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SWORD and PEN

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

FEBRUARY 2012 EDITION

www.americancombato.com

www.seattlecombatives.com

**DON'T FORGET! WHEN YOU'RE FINISHED READING THIS
EDITION OF SWORD & PEN, CHECK OUT OUR OTHER SITE:
WWW.SEATTLECOMBATIVES.COM. THERE'S A TON OF
EXCELLENT INFORMATIVE AND INSTRUCTIVE MATERIAL
THERE, PLUS NEW ARTICLES ADDED EVERY
MONTH THAT YOU WON'T WANT TO MISS!**

Editorial

The Absolute Right Of Self-Defense

SUPPOSEDLY we all acknowledge that every person who does not

unjustifiably endanger or otherwise harm or violate his fellow man has a right to life; specifically, a ***right to HIS own life, as he chooses to live it***. And that is that. To question a decent and harmless individual's right to life would, hopefully, be recognized as insanity, and be an unacceptable thesis to introduce in civilized, rational human company.

It is from this *right to life* that the **right to self-defense** derives. If you give this a moment's thought it will become apparent to you that without a right to *defend* and *protect* your life, you cannot possibly have a *right* to your life.

In accordance with the most fundamental concepts that underlie Americanism, we believe absolutely in the individual's right to life; in his right — as our Constitution defines it — to **life, liberty, and the pursuit of happiness**. Therefore we believe no less absolutely in the individual's right defend his life, his liberty, and his unfettered pursuit of whatever happiness he chooses, so long as such pursuit does not violate anyone else's rights. *And we insist that this latter right to **defend** that to which he is entitled is an obvious and undeniable **corollary** to his right to life.*

Now the uncomfortable result (for politically correct types, and for those inclined to establish control over people in any way) of the acceptance of that which we have just presented as what we believe to be **axiomatic** regarding one's right to life and one's right to defend his life, is that it makes **ALL** restrictions on our use of **ALL** skills, techniques, weapons, and actions of **personal defense** 100% permissible. Those who would limit your freedoms and encroach upon your right to life — whether imbecilic liberal fools who live next door to you or with whom you work, or political types who wish to see your freedoms curtailed — *do not want you to believe that you possess an unconditional right to self-defense*. They would have you believe all sorts of tripe. You shouldn't fight back; you should call the police. You shouldn't injure an assailant too badly; just do enough to stop whatever he is attempting to do to you. Edged weapons and firearms do not belong in private hands; only the police and the military should be armed.

Certainly you *should* call the police whenever possible, rather than engage a

potentially dangerous criminal or troublemaker. The problem is that dangerous criminals and troublemakers rarely ply their trade when the police are around, and the police cannot protect you when you are under attack; the best that they can do is apprehend whoever beat, maimed, or killed you. **You must be able to defend yourself, and you have a God-given right to do so.**

No rational person wants to injure anyone “too badly”. The problem is that it is impossible to read an attacker’s mind and tell accurately what his motive is in assailing you. A murder could begin with a push or a wrist grab. When you are attacked you must assume the worst and *do everything in your power right away to stop your attacker*. It frankly does not matter one bit (nor ought it concern you) “how badly” some troublemaking lump of s—t is injured when he compels you to act in defense against his unjustified physical attack. **You must be able to defend yourself, and you have a God-given right to do so.**

Weapons ***FIRST AND FOREMOST DO BELONG IN PRIVATE HANDS!*** In a free country the citizenry *should* be better armed than law enforcers, and they *should* possess whatever ordnance they wish to own — providing that they do not violate anyone else’s rights by how that use that ordnance. As our Founding Fathers here in America knew: *The private citizen has the **right** to keep and bear arms; hired lawmen or military persons derive their **PERMISSION** to bear arms from the citizens.* **You must be able to defend yourself, and you have a God-given right to do so.**

The so-called “martial arts community” normally revels in mystical and semi-mysitcal bullshit, and does so under the guise of being “*deep*”, “*profound*”, and “*philosophical*”. The plain truth is that the “philosophy” you really need is the philosophy that we have just been discussing. Nothing mysterious or difficult to grasp here at all; but you’d better *get it* before those whose philosophies are diametrically opposed to what we espouse win their final victory.

Bradley J. Steiner

**A Few Words And Observations About
Knifework**

**NOTE: *Don't miss the new article on our
www.seattlecombatives.com web site discussing the venerable
Fairbairn-Sykes Commando Knife — in the "Articles" section!***

Note: See our DVD #11 for a real world Course in KNIFEWORK!



A SCENE FROM THAT GREAT MOTION PICTURE, *WEST SIDE STORY*. BERNARDO (LEFT) AND RIFF (RIGHT), HEADS OF THE PUERTO RICAN AND WHITE GANGS, RESPECTIVELY, SQUARE OFF IN A KNIFE FIGHT. ASIDE FROM CHEAP BARS, BACK ALLEYS, AND MOTION PICTURES, KNIFE FIGHTS PER SE JUST ABOUT NEVER ACTUALLY OCCUR!

THE technical part of knife fighting is extremely simple. Any reasonably fit individual with normal strength who is interested in becoming proficient with the fighting knife can do so within three to five hours of training and practice; often in even less time than that.

The biggest problem in learning real world knifework is **mental**, not physical or merely technical. Unless the trainee has eliminated all inhibitions regarding stabbing, slashing, and killing another human being, all of the technical proficiency in the world coupled with a great fighting knife will not make him an effective knife man. This fact is generally ignored (and often is not even understood) by so-called “martial arts experts” who purport to be teaching the knife.

Some people who are able to kill at a distance using a firearm, lack the attitude (or the *stomach*, if you will) that is required to close with a lethal enemy and kill him hand-to-hand, using a sharp, pointed blade. The feel of doing so, the sounds, the blood, the *personal, direct, up close action of ending another's life* hands-on, constitutes so repugnant an act that some, often otherwise competent and courageous, very willing fighters, just recoil at the thought of carrying it out. **This** more than any problems likely to be encountered in physically mastering the mechanics of knifework is most likely to prevent someone from mastering the fighting knife as a practical weapon.

Lengthy courses, seminars, and/or those (in our opinion) ***ridiculous*** multiple-DVD programs and books as thick as a volume of the encyclopedia that advance the notion that there is a great deal of complex technique involved in becoming adept with a fighting knife appeal to the gullible and to the ignorant. Notice that such *authentic* documents that have been produced by experts (i.e. Fairbairn, Applegate, Styers, Ek, Randall, etc.) are very *brief*. During WWII Fairbairn did a film for the OSS on knife fighting in which he described the basics. The film was about ten minutes long! Even a presentation that covers more detailed information about knife types, and provides both offensive *and* defensive knifework instruction, as well as the basics (such as our DVD #11 on Knifework) *and* psychological factors, can be managed within an hour. If there is anything at all that is “difficult” about becoming a combative knifework expert it is acquiring the proper degree of mental conditioning. For some people it may be impossible. But the *physical skill* per se is simple, easy to learn, and terrifyingly effective.

While there are certain training procedures — some physical, some

psychological, others a mixture of both — that can assist some students in overcoming inhibitions toward killing with a knife, it really must be acknowledged that some people will remain squeamish about the matter, and thus will remain unable to acquire practical knifework ability. It's something like jump school. Some people want to become paratroopers and take readily to jump school. Some want no part of parachuting (even though they may be fine soldiers, otherwise). Others *want* to be paratroopers at some level, but nonetheless drop out of jump school.

We present this because we are fed up and disgusted with the absolute lack of knowledge that is shown by so many who now run “knife fighting courses” (usually in conjunction with equally irrelevant and incompetent firearms courses) or who write books or produce DVDs on the subject. Ninety per cent or more of what is “out there” is hokum.



ABOVE: THREE OF RANDALL'S FINEST COMBAT KNIVES. WHILE POSSESSION OF ANY ONE OF THESE BEAUTIES TAKES CARE OF THE *EQUIPMENT* PROBLEM, WITHOUT THE MINDSET AND SIMPLE SKILLS YOU ARE NO KNIFE FIGHTER.

Debates continue about whether the stiletto or Bowie type design

is the better choice for knifework. Our opinion is that either knife, providing it is quality manufacture, will do in skilled hands that are directed by a well-conditioned mind.



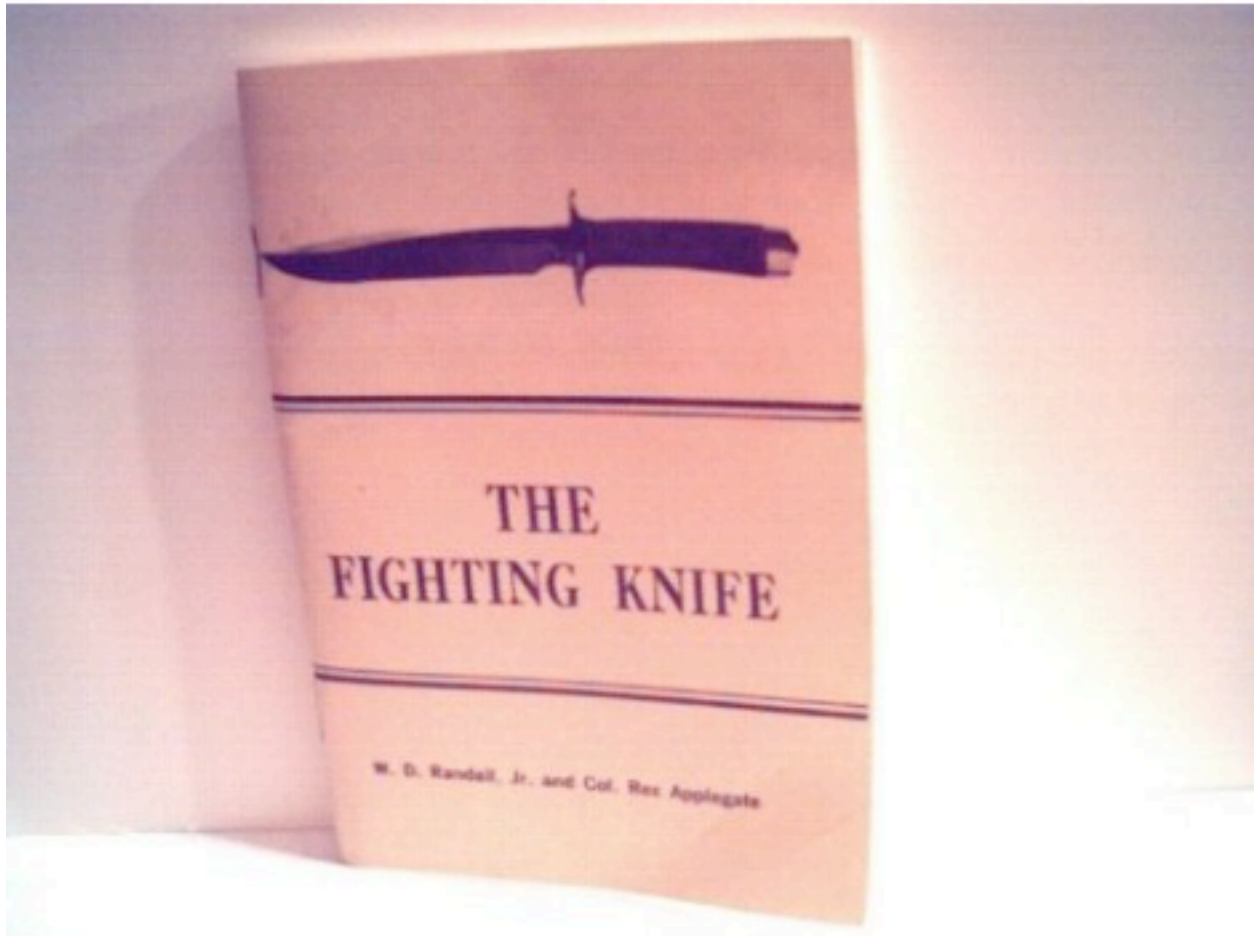
ABOVE: THE PRESENT ARRAY OF "EK COMMANDO KNIVES". EK HAS ALWAYS OFFERED FANTASTIC FIGHTING KNIVES THAT ARE THE EQUAL OR SUPERIOR OF ANY FIGHTING KNIVES MADE ANYWHERE. STILL, HAVING ONE OF THESE FINE WEAPONS DOES NOT MAKE YOU A KNIFE FIGHTER ANY MORE THAN PURCHASING A WALTHER PPK MAKES YOU JAMES BOND.

Authentic knifework is basic, simple, and effective. It should be a

part of the training of every modern student of close combat and self-defense at some point in his training.



REAL WORLD KNIFEWORK, DEMONSTRATED BY THE LATE COL. REX APPEGATE. IT HAS NOTHING TO DO WITH "DUELING" OR WITH FLASHY, FANCY NONSENSE. YOU ATTACK AND KILL. UNDER CERTAIN CONDITIONS YOU MIGHT USE THE KNIFE FOR SELF-DEFENSE (IN A PRIVATE CITIZEN'S CAPACITY) BUT IT TAKES HEART AND MINDSET – FORGET ABOUT THE POPULAR GIBBERISH – TO USE THE BLADE WELL. THIS PHOTO FROM KILL OR GET KILLED'S FIRST EDITION



THE LITTLE BOOKLET SHOWN ABOVE IS ONE OF THE BEST DOCUMENTS ON REAL WORLD KNIFEWORk. UNFORTUNATELY OUT OF PRINT, IT WAS WRITTEN BY THE LATE MASTER CRAFTSMAN KNIFEMAKER "BO" RANDALL. THE LITTLE PRESENTATION CONTAINS MATERIAL BY A USMC OFFICER IN CHARGE OF THE RAIDERS, AND AN EXTRACT FROM KILL OR GET KILLED. PEOPLE WHO PRODUCE "ENCYCLOPEDIAS" ON THIS SUBJECT ARE PUT TO WELL-DESERVED SHAME BY TERRIFIC, UNPRETENTIOUS LITTLE WORKS LIKE THE ABOVE THAT PROVIDE ALL OF THE BASIC INFORMATION – IN A FEW PAGES!

When To Strike First

A free and just nation resorts to war only as a last resort, in defense of itself. Whenever possible, the leaders of a nation – assuming that they are rational – depend first upon diplomatic rather than military solutions because they *do not want war*.

It is the same with individuals.

Decent people resort to violence only as a last resort, in self-defense. First, every effort at avoidance or reconciliation is made. Whenever possible decent and reasonable individuals use diplomacy rather than force because they *do not want to fight*.

Once a nation realizes that no amount of avoidance or striving to reconcile differences with another nation will work, because that other nation is bent upon a course of aggression, that nation *attacks* (assuming that it has healthy, rational, and strong leadership). The would-be target nation *preempts* its foe. Israel did this in the “Six Day War”. That war was a demonstration of an excellent military strategy unleashed by excellent national leadership.

It should be the same with individuals.

Once a person realizes that no amount of avoidance or striving to reconcile differences with another will work, because that other’s mind to make trouble is made up, that person *attacks* (assuming that his personal philosophy of self-defense and his skill set is healthy, rational, and strong) and he *preempts* his adversary.

Whenever it is clear to you that you are in danger of being injured by any extralegal assailant, *go into action*. Preempt your foe. Give no attacker a chance to maim or to kill you. ***Strike first!***

Situations occur all of the time when bullies, “tough guys”, violent troublemakers, insane types, dangerous criminals, etc. *let their intended victims know clearly that they are about to cause them harm*. They posture or otherwise attempt to intimidate and threaten. *And the victims do nothing*.

In such situations the best defense is a powerful, surprise *attack*. *Attack your attacker!* And do so like a wild animal. Seize the initiative and devastate your would-be tormentor or murderer *before* he knows what happened. **(Note: If you wish to learn the very finest ways in which this tactical response to unprovoked attack may be most effectively undertaken under any conditions, anywhere, our DVD Course offers all of the training you’ll ever need!)**

Wars of any proportion — be they national conflicts or interpersonal confrontations — are won by **OFFENSE**, not by being defensive. And those who wish to be able to prevail in any dangerous emergency in which they may find themselves, should take our words to heart. *Before* it’s too late.

DVD Course NOW AVAILABLE!
(You Can Learn Self-Defense and Close Combat At Home!)

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense *realistic* and *war-proven* unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the *American Combato (Jen•Do•Tao)*TM 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.

CAUTION AND WARNING!:

These DVDs have been prepared in high quality and are protected by a COPY GUARD that prevents illegal duplication! These DVDs will play on DVD players and not on computers. Any attempt at unauthorized and illegal duplication may result in damage to the equipment employed.

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!

The Advantage Of A Fast Surprise Strike

GRAPPLING in all of its forms (most notably in groundfighting) is of highly questionable value in actual combat. One of the most important reasons why this is so is because the initial action that is taken whenever a hold or throw is attempted *does not disorient or injure the recipient.*

Grabbing hold of someone can actually serve to alert him instantly, and to stimulate him into action. In any case grabbing does not, by itself, produce serious injury; and in fact the initial contact action when applying a hold or throw is merely *step one*, which must be followed by the successive steps, in order to effect the throw or hold. *Too much time wasted!*

In a sport that limits what contestants may do, grappling is fine. (In fact,

precisely because sports strictly limit that which entrants can do, the grappler has a huge advantage, nearly always. *He* [i.e. the grappler] can pretty much apply any of his skills, since they are normally not conducive to permanent injury, nor do they cause death. The hitter, on the other hand, is severely limited in the blows that he can employ. Just check the rules for *any* sporting form of martial art and verify this for yourself. When the battle is *for real*, then **blows** prevail — hands down. They are simpler, faster, and they *instantly disorient and/or injure*. And, in serious combat, they can be lethally applied with relative ease by anyone who has been trained modestly.

One of the best technical rules for students of self-defense is:

“Attack the enemy’s eyes or throat, first off. Devastate the target with all of the force and determination you can muster.”

Brutal and ruthless? Of course. This is for *self-defense*, **not** sport.

That first strike will set the stage, and set the enemy up for *critical followup* which, because of the effectiveness of that first strike, will almost certainly meet zero resistance when undertaken.

This *first, fast, ruthless strike action* rule is a life-saver. It can readily enable a person who employs it correctly to overwhelm and overcome a larger, much stronger — even much more experienced and better trained — enemy. It provides a tactical edge that the would-be victim of violent criminal attack needs, in order to prevent being maimed or killed; or in order to prevent some street bacteria from maiming or killing a loved one.

Always bear in mind these facts about defending yourself:

1. Action is always faster than reaction.
2. Combat is won by attacking, not by defending.

3. Anyone who attacks you is unprepared to *be* attacked *by* you. His commitment to his own action places him on a path that makes it impossible for him to realize that *you* are now attacking *him*, that he'd better halt his own offensive, and that he'd better deal with that which you are throwing at him before resuming his own attack.

4. Superior skill, size, experience, strength, and even numbers means little *when and if it is **preempted** by a furious, merciless, relentless surprise attack.*

5. Fierce followup is always necessary in deadly combat. That first, fast strike that cuts off the enemy's breathing or blood flow to his brain, or that breaks his leg or crushes his testicles, makes followup easy.

When in the late 1960's we began to deride the idea of blocking and/or otherwise remaining "*defensive*" in dealing with a physical enemy, we were scoffed at and our ideas were pooh-poohed as being "non martial artsy" by fantasizing ignoramuses. Today it is difficult to find anyone who fancies himself an "instructor" of practical close combat and self-defense who does not embrace, proclaim, and espouse the very principles we first advocated (without, please note, the courtesy of giving credit; and often with the pathological temerity of being derisive and disrespectful toward the source of "his" doctrine. As an aside we will point out that this parallels the behavior of burglars who, after breaking into and ransacking someone's home, *criticize* the victim who lives there for not having enough booty for the scumbag to steal! A common phenomenon, actually).

Any situation in which you are attacked is the same, in *quality*, as a situation in which a nation is attacked by another nation. What is different is merely the **degree**. All military professionals (*not* all politically-motivated military types) recognize that wars are won by **attack**; by effective **offensive action**, taken swiftly (whenever possible by *surprise*) and then followed up until all enemy resistance is ended. *This exact same principle applies to self-defense and individual, close combat.*

Fast, First Strike Recommendations:

To prepare for a dangerous self-defense emergency we recommend developing at least one of the following first strike capabilities:

- 1. Train so that you can slam a fast fingertips thrust directly into an adversary's eyes without the slightest degree of telegraphing, or warning.**
- 2. Train so that you can execute an untelegraphed, speedy snap-chop using the edge of your lead hand into an enemy's throat, neck, or facial target area.**
- 3. Train to equip yourself so that you can lash out with knee shattering side stomping kick before your enemy realizes that you intend to fight back.**

NOTE: For a wealth of detailed instruction in the widest variety of effective “first strike” (as well as *follow-up strike*) options, obtain and study our first and second **DVD**. **DVDs** three and four will equip you with combinations; the first two **DVDs** will train you in the sixteen most effective blows of unarmed close combat).

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.**

As we receive numerous requests to quote items and passages that appear here in

SWORD & PEN and on our other web site, www.seattlecombatives.com, from the various sections there, we will again state the terms by which our material may be used and used *only non-commercially*:

1. We must be quoted in context.
2. Credit must be given for that which is quoted/referenced.
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