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# ***SWORD and PEN***

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

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Prof. Bryans and ourself each did 1-hour interviews on the Rick Barnabo Show in Phoenix, Arizona. If you go to [prescottcombatives.com](http://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 and our most recent interview with John B. Wells on Caravan to Midnight on

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

# *Editorial*

## **Every Student Is Different**

**WE** often reference Western boxing because, although not a “martial **art**” per se, boxing is a marvelous martial *sport* that illustrates nicely some extremely important concepts and principles that are integral to good combat training, and to preparation through combat training for self-defense.

Boxing teaches the use of **one single key “natural weapon”**: the clenched fist.

Boxing teaches **one single key “stance”** and very logical, simple, basic movement in that stance, which is readily applicable to fluid, fast, *real* offensive and defensive “fighting” against a skilled opponent.

Boxing employs but **four basic techniques of punching**: The *left jab*, the *straight right*, the *hook*, and the *uppercut*.

Boxing teaches that you win by *knocking your opponent out* (or otherwise rendering him unable or unwilling to continue the ring battle). “Defensive” actions are taught and used in boxing, but no one who boxes or who trains boxers emphasizes that the *heart and soul of boxing is blocking, parrying, and avoiding getting hit*.

Boxing not only *encourages* each individual fighter to develop his own personal and unique *style*; boxing **mandates** that each aspiring boxer do so, or he will never be able to exploit his full potential for boxing. As they develop into seasoned pugilists boxers often create a special variant of a basic punch that suits them perfectly, in addition to coming up with unique ring strategies that allow them to baffle their adversaries and/or to form their application of technique into their own pet method of fighting.

It is not at all necessary that classical martial arts people follow the boxer’s example, because in classical arts everything is done in *one, specific, established way*; and so long as the student’s practice *is* for classical art’s sake, he need have no primary concern over its suitability for close combat in war, or self-defense in the street. A different thing applies to the competitor.

The sportsman need not worry about the challenges of hand-to-hand combat, but he **most certainly must be able to use those competition skills that win in a manner best suited to his psychology, physiology, and immediate strategy for defeating whoever he is currently matched against.** He will not confront two or more assailants, a knife wielder or gunman, a club attack, an attack from behind, an attack when he is sick and/or out of training, an attack in his home, an attack against a loved one, an attack on pavement or in a rock and debris-strewn park, an attack when he is 80 years of age, an attack on public mass transit, an attack in a parking garage, office, restaurant, movie theater, when with his family, etc. etc. The competitor normally does nevertheless ***need a unique, tailored to himself personal style.*** As he competes, he inevitably learns this. And, as is true of accomplished boxers, all *judo, karate, wrestling, kick boxing, and MMA competitors have their own unique, distinctive style, or manner of using the skills allowable i and common to their respective sporting endeavors.* Competitors in the competition arts may use the same techniques — just as boxers use the same techniques — but they all utilize them a bit differently, and will frequently come up with their pet stylistic ways of using them. The incredible **Chris Dolman** — protégé of the even more incredible **Jon Bluming** — is a shining example of this. Chris defeats his opponents with techniques that *they* (ie his opponents) are very familiar with; indeed, that they are able to employ, themselves. But Chris Dolman has **mastered** those movements to perfection. He has selected and he focuses upon the ones that fit him best, and he has cultivated a manner of applying them that is unique to his personal mental, physical, and tactical manner of fighting.

Every combat student should pay close attention to this phenomenon. Specifically, we recommend following **boxing's** example. Since 95% or more of real world close combat consists of the use of **blows**, and since these blows must be utilized with speed, agility, tenacity, and maximum power (as boxers utilize their punching), boxing serves as an example for the combatant.

Every combat student is **unique**. He needs much more in the way of techniques than a boxer requires, because he never knows what or who he may be attacked by; nor can he guess *how* he may be attacked. **The**

**attacker chooses whatever he wishes to launch against his intended victim.** *Nothing* is agreed upon or known in advance by the defender.

Still, it is a serious error to seek and to train for encyclopedic capabilities. No one can realistically do this, unless he has nothing to do but study and train full time for four or five decades. The combat student needs to work through the best skills of close combat, *selecting from all of the best those that **suit him best***. Fundamental skills and principles of combat, basic blows, attack combinations, tactics, counterattacks, and personal weapons and physical training methods. From this curriculum and array of war-proven techniques the student selects that which suits *him, personally*. He respects and appreciates his strengths no less than his weaknesses ——— concentrating on capitalizing the former, while working around the latter.

When approached outside the context of needing to be trained in a hurry for war or for some pressing mission, this approach is far and away the **RIGHT** approach. It enables the serious student to train in the **martial art** of close combat, as opposed to running through a brief *course* in close combat. As Fairbairn, Applegate, O'Neill, Brown, Biddle, and a few others proved during WWII, any fit, willing man with motivation can be equipped with sufficient skills and tactics to be **very** dangerous in close combat/self-defense situations in a *very* short time; normally never more than 12 to 20 hours or so. But why limit yourself if there is no emergency? When you have months and years to train, take advantage of it! Cover the full spectrum of combat skills. There are fewer than there are classical skills, that's for certain; but there are enough to demand a few years hard training, and a lifetime of followup-maintenance training. (This, by the way, is why such a full curriculum is presented in our DVD Home Study Course. It enables the student not only to be exposed to a lot of practical, valuable, proven combat material, it *enables him to finetune his personal abilities by cherry-picking the skills that suit him to perfection*).

Every student of combat arts is **different**. That means *you*, and that means *me*, too. By attending thoughtfully to the cultivation of that difference we can accomplish for practical combat purposes that which a boxer accomplishes

for competition purposes: A personalized style that is built upon that which suits us best, that which we can render with optimum destructiveness and efficiency, that which gives us real confidence, and that which ultimately enables us to exploit the finest and most reliable techniques of war-proven combatives.

**Bradley J. Steiner**

## **When The Other Guy Takes A**

### **Fighting Stance**

**YOU'RE** interfacing with a belligerent individual. You're in condition orange because he is hostile and unreasonable, and you suspect that he just might initiate violence at any moment. You are properly distanced from this individual (i.e. outside arm's length) and you are in our off-angled Relaxed-Ready Stance (which is really a "non stance" and appears merely to be a conversational posture). Suddenly this individual blurts out a vicious combination curse and threat and springs into what is clearly a fighting stance. ***What should you do?*** Certainly *not* assume any sort of "fighting stance" of your own! **ATTACK!** It takes less time to drive into your opponent with a good burst of movements calculated to inflict immediate injury than it takes to assume some foolish karate stance. And with training and mental conditioning you can learn to explode into a fierce attack while the assailant is in the process of assuming his fighting stance!

If you have anything at all in your hand that cannot serve as a weapon to assist your preemptive attack, **throw it into your adversary's face as he is getting set.** Then move in with your own powerful and unrelenting attack, and see that you continue until you are safe.

But suppose someone assumes a stance from a distance, threatening to move in on you. He is, say, ten feet away. Immediately off-angle yourself into the Relaxed-Ready Stance but bring both hands up with palms open and facing your opponent. The "Please, I don't want any trouble" position. Now stand your ground. Your adversary will either ——

- Move in on you in a direct attack
- Begin to dance and shuffle about around you, before moving in

—or—

- Leave

If he moves in directly, bend away from him as he comes in close enough to punch or to grab you and lash out with a low side kick to his knee. Follow up.

If he begins to dance and shuffle, remain in your place and pivot off your lead foot, never allowing him to circle to your front or rear. Appear to be non violent and seeking peace. When he commits to a forward movement against you, lash out with a side kick to his knee once he comes within hitting range.

If he leaves, keep your eyes on him. Take a few steps back, away from him, then turn and get the hell out of there.

Remember: You never get into a “fight”; you **defend yourself**. If the other guy wants to fight, f—k him; that’s *his* problem, not yours. You do **not** want to fight ——— for personal, tactical, and legal reasons ——— and your recourse to destructive violence is taken *only when you feel that you **must** take it in order to defend yourself*.

Fighting stances look cool in movies and in martial arts demonstrations, but for the real world they are pointless. Our **Relaxed-Ready Stance** is the only “stance” that you need; and it enables you to be as ready to go into action as any martial arts stance or combat position ever invented, ever.



**WHILE BEAUTIFUL AND INDISPENSABLE IN THE STUDY OF CLASSICAL/TRADITIONAL MARTIAL ARTS, STANCES SUCH AS THE ABOVE ARE POINTLESS AND UNNECESSARY FOR HAND-TO-HAND COMBAT AND SELF-DEFENSE. *WHILE A PERSON IS GETTING INTO A STANCE SUCH AS THE ABOVE, ATTACK!* IT TAKES ONE OR TWO SECONDS TO ASSUME A FORMAL MARTIAL ARTS STANCE. IT TAKES A THIRD OF A SECOND TO LASH OUT WITH A SIDE KICK TO THE KNEE, ADVANCE WITH A SERIES OF HANDAXR CHOPS, OR LAUNCH SOME DEVASTATING COMBINATION. DO IT! WHEN YOU'RE IN A RELAXED-READY "STANCE" YOU'RE AS READY FOR BATTLE AS ANYONE IN ANY OF THE EXOTIC, FORMAL STANCES COULD BE.**

The reality is that, as far as self-defense or hand-to-hand combat is concerned only two possibilities exist:

1. You will be aware of your adversary's presence and approach, or
  2. You will not be aware of your adversary's presence and approach.
- In the first instance you will easily be able to either go instantly into preemptive attacking action, or assume a properly distanced ready position from which

that will be possible, if necessary.

In the second instance you will need a *counterattack*, and a counterattack is launched after you have been attacked. *If you are not aware of your adversary's approach of what possible value could a fighting stance be?* If you break his hold or defeat his blows, **go get him!** Don't waste time going into some stupid stance.

This is realism. Squaring off with an opponent is either **sport, ritualized (and antiquated) feudal age combat, or mutual combat (something engaged in by brainless fools — and which is illegal )**.

Try to look at modern close combat and self-defense from outside the box. *This is not sport.* And you don't need stances or need to worry about how to deal with them when the attacker assumes one.

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[www.seattlecombatives.com](http://www.seattlecombatives.com) for over 400 articles OF FREE INSTRUCTION, COMMENTARY, and BOOK REVIEWS! Check each section on this web site, and when you've scrolled down to the bottom of each page don't miss clicking on the previous (archived) pages containing many articles! There is a lot of free material on here that is solid close-combat and self-**

defense oriented. No B.S., no sport, no nonsense, and all FREE; with new articles and instructional pieces added EVERY MONTH!

### **The Determined Opponent**

**THE** first time we ever heard the term used was when we got hold of our first copy of Kill or Get Killed, by Rex Applegate. It was a very subtle thing, but it hit us like a sledgehammer: the acknowledgement that a real enemy in hand-to-hand combat, whether on the street or on the field of battle, will be **determined**. We were very young when we read that — around eleven or twelve years of age if we recall accurately — and our experience so far in “martial arts” was a little boxing, and some judo and ju-jutsu. Our teachers were okay, but for our purpose — i.e. self-defense only — what they taught us was not entirely what we were looking for. The contents and spirit of Applegate’s Classic was *exactly* what we wanted!

Always in discussing “outside-of-the-training-hall applications of judo and ju-jutsu” our teachers emphasized not fighting if it could be avoided, and then using force only up to the level need for self-defense. The unstated premise, as we remember feeling it, was “Your attacker is not schooled in the great stuff that *you* are trained in, so defeating him will be easy. Don’t go overboard.”

What we had felt intuitively, even at that young age, was that whoever attacked us would likely not be versed in judo/ju-jutsu, but *hell*, he might be real tough, real strong, and very experienced in street fighting! Our teachers apparently had

no such intuition. Or, if they did, they certainly never shared it with us. But Applegate's frank reference to the **"determined opponent"**, and his emphasis upon the fact that emerging from a real battle unscathed is a pious hope; that there is no way around the **risk** factor when engaging in close combat; and that *no* amount of skill could reduce a real engagement into a cake-walk immediately resonated with us. ***Here was the real deal; the stuff that we had been looking for and hoping for since a cousin taught us fundamental boxing at age seven!***

"Determined opponent" versus "Opponent". The concept — as far as *we* were concerned, anyway, made a huge difference. *Determined* meant "not easily intimidated or fended off; really set upon injuring us badly; unconcerned about injuries that *he* the aggressor might sustain, so long as he beat our head in or killed us," etc. The *image* that came to mind when we contemplated a determined attacker was that of a mad person . . . a vicious, experienced fanatic who was fueled by hatred and by the decision to beat us ***no matter what***.

Do *you* have that image in your mind when you train, think about self-defense, or work out tactics and techniques? If not you might consider establishing such an image, and doing so **immediately**. Chances are if you ever find yourself needing



**JUST AS A GUARD DOG SWITCHES TO A FANATICAL, MURDEROUSLY AGGRESSIVE, UTTERLY DETERMINED PSYCHOLOGICAL AND PHYSICAL STATE WHEN AATTACKING AN ADVERSARY FOR REL, SO MUST YOU!  
THE LARGE PROTECTIVE BREEDS LOVE TOUGH, AGGRESSIVE PLAY. HOWEVER, YOU WILL NEVER SEE AN EXPRESSION ON A SHEPERD'S FACE LIKE TH ONE ONE ABOVE WHEN HE'S ROUGH-HOUSING WITH A FRIEND OR FAMILY MEMBER. THIS IS DETERMINATION!**

to defend yourself for real (not win a match, not practice with a cooperative partner, and not put on a choreographed demonstration, or otherwise confront a make believe danger, **but face the REAL THING** — a ferocious, likely deranged, psychopathic crackpot who could not care less about you injuring *him*, so long as he killes *you* — *we guarantee* that

your foe **will indeed** be determined . . . and his relationship to your practice partners in the dojo will be like the relationship of a pugnacious housecat to an angry Bengal tiger!

All too often in the training environment an unrealistic perception of ease in neutralizing an attacker is achieved because your “attacker” cooperates with you. He allows the hold or throw to work, and he is “jarred dramatically” when you land your atemi or karate blows. (Now we are not suggesting that training in effective combat skills be conducted otherwise; but we **insist** that a wholly different concept of how a real foe reacts be inculcated relentlessly in the pupil’s mind. Thus, while attending to the utmost caution when practicing with any training partner, the student should be encouraged to smash into his training ummies, posts, etc. as though his life were at stake – and to realize that he will *need* to do this in a real situation, because, unlike a training partner, a real assailant will be 100% **determined**.

No one ever has stated it any better than Applegate. His admonition to test the validity of combat skills by asking the following about them, is one of the most valuable suggestions anyone has ever given regarding the cultivation of **real** and of **really reliable** close combat and self-defense techniques:

**“Will this work so that I can use it instinctively in vital combat against an opponent who is determined to prevent me from doing so and who is striving to eliminate me by fair means or foul?”**

There you have the acid test by which to validate the merits of technical doctrine in systems, methods, and styles of unarmed and armed “close range interpersonal confrontations”(the Pentagon’s pompous way of referring to

**close combat**).

As a combat veteran and teacher of 10,000+ fighting men in WWII, and as a student of William E. Fairbairn and Eric A. Sykes. Applegate *understood* the reality of close combat and accepted the bitter truth regarding what a combatant faced when, at the critical moment, he engaged an enemy; a **DETERMINED** enemy; *not* a training partner or half-hearted punk who would run as soon as a defender offered resistance.

In emphasizing that every student of self-defense would be sorely remiss if he failed to assume that his adversary, should he ever confront one, *will be **determined*** — with everything that that implies, necessitates, and suggests — it is no less important that the need for the **trainee** to cultivate extreme and fierce determination! The phenomenon does not only make the attacker dangerous; it makes the defender as or more dangerous, **if** he cultivates it.

No halfway measures when danger strikes. No “compassion”. No mercy. No hesitation. No reluctance to explode and go all-out. No regard for the attacker. It is with the most fanatical, destructive, vicious, and **determined** focus that the enemy will attack you. And thus he will *not* be “easy” to stop.

It is with the most fanatical, destructive, vicious, and **determined** focus with which *you* must prepare to go after your adversary in a close combat situation. Nothing less will do.

Just as it was necessary for one of the world’s greatest close combat authorities — i.e. Rex Applegate — to make it clear to our fighting men that they will confront **determined enemies**, not cooperative training partners or half

determined, blustering jackasses, we believe that it is necessary for *us* to make it clear to *you* that the foe you face in defense of life an limb will be **determined** – *determined to maim or to kill you*. **You need to be prepared mentally, physically, tactically, and technically to not only meet him and match him, but to be MORE DETERMINED THAN HE IS.**

***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)<sup>™</sup> 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**

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**Reality — Not Subjective Belief**

**BELIEVING** something does not make it true.

The other day we had a conversation with a student of ours who related a conversation that he had had the day before, with a young lady. He was amazed. I was not.

The young lady is a graduate student at a major university here in Washington State. She and my student got into a discussion about self-defense. She was concerned about moving into a new apartment and living on her own, without a roommate. Knowing my student's background (Brown Belt in *American Combato*) she asked if he could give her some suggestions on personal safety and personal protection. His first suggestion, that she take a course of lessons with me, was out of the question. "No time." "Does he give seminars or one day programs?" she asked. "I might be able to attend one of those." Correctly, my student advised her in the affirmative, but cautioned her that she would still need to *practice* once she learned the basic skills.

"I'm no 'martial arts' person," she said. "I just want to pick up what I'd need to be able to defend myself. Maybe learn how to use pepper spray, or tear gas spray."

Again, my student tactfully advised her: "It doesn't take a very long time to learn the fundamentals. But you must invest at least a few months in serious practice, and in order to develop the right mindset."

"Oh, my mindset's okay, believe me!" she said. "I'm not letting anyone put a hand on me without a fight!"

"That's great," my student replied. "Have you ever had any experience with real violence?"

"No," she said. "I have always avoided trouble. In fact I intend to continue to avoid it. But *just in case* I thought knowing a few tricks would be helpful."

Try as he did for a little while longer my student could not really reach this otherwise bright young lady. When he told her that self-defense sprays were garbage, she simply refused to believe it. And when he told her that it was *our* recommendation that, in addition to unarmed self-defense, a female take training in gun safety and use, and arm herself with a suitable handgun, she shut down totally. "A gun?" she exclaimed. "I hate guns and I'll have nothing to do with them. Part of the reason I'm so concerned about self-defense is because of all those nuts out there who carry guns!" At this point my student

simply backed off, wished her luck, and left wondering how someone pursuing a post graduate degree in a hard science could possibly be so muddled in her personal thinking about self-protection.

Self-defense, like every other field of endeavor, is a subject about which many misconceptions are held by an lot of people. This young lady is one of those people.

People *want* to believe that there is an **EASY** way to learn how to defend themselves, and that there is also a **NICE** way. There isn't. *Believing* that there is hardly affects the **facts**.

**Postscript:**

We do not mean to suggest that all approaches to self-defense require years of training before proficiency is attained and self confidence is established. In fact it is the classical/traditional approach that demands years of training in order to build self-defense ability. Those who really do **only** want practical self-defense can achieve their objective ***if they train correctly on quality techniques, master good tactics, and develop a proper mindset*** within one year's time. *Usually*, if training is conducted several times a week with consistency, practical ability with an all combat system may be secured within four to six months. This is an **intensive** four to six months (there's no such thing as "overnight" or "weekend" miracles), but this at least *five times faster* than endeavoring to become proficient in self-defense via a classical course of training.

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### **The Right Distance For Kicking**

**KICKING**, in the classical Chinese external martial arts, is regarded as a “*long range*” technique. And it is, if you compare it to hand striking and punching. The leg is longer than the arm and you can certainly reach a target further away from you than a target that you could reach with your hand. In fact this is one of the strengths of kicking. It enables you to lash out with a kick against a fist fighter before he can reach you with a punch — or seize hold of you.

One of the big problems with kicking in the combat arts, aside from the ridiculously absurd *acrobatic*, *flying*, and *high* kicks, is that kicking is

frequently advocated for distances that are too great, despite the fact that the kicks will *reach* their target. To be effective in combat kicks, like hand, arm, and knee blows, kicks must solidly impact with and **destroy** the target they hit, not merely “make contact”.

We learned this lesson, interestingly, from our training in taekwon-do.

More than most of the Japanese and Okinawan karate forms, the Korean arts stress not only a great deal more kicking —— but also a great deal more freestyle sparring. We sparred every single evening in class.

As just about any student of any karate style can attest, when sparring is done regularly there are always *accidents*. Unintentionally we were sometimes punched or kicked during freestyle; and unintentionally we sometimes made inadvertent contact with a sparring partner. **But there were never any serious injuries.** Odd, we thought at the time, since our style (Chung Do Kwan) was *never* taught or intended in any way as a sport. It was (probably still is) taught as a **military** (i.e. *martial*) art. We were formally not permitted contact. We went after vital points and so controlling blows was essential. Still, we began to wonder why our blows —— especially our highly developed and formidable kicks —— *did not cause any real harm when they accidentally struck a live partner.*

As we delved deeper, did more research, and learned a great deal more about **real close combat**, it became evident that we were striking and kicking at ***too great a distance*** for blows to do any real damage. Sparring made this necessary, of course, but it did not alter the fact that **in order to be effective in real battle a kick must *not* be delivered from a distance that was capable of simply *reaching* its target; it needed to be delivered from a distance that allowed the kick to crush and destroy its target.** We finally understood that *for the real world*, kicks needed to be delivered from a distance no greater than extended **arm’s length.**

Try this experiment:

Have a training partner stand directly in front of you, at a distance from which



you can reach his groin *area* with a front kick. Now, at about 1/10th your normal kicking speed, drive a front kick to your partner's testicles, extending your leg as you find necessary to full length. You will reach the **front** of his **groin**. Doubtless a kick that landed here full force would to an extent *hurt* the recipient; but only a half-hearted attacker who was thus kicked would be likely to cease action.

Now have your partner stand directly in front of you at *your extended arm's length*. Now deliver a front kick in slow motion, very cautiously. *You will see that your foot travels up between your partner's legs and **would easily crush his testicles if carried to full conclusion** — for real*. Even if your opponent reflexively attempted to jump away from the kick, his effort would not save him. He could not bring his testicles out of range in time. Such a full power front kick would injure the recipient decisively. **And in combat that's the bottom line!**

You can try a similar experiment (**carefully!**) with the side kick to the knee. It would be disconcerting perhaps to contact the knee. It **will be disabling** if the side kick cracks through the knee joint and breaks it apart. That is what will happen if the side kick is delivered from arm's length distance.

We do not wish to see anything change at all with how, in quality karate training circles, **no** contact is allowed, and the distances are greater than they are in real combat. For real world training that is intended to stop dangerous attackers, however, kicking should be drilled as described . . . using arm's length distance as the *maximum distance* cutoff.

Contact of course should be gained by the use of heavy bags, striking posts, padded trees or walls, etc. And this contact training should be done from arm's length distance — exactly how far from your adversary you would kick if you were doing it for real.

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## **YouTube: A Blessing And A Curse**

**YOUTUBE** provides a wealth of information and instruction. And while many of the subjects about which videos have been posted are accurately and truly dealt with, there are exceptions. There are malicious and dishonest individuals posting critiques and offering fabricated, personal attacks against others on that medium, as well as scrupulously honest and aboveboard people who have an allegiance to the truth, who are sharing excellent information, instruction, and advice. In the case of self-defense, close combat, and the “martial arts” there are also postings that have been presented with the best of honest intentions, but *by themselves, taken at face value*, give a completely inaccurate picture of that which is predominant, likely, and common.

There are immutable truths about self-defense and hand-to-hand combat that certain video presentations (perhaps unwittingly) conflict with. For example, amongst the plethora of self-defense encounters caught on film by various means we see spectacular spinning kicks and high kicks successfully employed against bullies and troublemakers. *Certainly these are interesting and, when a troublemaker or bully is downed, it is **always** a delight to watch.* However, it is important to remember that such applications of martial arts techniques **in actual encounters** are very rare. Yes, some youngsters might be able to apply such acrobatic techniques (we *never* see men in their 40’s, 50’s, or 60’s using them against actual assailants), but normally even they can’t do so, *and if properly trained in close combat they would not even try.* But rarely we see an exception. And that’s just what it is: **an exception**. Anyone training deliberately for personal defense (even teenagers or fellows in their 20’s) should **not** train on those types of kicks. Like knife throwing. You can see a terrific demonstration of knife throwing by someone who has been practicing the art for years, and who plants that blade solidly

every time *in an insentient, stationary target* and —— if you lack understanding of combative knifework and that which really can be effectively done in an encounter —— draw the conclusion that throwing your knife in actual combat is a practical and reliable skill. **It isn't**. It isn't *even if, in a few exceptional instances throughout history*, someone did throw a knife and drop an enemy in combat by doing so. (And having seen it done in a **motion picture** means nothing. It *looks* good, but it is no more real and true than are some of the spectacular stunts we see in the current James Bond movies).

Consider many of the weapon counters and unarmed defense techniques. There are some that are excellent; but there are many that *look* good, but cannot be accomplished —— or are almost impossible to accomplish —— under *actual, high stress, combat conditions*. And unfortunately, it is generally the *least* practical and the *most* spectacular demonstrated skills that have the widest appeal.

You can pretty much make **anything** work, look good, and appear to be flawlessly doable against anyone **when you demonstrate it with a cooperative partner in a choreographed, carefully rehearsed context**. Often, we suspect, many individuals demonstrate these skills *because they honestly* (if erroneously) believe sincerely that they *will* work and that they *are* practical. The “combat experience” of these people and their researches into actual combat and what works in real world emergencies, is either nonexistent or mistakenly based upon what they were taught in “martial arts” classes, where their teacher —— again, perhaps well-intentioned, but lacking real world experience or knowledge —— simply passes on doctrine that always “works” in the training context. Today, the absurdity of regarding as **combat-worthy** those skills that win competitive matches and **sporting** contests is epidemic. A entire sea of duped and brainwashed sycophants howl their heads off about how “that which wins in contests” will also win in the street; and how the acid test of a technique or a school of thought regarding close combat is: “Does it win in competition?” This widespread, commercially instituted **nonsense** is dangerously **MIS**preparing all sorts of people (including in some cases police officers and military people) to attempt **sporting/competitive** skills in vital hand-to-hand combat —— often with

multiple and/or *armed* and vicious — *experienced!* — felons or enemy soldiers.

Just because you see it or hear about it on YouTube does not make it true! There is some excellent material to be mined from **some** of YouTube’s offerings; but in the area of martial arts, self-defense, close combat, and combat weaponry, there is also a lot of malarky.

Be warned. Use your head. Do your research. Look, question, and do ***not*** be swept up into believing anything just because someone “says so”, or because a spectacular demonstration makes it appear to be effective. And, for Heaven’s sake, *don’t believe that because demonstrated actions “win contests”* they will also necessarily defeat dangerous, determined **REAL** attackers.

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### **The Fabulous Knee Attack**

**LOOK** at ads for martial arts schools, courses, styles, and systems, and the accompanying illustrations will likely be of high side kicks, jumping kicks, spectacular (and wholly impractical) throws, and similarly acrobatic nonsense (“nonsense” as far as real world close combat is concerned).

One thing you will almost never see illustrated is the simple, direct, war-proven **knee-to-the-testicles**. Its close cousin — i.e. the knee to the face — is occasionally demonstrated in self-defense classes; however *advocating it* is rare. It’s too simple! *But does it ever work!*

The problem with most alleged “self-defense” programs and “combat” systems is that they rarely focus on **real and true *combat techniques***, but instead default largely to either visually impressive classical doctrine *or* faddish, popular competition skills. The really effective, crippling, maiming, and killing skills — which of course are the ones needed for **self-protection** and for **military hand-to-hand combat** — just aren’t

emphasized and pushed. *All to the detriment of those students whose purpose in training is to be able to handle real violence.*

If you are training for self-defense you are wasting your time on much of that which is commonly advocated for that purpose. You want basic, practical, simple, and **very destructive** techniques; techniques that are adaptable, retainable, doable, once acquired, without strenuous ongoing training or the advantage of youth. The **knee attack** is one of those techniques, and we cannot emphasize this enough.



FROM AN ASIAN TEXT ON SELF-DEFENSE. THE SAME FOLKS WHO GAVE YOU FLYING KICKS AND OTHER EXOTIC MOVE *ALSO* KNOW WHAT GIVES WHEN YOUR ADVERSARY IS NOT A DOJO PARTNER! REMEMBER: THE KNEE NEEDS TO GO *UP UNDER* AND *DIRECTLY INTO* THE ENEMY'S *TESTICLES*. A HIT TO THE GROIN *AREA* WILL BE EFFECTIVE, BUT NOWHERE NEAR AS EFFECTIVE AS A FULL POWER CRUSHING BLOW DIRECTLY CONNECTING WITH THE TESTICLES.

During WWII Fairbairn and Sykes, Pat O'Neill, Rex Applegate, and a few others, stressed the knee-to-testicles for close combat. When the opponent is body-to-body, in front of you, jamming a powerful knee-to-testicles is a perfect action. If it lands where it should, the encounter is almost certain to be over. If it doesn't, then it will **at least** accomplish two things: 1. It will distract the enemy, opening him up for an eye attack or a chinjab blow, and 2. It will protect your own testicles.

In American Combato we teach students to use the knee in three ways: In single delivery, following up with another action, and or in delivery of two or even three knees-to-the-testicles in full bore, rapid and powerful succession. When and if the enemy doubles over from a knee-to-testicles we advocate driving a knee to his face, while bearing down on his head with both hands to maximize injury. We also teach the "jumping knee attack" — taken from the original *la savate* of France (*not* from the modern *la boxe française*). This is a black belt technique, suitable for some and not suitable for others. Those who find it compatible train to break the pubic bones and/or to rupture the bladder. This a dangerous, powerful action, and is as practical for some seasoned black belts as the simple knee-to-testicles.



FROM THE SAME SELF-DEFENSE TEXT! WHOEVER THE AUTHOR OF THE BOOK ON SELF-DEFENSE IN WHICH THESE PICTURES APPEARED, HE CERTAINLY KNEW THE DIFFERENCE BETWEEN SELF-DEFENSE AND SPORT OR CLASSICISM. DO YOU?

We have previously stressed how valuable and effective the knee attack is. Just remember the following as you work to make this blow your own:

- Grab hold of your enemy and yank him in close to you. Do this *when he is already close in* — to **keep** him there — never try to grab and pull a man in close when he is at a distance. The basic knee attack is a close in, body-to-body technique.
- Knee **HIGH** since your leg will be traveling up between your adversary's shoulder blades your knee will carry maximum crushing power. Try to knee "out between your enemy's shoulder blades" for optimum destructive force.
- Immediately followup with a knee to face, chop to brainstem, ear box (like you were smashing cymbals), necklock and break, frontal stranglehold, or chop to kidney when the adversary doubles over..



- Should for any reason the knee-to-testicles *not* double the enemy over, knee him again, or followup with some other action that is suitable to his and your position.
- ***Always bring the foot of your kneeling leg down to touch the ground after each knee blow.***
- The classic knee-to-testicles followed by the chinjab smash that was taught to commandos and secret agents for Fairbairn, Sykes, and Applegate during the second world war can be *reversed* to good effect. That is, you may apply the chinjab smash, grab your enemy and followup with the knee-to-testicles.

There are so many applications of the knee blow against grabs, body holds, and even unskilled punch attempts that we will simply close by saying: “Consider the versatility of the outstanding basic blow as you train to make it a part of your personal repertoire.”

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