable, and practically usable **LIFESAVING** advice you'll ever receive. In fact it parallels such instruction that we have given to the highest priority military and intelligence personnel employed by our Nation.

If an abduction attempt can be prevented by security measures — human and technological — that is of course ideal. But we are now concerned with the last ditch option: That of resisting an abduction attempt that *could not be avoided through detection, surveillance, and/or security procedures*.

Might you not be killed when attempting to resist, for instance, a terrorist or other abduction? Yes, certainly. However, your “chance” of being killed becomes a near **certainty** if you do not resist. Besides — let's be frank — is it not better to die quickly fighting for your life, than to die under torture, perhaps being beheaded on the internet? *Is that not a preferable manner for you to die, too, as far as your loved ones are concerned?* Which manner of death that you suffer — i.e. an immediate death, or a protracted, public, and torturously prolonged death — is more likely to haunt those who love and who care about you, for the rest of their lives?

Yes, this subject is hardcore and unpleasant. That's what real world self-defense generally is.

We will consider describing some methods for *escape and evasion* if this present editorial discussion has not turned too many off with that which it has doubtless caused to be conjured up in their minds. (We have, for the time being, only described some principles for coping with the *immediate abduction attempt*. Suppose you are in fact a **captive**? What then?)

To be continued then, at some future time.

**Bradley J. Steiner**

**There Are No Secrets And**

**No Mysteries**

**PERUSING** the internet we have again come upon presentations (read: *advertisements*) for unconscionable nonsense that is undoubtedly appealing to an awful lot of people! (Toss nonsense to people and they will gratefully accept it, *if* it is what they want to hear and believe. Tell them the truth, and provide factual evidence of the validity for anything that they do *not* wish to hear, and you might as well have saved your breath or the ink in the pen with which you chose to write the message).

Only a small percentage of those who visit our sites and follow our material will become our personal students; we know that. However, if we can reach all of those who wish to learn and prepare themselves and ***get the right information to them, along with instructions on how to approach the matter of their personal training***, we believe that we can help many who might otherwise be hoodwinked into following utter crap.

From the feedback we receive, it seems that our message is appreciated, and our efforts are being rewarded. Those who visit this site and **www.seattlecombatives.com** *do* want the truth . . . and they shall have it. We hope that those of you who are able to do so will arrange to train and study with us, personally. But if that is impossible, then we hope with no less sincerity and

ardor that we can help you to train correctly and to get the most either from whatever formalized instruction may be available where you live, or from your efforts at self-teaching.

*“Defend yourself without even making physical contact with your adversary”.*  
*“Learn in only a few hours how to defeat even a high ranking black belt expert in karate or ju-jitsu”.* *“Never mind how strong or well trained your adversary may be; with these secrets you will be able to drop him in his tracks”.* *“Here at last is the training that until now only elite military and secret agent types have been privy to”.* Ad nauseum.

Please believe us when we tell you that there really are ***no secrets*** regarding personal combat, self-defense, combative training, individual weaponry usage, hand-to-hand battle skills, etc. And there is nothing “mysterious” about why any techniques work or do not work . . . or about what in fact you must do if you hope to prepare yourself for honest-to-goodness physical danger in serious attack predicaments.

You cannot handle a dangerous, determined physical attacker who moves on you without making any physical contact. (We of course exclude running away when we say this, because — obviously — if you can run away then you should, and if you cannot, then you ***must*** either defeat the aggressor or be effectively victimized by him). In point of fact you’d better be ready to make a helluva ***LOT*** of contact with one or more attacking physical enemies! The contact must be brutal, swift, and relentless. It’s you or him (or *them*). Make no mistake about this, and allow no one to whitewash the facts for you. You ***WILL*** get hurt in a violent attack. Hopefully not too badly, and we of course hope that we can avoid death or permanent injury. But the toughest, hardest, most experienced combatants in *history* have accumulated battle scars, and it is preposterous and absurd to suggest to anyone that he can learn a few tricks or secrets and thereafter remain unscathed in any encounter.

We saw a video on YouTube not long ago in which a martial arts instructor demonstrated “no contact”, virtually effortless actions, against a succession of assisting black belts who — in that instructor’s class — came at him in rapid succession and were *literally* sent “flying” away from the instructor. *Then there was a sequence in which this instructor faced an adversary in a full contact competitive arena.* The instructor was struck in the face. His reaction was genuine shock (i.e. “How could *this* happen?”), and then the poor fool was knocked senseless — really injured — and had to be assisted out of the area.

Our point here is not that this instructor was a fraud. Our point is precisely that he was ***NOT*** a fraud! He actually *believed* that the bullshit he was teaching and doing could work! And so, apparently, did his students. It is *mass hypnosis*, or *brainwashing*, that produces this lunacy.

Don't fall for it.

It takes hard work on good, basic combat skills, coupled with serious physical and mental conditioning, and proper combat tactics, in order to prepare for the realities of violent emergencies. Neither the police nor the military, nor the CIA, nor any other “special”, “secret”, “elite”, or other type force, unit, organization, or what-have-you is privy to anything that ***YOU*** cannot study, acquire, and utilize. But it takes — preferably — a serious, experienced professional teacher, or, secondarily, instructional materials that have been prepared by such a teacher or teachers, in order to get what you're after. Forget about secrets, mysteries, and forbidden, esoteric knowledge. Getting sidetracked into *that* particular area will only lead you to self-delusion, false confidence, and *imaginary* abilities.

## **Get REAL In Your Training, Now!**

**REGARDLESS** of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

### **1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.**

This concise Manual, which may be read on your computer screen or printed out in a hard copy,

describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

## **2. *ATTACK COMBINATIONS* — \$15.**

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

## **3. *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* — \$30.**

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of

mental conditioning for the combatives student or professional.

*FREE* with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

#### **4. *RULES OF SELF-DEFENSE* — \$17.**

Perhaps the most politically INcorrect presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc.

and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

### **5. *THREE MONOGRAPHS* — \$22.**

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

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

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

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

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

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

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**U.S.A.**

**Combat Technique Training Tips: Using**

**The Crook Of The foot —**

**And Distancing**

**WHEN** the front snap kick is taught in the classical/traditional karate systems, the instep of the foot is the contact point, and the testicles is the target for the version of this kick known as *kin geri*. This is an effective and excellent kick, but we think that there is a much better way to do it.



Instead of training to kick the testicles with the *instep* of the foot when employing the snap kick in this fashion, use the ***crook*** of the foot — i.e. the strong, hard, invulnerable area where the bend in the ankle occurs, and where the shinbone *meets* the foot at a right angle.

We advocate this method of kicking for close combat for two reasons:

1. The “natural weapon” employed is much, much stronger than is the instep. The instep, remember, is an actual target point for attacking with a heel kick when close in to an opponent.
2. Training to employ this portion of the lower leg insures that the *proper distance for the kick’s optimum effectiveness* will be achieved. In combat, remember: *Always regard arm’s length distance as proper kicking distance, not leg’s length.* Yes, you can “reach” the target from a greater distance than arm’s length. But in a combat situation you want to **crush**, to **devastate** the target — not merely hit it.

The crook of the foot (used in what we in *American Combato* call the “**shinbone/instep kick**”) is utilized when an adversary is about *one half* arm’s length distance from you. At arm’s length the **ball** of the foot is the proper contact point, and it correctly whips *up* and *into* the testicle/scrotum target *directly*, by driving up between the legs, ***never “on” the groin area.***

All basic *front kicking actions* (i.e. **knee smash**, **shinbone/instep kick**, and **basic front kick**) properly drive **UP** and **INTO** the testicles, *they should not hit the front of the groin area.* The recent idiocy which we heard, that “kicks to the testicles are overrated for self-defense” is a marvelous example of how ***sparring and competition defeat the ability to actually use skills realistically against an attacker.*** When sparring or free fighting in a match, karate exponents kick and stop short of contact. Kicks to the testicles become, when these same students train in what they think are “self-defense” techniques, kicks that extend fully before reaching the groin *area*. Indeed, in serious hand-to-hand combat, a kick that brushes or touches the front of a determined killer’s groin area may be ineffective. ***However — powerful, fast, and well placed kicks that impact directly and with total force directly to the testicles are just about 100% sure to drop virtually anyone.***

This kind of kicking *cannot* be practiced as a component of competition or sport for obvious reasons. But then remember: Competition and sport are entirely different than combat and self-defense.

In the Chinese *ch'uan fa* arts which come from *Northern* China, kicking is regarded as a “long range” technique. This concept can be dangerously misleading for the hand-to-hand combat/self-defense practitioner. Yes, certainly, one’s legs are longer and have greater reach than one’s arms. *However*, kicking should not be employed at ranges from which one can “reach” the target. Powerful, destructive, crushing ***IMPACT*** makes the kick effective; not playing tag.

It is noteworthy that just about 100% of all knockouts that occurred in the days when “full contact karate” was in vogue were accomplished with the ***hands***. This, despite the fact that competitors were black belts, could and did kick well, and *often* landed kicks to their adversaries’ heads and upper bodies. Kicks were never allowed to the knees, shins, and testicles, of course; but *had* they been, and had those kicks really slammed directly and with full force into their intended targets, the match would have ended forthwith. Such types of kicks are *combat* kicks — and are rightfully banned in sport.

Our adaptation of the Th’ai Boxing kick:

Th’ai Boxing (***Muay Thai***) is a deservedly popular, aggressive, powerful, and extremely effective competition sport. Th’ai boxers have often defeated *karate* exponents in matches, and in competition the Art of Muay Th’ai is a force to be reckoned with.

Th’ai boxers as a rule cannot train and compete for too many years. One of the reasons why is the fact that their training entails the repeated conditioning of the boxer’s *shins* , and this literally cripples many. The shins are *vital points*. It is unwise to subject them to a process of heavy conditioning.



ALTHOUGH FORMIDABLE AS A COMPETITIVE SPORTING KICK, THE TRADITIONAL TH'AI BOXING KICK WITH THE SHINBONE IS *NOT* RECOMMENDED FOR CLOSE COMBAT. INSTEAD OF THE SHINBONE, WE TRAIN USING THE *CROOK* OF THE FOOT AS THE CONTACT POINT. NO DAMAGE TO THE LEG OCCURS, AND NO CONDITIONING IS REQUIRED BEFORE THE PRACTITIONER CAN KICK WITH FULL POWER.

We advocate using the *crook of the foot* whenever the combative variation of the Th'ai kick is employed. And of course we only kick *LOW*.

Incidentally, we do *not* advocate this modified Th'ai kick, except for use by a police officer or other security professional, who might use the kick to *buckle the knee* of a suspect, before applying a restraining hold. The basic **front**, **side**, and **snap** kicks that comprise the basic kicking repertoire in hand-to-hand are far more safely done, and *do more damage in a simpler action involving less risk to the kicker* than this semi-roundhouse type kick involves.

If you wish to gain a perspective on how much more powerful and how much more *easily* and *painlessly* the crook of the foot weapon can be employed than can the traditional shinbone kick, try it out on a slim ("banana") heavy bag. You will be amazed! Also, just *knowing* that there is no pain or injury involved when you kick in this manner will subconsciously enable you to unleash unrestrained force when you employ the kick. And you can use this kick with **zero** disabilities arising as a result of injuries sustained, no matter how old you get.

**Note:** Our close friend and professional associate, the late John McSweeney ("*Father of Irish Karate*") had discovered this fact about modifying the Th'ai kick, also. John's kenpo-karate was always geared strictly to self-defense, and so was all of his thinking about the martial arts. This is why he joined ICMAF. We

were delighted to find out, after getting to know John well, that his thoughts paralleled our own in many ways. John did believe in using the Th'ai kick for general self-defense; which is something we are disinclined to do — favoring the basic low side thrusting stomp kick, as we have pointed out. However, John, like ourself, avoided use of the shin for kicking, and went with the *crook* of the foot.

### **Isn't Self-Defense That Is As**

### **Drastic As What We Advocate Illegal In**

### **Some Places?**

**WE** are not a lawyer and so we refuse to make any statements of legal advice. Everything that we say, write, and teach, is *personal* advice, counsel, and opinion, and we wish our readers and students to clearly understand and appreciate that fact. Whatever we say about the law is personal opinion, and we *strongly urge* anyone who has a specific legal question or a pressing legal problem to consult a licensed, practicing attorney.

We all have every reason to be fearful of the legal system, in our view. “Problem one” — which is the effective handling of a violent threat by whatever means we are able to protect ourself and our loved ones, is only *half* of what the decent citizen needs to be prepared for. “Problem two” is *not getting into trouble with the law because of what one has done, or because of how one did it*. Today, in 21st century society, this is a **real and important** issue.



**THE PROBLEM IS, UNFORTUNATELY, THAT IN ADDITION TO BEING “BLIND” *LADY JUSTICE***

IS OFTEN DEAF AND DUMB, AS WELL. NEVERTHELESS, IF YOU ***MUST*** TAKE UNAVOIDABLE ACTION TO DEFEND YOURSELF OR A LOVED ONE, ***ACT***. YOUR CONSCIENCE WILL BE CLEAR, AND YOU CAN REST ASSURED THAT WHATEVER UNPLEASANTNESS YOU NEED TO FACE ***LEGALLY*** WILL BE THE LESSER OF TWO EVILS.

If anyone follows our instruction and advice we really cannot see what else he could possibly do in order to be on the safe side of the law. First and foremost we incessantly advocate ***avoidance*** as self-defense “technique number one”. We do ***not*** make or accept “challenges”; we ***warn*** against mutual combat (i.e. “agreeing to fight”) and disdain it; we do not have or teach others to have a belligerent or otherwise prickly attitude; we urge that those whom we train go to the outside limit to perceive a potentially troublesome situation or individual ahead of time whenever possible, and to ***disengage pronto***, rather than allow anything to escalate. Only when there is no possible or safe way to avoid a predicament, and when you honestly believe yourself or someone who depends upon you for protection to be in ***imminent danger***, do we advocate taking direct action. Then, we do certainly urge that whatever amount of force is required to stop the attacker(s) and defend oneself or another, be unhesitantly applied. Once the threat is neutralized (i.e. when the attacker attempts to flee, when you can safely escape, or when the attacker has been rendered unable and unwilling to be a danger to you), ***STOP***. Strike not a single unnecessary blow, and apply not a single unnecessary action — with bare hands or with a weapon. And ***ALWAYS***, whenever it is feasible and safe to do so, **call the police and let *them* handle any dangerous situation.**

As we understand it our legal system is based upon English *common law*. And, again as we understand it, English common law permits a person to defend himself or another person by employing that amount of force that is required to stop the attack. Since virtually any sudden physical attack by either an unknown individual or by an individual known to be a troublemaker could result in serious injury or death, we do stress a swift and ***decisive***, no-nonsense neutralization of the aggressor’s action. But ***NEVER*** do we advocate or believe in excessive force, in the taking of revenge (pursuing and punishing a bad guy *after* the act is the province of the ***law***), or in the rendering of force once the threat is no more.

The reason why our self-defense methods are so harsh is because they **MUST BE**. Physical violence and criminal assault are harsh experiences, and always constitute a grievous threat to the victims. So, we urge techniques and a mindset that fully prepares the individual to be ready to meet a dangerous emergency.

To the best of our knowledge there is no place in the world where that which we

teach, in fact or in spirit, would be, or actually could be, regarded as “illegal”.  
*WE MIGHT BE WRONG ABOUT THIS.*

This does not mean that if one undertakes proper and necessary self-defense one is guaranteed not to be in trouble with the law. *Far from it!* Innocent and decent people get in trouble with the law all of the time, and that is regrettable. However, the best we can offer is the consolation that your conscience will be clear if you follow our instruction (since you will ***never*** use force unless you must), and if, may God forbid, you ever find yourself in legal trouble after acting in self-defense, you will know that, *had you not done what you did*, you would surely be in far worse straits.

Strive always to act with good sense and discretion. Times are difficult enough without going through needless hassles with the criminal justice system.

One final thought:

There is still another critical reason why we so strongly urge avoidance and never overstepping the legal line when acting in self-defense. Remember that the ideal thing is ***NOT*** to “win your case in court and be adjudicated ‘innocent’”. Frankly, that’s ***bullshit***. In order to win a court case you will go through emotional hell and so will your family. You will live on edge for months, perhaps. You will likely become ill because of the stress. You will also almost certainly be impoverished. The legal expenses can ruin you (and they actually *have* ruined many, in the past). **You want to be UNINDICTABLE.** That is, when the police officers who have made their report submit it to the District Attorney’s Office, and when the D.A. or an Assistant D.A. reviews the police report, he concludes that what took place was lawful self-defense, and there is absolutely *nothing* to prosecute.

Think all of this over. Our goal is to provide worthwhile guidance for all decent people who wish simply to be able to defend themselves and *avoid trouble*.

Please: *If you have any legal questions or believe that you may have a legal problem, consult an attorney.*

## **The Beauty Of Practical Close Combat Skills When Caught In An *Unusual* Self-Defense Situation**

**WHEN**, decades ago, the six volume series was first published, we snapped up the set of books by Masatoshi Nakayama and Donn Draeger titled *Practical Karate*. We still have a somewhat worn first edition of this series, and we thoroughly enjoyed studying it. We found *some* of the material worthwhile, but alas (and we do ***not*** intend this as a slam on the excellent *Shotokan karate system* upon which the skills described are based, or on the two fabulous martial artists who collaborated on the book's production) **most** of that which the book describes is either of questionable or — in our opinion **no** — real world, practical merit for actual self-defense and hand-to-hand combat. Since realistic close combat was always our passion, we have always made it a practice to acquire ***anything*** that we could which purported to deal with this subject. This included a lot of material that was produced by “classicists”, as well as that which presented the valid “WWII methods” and related military skills.

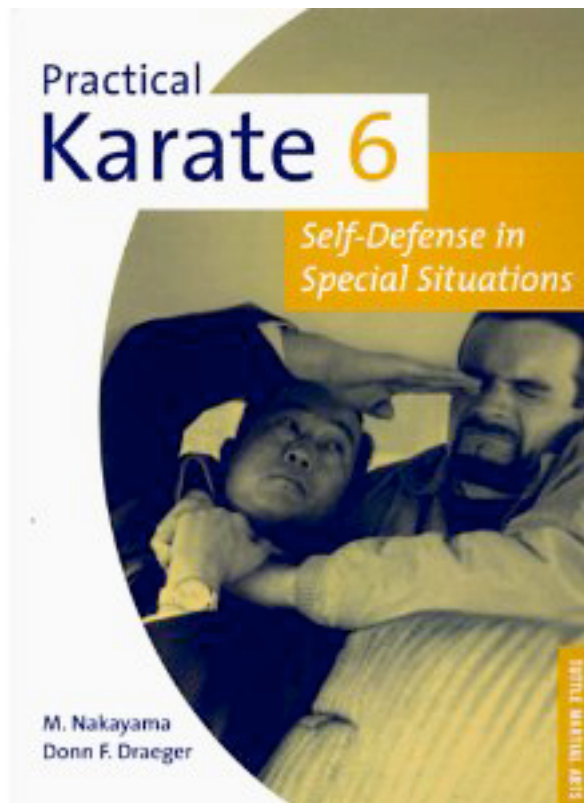
The *idea* behind this series is notable and interesting. It reflected an acknowledgment by one of the world leaders of classical/traditional karate that indeed there is a *huge difference* between training for “the classical/traditional art” versus training for real self-defense. Regrettably, the author responsible for the techniques enumerated and described — i.e. the late Masatoshi Nakayama — attempted to solve the problem of practical self-defense by strictly remaining with classical/traditional methodology (albeit demonstrated in street clothes).

Volume Six in the *Practical Karate* series is “*Self-Defense In Special Situations*”. The subject is both a good one for classical/traditional martial arts to address, since strict traditional training does *not* even peripherally provide training for contingencies of this type, while at the same time being essentially superfluous ***for those who train in genuinely realistic close combat systems***. Such systems (for example, like *American Combato*) automatically address the problem of managing attacks and violent encounters in “special” as well as in “typical” predicaments. We do this *not* by endeavoring to isolate and focus upon specific and isolated examples of so-called “special” situations, for which we construct a specific “defense”, but rather by teaching fundamental skills that are so universally adaptable, versatile, and valuable that — once well learned — they can automatically be adapted and applied in any setting, area, terrain, or predicament and to any variation of attack that one might face.

We have over the years had the pleasure and the privilege of teaching many individuals who were legitimate black belt experts in arts ranging from *ju-jutsu*, to *karate*, to *taekwondo*, to *hapkido*, and so forth. One of the most frequent comments that we hear from these students after they have reached their first

promotion (i.e. **yellow belt**), usually after about four to six or eight months of training on average, is: *“I learned a hundred times more than I ever did in my first couple of months here about real close combat and defense than I had previously acquired as a black belt!”*

We mention this here *not* to suggest that what we teach is “better” than classical/traditional systems; only that it is **very, very different**.



ONE OF THE LATER EDITIONS OF “*PRACTICAL KARATE*” VOLUME SIX: “*SELF-DEFENSE IN SPECIAL SITUATIONS*”. IN REALISTIC, PRACTICAL CLOSE COMBAT AND SELF-DEFENSE PROGRAMS, ALL ATTACK SITUATIONS ARE “SPECIAL” AND EVEN THE MOST BASIC AND FUNDAMENTAL OF THE SKILLS THAT ARE TAUGHT CAN BE READILY ADOPTED TO VIRTUALLY ANY PARTICULAR PREDICAMENT.

Anyone who purchases, studies, and ***trains rigorously to master*** the contents of our PDF CD Manual “*The Most Effective Blows Of Unarmed Combat*” alone, will find that the practical, versatile battle-proven skills described can be employed, applied, and adopted to a virtually unlimited number of odd, unusual, and — if you will — “special” situations.



Master (really **MASTER**, not just “learn”) the **chinjab smash**, the **handaxe chop**, and the low, lashing **side kick**, and you will be astonished at the number of situations that you can apply these techniques in. The practical, *combat style* side kick, for example, may be employed from a sitting position simply by leaning to one side and lashing out to the lower leg of a standing attacker. The chinjab smash can send a punk who intrudes through the open window of your vehicle while you are stopped and waiting for the light to change reeling to the ground. Learn a few *practical* techniques and think about it. You will be shocked at **how much practical ability you are really acquiring as you master those techniques.**



THE GREAT WARTIME INSTRUCTOR DERMOT (“PAT”) O’NEILL SUPERVISES MEMBERS OF

THE FAMOUS *FIRST SPECIAL SERVICE FORCE* (THE “DEVIL’S BRIGADE”) IN HANDLING A CLOSE IN HANDGUN THREAT. NO ELABORATE CLASSICAL ARTISTRY HERE! THE SIMPLE, BASIC *KNEE-TO-THE-TESTICLES* COUPLED WITH A SIMPLE DEFLECTING TRAP OF THE GUNMAN’S HAND, DOES THE JOB.

CONTRAST THE ABOVE WITH SOME OF THE FLASHY BULLSHIT IN WHICH — *SUICIDALLY* — SOME ELABORATE “SPECIAL DISARM” IS EMPLOYED THAT INVOLVES FANCY FOOTWORK, FINE MOTOR SKILLS, AND LOTS OF ROOM. NOTE THAT O’NEILL’S *SIMPLY, BASIC, UNCOMPLICATED* ACTION COULD BE DONE WHEN CORNERED IN A PHONE BOOTH, OR IN ANY OTHER NUMBER OF “AWKWARD” SURROUNDINGS.

Note too long ago one of our Brown Belt students commented to us: “*You know it’s amazing what solid gold is contained in Applegate’s **Kill Or Get Killed**. It’s simple, concise, and it really gives a person who only wants a quick and reliable course in close combat everything he needs!*”

Absolutely correct!

During world war two, when *GET TOUGH!* and *KILL OR GET KILLED* were used as texts to accompany the training programs in close combat and silent killing given to commandos, secret agents, raiders, rangers, and counterintelligence agents, those **programs — comprising but six to (rarely more than) twelve hours** — left graduates with the skills that enabled them to handle just about *any* situation they might encounter — in **war**.

The modern student who will commit himself to a few months of proper training in quality skills can expect even better, firmer, stronger results than the results obtained by those whose training was compressed and encapsulated in order to be effectively imparted during the wartime emergency.

Quality skills of *real close combat and self-defense* (**not** classical/traditional skills that have been slightly revised to *look* practical) that are professionally taught will place in your hands, feet, and mind, the all round capacity to handle all sorts of situations and predicaments. With the investment of some serious work and thought you can come away from training with the confidence that, no matter how or where “it happens”, your skills and your mindset will not let you down.

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Please be sure to check out our other site: **[www.seattlecombatives.com](http://www.seattlecombatives.com)**! And please tell others about our sites so that they too can benefit from the information and commentary that we provide.

As we receive numerous requests to quote items that appear here in *Sword & Pen* and on our other site, [www.seattlecombative.com](http://www.seattlecombative.com), from the various sections there, we will again state the terms by which our material may be used **and used only non-commercially**:

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2. Credit must be given for that which is quoted/referenced.
3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, or school may be made with our material, or by suggesting that we, personally, endorse same. **ONLY** that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal agreement.

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**WE** shall be back in March with the next edition of *Sword & Pen*. Please check our other site, as we place new material there at least once or twice a month.

Train hard, and remain positive. Wishing you the best, we are,

Yours in Self-Defense,

*Prof. Bradley J. Steiner*

**[www.americancombato.com](http://www.americancombato.com)**

**[www.seattlecombatives.com](http://www.seattlecombatives.com)**