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SWORD and PEN

Official Newsletter of the International Combat Martial
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E D I T O R I A L

Can You Afford *Not* To “Get Tough”?

RECALL the Biblical passage informing us that “*The meek shall inherit the earth*”? Note that the Bible is speaking in the future tense. Right now — in the present — it would appear to be obvious that the meek shall get stepped on.

“Meekness” literally means “quiet, gentle, easily

imposed upon”. The *quiet* and *gentle* is clearly desirable — except to a mindless savage. The *easily imposed upon* . . . well . . . let’s just say that *that* particular attribute is one that we find questionable (ahem). But back to *quiet* and *gentle*. . .

In the turbulent societies of planet earth today *meekness* is tantamount to suicide. Predators in human communities are very much like predators in the animal kingdom: They ferret out and pounce upon the weakest — the *meekest* — in the herd. And the collapse of Western Civilization (evident to all now, save the most obtuse) has been grist for the predator’s mill.

Psychopaths — violent psychopaths — roam freely in every urban, suburban, and rural area. Standards of decency and common sense *civilized* and benevolent behavior have all but evaporated. One of our students several years ago hit the nail on the head when he observed about teenagers and those in their 20’s and sometimes even their 30’s today that it’s now “*Cool to be rude.*” Bingo! With a disgraceful lack of concern for responsibility, courtesy, honesty, respect, reliability, fidelity, integrity, courage, honor, gentleness, kindness, fairness, pride in one’s own character and in one’s own work, etc. *modern society has deteriorated into a kind of “social cesspool” where human garbage tends to prosper, while human virtue — especially manly virtue*

— *is eschewed*. And because a significant percentage of that human garbage is inclined to be violent or/and aggressively exploitative, it would seem that the *last* thing we who disdain this rottenness ought to be cultivating is “meekness”.

Much more appropriate is *TOUGHNESS*. Mental and physical toughness, along with the capability of fighting back, when necessary, and being able to defend against the savages.

Four (possibly more) completely innocent human beings were murdered last year in mindless, unforgivably evil attacks now known as “knockouts”. *Knockout* being a game of predation concocted by living filth that never should have been born, but that has arisen amongst the human population and entertains itself by perpetrating deadly violence against the innocent and apparently helpless. *Anything less than death by slow torture* is an inadequate response to ANYONE who participates in the “knockout game”, regardless of whether his or her attack results in serious injury to the victim. *THAT’S* the way you stamp out mindless and lethal threats to innocent human beings. To eliminate violent crime, eliminate violent criminals. It works. The recidivism rate amongst 100% of those who have been executed or killed in the act of attempting to maim or kill someone is ZERO. And when targeted innocents are — happily — ready, able,

and willing to resist, the outcome and the reaction of the scum is delightful. Sometimes the garbage is killed outright (as, thank heavens, two were, when an older lady whom a pack of street jackals attempted to “knockout” drew a handgun and shot two of the seven bacilli —— as the rest of the pack *ran like rabbits* as the “victim” became the VICTOR!

THAT LADY (IN HER 60’S) GOT TOUGH! After being mugged once, she decided enough was enough, and obtained a gun (*legally*). When a second attempt to victimize her occurred *she was ready*, bless her! Two of the attacking seven died and will no longer be a menace to anyone else. Hopefully, the remaining five will meet a similar fate when they decide to ply their mindless trade again! *May all violent predators be disabled, maimed or killed when their actions pose the threat of doing that to innocent people.*

The answer —— your answer —— is to “*get tough*”, *too*.

This doesn’t mean “becoming like” the predatory s—t. What it does mean is becoming able to DEAL WITH the predatory s—t. A “perfect gentleman” who is *too gentle to fight back*, is a perfect victim!

Why any particular piece of street manure wishes to harm

you should not be a concern. *That* he is undertaking an action to do so *must become a priority, there and then!* You want to be able to turn the tables instantly, and make an account of yourself that leaves that rodent helpless and harmless at your feet! But you need to learn *how* that is done . . . acquire real unarmed combat skills, and if at all possible, legally arm yourself — both with weapons and with the skill to handle and utilize those weapons properly.

When Fairbairn wrote his Classic *GET TOUGH!* he selected a title that resonated with the readers (commandos, secret agents, counterintelligence operatives, infantrymen, and private citizens who had every reason to believe that the possibility of their having to confront an enemy occupation force was quite real) and with the times (the 1940's during world war two — when sane humanity was engaged in a fight to save the earth from fascist domination). That spirit and attitude of *getting tough* that the Shanghai Buster taught needs to be resurrected, preached, and cultivated **TODAY**. In fact we *have* an “occupying force” in our Nation in 2014. It is a force consisting of random garbage that attacks and terrorizes our citizens, of gangsters, and psychopathic bullies and troublemakers. *And these virulent examples of toxic life are no less a threat to you than would an occupying army be.*

In this feral world the last thing you want when and if you must ever confront human evil is “meekness”. **TOUGHNESS, *extreme and supreme unrelenting toughness* is what you need.** Not at all times, to be sure. But if or when, God forbid, you must act to prevent tragedy from striking yourself or those you love at the hands of living scum, ***you will need it then.***

So **ACQUIRE IT NOW.** WHAT THE HELL ARE YOU WAITING FOR?

Bradley J. Steiner

P.S. We received two inquiries from visitors regarding our article on “*Oldies But Goodies*” (i.e. firearms with lengthy track records, but that are “old timers” so to speak — and in some cases are no longer manufactured — but which we ***heartily*** recommend as A-1 choices). You can read that article in last month’s *Sword & Pen*.

The visitors both asked about the new *polymer* handguns. “Don’t we feel that this ‘advance’ in handgun manufacturing makes the ‘all steel’ weapons of yore all but obsolete?” they wanted to know.

We personally **prefer** all steel guns. However, we definitely do not think that the *quality* manufactured polymers are necessarily inferior. From all that we have heard from users of the polymer weapons, they function and wear perfectly well. They are of course much lighter than the all steel weapons, but unless subjecting them to truly brutal and unusual tests of abuse and trauma it appears that they stand up quite well.

Obviously, those “weapons of yore” which we ardently believe in, and that were discussed in last month’s article, were all manufactured before polymer sidearms were on the market. And it may be that because our personal orientation to weaponry, and our primary use-of-arms experience goes back

to the 1960's, 70's, and 80's, when aluminum alloy *Commanders*, and Colt and Smith and Wesson lightweight .38 Special snubies were the choice if you wanted maximum carry convenience, that we just can't work up any personal enthusiasm for the polymers. But that, we ask you to note once again, is us. You must decide for yourself what best suits your needs, and which you prefer.

Don't miss the latest two articles in the "Monthly Instruction" Section and in the "Articles" Section of www.seattlecombatives.com: one that discusses a valuable lesson we all can learn about self-defense from studying the "knockout game" phenomenon, and another that explains what you must know about your enemy!

Do Not Waste Time Practicing "Lesser Measures"!

ONE can only wonder just how genuinely qualified many so-called self-defense teachers are when one observes the *types of techniques* that they advocate for use in an emergency.

In our opinion the *only* legitimate place for training in such skills as arrest and control (hitherto referred to as "comealong") techniques and submission holds is in law enforcement and related occupations. There is simply no good reason for either private citizens or soldiers to waste time learning and practicing how to apply wrist-turning, arm locking, control grips, and other *lesser measures* for dealing with violence. And even in the case of law enforcement, such skills should be taught very specifically as "**lesser measures**", appropriate *only* in cases where it is crystal clear that a suspect

is essentially *scared and noncooperative, but not dangerous and not intending an aggressive, destructive attack*. First and foremost the art of self-defense and unarmed close combat should address **serious aggression** — i.e. violent attacks by persons who are apparently dangerous. It needs to be appreciated that **unarmed** measures of personal protection are drastically inferior to *armed* measures ——— and when an individual finds himself obliged to employ those weapons given him by nature (instead of, say, a powerful handgun, fighting knife, stick, or other complement of close combat in defense of his life) he is, *even if he is an expert* in a very, very precarious predicament. It is bad enough that he is now immersed in a situation where he must deal with an assailant (or assailants) whose capabilities, motives, background, and intentions **cannot possibly be ascertained**; he must deal with this quite possibly *deadly* emergency using only his bare hands.



WEARING CAMMIES DOES NOT CONVERT SPORT JUDO SKILLS INTO HAND-TO-HAND COMBAT SKILLS. ACHIEVING THE ARMLOCK AND PIN ILLUSTRATED ABOVE WIN A MATCH, TO BE SURE. HOWEVER, UNDERTAKING THE NECESSARY STEPS TO *SECURE THIS HOLD* PLACES THE USER IN TREMENDOUS DANGER IN A REAL BATTLE, AND ——— ONCE HE ACHIEVES THE FINAL HOLD ——— HE IS NOW COMPLETELY HELPLESS TO DEFEND AGAINST A SECOND ATTACKER. ALSO ——— BEFORE HE RELEASES HIS OPPONENT HE MUST *DISABLE HIM!* SO WHY NOT USE DECISIVE FORCE IN THE FIRST PLACE?

It is very unwise to have the “mystical/magical” view of self-defense and martial art. That is, the view that these methods ——— even the very *best* of these methods ——— somehow enable the person who uses them to handle any sort of violence with ease. *Physical violence is always very dangerous.* To take any other view of the matter, regardless of what kind of skills you may possess, is foolish. *Never* underestimate your attacker(s), and never overestimate how effective the techniques you have learned will be against him/them.

Our System teaches only serious actions that are intended to defeat a dangerous, determined assailant who is larger and stronger than the defender. *We teach the finest, war-proven techniques, and we have not the slightest hesitation in saying so.* However ——— this does not provide any guarantee at all that you will emerge victorious in any situation! You can be unlucky. You might not see the attack coming, and the attack just might be decisive. You may be overwhelmed at a time when you are mentally distracted (which we hope you’ll never be), or when you have been drastically reduced in your ability to use that which you have learned ——— perhaps by injuries or by illness, etc. *Wisdom, common sense, and proper tactical living will see you **avoiding** violence in any form, whenever it is possible to do so.* Self-defense and close combat is *not* a sporting activity. Once the need for taking protective action erupts and you *must* employ violence to save yourself or someone who relies upon you for protection, ***the situation is desperate, unpredictable, and must be handled decisively and immediately.*** It’s no game. It’s not a sport. There’s nothing “recreational” or “enjoyable” about it. You ***MUST*** undertake the most savage actions of which you are capable, or else you will be completely at the mercy of your attacker if his intention is to maim or to kill. ***AND YOU CANNOT TELL WHAT IS ON HIS MIND, HOW DANGEROUS HE IS, OR WHAT HIS PLAN IS IN ATTACKING!*** Age, gender, appearance, etc. tell you **nothing**. An apparent clown might be a vicious murderer. A seemingly “innocent” teenager ——— going by appearance ——— may be intending to knock you out, slash your throat, shoot you, kill you, or do any or all of those things to your family. Why? *Who knows or cares, and what difference does it make?* Right now your problem is **stopping your**

attacker, and you are not likely to be able to do that by trying to get him in some kind of cute ju-jitsu hold. Sure, the holds and locks work beautifully in the dojo. But **your training partners are trying to help you learn; they are not insane, desperate offenders who have no compunctions about killing people, and who intend *not* to go (or to go back to) prison!** Nor, if you are going to even a fairly good school, will you be training with anyone who is under the influence of liquor or of drugs. Your training partner is not a “gang banger”, mugger, rapist, home invader, violent troublemaker, psychopath, or psychotic. So, **never mind the fancy, complicated, “lesser measures”!**

In an emergency use emergency measures; use **extreme** and **proven** measures. *SURVIVE!* Protect those you love and care about. And, very frankly, **to damn hell with the creature who attacks you.**

What *are* the “extreme and proven” measures? There is no secret about this. It is unfortunate that people are attracted to useless (but politically correct and socially palatable) skills which, in the final analysis, will only work occasionally when luck is on your side, when you are physically superior to your attacker, and when the attacker lacks the intention to maim or to kill you. *Such skills bear the same relation to serious self-defense and combat techniques as that which a “doctor” who possessed the ability to give you something for your head cold, or to otherwise treat relatively mild maladies, but who lacked the ability to diagnose and to effectively treat serious illnesses bore to a thoroughly educated and highly competent physician who could diagnose and treat illnesses, period.*

We are not concerned with annoying people, or with stumblebums who have little capacity or inclination to do you grievous bodily harm. Self-defense skills need not be employed **when you are aware** that it is someone of this type who is bothering you. Self-defense is called into play when you believe yourself to be in **danger**, or when you believe that someone who depends upon you for protection is in danger. That’s it. And for those situations you do *not* call upon sporting or less-destructive actions. In such emergencies you **GO TO WAR**. You ——

- Kick hard to your attacker's knee or testicles
 - Ram your fingers into his eyes
 - Drive chinjabs and handaxe chops ferociously and without warning into him
 - Knee him in the testicles
 - Smash him across the face with elbow blows and hammerfist blows
 - Wrench his neck
 - Bite him
 - Gouge his eyes and rip his nose by ramming your finger into his nostril
 - Tear or bite his ears off, or simply box them
 - Use anything at hand to stab, beat, jab, or strangle him
- . . . etc.

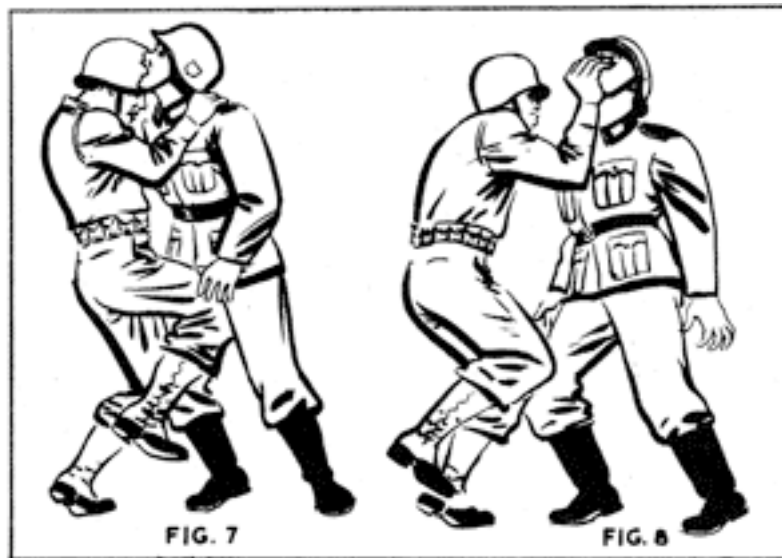


ILLUSTRATION ABOVE SHOW TWO OF FAIRBAIRN'S KEY BLOWS: THE KNEE-TO-TESTICLES AND THE CHINJAB SMASH — EFFECTIVE WHEN APPLIED INDIVIDUALLY, OR IN COMBINATION WITH EACH OTHER. *THESE* ARE THE KINDS OF TECHNIQUES THAT WORK WHEN IT'S "FOR REAL"!

Of course the study of a modern combat art like *American Combato* will equip you with many, many ways to employ the body's natural weapons, and many, many ways to followup and to overwhelm any assailant — either when you are sufficiently aware of his approach to preempt him, or when you

must react, and counterattack his initial onslaught. But that which comprises effective self-defense is dirty, dangerous, unfair, and *extremely effective*. It is what you want to rely upon when trouble explodes in your face for *real*.

Forget the lesser stuff. Spend your training time on what can be relied upon to work under the worst conditions, anywhere, against anyone.

We once had a friendly discussion with a ju-jitsu instructor regarding the difference between how we were teaching, and the way in which classical ju-jitsu self-defense instruction was given. After explaining our approach the instructor smiled and said “Well, Brad, what you’re doing misses a lot of the esthetics and challenging *art* that is one of the most important goals in ju-jitsu training. Frankly, *anyone* can do the stuff you’re teaching. And what you’re teaching really causes injury and devastates an opponent.”

“*E X A C T L Y!*” we replied.

THAT’S “self-defense” and “close combat”.

NY Daily News Reports A Successful Defense Against Home Invasion That Verifies *Everything* That We Teach!

ON 6 January 2014 the NY Daily News site reported that Joseph Torrez of New Mexico, an MMA fighter with a very poor record (five losses, one win) defended himself and his family against **four** murderous home invaders. He killed one, injured another, and caused the remaining two would-be murderers to flee. He did **NOT** resort to any of the competition stuff. *He grabbed a knife and he attacked them!* Using his combined physical abilities, aggressiveness, and the aid of a weapon-at-hand he **defeated the scum!**

Notice that Mr. Torrez “poor record as a competitor” had ***NOTHING*** to do with his *actual* and *real* ability to handle a violent attack. When the attack occurred, Torrez . . .

- Confronted *multiple* attackers (as we constantly reiterate you are likely to encounter in a real attack) — **who were armed**.
- Did *zero* “ground fighting” — *which, as we tell you continually is **not** the way to handle actual violence*. (Nor would or could ground fighting have been possible inside Mr. Torrez’ mobile home).
- Grabbed and used a **weapon** to aid his defense and the protection of his family. (You fight unarmed *only* when nothing is available to assist you — which we have been teaching since the late 1960’s).
- *Attacked!* Despite the numeric advantage of the scum who invaded Mr. Torrez home, *he went after them*, with relentless aggression and murderous intent. (All you need do is read our writings or refer to our teachings to know that *this* is S.O.P. in *American Combato*, when repelling multiple attackers).

FRIENDS . . . we are giving you *what works*, and we are presenting the truth!

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)[™] 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!

What The Ads, Fads, And Popular

Articles Don't Tell You About Current

Military And Police Training

THOSE who have drunk deeply of the koolaid are fond of saying, in support of their myth that "all fights go to the ground" and/or that "ground fighting is

necessary in hand-to-hand combat, and in fact determines who wins” that law enforcement agencies throughout the nation *as well as* the country’s armed services are now training their men predominantly in groundwork. ***And they are correct.*** However, this merely proves that *administrators for these organizations would best be relegated to that category known as the unemployed.* They have done and they continue to do an enormous — and dangerous — disservice to our uniformed domestic and international protectors.

If you ask law enforcement officers and military servicemen who have been and done (ie who have actually *had* hand-to-hand combat experiences) they will all tell you that the programs which they have been officially subject to did ***NOTHING*** to prepare them for the real world. However, for some reason, *these people* — the ones who know best! — are virtually never even give half a chance to provide their input when it comes to assessing and selecting curriculums of combat training.

One of Prof. Bryans’ Black Belts is an Officer with a local Arizona police department. He has *had* combat experience. He knows many other officers who have *had* combat experience, and ***all of them*** have openly shared their beliefs, observations, and experiences with each other. Despite what *all* of them could contribute to the effective improvement of agency training in close combat, and defensive tactics (if they were asked), ***and despite this Officer’s personal effort to communicate this with his superiors,*** the decision to further train officers in nonsensical ground fighting and competition tactics has unilaterally been made. By whom? By administrators who likely would not be able to distinguish a switchblade from a crucifix, but who are “convinced” (due to their popularity with the ignorant public) of MMA, UFC, and cage fighting doctrine’s “*superiority*” (???) over **real combat methods.**

This is now typical.

As an observation we must point out that we wonder at the **idiocy** of neglecting to interview and to **ASK** our uniformed domestic and international

protectors *what their knowledge, and what their actual experience has taught them THEY NEED in training, and what could be done to improve training and preparation at the recruit training level.*

Any Army or Marine Corps **private** who must don the ton of equipment and gear that is required in combat field service will vouch for the need to throw out the wrestling and ground-submission **horses**—**t** that they were introduced to in basic training, **if you asked him**. Any police patrol officer in any major city will vouch for the *danger* that an officer faces when and if he resorts to grappling and to taking a suspect to the ground in a wrestling match, **if you asked him**. (Cops do wear a lot of equipment that bogs them down, remember? And there is the matter of that *sidearm* they wear. To grapple and roll around on the sidewalk with a felon presents an enormous risk of having that firearm snatched and used against the officer **and** innocent bystanders.)



WHILE OUTFITTED PERFECTLY FOR MILITARY COMBAT, AND ABLE — DRESSED AS HE IS — TO KICK, STRIKE, ELBOW, HEAD BUTT, AND GOUGE, ETC., THIS COMBAT SOLDIER WOULD *NOT* BE ABLE TO ENTER A ufc OR MMA EVENT . . . NOW *WOULD* HE?



PRETTY MUCH READY FOR ANYTHING — EXCEPT A WRESTLING MATCH! THE MODERN LAW ENFORCEMENT OFFICER NEEDS SKILLS THAT HE CAN EMPLOY WHILE ENCUMBERED BY HEAVY, BURDENSOME GEAR. IF A SWAT OFFICER SHOULD FIND HIMSELF IN A HAND-TO-HAND PREDICAMENT HE IS *NOT* GOING TO BE ABLE TO RESORT TO GROUND-GRAPPLING AND SUBMISSION HOLDS!

Liars and frauds have said that we “hate” UFC, MMA, etc., and that we detest “sport” so much that we simply do not acknowledge the validity of what they advocate. ***LIE!***

Among the great martial arts masters whom we hold in the highest regard is the late Helio Gracie. He was a fabulous, dedicated, and super-competent judo man. ***For him to get on the mat and fight Masahiko Kimura was an act of great courage and devotion to his art. Kimura was most probably the toughest, strongest, and finest competition fighter that Kodokan Judo ever produced!*** Helio Gracie’s engaging him in a match was akin to a relatively lightweight boxer’s stepping into the ring with Muhammad Ali, when Ali was in his prime!

The truth is that we have enormous respect for *sporting* martial arts. In fact we have been recommending judo and boxing since the early 1970’s as being *ideal* as a means of introducing youngsters to self-defense. For adults who prefer competition and who are not especially interested in close combat per se, we think that sporting forms of martial activity (from fencing and football to boxing and competition karate, to whatever they like) is excellent.

It is true that *our personal interest* is not in any aspect of sport. It is true that *we do not accept competition skills for serious combat*. But the value of sporting martial arts is, we believe, incontestable. Just like any other sport — those who enjoy it should participate in it. Who would disagree?

When we recoil at the notion of training patrol officers and military people in sporting methods it is *not* because “we don’t like sport”. It is because we **KNOW** — from decades and decades of training, research, and tons of feedback from every kind of real world combatant you could name — that close combat and self-defense is a unique, separate, unusual sphere of concern, and *one cannot prepare for it by sports-oriented training, and by entering (and even becoming a “champion” in) competition*.

If you are concerned with **real world self-defense and close combat then do not pay attention to current “trends” and to the popular dung that the newsstand magazines keep pumping out. Their objective is to tell readers what they want to hear, based upon what is popular and on what “sells”!** They are no more interested in the truth and in objective facts than is some scum who is running for political office. The scum wants to win; the sellers of the periodicals want to sell.

Those whose actual experience as line police officers and/or as combat infantrymen has placed them in harm’s way, and has necessitated their use of **real hand-to-hand combat**, will verify the truth and rightness of that which we and our Associates in ICMAF have been teaching for decades.

How To Consciously Employ

Mental Conditioning When You Train

PLEASE try the following exercise:

1. Prepare to go through one of those counterattacks that you feel confident you have learned. For example: *Countering a frontal two-hand clothing*

seizure; Countering someone raising his fist to punch you; Countering someone's attempt to apply an under- or overarm frontal bearhug, etc.

2. Imagine your training partner to be (or just simply *imagine*, if you are training solo) someone standing before you — threatening — whom you've always feared — possibly even once were seriously beaten or bullied by. Really visualize. Recall this individual. *Feel* the reality of your discomfort, and of his menacing presence.

3. **Focus your mind on the awareness that this individual is about to attack you. Perhaps he is threatening to do so; perhaps he is simply attempting to insult you verbally *before* doing so.** Allow yourself to experience as much apprehensiveness and fear as your imagery can muster.

4. Now imagine the one person in the world who means the most to you — who you love the most, who you care for the most, and who you absolutely would *never* stand by and allow *anyone on earth* to touch or go near in a harmful way, **even if it cost you your life**. *That person is standing about four feet away, witnessing this encounter.* That person feels about you exactly as you feel about them. **Be aware and *feel* that this adversary is attacking that person as well as you, when he moves on you!**

5. WHEN YOU'RE "INTO" THIS IMAGINARY SCENARIO — NOT BEFORE — HAVE YOUR TRAINING PARTNER (OR IMAGINE YOUR ENEMY COMMENCE TO) ATTACK YOU.

6. Now ***attack!!!!*** Apply your counterattack with the same ferocity (taking care **not** to let your actions contact a live partner) that your combined rage, hatred, desperation, fear energy, and developed physical strength and condition permit. Growl! Yell! Grimace! Summon everything in you in one great effort to **destroy your enemy!**

Repeat that exercise a dozen times. If you do so, as directed, you will definitely experience "in your gut" the state of psychophysical ferocity and

readiness to take on an assailant and *win* (regardless of his strength, size, reputation, etc.) that the real world will require of you.

Acknowledged that no one can employ this every time he practices. That is not necessary. It is necessary perhaps 10% of the time (more if you can) and —— if done with regularity here and there in your normal practice sessions —— will condition your mind for combat as well as your physical practice and weight training condition your body.

Don't expect this to be easy at first. Although it may be easy for some people, others may take a little longer to get used to it. **Persist!** It will teach you a lesson about how to train that is as valuable as **gold**.

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— General George S. Patton, Jr.

Mental Conditioning is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority in the specific field in which the subject is being

assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

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A Layman's Dead Serious Advice On

How *Not* To Get Into Legal Trouble Using Martial

Arts Skills

“Noli nothis permittere te terere”

— **Lord, grant me a good sword and no need to use it.**

ALTHOUGH we are not a “lay person” when it comes to close combat and self-defense per se, we most definitely *are* a layman when it comes to the **law** and to the **legal aspects** of using force with or without weapons, against another human being. So we emphasize: ***What follows is personal advice from someone who is a professional in the field of close combat and self-defense***. The advice is offered in good faith and with the sincere hope that it will help keep every decent human being who trains in combat arts to steer clear of trouble, and to learn *when* and *where* and *why* using the skills that he has acquired will be justifiable and moral — in the eyes of those rational members of human society, as well as in the eyes of the law. For legal advice, *we strongly recommend consulting a lawyer.*

As we understand it, American law is based upon English common law. And the idea that force may be used *only* against an offender, and only to the extent that is necessary to *stop the offender's attack* dominates legal thinking throughout our Country. Laws do vary, of course, from city to city, state to state, etc. However, **fundamentally**, we believe that the underlying idea which we have stated is at the base of American jurisprudence.

As a professional self-defense teacher we take exception to the way in which the law of self-defense is written and — often — to the manner in which it is enforced. *However*, it is the law, and we would never violate it or advocate violating it, to *anyone*. We accept it, and we obey it.

The big question is: *How can a responsible, decent person who has acquired self-defense skills insure that should he need to employ those skills, he will not get into legal trouble doing so?*

The short answer is: **No one can be *sure* of not getting into legal trouble when he is involved in violence; one can only be reasonably sure — if one strictly follows certain guidelines.** Then, assuming a certain measure of good luck, right-thinking law enforcers, and moral, right-thinking

prosecutorial people in the district attorney's office, legal problems ought not arise for the person who acts in legitimate self-defense.

Sound dicey? ***Good!*** Then you have learned the first important thing about using force: **Strive to *avoid* violence insofar as it is possible to do so. Use force *only* when you absolutely must in order to save yourself or another innocent person from injury or death.**

The popular “competition” circuit has given those whose thinking is somewhat foggy the notion that challenges and “fights” are OK. That it's “manly”, “tough”, and proof of one's *machismo* to square off and do battle with another person. While we don't agree with this — or in the “sporting” view of martial arts — we see no problem with that view **if it is restricted to sporting contests in which there is voluntary participation, and if genuinely dangerous techniques are forbidden.** But that is *not* close combat, and it does not pose a threat to either participant that approximates to any degree the threat posed to an innocent victim by a violent attacker.

So: forget about any competitive experiences or training when it comes to acquiring a reliable philosophy of when and how to apply techniques against a *real* assailant.

If you *look* for a fight, or if you *agree* to a fight, or if you *encourage* a fight, or **if you raise your hand against anyone *except* when necessary to stop them from harming yourself or another innocent person** then you may very well face serious **criminal *and* civil** action!

To avoid legal problems stemming from your use of self-defense/martial arts/combatives skills **you need to behave like a responsible, nonviolent, reasonable, and law-abiding ADULT.** If your model for your personal behavior is the moron who brays like an ass and **yearns** to prove how “macho” he is, or the “toughguy” who is always prickly and who is always “ready to throw down” at the slightest real or imagined verbal provocation, then you are a potentially dangerous, antisocial **fool**; and sooner or later you will end up in serious legal trouble.

The martial arts *used to* teach and to insist upon gentlemanly, non-aggressive behavior by those who trained in them. We well remember — despite all of its faults — the **excellent** attitude toward *avoiding violence unless self-protection becomes a necessity* that our classical ju-jutsu and karate courses **demand**. “Get into a fight unnecessarily, or start a fight, and you are *outta here!*” was the message when, in the 1950’s and 1960’s martial arts in America were properly taught, and not regarded as “sports” or as venues to “prove one’s toughness”, etc.

Our personal attitude *today*, as a professional in the field, is this: ***If any student of ours uses or initiates physical force unnecessarily — or in the commission of an outright crime — we will testify against him as an expert witness, and do everything in our power to see him locked up for placing another person in danger needlessly.*** We are not kidding. We take violence *very* seriously.

So does the criminal justice system.

So must **you**.

Your training is to be called upon **only** when it must be employed in unavoidable, legitimate self-defense. If you remember that, and if you decide that *that* will be and remain *your* bottom-line rule, then the chances are you will never get into any legal trouble using your skills.

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Possessing modern weapons and learning how to use virtually anything at hand as a weapon in a crisis, drastically increases a person's chances of prevailing and surviving in personal combat. And although unarmed combat is a critical skill and is in fact the **foundation** of combative effectiveness and readiness — physically and mentally — **weapons are critical**.

Unfortunately, when weapons are discussed in martial arts circles they are normally weapons of antiquity. But modern students of modern combat arts should waste no time developing skills with a samurai sword, nunchucks, throwing stars, manrikigusari, tonfa, nine foot poles, etc. Instead, the modern combatives student should —————

- **Remember that weapons are his first resort in defending himself and his family against life-threatening attacks by violent offenders. He should use *them* first, whenever possible and he should rely upon unarmed combat only in instances when weapons are unavailable or in those few and very rare instances, when their use is inadvisable.**
- **Remember that *modern* weapons must be his forte. (When swords, spears, and so forth were used by Asian warriors those were the modern weapons of those times.)**

- Remember that weapons must *never* be considered a separate study from unarmed combat. Rather, unarmed and armed combat must be integrated in the modern student's repertoire. In the case of the fighting knife and stick, and practically every unconventional and improvised weapon at hand in any emergency, both unarmed and armed action will be employed *together*.

Some will object to our thesis, but we stand by what we say. *Self-defense and close combat have NOTHING to do with sport, contest, recreation, or competition.* You draw upon your skills and knowledge only when circumstances **not of your choosing** compel you to take action to save innocent life. No trophies, championships, submission techniques, or point-scoring. When the worst happens and you must defend yourself or your loved ones, **NOTHING** is excluded from your options. You must be prepared to do whatever is required to defeat the enemy, and survive.

Take *this* view of what self-defense and close combat entails and you will have placed yourself ten laps ahead of the individual who fails to perceive this picture of the real world. And you'll be **fully prepared**.

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