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SWORD and PEN

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

FEBRUARY 2015 EDITION

www.americancombato.com

www.seattlecombatives.com

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LISTEN TO OUR RADIO INTERVIEWS!
Prof. Bryans and ourself each did 1-hour interviews
on the Rick Barnabo Show in Phoenix, Arizona. If
you go to prescottcombatives.com, click on “home”.
When “news media” drops down, click on that — —
and there’re the full interviews! . . . and listen to our
interview on Coast to Coast am with George Noory
on www.prescottcombatives.com. It aired live on 2
September 2014.

Editorial

Consequences

ACTIONS have consequences. This is a lesson that really ought to be taught to and learned by everyone by the time they reach eight years of age. However, when you consider the stupidity and irresponsibility by which so many guide (or fail to guide) their lives and their behavior, it is obviously a *rarely-if-ever* taught, and just as rarely if ever learned, life lesson.

As we enter a new “dark ages” in this 21st century, where objectivity and rationality — once cardinal values in Western culture — are no longer considered all that important, we see every sphere of human activity in decline and decay . . . **including martial arts.**

Just *look* at the disgraceful attitude of belligerence and unwarranted aggressiveness that has now infected so many who come to the martial arts — specifically, the competitive venues of the UFC and MMA. The news has carried more than one story in recent months and years about how some of the “champions” in these activities use steroid drugs, get into fights outside of the contest arena, beat their girlfriends, challenge others to fights, and get arrested for violent behavior. Not true of the traditional *karate*, *ju-jitsu*, and other classicists; but shamefully true of some of these latter day “martial arts” people. Consider the ill-mannered (often blatantly dishonest and dishonorable **lying** and **name-calling** that typifies most of the “forums” online). It can almost be said that anyone participating in these cyberspace equivalents of cheap, mindless backyard gossip fests should be discounted immediately as a horse’s ass. A horse’s ass with the “credibility” of a sneaky punk who cheats at cards.

We try to counter this as best we can. Our area is **combat** and **self-defense**, and we really have nothing to do with competition. However, because many are misled into believing that competition is combat, their initial interest in self-defense *leads* them to a competitive venue, and they then get sucked into pursuing inappropriate training for their purpose, with a *most* inappropriate

attitude for *any* purpose. So, where and when we are able to reach those among the self-defense seekers who have some brains, we try very hard to lead them to reason and to proper, civilized conduct **OUTSIDE** of their training, while urging their study of what truly works in circumstances where the need for self-defense arises, and action is unavoidable.

*Do not look for fights. Do not get into fights. **Do not fight.** Violence has serious consequences, and the use of force against human beings must be restricted to such unavoidable emergencies where you have no choice but to defend yourself.* In such emergencies no “contest” or “sporting” skills or rules apply. **You must WIN.** You must take whatever foul, savage, crippling and maiming (possibly, in certain desperate situations, even *killing*) skills you have acquired and apply them using the element of surprise, every ounce of strength, speed, and determination you can muster, **and not the slightest tremor of hesitation, reluctance, delay, or regret.**

We say none of this for dramatic effect. **We say it because it’s true, and if you wish to be able to defend yourself in a *real* situation, you had better learn it and live by it.** Get into fights, act like a “badass”, *think of yourself as a badass*, don’t be “bothered” by trying to avoid trouble, strive to build your “rep” as one hard dude, never pass up a challenge, and you will fully deserve it when you end up in prison, live out your years with a criminal record, get sued civilly — and successfully — for injuring some moron with whom you **agreed to fight.**

Actions have consequences. This is why we emphasize endlessly that “self-defense technique number one” is **AVOIDANCE**. Competitors are justified in constantly looking for adversaries to fight, *so long as they do so within the parameters of sporting protocols, with other willing competitors.* But **combat trainees are *not* justified in ever looking for or getting into fights.** Their proper course is to train hard and to train regularly. To constantly strive to sharpen their emergency skills. To harden themselves. To stay in good shape. To condition their minds for violent combat. And to *stay out of anything resembling trouble so long as they are able to do so.*

Once you trip the wire, so to speak, and go after your adversary because you believe in your heart of hearts that you *must* — that you cannot possibly avoid this encounter, and if you do not stop your antagonist you or someone you must protect may be seriously injured — **then you do so with zero compassion, ethics, restraint, forbearance, mercy, or fairness of any kind**. You endeavor to blast into your enemy with all of the concentrated fury and destructive, relentless violence of which you are capable. *And you do not stop until you know that you are safe.*

Actions have consequences. And certainly the responsibility for whatever consequences a determined, unavoidable violent criminal offender, troublemaker, bully, gangster, terrorist, etc. suffers lies **100% with him (or with them, as so many attacks are perpetrated by more than one assailant)**. The situation is one in which you have been given no feasible alternative. You have not asininely “squared off” like some stupid kid in a schoolyard, or some bum in a tavern. You made the split second decision to ***act now*** when you had realized that you needed to do so; **not** because you “wanted” to for some foolish ego satisfaction or to prove something — either to yourself or to the mindless life form who provoked you.

Waste no sympathy or humanity on any determined aggressor who attacks you and forces you into a position of needing to defend yourself! *He* — or *they* — and not you will be responsible for whatever consequences that scum may suffer. But, absent real danger and your being convinced that you are to be harmed, **stay your hand!** Remain alert and aware, but take no action and agree to no “fight”. Do nothing until or unless you are **convinced** that you face imminent danger. Then, **win**. Win in the most merciless, destructive, unethical, unsporting, foul, deceitful, unfair manner possible. *Just win!*

For some what we say will make little sense. These people are no concern of ours. Through our teachings personally, our writings, and our DVDs and CDs we’re striving to teach intelligent, serious, responsible and decent individuals the very finest techniques, tactics, and mental conditioning for close combat and self-defense. This doctrine conveys a means of rendering terribly severe

consequences when carried out, and we do not want such consequences effected save when morally and legally justifiable —— normally meaning when they are “unavoidable”.

For your own benefit, get the message.

Bradley J. Steiner

Knife Throwing —— For Combat?

THE idea of throwing a knife and killing an enemy in a combat situation is an old one. You’ve likely seen motion pictures in which this is done —— and it looks spectacular. However, like everything in armed and unarmed martial arts that looks spectacular, knife throwing is for *either* theatrical *or* recreational purposes —— as a **sport**. We vigorously urge that you not entertain thoughts of using your fighting knife in this manner! For that matter, don’t believe that specially designed “throwing knives” will give you any greater likelihood of hitting an enemy in real combat than will attempting the feat with any other type of knife. *From a correspondent/visitor:—*

Question: “I saw a WWII USMC Fleet Marine Force training film that showed marines *in training*, throwing knives at targets *with great success!* You are perhaps *the most knowledgeable and expert authority on the Allied close combat methods*, so what gives? How can you say that knife throwing is solely for sport or theatrics?”

Answer: “We know the film that you are talking about. It portrayed exactly what you say. It was training in one of the methods advocated by Col. Biddle.

Biddle, who was a fine unarmed combat man, was way off base in several respects. His method of bayonet and knife fighting, for instance, was enthusiastically embraced by the marines — **at first!** But once it became clear that *dueling* with bayoneted rifles and personally carried fighting knives was an absurd way to train for actual hand-to-hand combat, the Corps went to the Fairbairn Method.

Biddle's idea of training to throw a Raider stiletto (modeled after the proven *Fairbairn-Sykes Commando Knife*) at an enemy who was fifteen or twenty or more feet away **at first** captured the marines' imagination. But later — in part due to the influence of other lesser-known instructors, as well as to the increasing amount of evidence that was coming in from the Pacific theater, demonstrating that knife throwing in real combat at live enemies was, to put it politely, “extremely impractical” (read: **“Crazy!”**) — that training was abandoned. Following WWII, Biddle's protégé, John Styers (an extremely practical and *excellent* unarmed combat expert and hand-to-hand knife fighter) reintroduced a slightly modified knife throwing technique. His method entailed throwing one's knife at *very close distances only*. Which, upon reflection, can be seen today, by those who are knowledgeable in serious close combat, simply as an “attempted improvement that makes even less sense than the initial error it attempted to improve”. (By no means do we intend this as a sweeping criticism of Styers. His **unarmed, stick**, and hand-to-hand **knife fighting** was *excellent*. But just as Wesley Brown and Joe Begala taught some real nonsense in what was, on balance, an otherwise outstanding hand-to-hand combat program for Naval aviators, John Styers' would have done very well to *ditch entirely* the knife throwing that his mentor had advocated — instead of trying to develop a “better way” to do it. As an aside, note that we **absolutely** regard the V-5 Naval Institute's wartime *Hand-To-Hand Combat* — just as we regard John Styers' post WWII *Cold Steel* — must have references for all professionals who teach self-defense and close combat today; this *despite* the fact that neither book is flawless in what it presents and describes.)”

Why You Do Not Throw A Knife In Combat

Conceding that throwing a knife *might* be effective, we still insist that doing so in combat is not to be attempted. We'd place the odds of even a **trained** combatant effectively stopping an enemy by throwing a knife under combat conditions at perhaps 1,000,000 to 1. A very big "might", indeed! Better to hope that your enemy has a sudden heart attack and collapses than that you'll throw your fighting knife deeply into his body and stop him decisively.

First, knife throwing at a live enemy at, say, a distance of fifteen to 20 feet *even if that enemy were standing motionless*, and having the blade deeply penetrate (likely through heavy clothing!) to a vital spot is an incredible feat that even theatrical knife throwers (like the old vaudevillians) would be hard-pressed to accomplish. Just take your fighting knife to a safe place and see how difficult it is to throw a knife that distance at an insentient, immovable *target*, and have the weapon stick, instead of having the weapon hit *handle first!*



JASON STATHAM IS ONE OF OUR FAVORITE ACTORS. HE IS ALSO A HIGHLY ACCOMPLISHED MARTIAL ARTS EXPERT AND ATHLETE, WITH ALMOST ACROBATIC ATHLETIC ACUMEN. STATHAM'S KNIFE THROWING IN *THE EXPENDABLES* (1 AND 2) IS GREAT TO WATCH, BUT IT DOES NOT REFLECT ANYTHING RESEMBLING THE CORRECT WAY TO USE A KNIFE IN *REAL CLOSE COMBAT*. DON'T CONFUSE THEATRICALS WITH AUTHENTIC COMBAT METHODOLOGY!

Second, you must hold the knife in a certain, specified manner in order to throw it so that it will stick. *Getting that proper grip before you throw it gives your enemy a chance to drive in against you and kill you!*

Third, you must know the correct distance between yourself and the target so as to gauge the turns of the knife in flight—— or there's only a 50-50 chance that the knife will hit blade first. *Do you anticipate being able to ask your enemy to stand still and give you time to grip your weapon correctly, gauge the distance, and then hurl it so that it hits point first? We'd suggest that would be an unlikely strategy to work.*



AS A SPORT, KNIFE THROWING IS A GREAT ACTIVITY. THOSE WHO PRACTICE HARD AND

WHO STAY WITH IT, DEVELOP AN EXCELLENT LEVEL OF IMPRESSIVE SKILL — FOR HITTING INSENTIENT TARGETS. BUT THIS IS IN NO WAY RELATED TO CLOSE COMBAT USE OF A FIGHTING KNIFE. [PHOTO FROM KNIFETHROWINGINFO.COM].

Fourth, *great force* must be behind the throw or ——— even if the knife hits point first ——— the blade may not penetrate, or it may only penetrate a little, causing no level of adequate injury.

Fifth, when you throw your knife you throw away your weapon! More: you throw it *at your enemy*, who ——— unless you drop him and kill him ——— will possibly pick up the knife and attack and kill *you* with it.

Suffice it to say that no one will remain in the same spot or hold still in vital combat, enabling you to throw a knife at him, as you might at a tree or other insentient target, without making an all-out aggressive effort to **kill you!**

Question: “But how about Styers’ method, which advocates throwing the knife at *close* range, when gauging distance and turns of the knife in the air are both unnecessary. Why are you against that?”

Answer: “Because at the distance where a target can be hit well with a well-executed underhand throw, it is wisest to ***retain a good combat grip on your knife, kick your enemy or throw something in his face as he moves in (or even sidestep), and use your weapon up close.*** You will have *much* more control over your weapon, and you will be able to drive it into your enemy considerably harder and more accurately than if you threw it, and you will remain in possession of the knife while being able to combine

unarmed combat with slashes and stabs.

Knife throwing is, like competition (IPSC or similar) handgun shooting, a fun sport, demanding of skill and precision, ***but unrelated to close quarters combat against one or more live, moving, determined human killers.***

Lack of time, combat stress and pressure, the loss of ability to generate fine motor moves, complete unpredictability as to outcome, loss of your weapon, and — dare we say, ***it's being just a plain stupid thing to attempt!*** — make knife throwing unsuitable for the fighting man or private citizen as a method of personal protection in real close combat.

Stay with good, basic knifework. Forget about knife throwing if you carry or keep a fighting knife (or grab a kitchen knife) for ***combat/self-defense*** purposes.

[Don't Miss This HUGE Training Resource!](#)

**WWW.SEATTLECOMBATIVES.COM . . .
offers more than 400 FREE pages of
instructional and commentary articles . . .
archived back more than six years! AND,
new articles are added monthly! Virtually
a ton of valuable training information,
instruction, and advice! All FREE!**

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



Here are a few comments about us and what and how we teach, from a handful of the many genuine authorities in the field of close combat and self-defense who are familiar with us and with our work:

“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”

— James R. Jarrett,

Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”

— Greg Anderson,

Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.

“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is incredible!”

— Detective Ralph Friedman (NYPD Retired),

Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has

received, among other awards, the coveted 'Combat Cross'. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”

— Maurice (“Maury”) Geier,
Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”

— Grandmaster Jim Harrison,
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim Harrison’s accomplishments and contributions to the combat arts in America.

“From you I learned the valuable lesson of ‘attacking’

**instead of ‘defending’ when you have to defend yourself”
— Grandmaster John McSweeney,**

The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis’ contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis’ works.

“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”

— George Kalishevich,

Former USMC Sergeant and combat veteran of Southeast Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960’s. He was also an experienced bouncer. He passed away several years ago.

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970’s, I found that Mr. Steiner’s advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner’s writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner’s vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner’s”.

— Grandmaster John Perkins,

The brilliant innovator of ‘Guided Chaos’, John Perkins’ background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.

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!

Cost Of Training DVDs

THE cost of acquiring the training instruction that is contained in the DVDs we offer is, when you look at it as the investment it is, actually quite negligible. Check into the cost of a single emergency room visit at a local hospital. Or the cost of a single ambulance ride. Or look into the cost of protracted medical care to treat and monitor serious injuries on an ongoing basis; injuries like broken bones, damage to vital organs, stab wounds, gunshot wounds, and deep lacerations. Or, and this is a sickening and sobering thought, consider

the cost of a funeral, and the resultant ongoing personal, emotional, and financial loss to those who love you and who are dependent upon you. These awful expenses go into the many thousands of dollars, and often are ongoing — *year after year* in some cases.

Back in the 1980's one of our students, then a medical resident at Harborview Hospital in Seattle, now a medical doctor with a practice in another State, told us that the bottom-line cost for treatment on an **out patient basis** of someone who had sustained a relatively *minor* (non life-threatening) knife or gunshot wound was \$10,000.00. You can imagine that the cost has by now (2015) at least **tripled**.

Obviously, we cannot guarantee that if you train in our methods you will defeat any and all attackers, or that you will be invincible against armed lunatics who might target you. ***But we can guarantee that your odds of surviving physical attacks of any kind will increase dramatically, and in a worst case scenario where you are injured, that it may be significantly less severe than if you had not learned the effective skills that we present in our Course.***

America and other countries as well are experiencing more senseless violence — more *serious* and *seemingly motiveless* violence — than ever before. Training in effective close combat and self-defense, with us, personally, or via our DVD Course, is simply **good life insurance**; insurance that pays huge dividends considering how *inexpensive* it really is.

Real Attacks — And Workable Reactions

IF you want to know what happens in a real attack (mugging, home invasion, surprise action by a troublemaker, bully, etc.) then analyze real attacks. One of the first things you will notice when you do analyze violent attacks is that they produce a situation that is 100% *different* from contests, matches, and sparring sessions. Hence, that which you need to learn in order to cope with real attacks has nothing to do with that which you would need to learn in order to excel in competitive matches. (**Note:** In this context we must

acknowledge that children - as well as their psychological “adult” equivalents - *do* get into situations of **mutual combat** — i.e. fights. However, “fighting” can be avoided. *And all sane and mature people do avoid fighting.* The need to defend yourself against an **attacker** cannot be avoided.) **By definition the attacker attacks you - leaving no alternative but to accept being physically injured or killed, or defending yourself.** Until a person “gets this” . . . i.e. until he has grown mentally to the point where he **never** agrees to fight, but wishes to be fully prepared to defend himself if he must, against an attacking enemy . . . he is unsuited for training in real world self-defense. Training such a fool in the skills of close combat would be like handing a loaded gun to someone who believed in settling disagreements with gunfights at high noon!

If you are ever the victim of an attack you do not “square off” with your assailant(s) or attempt to engage him in a “match”. ***You react by doing everything in your power to neutralize him — by the most destructive and expedient means possible.*** You do not do this out of meanness, out of any desire to be a “champion”, or for any ego satisfaction. ***You do it in order to save yourself and/or anyone who you are striving to protect from harm, efficiently and well.*** Once done, you get to safety; you do not receive a prize for your victory, a title, a medal, or the accolades of fans.

To a large extent much of that which we point out is regarded as obvious and requiring no argument, **by knowledgeable traditional martial arts masters and by professionals in the field of unarmed and close combat.** But the majority of those who seek to learn self-defense are *not* “masters” or “professionals” by any stretch of the imagination. These people all too often are attracted to that which is popular, and they believe those who represent what is most in vogue; i.e. sportsmen and celebrities. Once involved they tout the party line — living in illusion and passing that illusion on to others.

Combat and contest are completely different.

If you want to be able to defend yourself against real violence that is directed against you by actual attackers, then understand that you need:

- **To acquire a serious level of mental conditioning for the purpose of defeating dangerous assailants; to cultivate the *combat mindset*. All of this means supreme awareness and alertness at all times; wariness toward strangers and suspicion whenever approached by unknown persons. The cultivation of good personal security precautions and tactical readiness.**

- **Solid, basic, *warlike* techniques. Simple, low kicks. Open hand blows that disable and maim — at the very least! The ability to employ your body’s most destructive natural weapons mercilessly against an attacker’s most vital targets, and to do so in smooth, relentless followup.**

- **Attacking tactics, skills, and attack *mindedness*. Discarding all “restraining” and “non injurious” techniques, and focusing on skills that DAMAGE SEVERELY, because like it or not, *those* are the skills that enable a person to stop a dangerous, determined attacker.**

- **Acquiring whatever weapons are legal to possess and to carry where you live, and *developing the ability to use them* (as well as an unhesitant willingness to use them).**

- **Simple and widely adaptable methods of countering attacks that you were inattentive enough to see coming, and preempt. These must not be the conventional ju-jitsu or karate type “self-defense” techniques. Instead, they must be *extremely* vicious counterattacking actions that speedily and decisively defeat your enemy’s initial onslaught and place YOU on the offensive — because so long as you are defending *YOU ARE LOSING*; when you are on the attack *YOU ARE WINNING*.**

There are other important aspects of being ready for the *real thing* including staying in the best shape possible for your health, age, and present condition; and always striving to retain sound internal health, hardihood, strength, and the confidence from knowing that you’re in shape; learning as much as you can about violence, per se; understanding the violent criminal’s mindset; being

sensible and discreet in your daily life; avoiding arguments with unknown or volatile people, etc.

If you train for self-defense (or, as a military man, for close combat) then you are training for **WAR**, not for sporting victory. And just like a healthy, just nation, your preparation hinges on being *prepared* for combat, but always *desirous* of peace. Diplomacy and avoidance of war is your first and most desirable option. Failing to avoid war by that means and confronting the certainty of catastrophe by enabling the enemy to move first and destroy you, you **attack** ferociously and neutralize your foe. Should an enemy launch a surprise attack against you, *you retaliate at once and without mercy* in order to save yourself.

Self-defense is war is microcosm. Understand that. “Get” that — know it, feel it, do not pretend otherwise — and you’re out of the starting gate and into the first turn before the opposition realizes that he has picked the wrong victim.

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It's All Really Simple And Easy

To Understand

IF it were not truly the way it is, it would be laughable. However, martial arts has become so convoluted a field of endeavor and subject of interest that it

now involves more controversy, debate, animosity, conflict, and antagonistic, vitriolically held opinions (generally based solely upon commercial interests or emotion) than most fields of science!

This is really silly.

Self-defense and close combat — the interrelated and original purposes of all martial arts — are not very profound technical disciplines. It has largely been the *gradual coming away from their widespread use in actual combat since the feudal and pre-feudal-age of the Asian warrior that has led to the incredible complexity and acrobatization (if we may coin a word) of the various “karate”, “ju-jutsu”, “kung fu” and other arts.*

When the martial arts were truly **martial** in their construction and purpose, practitioners could ill afford to get cute, fancy, and fantastic in their physical skills. And, when ——— to be blunt ——— maiming and killing were the various arts’ objective, sport was of no interest to anyone, and largely the most direct, basic, and dangerously destructive moves were espoused and practiced.

We do not hold that the expansion of the martial arts into areas far more **ART** than “martial” is a bad thing. Nor do we hold that the sporterization of many of the martial arts is a negative thing, either. **We definitely do maintain, however, that *classicism* and *contest* are both a world apart from *modern practical combat*, and that anyone seeking the original purpose of martial skills training today ——— i.e. self-protection and close combat ——— needs to back off the rules-dominated and ethical combat *sports* as well as the tradition-and-fantasy dominated world of 21st century martial arts *classicism*.**

Some may be offended by what we say. We do not intend to offend them, nor are we expressing anything that is objectively “offensive”. So, these confused souls will just have to muddle through as best they can. Our purpose remains to **clarify**, to **instruct**, and to **inform**.



Beautiful, admirable, and the obvious result of disciplined, prolonged practice. But really . . . do you think that these incredibly acrobatic and complex actions are suitable for real world close combat?

For actual employment against violent offenders, the utmost simplicity and directness is required of those techniques that have been selected for use. We constantly emphasize this because there is so much complex and acrobatic (albeit impressive and beautiful) stuff that is widely taught under the heading of “self-defense”. If it was made clear that all fancy skills, and indeed all “showy”, “visually impressive”, difficult-to-learn, demanding of extraordinary flexibility or agility or strength or **luck**, etc. skills may well be worth studying for personal satisfaction, art’s sake, esthetic purposes, or fitness, **but not for hand-to-hand combat**, there’d be no problem at all. It’s the same with sport and contest moves. When sportsmen follow their interest and train and compete because they aspire to be champions —— or simply because they

enjoy competition ——— that’s fine. Everyone should pick what he enjoys most when pursuing arts and interests to for his pleasure and personal satisfaction. But sport is not combat, and just as those skills that are recommended for combat must not be executed in a sporting venue, so must sporting skills not be relied upon when engaging in combat for defense of life and limb.



“Self-defense” actions like the above stand little or no chance of being doable under extremes of combat stress and the suddenness and violence of a real attack. Had this girl been taught to ram her fingers into this attacker’s eyes, or break his leg with a kick, the technique would provide a much greater likelihood of truly working in a real crisis.

Regrettably, a great deal of confusion has been encouraged (we suspect for commercial purposes, primarily; although wishful thinking and plain ignorance

definitely accounts for many of the “bandwagon jumpers” who tout the party line) regarding what *validates* techniques and tactical skills for real world battle. **The competition arena is believed by many to constitute (or pushed by many) to be regarded without question as the litmus test for workable and reliable close combat and self-defense actions.** A few moments serious thought should dispel this idea as complete nonsense. However, an awful lot of people do *not* give that which they accept as true a few moments of thought before doing so! If it’s popular, believed by many, “accepted” in the mainstream, touted loudly, often, and plentifully enough . . . well then, *they’ll buy it.*

But the acid test of what is best chosen for use in real combat engagements is *not* what “dominates competition”, or what proves to be the superior *type of technique* when employed in a sporting and contest arena. The acid test is ***WHAT HAS PROVEN ITSELF IN COMBAT.*** And, although a lot of people don’t like to accept it, that which *has* legitimately and authentically been proven is **very well known**; at least it is by professionals — who normally do not bother much with in vogue, mainstream *anything.*

A very valid “test” — but also a very foolish one to conduct — would be to have students of various schools and systems **DEAL WITH REAL, VIOLENT OFFENDERS — UNARMED AND ARMED, ATTACKING SINGLY OR IN GROUPS — AND SEE WHICH TYPES OF SKILLS WORK BEST. ALSO, THE REPRESENTATIVES OF THESE VARIOUS SCHOOLS AND SYSTEMS SHOULD NOT BE EXPERTS OR “BLACK BELTS”, BUT RELATIVE NOVICES. LET’S SAY WITH NO MORE THAN SIX TO EIGHT MONTHS SERIOUS TRAINING. AFTER ALL, IF THE SKILLS WILL NOT WORK FOR MOST PEOPLE, BUT ONLY FOR EXPERTS, OF WHAT PRACTICAL VALUE ARE THEY? SENIORS ALSO SHOULD PARTICIPATE. AFTER ALL, SENIORS ARE OFTEN TARGETED FOR ATTACK.**

We are not trying to be sarcastic here. **Think about this.** What the hell does it prove if skills “win in a contest”? Yes, hard training competitors *would*

likely be able to adopt what they are training and competing in to self-defense. But what good does that do the statistically average individual who has no interest in sport but wants to learn self-defense? *How do such “winning skills” help the person looking for **lifetime** skills; skills that he can use in his 50’s, 60’s, 70’s, and beyond?*

Neither competition nor classical skills are 100% suitable for combat. *Combat* skills are. This ought not be a revelation, but it is incredibly unusual to find martial arts people who understand it.

If you are looking for reliable close combat and self-defense skills (“combatives”) then be certain that what you study meets these criteria:

- It is easy to learn. Good combat skills do not require a great deal of practice to *learn*. Once learned of course, only regular practice will provide proficiency. Even the simplest of moves needs to be drilled repetitiously before it can be relied upon to serve in an emergency.
- It is *very* damaging. Unfortunately, in the real world, it is difficult to stop any determined, dangerous assailant. And it is foolish to ever assume that any attacker is *not* determined and dangerous. You can be killed, maimed, or knocked unconscious *within a second or less* in an attack. **You must do something immediately to *at least* interfere with your attacker’s focus. Preferably, you want to injure him badly and at once.** This is real combat, and this is what you need in a genuine emergency. Good combat skills cause serious injury, not mere pain. The eyes, the throat, the neck, the testicles, knees, sternum, solar plexus, and a few other *very vulnerable targets* are attacked right away when you are under attack. If you Shelly shally, “spar”, “wrestle”, or otherwise jostle about, **you give your enemy time and opportunity to damage you.**
- It is adaptable. “Less is best”. While a classicist may seek to master

hundreds of techniques, many of which can only be used in exceptional circumstances when positioning, timing, attire, and **luck** are all on your side, a combatant strives to constantly boil his personal repertoire down to **those skills among the best combat skills that fit *him* best**. Real combat skills are highly adaptable. Mastering a couple of dozen places literally unlimited

possibilities for application in the hands of the student. Sportsmen too tend to rely upon a repertoire of “pet” moves as they mature and cultivate their personal style. ***But these are not combat skills, and they are useful only to a limited extent in combat.*** The combat student wants skills that are fully serviceable in combat, and that are **banned** from any kind of sporting match.

- It does *not* require that you be young, strong, and in hard training in order to be reliable. Obviously being young and strong, and being in hard training is a great asset. *But it should not be a requirement for the skills and tactics being effective.* Assuming a state of reasonably good health, anyone of any age — in or out of training — should be able to use combative skills in self-defense to a significant enough degree of effectiveness to give him an excellent chance of success against **any** adversary.
- It demands no special clothing or extensive warming up before full functional use is possible under any combat conditions.
- It is doable under all weather and terrain conditions

These simple standards disqualify a huge amount of that which classicists and competitors practice, as far as **actual self-defense combat is concerned**.



Maybe a good sport for young, powerfully conditioned fellows who like bloodsport, but this is neither good competition nor realistic self-defense for 99% of the self-defense seeking public — or for military combatants.



With no intention of even indirectly condoning the idiocy of fighting, please learn this lesson from observing the two brainless morons above “square off”: Whether skilled or unskilled, REAL HAND-TO-HAND COMBAT IS SIMPLE AND DIRECT! Note the environment in which this engagement takes place. Brick walls, fences, little room, confining attire, hard irregular ground. Check the beautiful but acrobatic and complex histrionics in the previous photos. DO YOU BELIEVE THAT ANYONE DEFENDING HIMSELF AGAINST EITHER OF THE FOOLS ABOVE IN THE PLACE THAT IS DEPICTED COULD MAKE USE OF THE FANCY TECHNIQUES? Low side or front kicks, handaxe chops, and chinjabs would do nicely, though!

For their enjoyment in the practice and cultivation of classical martial arts, or for their development and success as competitive fighters, whatever is done in the respective curricula of those whose interests lie in these areas is perfectly legitimate and appropriate. *But when considering hand-to-hand/close combat with and without weapons, and when determining what can be relied upon in actual self-defense emergencies, another matter entirely comes under discussion.* And the truth is that close combat and self-defense is easy to understand — *IF* you focus on the facts, on the all but endless number of documented case histories, and on all that is known regarding the physical, technical, tactical, mental, and strategic phenomena that comprise what **REALLY** happens and what **REALLY** is required to be ready for, and to prevail in, *battle*.

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