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Sword and Pen
Official Newsletter Of The International
Combat Martial Arts Federation (ICMAF)

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February 2019 Edition
Editorial

Are You Talking Or Training?

FULLY 98% (LIKELY MORE) of that which appears in the endless proliferation of “forums” and “discussions” and “comments” that one may find online is worse than backyard female gossip. People who don’t like someone use the opportunity to criticize and condemn them — with no actual reasons save *personal malice*. People who have never even met a particular teacher feel totally justified in slamming him. People who know *nothing* about some particular method, course, or system, feel free to pontificate about the advantages, disadvantages, weaknesses, strengths, or what-have-you as pertains to that system. Malcontents with a few weeks or months of half-hearted training assume the standpoint of “knowledgeable commentators” regarding the school, course, or teacher under discussion. *And very often people who know absolutely nothing about the subject or individual in question proceed to*

offer their meaningless opinions, which regrettably are taken seriously by the gullible and the ignorant.

Look, if you are serious about acquiring solid skills and confidence, you will need to **TRAIN**, to work at it, to drill, to focus, to review, and to practice; not to snivel like a typically feminized **moman** (our term for the sort of typical “male” today who is neither fully male nor female!).

If you attend a school that is run by a professional who knows his business and who is a true expert and master of his craft (and you can tell this in part by how long he’s been teaching and by the ideas that he espouses and what he has been advocating over the years — schools run by jackasses normally close within a few years, if they last that long) then **don’t snivel and whine and bitch and moan like a little cunt if you fail to put forth a proper effort, and simply drop out after a few months.**

Last week we got an email from someone who had just left a martial arts school in the Chicago area. It was a school of *kenpo-karate*, which we will not name, and whose Headmaster we will not identify. This “former student” decided after two months that the teacher didn’t know anything. Really? This school has been in operation for more than fifteen years. It’s Headmaster has promoted two well-qualified black belts. But this wimp dares to evaluate this teacher’s and this school’s quality!

Now we can understand and agree completely with anyone who discovers after a couple of months training that what is being taught is *not what the student wants*. Okay . . . that’s legitimate (although we must wonder why it was so difficult for the student to ascertain who is and who isn’t teaching what he — the student — desires). In any case, not wanting what a particular school is offering is legitimate. It’s like not wanting to follow a particular major in college because your interests lie elsewhere. No one can fault that.

But please . . . don’t join the wimp-scum crowd who spend hours online yapping like schoolgirls about what they have mere ignorant opinions

about, but little or no actual factual knowledge. Or who bounce into a school or course every once in a while and then — *due to their own weakness and shortcomings* — drop out and blame the teacher! Good teachers do the teaching; the **students** are responsible for the *learning*. And when it comes to close combat and self-defense — or even classical or competitive martial arts — you learn by constant practice and drill and **effort**.

Some few “teachers” rely upon their attacks on other teachers, schools, and systems to attract students. And they do attract some; the most worthless living junk imaginable. **Anyone with the sense that God gave a pebble knows that you don’t preent a case for yourself by attacking others, and the merits of anyone are never determined or defined by the criticism of him by his opponents.**

Select your teacher and school, the system you pursue, according to objective merit and track record; according to readily discernable value in whatever that school and teacher presents and advocates. ***THEN KNUCKLE DOWN TO THE TASK OF TRAINING. AND STICK WITH IT! THAT WILL GIVE YOU THE RESULTS YOU’RE AFTER.*** No amount of yapping, however persistent, public, loud, impassioned, manipulative, crafty, or desperate, will turn opinions and mindless gossip into **facts**. Hard training and serious dedication to ongoing practice will materialize into ability, skill, confidence, and all of the great values that quality martial training offers.

Thirty minutes of serious, hard practice is worth an infinite amount of time sharing hot air online in a forum.

Bradley J. Steiner



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!

Learning From Books And DVDs

SOME people ask if learning self-defense and combat skills from books and DVD presentations is genuinely effective. The answer unquestionably is “**Yes!**” . . . assuming the following conditions:

1. The source of instruction itself — i.e. the book or DVD — is worthwhile. This exact same standard applies to *live* instruction. If the teacher is good, and if he is teaching quality skills and tactics, then you’ll learn effective techniques and acquire justifiable confidence. (**Note:** A teacher may be excellent and the skills may be first-rate, but if the skills are more classical/traditional or sporting/competitive than **combative** and suitable to modern realistic demands, then the person looking for **self-defense** training will not be getting what he’s looking for. This applies to books and to DVD programs just as it applies to live instruction).
2. You must *practice* and *drill seriously* in order to acquire good combat capabilities. Merely reading a book (even the best, like *Get Tough!* or *Cold Steel*, or *Kill Or Get Killed*) is not enough to impart **functional skills**. Nor is merely watching a DVD presentation (even several times) going to increase your personal proficiency in hand-to-hand combat. ***Serious practice on a regular schedule that continues over time*** is the only path to practical knowledge.

We have received glowing feedback from users of our DVD Course. Without exception, *these users* **TRAIN**. They not only “watched” the DVDs . . . they committed to regular, serious *practice*. Several had been at their training for months. Two persons during the years since the DVD Course was offered have **defended themselves with outstanding success using their newly acquired skills**. So “whether or not one can

learn from *these* DVDs” is a meaningless question. People **ARE** *learning from them!* And they are learning authentic, practical combative skills.

Our other web site — www.seattlecombatives.com — provides a book review section in which those quality written sources of instruction that we especially recommend are listed and reviewed. Although out of print and expensive in some instances, *these books will do their job if you will do yours*; and that is **TRAIN** hard!

In point of fact a quality book can prove more helpful to the self-defense student than a school and a teacher who is teaching less practical methods than the book describes. We can provide an excellent example from our own early experience in training:

The first formal school that we attended, as a young boy, was *Judo, Inc.* in Manhattan, N.Y. The teachers were marvelous native Japanese Kodokan judo experts. Their instruction was impeccable, and *Judo, Inc.* did teach quality judo. However . . . our goal was serious combat training and self-defense, even at that young age, and grateful as we remain to those who taught us judo at *Judo, Inc.* we really did not receive the training that we wanted. In fact, our discovery of *Get Tough!* and then *Kill Or Get Killed* was the first revelation we finally found of what we wanted! Those books taught us much more than the live instruction at *Judo, Inc.* Those books (and about ten others that we came across) gave us more **real world, serious combative** instruction than not only *Judo, Inc.*, but also than we received in live training in *kenpo-karate, ju-jitsu, varmannie, and taekwon-do*. Until we met Charlie Nelson (our single really great teacher — until we left New York) books provided us more practical and relevant material than all of the

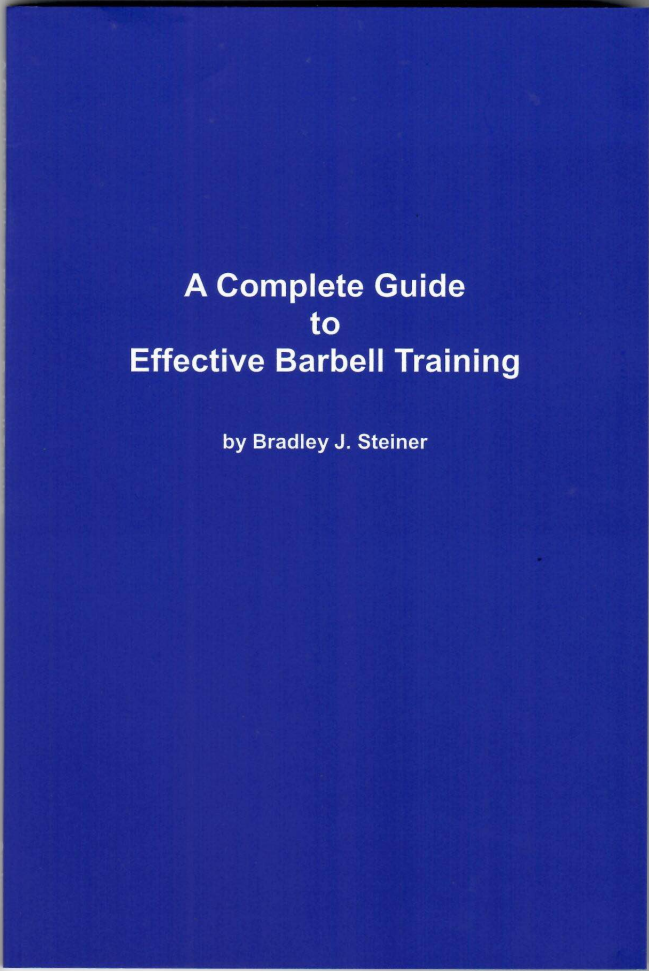
live training we took. Even courses in Sigward's excellent modern jujitsu method, and Sensei Bujosa's *Jakata* — although good — did not provide the real “down and dirty, kill or be killed” material that we always sought.

We certainly appreciate that what *we* were looking for might not be what others are looking for. However, if serious self-defense and no-nonsense war-proven combat skills is what you're after, **our DVD Course and a whole slew of books that can be searched out will undoubtedly give you what you want . . . providing you work hard and train on that which is presented in these learning materials.**

If serious combatives is what you're after just be careful that you don't take a wrong turn into the sporting/competitive or the classical/traditional venues. Nothing per se wrong with either of these areas of training, but they are not what you want if you want modern, reliable, practical self-defense for a lifetime.

Good books and quality DVD presentations can also supplement quality personal training if you're fortunate enough to find a professional who teaches the real stuff in your area.

There's no mystery or secret about what works. We who have spent our lives studying, training, researching, and teaching **what works** know this very well. And yes, you can find a great deal of that which works in good books and on good DVD programs. And yes, you can learn from them!



A Complete Guide
to
Effective Barbell Training

by Bradley J. Steiner

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Of-Print***

***Classic on sensible, effective
weight-training.***

***A beautiful 6 x 9 softcover book with 112
pages, 15 chapters, including 73
photographs of the author posing for
each exercise!***

ALTHOUGH written decades ago this book, originally published by Peary Rader in the *original* Iron Man Magazine, contains everything you need to know to use weights sensibly and effectively to develop strength, muscularity, and the kind of solid, all-round condition you need for self-defense and close combat.

“You can order a copy directly from us. If you order this book from us, I will autograph it personally to you.” **Bradley J. Steiner**

Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign orders*** total cost is \$35. (in U.S. funds) to:

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Seattle, WA. 98115
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**Here’s More Proof That The *Real* Experts In
Martial Art *Do Not Advocate Ground Fighting*
For Combat And Actual Self-Defense!**

WE present the following which quotes Dr. Jigoro Kano himself, from an article by him in his own Publication, *Judo*, from 1918:

“As long as the fighting takes place in the gyms (dojo) the rules are necessarily those of the randori (our note: “randori” is a competitive match between judoka), while in self-defense

or in real combat (shinken shobu) — which remains the ultimate goal of training — one should be focused mainly on atemi and nage

. . . (our note: “striking/kicking methods” and “throwing”).

“In sports training, ne-waza only (our note: “ground fighting”) can be used grasping the body of the opponent and thus, remain grappling. In randori the atemiwaza is not allowed due to its dangerousness.

“However, if you want to achieve the benefits for self-defense, it is necessary for the body to be well developed with the ability to move quickly and with agility so that you are prepared to act using both, atemiwaza and nage waza . . .

“In addition, in the case of aggression by several people ne-waza (our note: “ground fighting”) loses its usefulness, since it is designed as a tactic to face a single adversary.”

There is doubtless nothing in even the words of judo’s Founder that will shake the pathetic resolve of the True Believers, *but ground work has always been recognized by experts as SPORT, and not for self-defense/ combat!*

Note that Kano *recognizes* that sport and defense are *different*.

Note that Kano recognizes not only that multiple attackers are a possibility, but — unlike some “experts” who are driven by ego and by commercial interests to propagate fantasy to the gullible — **that defense against multiple attackers is possible — USING BLOWS OF THE HANDS AND FEET!**

We come back to this subject for the benefit of those seeking genuinely useful and reliable self-defense doctrine, not to debate the issue with the ignorant or with the dishonest (who have a particular axe to grind).

As a judo/ju-jitsu man we can understand that Kano stresses *throwing* in actual combat, as well as blows. So do we. So did Fairbairn. So did Sykes. So did O'Neill. Kano perhaps (being committed to **judo** per se) emphasized throwing somewhat more than combat purists (who give it a definite *second place* status); but **NO WAY** did he deny striking's supremacy in *real* combat. And, truth be told, Jigoro Kana, Founder of judo, was in fundamental agreement not only with us, but with every genuine close combat teacher and practitioner who ever knew his business!

In one last note we'd point out that there is one 20th century teacher whose basic background was judo, who focused on blows and throws *exactly as Kano counseled*, and who gave the world a good self-defense method: i.e. the late Bruce Tegnér. As a judo man we believe he gave too much emphasis to throwing when dealing with serious attackers . . . but he **NEVER** attempted to pull the con that "all fights go to the ground", to waste students' time teaching ne-waza (unless they were training for **sport**), or to foist the lie that competition was necessary in order to develop self-defense ability.

For the record, Tegnér's approach (i.e. "Jukado") was not aggressive or formidable enough for us, and there are points that this excellent teacher made with which we definitely take exception. But we wanted to give credit where it is definitely due, and Bruce Tegnér was a judo man who understood clearly that even the most aggressive and hard fought sporting contests have **nothing** to do with combat.

Please . . . if you are training for self-defense, emphasize vicious, destructive blows of the hands, elbows, knees, feet, and head; gouges

and clawing actions; biting, and the tactic of **striving always to remain on your feet!**

34 New Instructional Presentations - **AVAILABLE NOW!** [*Many more . . .*](#)

**COMING VERY
SOON!**

PDF Training Briefs

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons.*

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

- 1. Self-defense and close combat**
- 2. Urban survival and spy tradecraft**
- 3. Physical training**

Here's how this works:

- **Select the PDF Briefs that you want.**
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
- **Send us your list and include \$4. for each PDF Brief on your list. Cash or money order payable to Brad Steiner.**

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- Orders from outside the United States should be paid in U.S. dollars.
- Clearly print out your email address, and we will email you the PDFs that you order. *No postage charges, no waiting for the package to arrive.* Your PDF Briefs will appear in your email within 24 hours! You may print out a hard copy of the PDF and/or read it on your computer screen.

*“How can we afford to sell these training briefs for such little cost?”
Answer: **There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!***

Currently Available Training Briefs are listed below. **Make your selection!**

Brief #1: *The Last Speech Given By Col Rex Applegate*

(Full unedited speech with accompanying commentary)

\$4.

Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons*

(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations”

{U.S. Pentagon}) \$4.

Brief #3: Fairbairn's "Silent Killing Course"

(Original and full outline as Fairbairn drafted it — with commentary) \$4.

Brief #4: "Stay On Your Feet!"

(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives) \$4.

Brief #5: Rules Of Self-Defense

(Of course there really are no "rules" in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training) \$4.

Brief #6: Close Range — Quick Reaction!

(What you don't learn in the shooting schools, but what has been proven to be the right way to use a handgun in personal defense and in war) \$4.

Brief #7: Remembering Charles Nelson And His Valuable Lessons

(We remember our years with "Charlie"; including some of the actual self-defense tips he taught, and a copy of the Men's Magazine article about Charles Nelson, from 1960) \$4.

Brief #8: Most Common Street Attacks - Per Dept. Of Justice And Other Studies - And Tips On Defense

(Here are the most likely ways in which you may

expect to be attacked; with powerful tips on how best to be prepared to defend against them) \$4.

Brief #9: *Kicking In Close Combat And Self-Defense*

(The war-proven kicking techniques that will work in real combat — and serve you for a lifetime! Absolutely devastating kicks requiring no stretching or loose clothing) \$4.

Brief #10: *The Really Vital Vital Points*

(No nonsense about “secret” nerve centers or bullshit about hidden targets. This teaches all of the truly reliable vital points that really stop strong, determined aggressors — not merely cooperative students in practice sessions) \$4.

Brief #11: *Interactive Tactics — The Approach (1)*

(Learn exactly how to be ten steps ahead of anyone who approaches you with dangerous intentions. Be ready without appearing ready) \$4.

Brief #12: *Interactive Tactics — The Threat (2)*

(Never be shaken again when some punk or troublemaker makes it clear that he intends to beat your head in. Instead, be ahead of him, by mastering the right tactical skills for dealing with the threat) \$4.

Brief #13: *Interactive Tactics — The Attack (3)*

(When and if some troublemaker actually initiates violence you want to have your mind and body programmed to nail him instantly. This PDF Brief covers exactly what you need) \$4.

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*(Bullying is always a cowardly act; but people have been injured or killed by bullies, and many people are scarred for life by a scumbag bully. This most politically **incorrect** presentation will teach you the truth about how to handle a violent bully. Here’s the unvarnished truth!) \$4.*

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(Action is always faster than reaction. The real secret to being able to handle any attack is to cultivate an immediate and spontaneous reaction. Do not depend upon blocking.)

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Brief #16: *How To Hit With Great Power*

(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility.)

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Brief #17: *Adopting Classical Karate To Modern Close Combat*

(Although a powerful martial art, classical karate has numerous drawbacks for the person seeking self-defense exclusively. This Brief explains in detail how to modify any classical method you are studying so that it meets the necessary standards for real combat and street survival.)

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Brief #18: *Adopting Kodokan Judo To Realistic Self-Defense*

(Although judo is much more than a mere “sport”, it is not an all-in combat method. Some judo experts may be able to apply their training in real combat, but to make judo really effective in an emergency the modifications enumerated in this Brief are necessary.)

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Brief #19: *The Two Biggest Technical Errors Made In Self-Defense Training*

(Essential instruction for anyone training in any system or style for self-defense. Teaches how to overcome those errors that result in nearly 100% useless “self-defense” techniques.)

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Brief #21: *Fighting Vs. Self-Defense*

(Legally, morally, technically, tactically, mentally, and physically, “fighting” and “self-defense” are different. This Brief teaches how and why this is so — and explains to every student and teacher of self-defense just why it is so important to understand the difference.)

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Brief #22: *The Importance Of Solo Training*

(Training without a partner is essential for the fullest development of self-defense skill and mental preparedness. This Brief teaches why this is so, and how to train solo with optimum benefits and maximum practical skill development.)

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Brief #23: *Find And Depend Upon Your Best Techniques*

(Every student and expert is different and everyone serious about self-defense must discover and perfect his own best skills, which need to be drawn from combat-proven doctrine. Here’s how to do it.)

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Brief #24: *Observations, Thoughts, Notes, And Miscellany About Self-Defense And Close Combat*

(A potpourie of insights and tips covering all aspects of practical self-defense and close combat as garnered in over 60-plus years of immersion in and passion about the subjects.)

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Brief #25: *Tactics For Countering A Gun Or Knife Threat*

(There are numerous “techniques” for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that the American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that

good. This Brief explains clearly what interfacing tactics you need to develop.) **\$4.**

Brief #26: *Triple Your Learning And Retention With Mental Review*

(Few give any thought to the importance and value of mentally reviewing the physical skills that they acquire and wish to be able to use. Fewer still do their “mental reviewing” correctly. Learn how from this Brief, and start to enjoy much greater progress in your personal skills and confidence building.) **\$4.**

Brief #27: *The Fighting Knife: A “Must Master” Weapon*

(This is a unique instructional work for all students of self-defense and close combat. It offers a complete analysis of the significance of the fighting knife — its indispensable role in the combat arts curriculum — and valuable training advice for achieving mastery.) **\$4.**

Brief #28: *Finding The Right Teacher And Method For Yourself*

*(There are more martial arts schools and teachers in the State of California or New York alone than in all of Asia! And today there are hundreds claiming to be teaching practical, reliable close combat and defense. From the Founder of the first comprehensive and authentic all-combat American martial Art here is a **complete** guide to locating and evaluating the right teacher for you. Also — what to do if you have limited recourse and can't find a teacher.)* **\$4.**

Brief #29: *Conditioning The Natural Weapons*

*(In this 21st century the student of practical self-defense needs impact practice more than the kind of comprehensive natural weapon hardening typical of the classical “karate” schools. Still, for the super-enthusiastic self-defense/close combat student there are some efficient toughening approaches that should be used if hardening of the **practical** weapons is desired.)* **\$4.**

Brief #30: *Analyzing The Combat Merits Of A System*

(All of the martial arts are good; but they are not all good for the same thing. Very definitely, there are distinctive characteristics that make a system in question better for combat and personal defense than another system. This Brief provides the information needed to properly assess a given system's value for combat — not for competition or tradition.) \$4.

Brief #31: *Repetition And Attitude: The Real "Secret" Of Developing Ability*

*(Most who take up martial art training of any kind do not succeed in achieving their desired objectives. And the reason is simple: They do not do enough, and they do not do what they do with the right spirit and attitude. Ninety five percent of those who consider themselves "martial artists" spend more time on backyard-gossip type "forums" and other idiotic medium instead of **training hard with the right mindset**. Here's how to do it right!) \$4.*

Brief #32: *The Moscow Rules*

(Principles of intelligence tradecraft are extremely valuable to those who are serious about self-defense. During the Cold War secret agents working in the most difficult denied areas for CIA [and England's MI6] were guided by an above-Top Secret set of rules called the "Moscow Rules". Now declassified (but still in use by secret servants) these Rules are valuable for all seriously concerned self-defense students. \$4.

Brief #33: *Tiger Moves*

(The late John McSweeney was a close friend and colleague of ours for many years. He is correctly known as "The Father of Irish Karate", and in addition to being a marvelously practical and realistic teacher of armed and unarmed self-defense, John was

the creator of a System of exercise which he called “Tiger Moves”. We recommend that everyone — including those who train with weights or some other medium — learn this excellent Program.) **\$4.**

Brief #34: How To Evade Foot Surveillance

(Tradecraft that teaches you how to ditch a tail; discover if you are being followed. Escape foot pursuit. How to do it for real.) **\$4.**

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Teach Your Wife And Daughter These Techniques

SELF-DEFENSE is only exceptionally studied by women and girls. And by this we mean *real self-defense*. Not the bullshitsu that most classes and programs instruct females in, but **real, serious, workable, reliable** self-defense. (We recall a young lady describing how she was taught — during a weekend seminar — to use a hip throw against an assailant who seized her in a frontal overarm bearhug! Must have looked and felt great during the seminar; but this kind of **CRAP** can get a woman killed if she attempts it for real against a determined, powerful male aggressor!).

Combat training, armed or unarmed, has *not* commonly found interest or passion amongst females. Yes, there may be some exceptions. But that is exactly what they are: **exceptions**. Unlike the statistically average male,

the statistically average female is not normally attracted to combative skills and weaponry.

Still . . . with things as they are in our cities today, every young lady should know something about how to defend herself. She needn't become a competitor in any martial sport, and she need not become a black belt in any classical art; but it is a very good idea that she acquire emergency skills that **work**, and that will give her at least a fighting chance to save herself, should she ever need to do so. And if you are a serious, reasonably long-term student of combat-proven combatives, you certainly can do a great service to your spouse, daughter, mother, or any female about whom you care, by spending just a few hours with her instructing her in a handful of reliable skills.

We in no sense intend to suggest that the techniques we propose you teach here in this brief article comprise either a “complete course” or even “most” of what a female ought to know and be able to do in defense of herself. But it's a giant step in the right direction. It's politically incorrect. Many will insist it is distasteful and foul. And at first some females might recoil at the thought of actually doing what we advise, should an emergency occur. *But this stuff works. It may not be “fun” to learn it; it won't be as enjoyable as aerobics; it won't tell females the crap they'd like to hear (i.e. that they can do whatever a man can do, and that they can slug it out with any male, ad nauseum)* — but spreading what we regard as feminist bullshit is not our purpose. Helping females to survive and escape danger **is** our purpose; and this stuff will do the job in most cases. Risk is inevitable, and we know of no way to guarantee success. But if it is possible in any given situation for a female to prevail against some scumbag who intends to harm her, that which we urge will likely do the job.

1. Use deceit and deception.

It is advisable *not* to mouth off “assertively” when confronting a serious threat. Such verbal crap as so many females appear to be fond of allowing themselves to utter today does a great favor to decent men (by warning them to steer clear of a dyed-in-the-wool bitch, and not bother

with her in the future), but a dangerous, violent predator will only be *provoked* by this.

When cornered and confronted by what is clearly a physically dangerous threatening man ***pretend to be friendly and to go along with him***. Step in close, smile sweetly — then attack! **Attack his eyes or throat**. This is a basic strategy.

2. Thumb gouging the eyes is extremely effective.

Get your assailant set up by caressing his face and gently sliding your hands and thumbs into position. Give him a kiss if you really want to ham it up. ***Now ram your thumbs deep into his eyes while inserting your middle fingers into his ears. CLAW, GOUGE, AND DIG!*** With your hands well-embedded, start driving knee blows to his testicles. This will cause him to lurch forward and increase the gouging pressure. After four or five knee blows and some deep gouging, shove the bastard away by thrusting your hands forward, and pushing him head-first from you. Now escape!

3. Bite.

No nipping. Bite like an attack dog! Sink your teeth into the attacker's face and rip off a chunk of his flesh. He can be set up for this biting by gently caressing his face and pretending that you will go along with him. Suddenly seize his ears and bite hard into his nose, cheek, or lips. Now ***RIP FLESH! Tearing one or both of his ears off at the same time is easy and increases the shock. Tear off his flesh, do NOT release your hold until you spit out what is in your mouth.***

4. Ram fingers to eyes.

A simple, straightforward technique. Best followed up by a *low* sidekick that breaks the attacker's knee.

5. Sidekick.

The strongest and most important basic kick. Deliver to the knee, shinbone. Use in a scrape-stomping action down the shinbone and ending by crushing the instep when in very close.

6. Chop to the carotid artery, vagus nerve, throat area.

With no telegraphing suddenly whip a side-of-the-hand blow into the neck/throat area. Followup with a sidekick to the knee, and then escape.

7. Against forcible rape.

We will not be too graphic here, but we think the message will be conveyed.

First, *pretend* to be going along with the rapist.

Second, use your hands to assist his undressing and — at first — to let him believe that your intention is to encourage his arousal.

Third, **seize his testicles with every ounce of strength you can muster** and yank, crush, and twist; and while doing so bury your head into his chest and close your eyes (to protect yourself from desperate punching or other action he may try at first). Do not stop until the predator literally collapses. Then escape.

8. If possible and legal where she lives, a woman should be trained in the use of the handgun as a weapon, and **be legally armed** if possible when out and about, and when at home. **The law must be obeyed here. The stupid self-defense sprays are no good and merely provide false confidence.** If a woman is squeamish about shooting a predator **this must be overcome through correct training and mental conditioning.** When and where her life is at stake she should be ready, willing, and able to use armed, deadly force if possible to save her life.

9. Carry a utility knife.

These wonderful little knives are legal and *very* dangerous. The leverage that even a child can exert with one of these items can rip through the face to the bone! In places where carrying a firearm is illegal, this is an excellent weapon. **Squeamishness about ripping open a predator's face or carotid artery when necessary to save a life must be overcome.**

As we mentioned, there is much more that any female can profitably learn about self-defense, and we would encourage females to do so. But

this little orientation should prove a nice start in preparing a woman to save herself from an unavoidable violent attack.

Mental conditioning is **vital**. Women must be realistically advised that they **cannot** equal most male attackers in strength or prowess, and they should not try to do so. They must learn to be realists and to be ruthless. Any male who attacks a female and endangers her life and well-being deserves no mercy or consideration — and should receive none.

Regardless of what she would “like to do” or “prefer”, a woman needs to finally appreciate that in a violent emergency she must learn to react like a wild animal, and showing no forbearance, mercy, compassion, sympathy, restraint, or hesitation, ***ATTACK HER ASSAILANT WITH DEADLY FURY, AND CONTINUE TO DO SO UNTIL SHE IS SAFE.***

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— General George S. Patton, Jr.

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The Need For OVERWHELMING Force

THE *Cambridge Dictionary* defines the word “overwhelm” as meaning:
“To be too much to deal with”. Think about that.

There are low-level scumbags who amount to little more than petty pains-in-the-ass. Many, if told firmly to do so, will simply leave the person whom they are bothering alone. Others might require the application of a some physical persuasion . . . but the low-level nature and intention of their bothersome activity is more annoying than it is dangerous, and at the first touch of resisting force they are sent running. *We are not concerned with or about these types of worthless nuisance.*

Our sole concern in *American Combato* is the preparation of decent people — to include law enforcement officers, military persons, security and protection professionals, and private citizens of any and every persuasion — for dangerous encounters with violent, predatory enemies, be they enemy soldiers, criminals, terrorists, street punks, gang members, home invaders, abductors, rapists, thrill-killers, or what-have-you. And despite the rhetoric advanced by many who purport to be teaching self-defense and combative skills, *very, very few so-called “teachers” of the combat disciplines actually understand this serious level of violence, let alone prepare their charges to cope with it.*

Violent offenders of the kind about which we are speaking are extremely tenacious, resilient, dangerous, destructive, determined, often experienced, and never easy to stop. They do not discourage easily, and they often are capable of assimilating considerable punishment before succumbing, and ceasing to be a threat.

A considerable disservice was done many years ago (unwittingly, we must say) by a journalist to many who purchased and read a book that he wrote on *ju-jutsu*. The terrific judo experts known as The Judo Twins (i.e. Bernie and Bob Lepkofker) assisted in some of the book’s illustrations. One photo showed one of the twins being held helpless in a wrist hold that was being applied by a diminutive young lady. **In reality even if the twin had allowed her to put that hold on him and crank on all of the force of which she was capable it is doubtful whether he would even have felt a mild annoyance!** Either of the twins was so huge, so powerful, and so well-conditioned, that it more than likely would have required a powerhouse of comparable size and strength and

skill to even stand a chance of applying the damn hold! But doubtless readers of that book (which we will not name) felt that what they were being shown was nothing short of miraculous.

This is (again we must say, **unintentional**) *bullshit*.

Many people actually believe that a small, relatively weak person can clamp a wrist or other type hold on a huge, powerful man and hold that man helpless. Perhaps if the big man allows it; *no way in hell* if he's determined to beat your head in and if he exerts his strength and aggression to thwart your efforts!

We've seen so-called self-defense demonstrations in which a defender deftly snatches a knife assailant's weapon away from him with little more than the effort it might take to open a package of twinkies. Come on, please! This kind of crap is *not* properly educating anyone about what actually *can* be done in self-defense emergencies, and what *must be done*, if in fact self-defense is to be effected!

And on it goes. Students are taught pain compliance tricks, control holds, methods of blocking and countering, etc. that seem to be doable fairly easily and by anyone — *against* anyone. This is misleading nonsense, and students of self-defense who really want to be able to defend themselves had better wake up to the reality of what hand-to-hand combat requires for victory.

“And just what does hand-to-hand combat require for victory?” Very simply, ***overwhelming an adversary physically and mentally, and rendering him unable and unwilling to be a further threat***. Dangerous, aroused and determined human aggressors are not turned off easily! And forget the nonsense, bullshit, and crap you may be told or you may have read regarding the incredible possibilities of martial arts. You would probably be surprised if you knew the degree of punishment some violent types are capable of assimilating. In severe pain, injured, even significantly incapacitated, a truly determined aggressor can still be a threat.

Our purpose here is not to discourage visitors but to **orient them to reality**. It is not by pretending and by playing that one can achieve truly viable capabilities. Understand the enemy. Realize that he is formidable. Strive mightily thereafter to make yourself **MORE** formidable! Determine to train so that in a crisis you do not merely “fight back”; instead be prepared to **carry the war right into the enemy’s camp!** Be determined to *devastate* any aggressor. When you undertake to defend yourself do so with an attitude that conveys rage, hatred, and the most vicious desire to **DESTROY**. Every instance of self-defense will not demand this . . . but some will. And there is no way to predict which specific one *you* are now confronting when, unfortunately, it comes to you.

No namby-pamby techniques. *Let your assailant have it!* Kick him in the testicles or break his knee. Inflict **injury**; and do so with all of your strength and with not the slightest hesitation. You want that extralegal scumbag who presumes to attack you as though it was some kind of “prerogative” of his to be flooded with shock, terror, and the agony and disability of **serious injuries**. You want that sewer rat **overwhelmed**.

Some tips to assist you:

- Practice serious, disabling blows that inflict real injury
- Learn to apply your blows the second you are attacked
- Do not stop attacking until the scumbag flees, is so badly injured that he loses the will and the capability of endangering you further, or you can escape safely
- Commit 100% once you realize that you need to stop an attacker
- Work in combinations, followup, and follow-through. No “one shot stops”. Attack like a wild animal

— Use anything at hand to assist your defense — and use it with all of your ability. No rules. No holding back. No fair play. No decency. Just win

— Use the element of surprise when possible, and yell, growl, grimace like an insane person, as you attack relentlessly

— Expect to assimilate some punishment. Let that drive you into a frenzy of rage and hatred and determination to destroy. A violent offender delights in the torment, humiliation, fear, and confusion that his criminal acts impose upon the innocent. **Learn to delight in overwhelming such a lump of sh—t should doing so ever become necessary for self-defense.** Don't worry about sinking to a level "like the violent offender". Sink several levels *below* the violent offender, and convince him that he has made the most horrific error of his worthless damn life!

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