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SWORD and PEN

Official Newsletter of the International Combat Martial
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Self-Defense

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E d i t o r i a l

There Are No Secrets

ONE of the great attractions of the Asian martial arts since, first as judo and ju-jutsu, and later on with the additions of karate and “kung fu”, these disciplines were introduced into American and Western European culture has been the aura of *secrecy* and *mystery* with which they have always been shrouded. Unlike Western boxing and wrestling which have been seen as “crude, mere *physical* arts of sporting violence”, the Asian martial arts have generally been revered as being deeper, philosophical, in fact *spiritual* paths of character-building and personal cultivation that — in time — elevate the practitioner to a level where he becomes privy to secrets known only to a

very few other members of the particular group of “elect” stylists who practice the particular discipline to which he has devoted himself.

The sincere practice of any martial art ——— classical, competitive, or combat ——— produces physical fitness, psychological strength, to varying degrees *courage*, self-discipline, self-control, and to some extent self-defense ability. But regardless of which of the basic types of art one studies (traditional, sport, or defense), and no matter how excellent the teacher, ancient the art, or accomplished the art’s top practitioners may have been, there are ***no secrets*** imparted to any student at any stage during learning, studying, and practice of any art.

After a lifetime of immersion in the martial arts, physical training, the study of hypnosis and the human mind, we believe that by far the most effective training **purely for self-defense and close combat** is *combatives* . . . arts like *American Combato*, *The McSweeney System*, *Guided Chaos*, *The Nelson System*, *etc.* And because some well-intentioned people are drawn away from these effective arts and toward arts that are classical, *believing that classical systems offer “hidden”, “secret”, and “mysterious” doctrine that ultimately provides the participant with powers and abilities “unattainable” elsewhere, we must emphasize that no classical/traditional arts have any “secrets” to offer; and most important, that there ARE NO SECRETS IN ANY ART.*

Your ability to defend yourself well ——— to engage a deadly enemy in close combat and *prevail* ——— will depend upon these things (not necessarily in the order given):

- The quality of the techniques that you learn specifically for the purpose of individual combat,
- The intensity of your mental readiness and conditioning, attack mindedness, animal ferocity, will power, determination, and your capacity for ruthlessness and viciousness,

- Your strength, agility, and all round fitness,
- Your dedication to relentless *practice*,
- Luck

We fully appreciate that none of this is very exotic, mysterious, or glamorous. In fact we must concede that some of it borders of the *unpleasant* and *distasteful*.

Indeed.

Combat (whether in the context of private citizen self-defense, or military/law enforcement individual battle) *is* unpleasant and distasteful. Its purpose is not the esthetic satisfaction that comes from a perfect rendering of a beautiful *kata*, or the mastery of antiquated weapons or self-defense responses once taught to samurai or monks. Nor is its purpose the victory over an adversary in a sporting “fight” or contest. ***The purpose of combat is to prevail over a dangerous enemy. To knock out, maim, or kill a foe in order to prevent him from doing that to you or to a loved one.*** It’s that simple, plain, direct, and non mysterious.

Approaching classical methods for personal satisfaction, or getting started in sporting/competitive approaches to martial study because you wish to be a champion is absolutely fine and worthy. But you must be certain that ***that*** is what you want before you do it. We have, for example turned a number of prospective students away from *our* system. After an interview it was clear that their hearts were set upon either mastering traditional disciplines *or* becoming competition fighters. *American Combato has nothing for these people and we do not wish to mislead anyone.* Come to us if you want to win in hand-to-hand combat, or defend against violent offenders. We most certainly *do* offer that! And we’ve been doing so successfully since the 1960’s! We would like to see the sportsmen and the classicists do this, too; but we won’t hold our breath.

Classicists and sportsmen ——— just like *combatives* devotees ——— depend upon hard work, serious discipline, patience, and quality instruction for success. They - no more than we - have ***no secrets to offer anyone.***

Once all of the martial arts and those that teach them come down to earth, the quality of training will, in our opinion, be greatly enhanced for all who seek training, whether of the sporting, classical, or combat type.

Just remember: The martial arts offer immense benefits when properly taught and studied. But those benefits are very real and the result of very explainable steps that must be taken.

No secrets. Please believe us. We really do know what we are talking about.

Bradley J. Steiner

A man who has nothing which he is willing to fight for, nothing which he cares about more than he does about his personal safety, is a miserable creature who has no chance of being free, unless made and kept so by the exertions of better men than himself.
-- John Stuart Mill, writing on the U.S. Civil War in 1862

Persistence

THOUSANDS of books, pamphlets, and courses have been written over the decades describing untold numbers of close combat and self-defense techniques, as well as the formalistic *martial arts* skills of ju-jitsu, karate, hapkido, aikijutsu, kuk sool won, kenpo-karate, tae kwon do, “kung fu”, etc., etc. Probably less than 35-40% of these publications are worthwhile, and perhaps less than 5% dealing with close combat and practical self-defense may be regarded as “classics” or “essential sources or references” on the subjects about which they deal.

Some years ago (before DVDs) an outfit in Southern California produced and

marketed an astoundingly complete array of videotaped sets presenting the key skills of dozens of martial arts. We knew several people who purchased a large number of these sets, and guess what? *With the sole exception being the **names** of the martial arts which were the subject of the video programs, and the manner of dress (**uniform**) of each different martial art, coupled with the terminology describing the skills enumerated, **there was more similarity than difference between the arts presented.*** In our view, **not at all surprising.**

When we were a student of *ju-jitsu* many years ago we observed perhaps half a dozen different “styles” and “schools” of *ju-jitsu* that were being taught in New York City. Some emphasized aspects of the Art that resulted in a much more practically realistic school program. But most if not all of the individual techniques in the various schools was identical. The same thing applied —— as we found when we explored the matter —— to tae kwon do, and all other forms of *karate*.

The human body is capable of certain movements when engaging in hand-to-hand combat. The simplest and most destructive and reliable and proven have been described and taught in a few dozen publications and courses —— or less. Modern systems and courses and programs that have evolved over the years —— **if they are practical, reliable, and effective** —— include the same best skills. ***DIFFERENT INNOVATIVE AND UNIQUE DERIVATIONS AND INTERPRETATIONS OF HOW THE RIGHT SKILLS CAN BE USED*** is what makes modern methods (like *American Combato*, *Guided Chaos*, *McSweeney’s Self-Defense*, *Tony Vanella’s Combat Course*, and a very few others, unique, valuable, and an upgrade of well-known and disseminated doctrine **is how these modern arts elect to focus upon the right and best skills and principles, emphasizing (or failing to emphasize them in their curricula.**

Certainly there are charlatans “out there”; there are plagiarists and liars, etc. However, those like ourself and our **ICMAF Associate Teachers** have acknowledged the proven doctrine both of martial arts that have existed for hundreds or thousands of years, **AND** of the justifiably revered “**WWII**

methods". Our material is A-1, Top Quality. Certainly no one can "guarantee" victory when employing *anything*, and no "invincible", "perfect", "100% effective", or "infallible" art exists (or ever has). But if you train in the correct, proven skills that are taught in our System, you may rest assured that you're training in what really does work in actual self-defense emergencies, or close combat engagements.

Once you've got a good, basic system of skills and tactics to study the next step (and the **ONLY** one that will enable you to gain serious, functional proficiency so that you can defend yourself) is to **PRACTICE REGULARLY**. *Persistence* will give you what you need and want, and nothing can replace it. Day after day, weeks after week, month after month, year after year . . . **T R A I N!** And keep on training. When you find yourself getting bored, and we *all* do, occasionally, change how you train for a while, but **don't quit training**. That admonition so popular in sports, **A quitter never wins, and a winner never quits** applies ten times over for the person seeking to master self-defense and close combat. Your skills will be applied (unlike sporting activities) under the *worst* and *most adverse* conditions, more than likely. And there is sure to be a lot more at stake when you must defend yourself or a loved one from some scumbag criminal offender or offenders.

Quality combat skills are simple. Nevertheless they demand relentless training and mental focus because, although simple, they must be assimilated into your motor memory and become so natural and automatic that if a crisis erupts, you call upon them without conscious thinking.

Persistence. Do not waffle, postpone, delay, shirk, put off, or quit; not if you have any hope of being formidable, confident, and well able to stand an excellent chance of defeating even the most dangerous aggressor.

Pay attention to this, OK?

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:

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You will want to study these DVDs again and again, as they are rich in content and packed with solid, reliable information and instruction!

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reviews, and the American Combato System's structure, contents, and philosophy. NEW MATERIAL ADDED EVERY MONTH . . . ALL FREE!

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Words Of Wisdom From A Dear Departed Friend And Colleague



NOTE: John McSweeney — — “The Father of Irish Karate”, Founder of “McSweeney’s Self-Defense”, and Developer of the Excellent “Tiger Moves” Fitness System — — was for many years a close friend and colleague. One of Ed Parker’s Original Black Belts, John departed from the classical/traditional approach and went on, as we did, to build a System *totally* oriented to real world self-defense. We first corresponded and then met in the 1980’s. So similar was our thinking that we found numerous parallels between John’s methods and our own. Like ourself John practiced and taught *weapons* (he is shown above demonstrating some knifework with a tanto). Both of us were advocates of point shooting at a time when the so-called “new technique” had thousands brainwashed into thinking that a handgun’s sights could be used in fast, close-range combat shooting. We thought that our visitors might find it interesting to read an extract from John McSweeney’s book, *Street Karate*, which was published in 1998. Unfortunately the book is out of print. *Notice how close and compatible John’s and our thinking and instruction is!*

“Self-defense is not like a competitive boxing match of many rounds, nor is it usually a knock-down, drag-out fight to the finish.

In most cases, one or two powerful strikes to key targets are all that it takes to deter an aggressor. That is why it is worthwhile for even a small woman to become proficient in karate strikes. If a woman learns to hit hard, her violent response will so surprise an attacker that he may think twice about continuing his attack.

“Judo and wrestling methods of self-defense tie you up with the aggressor and can result in long, drawn-out affairs. Karate strikes, on the other hand, are quick. They also give you room to maneuver or an opportunity to escape, an honorable option for anyone. However, you must learn to hit hard if you want your strikes to be effective, and this requires life-long training.

“There are many powerful strikes . . . as well as key targets to hit. Pick out 15 to 20 strikes that appeal to you and hit pads or a heavy bag, or simply hit through the air for at least 15 minutes each practice session.

“You must work to develop speed in your

strikes. $\text{Impact} = \text{Mass} \times \text{Speed Squared}$. Since speed is squared, any increase in it will have a dramatic effect on impact.

“. . . attacks occur everywhere and often when you least expect them. Awareness, therefore, is the most important aspect of self-defense. Don't jog at night. Don't listen to music on a headset when you jog. Don't walk in dark alleys. The list of don'ts is endless, but if you want to be fully aware, you should strive to become as cautious as a warrior. A warrior is cautious at all times and in all circumstances; he always expects trouble and is, therefore, seldom surprised when trouble comes his way.

“There is only one tactic to remember, and it is very simple: Hit the closest target with the closest weapon.

“If you take the trouble to become proficient in self-defense it will make you a stronger, more confident person in every aspect of your life, and you will never allow anyone to dominate you.”

NOTE: John McSweeney passed away on 26 February 2002. He was 74 years old. His top students include Tom Saviano and Raymond Korda, with whom we are friends, and are among the many fine individuals John had trained.

Beyond *Get Tough!*

QUITE rightly, Fairbairn's wartime book *Get Tough!* is a true classic text of close combat. It is the American reprinting of *All-In Fighting*, which the OSS, FBI, and military services used as the course manual when being instructed either by Fairbairn and Sykes, or by an instructor who qualified then to teach The Fairbairn System.

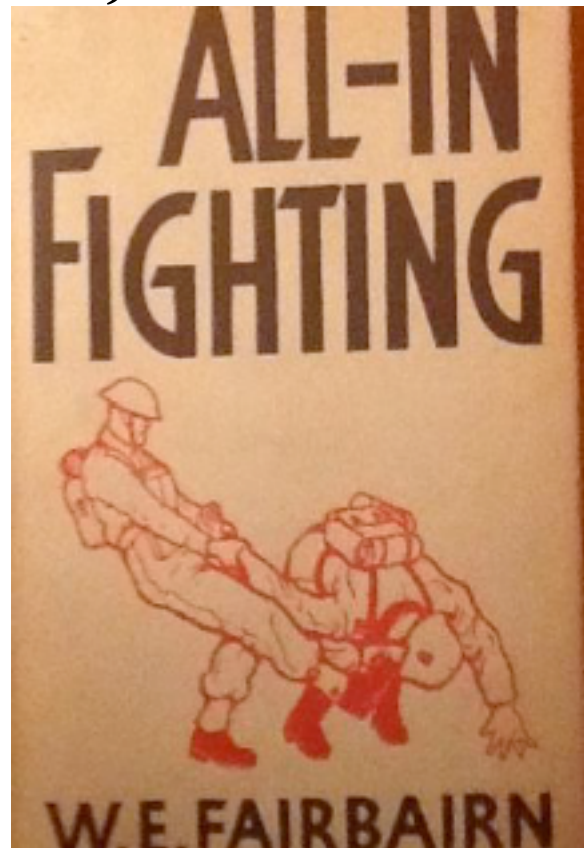


STILL FROM THE WARTIME MOVIE "OSS TRAINING GROUP" SHOWING FAIRBAIRN APPLYING THE CHINJAB SMASH.

While *Get Tough!* certainly presents the nuts and bolts of Fairbairn's wartime curriculum it does **not** include all of the skills that he taught.

It must be remembered that Fairbairn trained a

variety of students during the war. Some needed more or less than others; and some needed very specialized instruction because of the peculiarities of their respective missions. An SOE or OSS secret agent required somewhat different skills than a Commando. FBI agents required methods different from those needed by MI6. And so forth. The core curriculum in *All-In Fighting* applied for the most part to all. But changes needed to be addressed — and were — when further training was demanded or when Fairbairn thought somewhat *different* training was needed (say, in what he and Sykes taught England's Home Guard).



ABOVE: THE LEGENDARY W.E. FAIRBAIRN. THIS PHOTO OF HIM WAS TAKEN DURING WWII WHEN HE FORMULATED THE FAMOUS “FAIRBAIRN SYSTEM OF CLOSE COMBAT” WHICH REPLACED HIS EARLIER “DEFENDU” METHOD — DEVELOPED FOR THE SHANGHAI MUNICIPAL POLICE AND THE LAW-ABIDING PRIVATE CITIZENRY OF THAT TURBULENT CITY. THE WELL-KNOWN “GET TOUGH!” THAT WAS PUBLISHED BY APPLETON-CENTURY IN THE USA, IS IDENTICAL TO ALL-IN FIGHTING, EXCEPT FOR FAIRBAIRN’S INTRODUCTION TO THE LATTER, AND HIS INCLUSION IN ALL-IN FIGHTING OF SOME BASIC CLOSE COMBAT WITH THE RIFLE.

We thought that visitors might be interested in knowing what instruction Fairbairn and those he certified as instructors taught. Perhaps we will go into greater detail in forthcoming articles; but here is a listing of the specific techniques that you won’t find in Get Tough!:

- The fingertips thrust and jab
The thrust (referred to often as the “finger dart”) was executed to the eyes. The jab (which was Fairbairn’s invention) was used against the eyes, base of throat, solar plexus, and testicles.
- The tiger’s claw thrust
- Elbow jab
- Head Butting
- Rock crusher
- Counter to bayonet attack

- Haymaker punch defense
- Stick skills (Beyond and in addition to his fundamental method of killing with a short stick, described in Get Tough!)
- The front kick
- The flying mare (essentially the over-shoulder throw of the older ju-jutsu)
- Surprise arm break
- Countering two men — and how to escape a group or crowd
- Revolver trick (enabling trainee to **instantly** shoot anyone being held at gunpoint, without even fully realizing it when the captive moves to escape and disarm you)
- Use of folded newspaper to kill; lapel knives; peskitt; flick knife; spring cosh, and derringer
- Knuckle jab
- How to gouge out the eyes

- How to properly seize and crush the testicles
- Detailed knifework with the Commando knife Fairbairn and Sykes invented (way beyond the basics in All-In Fighting/Get Tough!)
- How to escape by jumping from a moving train (This technique was adopted by the KGB)
- Use of all forms of improvised weapons
- Use of the fighting man's helmet
- Attitude and mindset
- Head butting
- Use of feet and legs (beyond Bronco Kick) when enemy is down
- Mainly for the Commandos: Fundamentals of hard punching
- Eye gouging

Fairbairn knew a great deal and ——— wisely ——— kept the instruction to that which students needed for their respective missions. “More” was not

considered “better”, unless referring to practice of skills. If only today’s combatives students would accept this.

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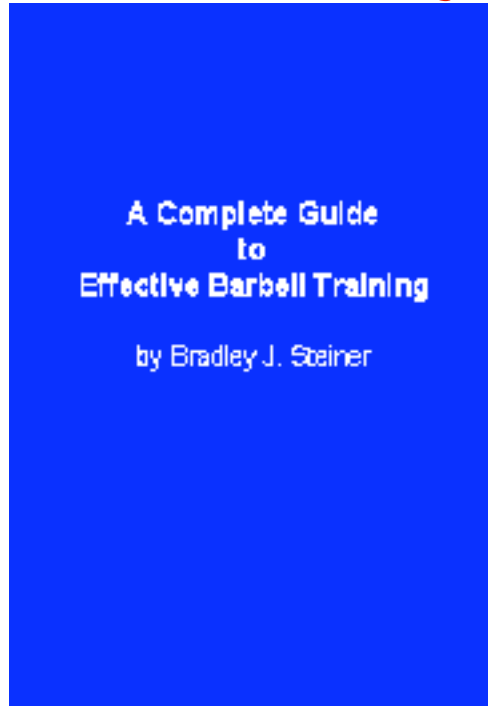
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