

©Copyright 2011 by Bradley J. Steiner - ALL RIGHTS RESERVED.

# ***SWORD and PEN***

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

**MARCH 2011 EDITION**

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

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

## ***E d i t o r i a l***

### **Carrying On The Tradition**

**OUR** visitors and correspondents are sometimes exceedingly flattering. In a recent communication one regular visitor from the UK offered his opinion that Mark Bryans and I are the “*present day team of Fairbairn and Sykes*”. For such a generous compliment we gratefully and graciously offer our heartfelt thanks! That’s *quite* a compliment, indeed.

As most who have been following our writings since the late 1960’s know, William Fairbairn and Eric Sykes (as well as Rex Applegate, Pat O’Neill, Charles Nelson, and several other of the WWII era close combat teachers) have been a powerful and quite permanent influence on the development of our System, *American Combato (Jen•Do•Tao)*, and on virtually all of our thinking and training in regard to close combat, self-defense, personal weaponry, and

individual survival, since around 1960.



**FROM KILL OR GET KILLED — 1943I. REX APPLGATE (WITH KNIFE) ILLUSTRATES HOW TO ATTACK AN ENEMY IN HAND-TO-HAND COMBAT USING THE FAIRBAIRN-SYKES DOUBLE-EDGED COMMANDO KNIFE. THE PRACTICALITY, WISDOM, AND NO-NONSENSE DOCTRINE THAT FORMED THE BASIS OF SUCH SKILLS AS APPLGATE AND OTHERS PROMULGATED DURING WWII , IS WHAT WE SEEK TO PASS ON. WE DO SO THROUGH TEACHING THEIR, AND OUR OWN MORE ADVANCED METHODOLOGIES, WHICH NEVERTHELESS ADHERE TO THE PRACTICALITY, SIMPLICITY, AND — ABOVE ALL — DESTRUCTIVENESS AND LETHALITY OF THE WARTIME METHODS.**

We have certainly a debt to the Asian arts and Western boxing, as well; however more so in regard to their having taught us training discipline and *fundamental principles* of how to employ and apply techniques. By far, however, if we are asked to give credit to the preponderance of material that has been most responsible for the crystallization of the all-in combative Art of Close Combat and Self-Defense that is *American Combato*, we say without reservation that the late **Col. Rex Applegate** and **Charles Nelson** influenced us the most, and the works of Fairbairn, Sykes, O'Neill, Biddle, Styers, Brown, Begala, Hipkiss, Martone, and Sigward — either through training *under* those who had learned directly from them, or from the written works that these masters of the craft had left behind,

also provided much for which we remain eternally grateful.

Grateful we are, too, for the blessing of having such a student as Mark Bryans who, after decades of devoted, hard work, has distinguished himself as one of the finest teachers of our craft to be found on the planet.

Amongst the many thousands that we have been privileged to train since the late 1960's, we have had some truly wonderful and highly talented students — students who, after years of study and training, earned Black Belt ranks in our System. Not only their devotion to seriously training in *American Combato*, but their personal loyalty and friendship is deeply appreciated. Men like Greg Anderson, Jim Briggs, André Brasseur, Ek Thongin, Shon Powell, Brian Snoddy, Mark Seiger, Johnnie Horn, Mike Franz, Howard Stoppelman, Malcolm Hightower, *and others*. Great guys. Great students, friends, and first rate close combat men.

What we have really done since the inception of our formal System in 1975, is endeavor to carry on the tradition of *practical, realistic, no nonsense, functional* personal combat training — for military, intelligence, law enforcement, and private citizen use in **real world combat** that was begun during the second world war by the heroes to whom we have previously alluded. One of the greatest compliments we ever received was a memo from Col. Rex Applegate, in which he states (we still have the memo buried amongst our papers) that *American Combato* is a “superior product to that which they had in WWII”. It has been things like that memo, and feedback “from the field”, as it were, that has convinced us without doubt that we are carrying on the tradition, and doing so in a manner and spirit that we believe our wartime mentors would be proud of.

We certainly will say this, and say it without the slightest hesitation: If you are serious about learning the *real deal*, about entering into a training program that will *actually* and *truly* teach you, **MENTALLY, PHYSICALLY, TACTICALLY**, and **TECHNICALLY** how to defend yourself and your loved ones, and how to win in *real* hand-to-hand close combat, we teach it; so contact us about getting started.

This is neither a boast nor a sales pitch . . . it is simply the plain truth. The foundational elements of what we do were set down during the 1940's by a variety of experts in the combat arts who knew that they needed to prepare their charges to meet and to defeat in all-out **war** an enemy that had nearly conquered the world. They did their job splendidly, and they did it by wringing out whatever

worked in the *ju-jutsu*, *judo*, “*dirty fighting*”, *boxing*, and *wrestling* that, collectively, they had all been noted experts in. What we offer today is all of that which *they* produced, synthesized with and enhanced by even *more* extreme and vicious and calculated methods of destruction and mayhem which our own lifetime immersion in the **combat arts** and related disciplines has permitted us to evolve.



**LAW ENFORCEMENT OFFICERS' TRAINING ONCE REFLECTED THE WWII INFLUENCE, AS IS EVIDENT FROM THE OLD PHOTOGRAPH ABOVE, SHOWING A COP EFFECTIVELY DISPATCHING A NUT WHO APPEARS TO HAVE ATTEMPTED TO BRAIN THE OFFICER WITH A BOTTLE! WHEN WE TRAIN POLICE WE INTRODUCE THEM VERY QUICKLY TO THE SKILLS THAT *REALLY WORK*, AND THAT BETTER ENABLE THEM TO SAVE NOT ONLY THEIR OWN LIVES BUT THE LIVES OF CITIZENS WHOM THEY ARE SWORN TO PROTECT.**

We are *ONLY* interested in that which applies to, works in, and enables men to prevail in *real, all-in, no nonsense, non-sporting COMBAT and SELF-DEFENSE.*

We're carrying on a proud Western "martial" tradition which began when the world's greatest hand-to-hand masters dropped all concerns save *winning in real battle*, and developed ways to achieve that end.

Care to join us?

**Bradley J. Steiner**

**Use The Attacker's "Set Up" Actions As Set Ups**

**For Your Own Attacks!**

*"WHEN YOU ARE ATTACKED, ATTACK YOUR ATTACKER!" — Bradley J. Steiner (1972)*

**WHEN** we were a student of ju-jutsu many years ago we spent many hours learning "defenses" against wrist grabs, arm grabs, clothing grabs, and collar holds. We trained assiduously so that we could instantly react to such "attacks" by employing the classic *wrist-turning* (kote-gaeshi) and *arm locking* (kansetsu-waza) technique. In many instances we also trained to apply such actions as the *hip* or *shoulder* throws (called *ju-jutsu*, but as we later learned, and as we hope that those of our visitors who are being taught the same nonsense will learn, actually *judo*

versions of the throw).



WHEN SOMEONE GRABS YOUR SHIRT OR JACKET HE HAS IMMOBILIZED HIS OWN HANDS AND ARMS. *DON'T WORRY ABOUT BREAKING SUCH AN INEFFECTUAL GRIP.* THE ATTACK IS THAT THE INDIVIDUAL INTENDS TO DO AFTER HE GRABS YOU. SO — ATTACK HIM IMMEDIATELY! LET HIS “SET UP” BE YOUR SET UP FOR *HIM*!

We became quite good. In fact, *so long as a cooperative practice partner constituted the “threat” that we faced, we were eventually able to perform those skills flawlessly and impressively.* They even appeared to be *effective* when observed by onlookers who had no knowledge of *real* hand-to-hand combat.

The problem is that such techniques either —

- Cannot work at all under actual conditions, or

- Can *only* work against a halfhearted attack by someone who is markedly inferior to oneself in strength and athletic acumen

Not good. To assume an adversary whom one can easily dispense with is to make an enormous error when training in any form of self-defense. *Why would anyone be concerned about such an “adversary” in the first place?*

A serious, honest-to-goodness **attacker** is not interested in grabbing your sleeve, collar, wrist, arm, or jacket lapel. Such an action is a mere *prelude* to that which he **actually** intends; and that is to beat, maim, or kill you. He frequently *initiates* an action of holding, stabilizing, or grabbing his intended victim only because it assists him in launching the *real* attack, thereafter. And this — ***in the real world*** — he inevitably proceeds to do in a fraction of a second, in much less time than it takes to employ some fine motor movement designed to secure a hold and “get him under control”. So, the self-defense student who trains to address the initial non-injurious prelude to the *real* attack is not merely wasting his time and effort; he is **playing right into the hands of the attacker!** While the defender attempts to get a wrist hold, finger lock, or arm lock on the fast-moving, dynamic assailant, a powerful punch, knife stab, or other *dangerous* action follows the preliminary move, and neutralizes the defender.

A real attack does not provide you the luxury of time and the opportunity to work against a benevolent, helpful practice partner. *So do not train in skills that rely upon your having time and a cooperative partner, for success.*

*Judo* throws are great — when doing judo. But unless a man is really expert in employing judo skills, there is more likelihood that such actions as hip and shoulder throws will *fail*, when attempted against a tough, hardened street fighter who slams rapid fire punches into your face as you move on him.

We say none of this to offend anyone or to suggest that the practice of classical/traditional doctrine is not worthwhile. What we are endeavoring to do is clear the fog away, and — unceremoniously — wipe forever out of the minds of those who are concerned about **self-defense** the notion that they can achieve their objective by training in anything less than *savage* and *brutal* techniques.

Certainly it is true that, *when training and practicing and learning*, all real world combat skills must be done cautiously with a partner, and cannot be employed full force, to conclusion. However, this is not because those techniques do not work . .

. it is because they work with *brutal efficiency* when done without restraint, and with complete disregard for the adversary's welfare. The principle is: ***If you can practice it full force with a training partner, and apply the skills against him as you would in an actual encounter, then the skills are SPORTING or watered-down movements, and should not be considered for hand-to-hand combat.***

*Real world* combat skills work **BETTER** and can be applied and employed **MORE EASILY** in actual combat than they can be in practice sessions. With total disregard for the enemy, and with unrestrained force, fury, and commitment, practical skills result in serious injury, maiming, and — under certain conditions — death. This is all necessary for self-defense and for military hand-to-hand combat; but it is anathema to classical training and to sport, since the goals in those activities are inconsistent with combat, per se.

Most violent attackers have no sophisticated knowledge of close combat. They are dangerous because ***they do not give a damn about maiming or killing their victims*** — even when those victims have done nothing to resist, and when the offender may not even know who the victim is, personally.

Often, a dangerous attack is initiated with an *obvious* telegraphing move. This move, although an aggressive action, may be entirely harmless in and of itself. (No one, remember, ever died from having his arm or wrists grabbed, or by having someone seize his jacket or shirt). The problem is, of course that —

**a)** Most people who train in self-defense learn to waste precious time and effort in attempting to defeat the attacker's *initial* set up move. This leaves the victim wide open to the *actual* attack, which is often one in which a knife or other weapon is employed. "Self-defense" techniques that advocate this kind of nonsense literally increase the defender's vulnerability to the attacker's actions.

**b)** Many people — people who do and who do not train in self-defense — become so startled at the assailant's initial aggressive gesture (it doesn't seem real; "This can't be happening!") that they hesitate, concentrate on that which the attacker has initiated his onslaught with, wondering what the hell do do about it; and by the time they complete their initial inner self-talk they are being punched into unconsciousness, beaten with a length of pipe, stabbed, or shot.

So what s the solution? Simple. ***WHEN YOU ARE ATTACKED, ATTACK YOUR ATTACKER IMMEDIATELY!*** Capitalize on the opportunity to crush the bastard like a paper cup when he leaves himself momentarily vulnerable by



initiating a nondestructive set up move. *Forget* his set up move. Instead, ***use his set up move as your set up opportunity to launch a ferocious, surprise attack that defeats him before he can get to the next part of his attack.***

Commonly, a street attack will begin with one or both arms or wrists being seized, your shoulder or collar being grabbed, or a powerful hold being slammed onto your jacket or shirt lapel by one or both of the aggressor's hands. Or it may begin with a push or shove. *All foolish telegraphing actions that cannot hurt you, and that should trip the wire for you and see you ***growling and attacking like a wounded tiger!**** He grabs your arm, you slam a side kick into his knee. He seizes your wrists, you kick him in the testicles. He grabs your shirt, you ram your fingers into his eyes. He shoves you, you drop back, turn, and lash out with a kick. He pushes you back into a wall, you chinjab him with all of your strength. And so on.

It's really not a difficult concept.

If you are positioned in a good relaxed-ready stance (and sometimes, even if you aren't) you can easily handle someone who raises his fist or fists or who initiates a kick, or who commences to assume a "fighting stance". You ***ATTACK AT ONCE.*** As the troublemaker makes his intentions clear you do not hesitate. You advance into him, screaming like a madman and chopping, chinjabbing, kneeing, kicking, elbowing, spitting, biting, butting, and gouging!

It works.

A trained attack dog knows nothing about breaking holds, blocking punches, or applying controlling holds to subdue someone. Try to hit him or to kick him or to grab at him and ***HE ATTACKS!*** He attacks with his entire body and with full commitment. He attacks with the weapon that he possesses and that he knows how to use: his ***TEETH.*** No matter what *you* try to do to *him*, *he* will go after you ***HIS*** way. And this strategy makes a 90 pound Doberman Pinscher infinitely more feared than a 180 or even 200 or more pound *man* who has *more* natural weapons than any dog, and who has the capacity to use many, many more physical attacking options than a canine possesses.

***It works.*** When you are attacked, ***attack your attacker.*** Waste no time attempting to dislodge his grip, block his blows, or wait to see what his next move will be so that you can deftly "ju-jitsu him".



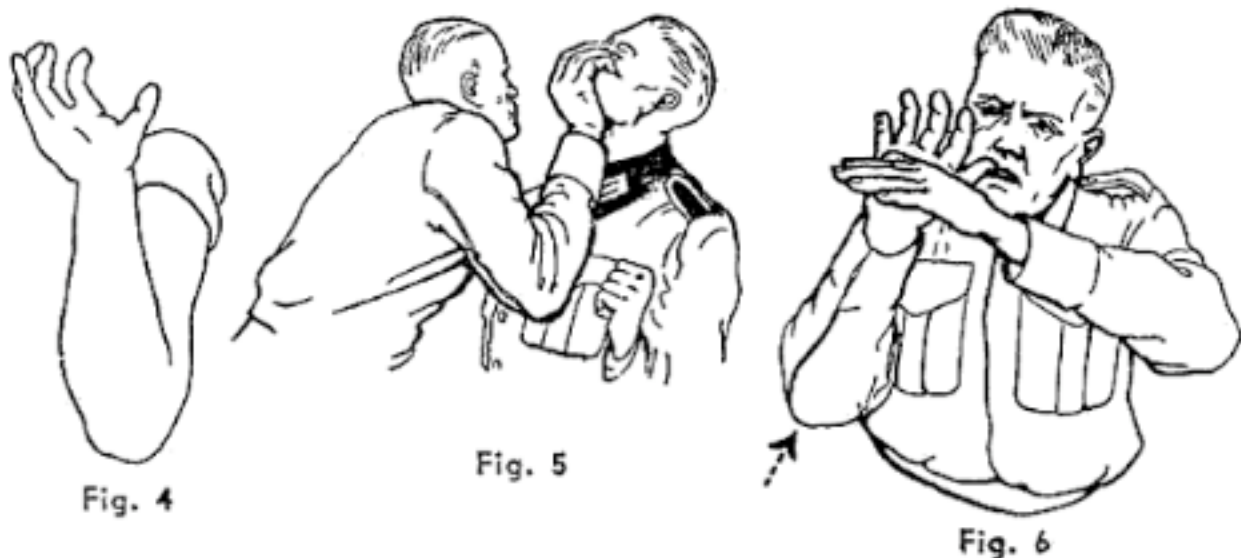
**THIS KID'S CARTOON DEMONSTRATES MORE WISDOM AND PRACTICAL SELF-DEFENSE KNOW-HOW THAN THE MOST BEAUTIFUL ILLUSTRATION OR PHOTOGRAPHS OF "MARTIAL ARTISTS" DOING FLYING KICKS, FANCY DEFENSES, ETC. WHO WOULD *NOT* BE SHOCKED AND LIKELY STOPPED COLD BY HAVING A POWERFUL FAST FINGERTIPS THRUST INTO HIS EYES — NO MATTER WHAT HIS OWN "ATTACK" MIGHT HAVE ORIGINALLY BEEN?**

Once this simple but incredibly practical principle "takes" and you begin to *feel* that you are indeed prepared to use it, yourself, you automatically are three laps ahead of 90% or more of the street scum and punk-bacilli out there. **Now you're ready for them!** The moment you perceive aggression being initiated against you, you **GO**. You attack and you keep on attacking until you are safe.

Don't waste your opportunity!

Remember, anyone who attacks you or a member of your family has *chosen* to do this. He *wants* to inflict injury — or worse — upon you or yours, and in consequence deserves no more consideration than you would give infectious bacteria. ***Destroy it!*** In that precious moment when the mugger, rapist, gang banger, kidnapper, home invader, punk, troublemaker, or whatever-the-hell you wish to call it, makes his set up move, ***CRUSH HIM, AND CRUSH HIM WITHOUT MERCY.***

He's giving you the chance. You'd better take advantage of it. It will *not* be given to you a second time.



**SIMPLE, BASIC, UNCOMPLICATED, EASILY LEARNED ACTIONS LIKE THE *CHINJAB SMASH* (SHOWN ABOVE, IN ILLUSTRATIONS FROM FAIRBAIRN'S CLASSIC *ALL-IN FIGHTING*) CAN BE EMPLOYED WITHOUT THE SLIGHTEST INDICATION THAT YOU ARE INDEED READY TO EMPLOY THEM, AND IN AN UNTOLD NUMBER OF VARIOUS SITUATIONS AND PREDICAMENTS, WHILE YOUR ATTACKER MAKES HIS PRELIMINARY SET UP TO INJURE YOU OBVIOUS, USE YOUR MOST EFFECTIVE, BRUTAL TECHNIQUES AND SHUT HIM DOWN BEFORE HE CAN CAUSE YOU DAMAGE.**

Use the attacker's intended set up action as ***your*** set up — and slam into him the moment he applies his initial move, with *everything you've got*.

The ability to actually *use* such tactics and procedures as described can be systematically developed and cultivated in exactly the same manner that physical techniques can be developed, if you will avail yourself of our training materials! Our ***RULES OF SELF-DEFENSE*** and ***MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE*** training publications on CD will do for you what needs doing, in the process of preparing for serious close combat emergencies. Our publications on ***MOST EFFECTIVE BLOWS OF UNARMED COMBAT*** and ***ATTACK COMBINATIONS*** will enable you to use your developed combat mindset to its maximum. Feedback from our visitors who have purchased these items has been 100% *positive*!

**Get REAL In Your Training, Now!**

**REGARDLESS** of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

**1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.**

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

**2. *ATTACK COMBINATIONS* — \$15.**

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The

descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

### ***3. MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE — \$30.***

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

### ***4. RULES OF SELF-DEFENSE — \$17.***

Perhaps the most politically INcorrect presentation of 20 "rules" (ahem!) for winning in

anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

### **5. *THREE MONOGRAPHS* — \$22.**

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

**ALL OF THE ABOVE RECORDED IN THE HIGHEST QUALITY SPEED, AND ON THE FINEST QUALITY CD DISCS IN “PDF” FORMAT FOR YOUR CONVENIENCE AND LIFETIME LEARNING.**

Also available is the quality revised *Paladin Press* reprint of our 1970’s Classic that “started it all” in this “WWII methods/practical combat/offense based fighting, etc.” movement:

***The Tactical Skills of Hand-to-Hand Combat* — \$14.**

We will autograph your copy, and we will include a document available from no other source, explaining the significance and role of this little Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

We pay first class postage on all purchases, except foreign orders. Please include **\$3.00** per item, additional

(U.S. dollars) to cover air mail shipping overseas. Send your orders, with cash or money order *only* payable to:

**BRAD STEINER  
P.O. BOX 15929  
SEATTLE, WASHINGTON 98115  
U.S.A.**

---

### **Important Points To Ponder**

**1. THE MEASURE OF AN EFFECTIVE SYSTEM OF SELF-DEFENSE AND CLOSE COMBAT IS *NOT* HOW BADLY YOU BECOME INJURED WHILE PRACTICING OR WHILE TRAINING IN IT; IT IS *HOW INSTINCTIVELY ALMOST ANYONE CAN EMPLOY THAT WHICH IT TEACHES AGAINST A DETERMINED ENEMY, AND HOW DECISIVELY IT ENABLES YOU TO NEUTRALIZE THAT ENEMY.***

*and . . .*

**2. Do not be persuaded to train in *anything* because it “wins in contests”. Be persuaded because it will enable you to win in close combat.**

The argument that a particular skill (whether “combat” handgun shooting, knife fighting, stick fighting, or unarmed combat, etc.) is “*the best*” for real world self-defense because it wins in contests and matches, and because the “champions” use it, is — frankly — ***bullshit***.

We thought we’d mention these points before moving on.

---

**When The Attacker Is Female**



**WE** have observed a phenomenon recently that, while disturbing to many, appears to us to have a relatively simple (if politically *IN*correct) explanation: The incidence of horrific violence and senseless physical attacks on people in our society by *females*; girls and young women who act in concert and who gang up on individuals.

An excellent question today is: *What do you do, and how do you handle the situation, when your attacker(s) is(are) a female (females)?*

We assume that some of our visitors have seen the atrocious attack on a pregnant girl who was accompanied by her spouse or boyfriend that was initiated by a group of female scum on a bus, which was caught on video. Also, there was a wholly unprovoked attack on a passive pedestrian at a public conveyance station in Washington, DC — caught on video — by a male/female team of bacteria. And then there was the despicable and animalistic pack attack by female sewer animals upon a United States Marine and his wife outside a movie theater. (This was the Marine's "welcome home" surprise, after risking his life in overseas duty for this Country!).

We'll offer our opinion about *why* this disgusting phenomenon has come upon us in a moment. But first, let us answer the question of *what to do about it, should you or yours be targeted by such evil.*

**It makes not the slightest difference whether your attacker is male, female, young, old, big, small, tall, short, smart, stupid, white, black, asian, hispanic, or you-name-it. When you become the victim of potentially maiming or lethal violence you *DEAL WITH IT WITH TOTAL, UNRESTRAINED, ALL-OUT COUNTERFORCE.***

Most especially when there is more than one attacker (which is always a **deadly** threat) bring the full force of your capacity to resist into play. Females are entitled to no special treatment, nor do they merit consideration as "ladies" or as "girls" — or even as human beings — when they opt for predation as their activity.

An attacker is an attacker is an attacker is an attacker. Period.

Here in Washington State not long ago a female responded to an advertisement that was placed by a husband and wife for the sale of a diamond ring. The couple sought to raise money for a vacation on their anniversary. The female who

responded to the ad was a ploy. She acted as the foot-in-the-door to gain entry to the family's home for an apparent "innocent" purchase of the ring. A group of male garbage all of whom had long since lost their right to live, proceeded, firearms in hand, to burst into the home, murder the husband, and leave a decent family irreparably catastrophized. Oh, how wonderful it would have been if that family had been somehow able to react, and if in doing so the girl and her scumbag accomplices had ALL been shot dead! ***IT WOULD HAVE BEEN NOTHING MORE THAN THE FORTUNATE ADMINISTRATION OF JUSTICE AT THE SCENE OF A CRIME!***

Without getting into the obvious matter of avoiding any advertising of valuables indiscriminately, our point is that females, no less than males (and sometimes even ***more so*** than males) can be ferocious, devious, malevolent and evil psychopathic felons. When they choose to be, ***deal with them in the same manner with which you would deal with males!*** Use whatever amount of force you need to employ in order to decisively neutralize the bitch(es).

The "*sugar and spice and everything nice*" crap does not apply to female scum who are violently predatory. Get that. Get it clear, straight, and imbed it forever in your mind. Then ***ACT*** upon it, if you ever find that you need to do so.

Now: *Why* are we experiencing this evil in America today? Our personal opinion (which we admit may *possibly* be in part conjecture) is this . . .

That cultural **bowel** movement (euphemistically referred to as the "*women's*" movement) which infected our society in the 1960's enjoined females to become disrespectful, nasty, arrogant, unappreciative, exploitative, demanding, and obnoxiously unfair and unethical toward men. "Equality" was the excuse. Females demanded to be recognized as "*equals*" where, in objective fact, it has always been and is still obvious to any sane person that they are most emphatically ***NOT*** at all equal.

Additionally, so as to bend reality to fit convention, **laws** were enacted to *force* us all to regard females as a protected and privileged species (largely because, without such laws, the very concept of females' efficacy would be laughed at and shrugged off as *delusional* thinking). **Policies** were altered (neither law enforcement, military, nor fire fighting professional standards, for one example — previously applied and *properly restricted to MEN* — could have possibly been met, as they were, by females. So, lower and/or separate standards were set up; thus enabling the incompetent, unsuitable, inadequate, and unfit to engage in

critical occupational callings, for no better reason than that they “*wanted*” to fill the ranks, and that they “*felt*” like they could do so).

Reality is real. Facts are facts. As Aristotle pointed out, “**A is A**”.

Giving in to insane demands and hysterical sputterings does not do the demander and the sputterer any real good. The psychiatrist who acts like *he agrees* with the nut who believes himself to be Napoleon does no service to the nut; and such agreement does not correct the delusion.

Now the bowel, er, pardon us, **women’s** movement, has come full circle. The irrational demanders and sputterers have succeeded only in making of themselves a detestable, ugly, undesirable, uselessly inadequate collection of **PERSONA NON GRATA**/ Real men don’t want them. Employers avoid them. Male professionals in the military, law enforcement, and firefighting services resent them (but cannot speak out, for fear of losing their jobs), and they are — ***n o t h i n g***. They have made of themselves **literal Z E R O E S**. Neither healthy, genuine women whom real men find desirable, nor men, these botched entities now find themselves swimming in self-contempt, frustration, confusion, loneliness, and despair. So, as is often the case with the hopelessly angry and frustrated for whom life holds no promise of anything genuinely desirable or rewarding, those females who have been duped into the feminist thing ***HATE THEMSELVES*** and have no recourse (or, at least, do not *feel* themselves to have any recourse) but to **lash out**. In the most horrifically violent and antisocial way, these creatures — who ***could*** have made themselves persons who were desired, respected, loved, appreciated, cared for, and protected by men — have instead made themselves manifestations of moral and physical unsanitary ugliness, who have nothing to offer, and who do not even know what the hell it is that they themselves want!

*That*, in our humble opinion, goes a long way toward explaining why America is in the midst of this freak show in which females assault people in the manner in which, and for the non-motives for which, they do.

### **Some Hints To Assist Your**

#### **Technical Development And Preparedness**

**WE** can safely assume, we think, that most of those who visit this site and who read *WORD & PEN* are unarmed and close combat enthusiasts . . . “self-defense

purists” if you will, whose interest lies in the no-nonsense non-classical/non-sporting approach to developing reliable close combat abilities and confidence.

With the foregoing assumption it is reasonable to assume that the reader practices many of those proven skills of real world hand-to-hand combat on a fairly regular basis; either in a supervised setting (assuming that he has access to a professional who knows what he’s doing) or on his own (far better than training under a goof, or following a standard *karate* or *ju-jitsu* type curriculum, “hoping” that eventually it will provide the results being sought). We are constantly adding material to our **www.seattlecombatives.com** web site that is of inestimable value to self-teaching individuals, as well as to those who attend formal lessons, and our “Book Reviews” Section of that site will direct anyone who is interested to those reliable and worthwhile publications of yore in which solid, legitimate, battle-proven combatives doctrine may be gleaned.

Now, with the further assumption that some fundamental knowledge and training is under the reader’s belt, we would like to offer the following hints to help him make the maximum possible progress in his close combat and self-defense training efforts.

- Do not be rigid in developing your skills.

When you first learn a technique you must necessarily do it “by the numbers’. Get the details down and then go through it — by rote — until performance is automatic. *That much takes care of the **learning** process.* Next comes the ***developmental*** process, and this must be handled a bit differently

After learning how to do a technique correctly, begin to *adopt* and to *adjust* it to suit your unique physiological idiosyncrasies. So long as the effectiveness of the technique is not altered or compromised, you are doing nothing wrong by cultivating a *style of delivery* that is uniquely your own, and that enables you to render the technique most naturally, fluidly, and efficiently. This cannot be done when you first learn the technique; but it generally must be done once you have passed the complete beginner’s phase of training.

This is similar to the situation in boxing. The basic blows of Western boxing — the lead jab, the straight punch, the hook, and the uppercut — are standard, simple, and *every* boxer learns them. However . . . there are no two boxers who utilize those simple punches in an identical manner, and no two boxers who “box” alike. Each boxer has “his” method, “his” style, “his” unique and personal way of *interpreting* those punches and how he actually uses them when he fights.

- Try to *reduce* quantity as you learn, and *increase* quality.

Obviously, you want to acquire a comprehensive repertoire of skills; a repertoire sufficient to enable you to cope with whatever may happen in a crisis, under any conditions, anywhere. However, even with this ambitious objective your approach to learning skills must not become that of someone in search of encyclopedic options. If you have mastered — *really mastered* — perhaps a dozen basic blows, a half dozen combinations, and a couple of dozen key counterattacking actions, you're pretty much set for anything. Now you will almost certainly need to take some time (at least a year or two, usually) to gain exposure to a sufficient variety of techniques so as to be able to make an informed decision regarding which specific ones suit *you*, personally, the best. But do not lose sight of the fact that ***this is the only legitimate purpose of training in an extensive and comprehensive MARTIAL ART, as opposed to learning an encapsulated and abbreviated course of but few moves (as was the approach during the WWII emergency). You want to find the very best techniques from amongst the known and proven techniques that fit you, perfectly.***

- Blows *all* need to be delivered with your entire bodyweight and body strength behind them. Total effort, *now!*

It is one of the greatest follies in the martial arts to believe that training to drop an attacker with a single blow makes sense. *However*, it is no less folly to train without endeavoring to generate every ounce of destructive and decisive power possible in every blow and throughout every combination and counterattack that you render.

Real individual combat is desperate, aggressive, energy-draining, shocking, and lightning fast. There is no time to waste on “feeling an opponent out” or in attempting some idiotic “force continuum” until a succession of *failures* indicates — finally! — that you're going to have to go all-out to drop your man. (The truth is, you probably won't survive long enough to be able to articulate such a thought inside your own mind. If you do not go full steam ahead — ***NOW!*** — you'll probably not live to tell about the incident). Never count on any single action, move, blow, sequence, or combination; but *always* execute any action, move, blow, sequence, or combination as though it ***had to work*** or else you're *dead*.

- There is no “weight training program for the close combat student”.

Weight training is the all round finest physical training medium, and what you want is a ***general, all round routine***. When the muscles and physical capacities of the body are developed they may be employed for hand-to-hand combat, house painting, water skiing, ping pong, building a patio, or open ocean

racing, etc. So long as you assiduously practice and drill in your techniques your physical development will serve to bolster those techniques. So . . . add a good basic weight training routine to your schedule and keep practicing hard.

- Whenever you practice techniques solo (i.e. without a partner) try to go *full blast*, and use as intense visualization as you are able to use.

You have two advantages when you train in the air, on dummies, or at a striking post or bag that you do not have when working with a practice partner: 1) There is no need to be careful to avoid injuring your partner, and 2) You have no distraction due to your realizing that, indeed, it *is* a partner and not an attacker against whom you are delivering techniques; thus you can “do it for real”, better conditioning your nervous system for the actual event.

- Brief periods of extremely intense physical practice while in the right frame of mind is more valuable than prolonged practice sessions where fatigue, boredom, and mental distraction might inevitably detract from the quality of what you are doing.

- Always — *always* — train to depend upon followup.

No matter how potentially effective any technique may theoretically be, when you find yourself immersed in actual combat things go wrong, you get injured, and movements fail. So *anticipate* this, and, unless you are training in *basic blows* individually in order to develop them, **emphasize followup and relentless pursuit of your enemy** when you work on your attacks and counterattacks, and when you train with weapons, as well. Optimism in combat *feels* good . . . until it is proven to have been misplaced. Train for — and expect — the *worst*.

- Teach yourself to launch *without warning* into your actions.

Never draw a hand back or make any unnecessary preparatory movement or telegraphing action before you strike. Give the enemy no warning — *not even a facial expression* — that you are going to go after him. **LAUNCH!** Attack without warning even if that initial move is weak. It will at least distract, catch the enemy off his guard, and pave the way for the followup that you will **ALWAYS** rely upon to end the encounter.

- Whenever you defend yourself, move *into* and *at* your assailant, driving forward so that the element of surprise is intensified, momentum is achieved, and you facilitate followup as well as get bodyweight and strength behind what you do.

Do not “stand still” and throw blows *at* your enemy. *Never* (as some schools

of *kenpo-karate* seem to teach) try to strike at an enemy while moving *away from* him. This might look sexy in a demonstration but it is foolish and ineffective against a real world, dangerous, determined physical aggressor.

- Train to *conclude* your actions by stomping and kicking, knee dropping, downward heel-palming or chopping, when your assailant is down.

Obviously, you will not followup if there is no need to do so. However, it is not at all uncommon in real combat for a downed attacker to regain his feet and resume his onslaught. *Never give a dangerous, would-be killer such an opportunity!* Once down, train yourself to finish the enemy with followup actions that **keep** him down! Grappling is stupid, and you should not voluntarily go to the ground with a downed attacker. But you should possess an automatic capability to continue your own counteroffensive in a life-threatening emergency where your escape from the scene is not feasible, after dropping the assailant. *Teach* yourself to be prepared to do this.



CLASSICAL/TRADITIONAL MARTIAL ARTS — LIKE THE ORIGINAL COMBAT VERSIONS OF KOREAN TAEKWONDO — ALL RECOGNIZED THAT BLOWS WERE TO BE DELIVERED TO THE DOWNED ASSAILANT. THIS CAN BE SEEN TO BE THE DEFENDER'S PLAN IN THE ABOVE PHOTOGRAPH, WHICH WAS TAKEN AT A PRESTIGIOUS TAEKWONDO SCHOOL IN SINGAPORE, WHERE THE ORIGINAL PHYSICAL AND PSYCHOLOGICAL OBJECTIVES OF THE ART (I.E. NOT SPORT) ARE STILL TAUGHT. THE “DEFENDER” HAS KNOCKED HIS “ATTACKER” TO THE DECK AND IS PREPARING TO FOLLOWUP WITH A PUNCHING ATTACK.

IN REAL UNARMED COMBAT WE RECOMMEND NOT PUNCHING. KICKS, KNEEDROPS, CHOPS AND HEELPALMS ARE PREFERRED. WE OFFER THE ABOVE MERELY AS AN ILLUSTRATION THAT, IN THEIR ORIGINS, THE ASIAN ARTS CERTAINLY DID RECOGNIZE AND PRACTICE PROPER TACTICAL ACTIONS.

- When you move, elude, bodyshift, advance, step, and maneuver, remember to avoid sliding your feet; instead form the habit of *stepping*.

This is extremely important if you have any specific background in karate training, done on a polished wooden floor (traditional). Movements on this type of surface during traditional karate drill entail stepping which involve *sliding* and *digging your feet into place*. Fine in traditional arts training, potentially suicidal on a rough, uneven, and debris-strewn surface where *real* combat must be assumed to occasionally occur. *Pick up and stomp-step down* each time you move in close combat training. Just like it's taught (or was *once* taught) in military bayonet training — and for exactly the same reason.

- Use mental review to assist your technical readiness to employ your skills.

This can be done whenever you are free to envision and use your imagination for a moment or two, “creating” a scenario with which you need to deal — in your mind. “What would I do if this guy turned and swung at me?” “How could I handle it if this person got up and came at me by surprise?” “If I was suddenly confronted by two punks here in this isolated place, what could I do?” Etcetera and so on. Done with regularity this habit of mental review helps to keep you alert to how your skills can be adopted to any and all predicaments.

- Practice — occasionally, and for brief periods of time — in normal daily attire.

This does not mean loose, old clothes; it means the clothing that you actually wear daily. For some it will mean a suit and tie. By doing this, you will automatically be able to understand more about actions that are and that are not practical, and — most important — about how the skills that you are endlessly drilling in and seeking to perfect can be applied, and how they feel when applied, in *real world* attire.





**“REAL WORLD ATTIRE”! THE ABOVE PHOTOGRAPH (TAKEN AROUND 1944) SHOWS ROYAL MARINES IN TRAINING FOR HAND-TO-HAND COMBAT. NO “GI” OR ATHLETIC WEAR HERE! QUITE PROPERLY, THESE MEN TRAINED IN THEIR COMBAT DRESS *AND* IN TERRAIN APPROXIMATING WHERE THEIR ANTICIPATED ENCOUNTERS WOULD LIKELY OCCUR.**

---

**Now — While Your Mind Is On**

**Self-Defense . . .**

---



**BE** sure to visit [www.seattlecombatives.com](http://www.seattlecombatives.com), where you'll find *NEW* material, and lots of valuable, previously posted articles in all of that web site's sections that will improve and enhance your close combat and self-defense development. Among the new articles:

- √ **“The Common Thread”** (An explanation of why and how *all* (unarmed and armed close combat and self-defense skills hinge upon the same identical principles)
  
- √ **“The Smatchet And The Tomahawk”** (A discussion of two imposing and unconventional weapons of hand-to-hand close combat that just might appeal to you)

√ “**Getting Back Into Shape**” (A surefire way to regain what you once had before you let your regular physical training regimen fall by the wayside)

We ask you, before closing this edition of *SWORD & PEN*, to ***please tell others about our two sites***, so that they also can benefit from the information, instruction, and commentary that we present.



WE ARE ALWAYS ENCOURAGED WHEN WE SEE THAT THE MILITARY SERVICES OF OUR ALLIES HAVE ADOPTED ***REAL WORLD*** TECHNIQUES FOR HAND-TO-HAND ENGAGEMENTS. THESE AUSTRALIAN SAS SOLDIERS ARE SPOT ON — USING AN ACTION LONG SINCE RECOGNIZED TO BE SUPERBLY EFFECTIVE IN CLOSE COMBAT: A POWERFUL KNEE TO THE FACE! OUR MARINE RAIDERS WERE TAUGHT THIS SAME TECHNIQUE DURING THE SECOND WORLD WAR. APPARENTLY, THE MILITARY LEADERSHIP “KNEW SOMETHING” THEN THAT THEY HAVE SINCE LOST.

---

As we receive numerous requests to quote items that appear here in *Sword & Pen* and on our other site, [www.seattlecombative.com](http://www.seattlecombative.com), from the various sections there, we will again state the terms by which our material may be used and used ***only non-commercially***:

1. We must be quoted in context.
2. Credit must be given for that which is quoted/referenced.
3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, or school may be made with our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal agreement.

It must be remembered that *Sword & Pen* and the entirety of [www.seattlecombatives.com](http://www.seattlecombatives.com) is copyrighted, private intellectual property. Anyone interested in the *commercial* use of any of our material should contact us directly, in writing.

---

Until next month, we wish you good training!

Stay combat ready!

*YOURS IN DEFENSE,*

*Prof. Bradley J. Steiner*



[www.americancombato.com](http://www.americancombato.com)  
[www.seattlecombatives.com](http://www.seattlecombatives.com)

— e n d —