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SWORD and PEN

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

MARCH 2013 EDITION

www.americancombato.com

www.seattlecombatives.com

E d i t o r i a l

Combat Skills Are Becoming More And More A

Necessity For Urban Living

ANYONE living in any major city today (and many living in smaller cities and rural areas, as well) knows that violent crime has become an increasing threat to everyone. The deterioration of civilized society has much to do with this, but the really important thing is that *it is a fact*, and all decent people everywhere are being affected by it.

In New York City, the “sport” of throwing people onto subway tracks as a train comes into the station, has returned! (We say this, because, as a former New Yorker, we know that this was a huge problem back in the 1970’s).

When the creatures who perpetrate this horrific crime are captured — instead of being thrown *themselves* in front of oncoming trains, the punishment that we would prescribe — they are “diagnosed” as mentally disturbed, etc. and relegated to conditions where they are then **supported, housed, and treated** at the expense of the very taxpayers whom they victimize!

Well of course such monsters are “mentally disturbed”! It hardly takes a psychiatrist to see that! But they **KNOW** what they’re doing, and that it’s evil (or else, why would they flee the scene after doing the act?), and they certainly seem careful to select victims who cannot fight back — making what they do **ACTIONS OF DELIBERATE CHOICE**. So . . . frankly . . . it doesn’t matter one damn bit how “disturbed” they are. ***Civilized, decent, law-abiding humanity cannot coexist with monsters like this; and humanity ought not be asked to make the effort to try!***

It’s the same with home invaders. It’s the same with muggers. It’s the same with rapists. It’s the same with kidnappers. It’s the same with carjackers and car thieves. It’s the same with armed robbers. It’s the same with bullies. It’s the same with arsonists. It’s the same with physical troublemakers of every variety. It matters not whether these scum act along with fellow bacteria, are members of organized gangs, or are independent entrepreneurial s—t. ***Human society should not tolerate their existence.***

But modern societies everywhere *do* tolerate the continued existence and activity of these predatory creatures. Heartbreaking crimes against adults and children are daily in the news, and occur everywhere on earth. Often, law enforcement officers do succeed in apprehending these scum. But the “punishments” meted out by the legal system are laughable. *In the United States of America, for example, we have persons walking the streets of our cities, legally, who have committed murder and “did their time”!* **“Did their time”?????????** *How about putting murderers to death, instead of grading the degree of severity of whatever particular murder has been committed, and deciding that killer “A” really doesn’t deserve to die for his crime, and killer “B” is crazy, so he gets off with a few years in a nut house, and killer “C” is only sixteen years old, so the four*

people he murdered don't count . . . etc.?

The victims of violent crime — like that poor fellow, Brian Stow — are not always killed. Sometimes, like Mr. Stow, they are “only” beaten into a state of permanent disability, and left with *millions* of dollars in medical costs. **(Personally, we would hunt down Mr. Stow's attackers, and once caught, each of them — including the female who drove the getaway car — would be beaten *at least* until injured as severely as their victim was.)**

If the problem hasn't come to you personally yet, then **good**. May violent crime ***never*** come to you or to those you love and care about.

But suppose it does come? Are you prepared to deal with it? Remember, there will be no time to learn how to defend your family and yourself *once an attack comes*. Then, it's too late. You're either ready, or you aren't.

Not that “being ready” will absolutely guarantee that you won't be hurt. However, by preparing ahead of time, learning **good** techniques of self-defense, and conditioning your mind and your body to cope with the catastrophe of physical attack, the odds will be on *your* side, not the felon's, if — God forbid — the scum ever attempts to violate you and yours.

Competition martial arts offer no solution at all. Classical/traditional training can be helpful — but only somewhat, and only after many years of hard training. **What you want is a modern, no-nonsense, down-and-dirty method of dishing it out to potentially lethal adversaries! You want war-proven skills, and you want the all-important MENTAL CONDITIONING that will see you unhesitantly react when necessary, and go all-out with savage actions that give you and your loved ones the greatest chance of survival!**

We have had numerous real world successes with our students of *American Combato* over the years because we teach *only* that which works, and *only* that which is reliable and readily learnable and retainable. Our students —

male and female, young and old, athletic and non-athletic, strong and not-so-strong, big and small, in all sorts of occupations and professions — are ***ALL*** able to defend themselves after a suitable period of serious application to the program. Most of these people never have to use what they have learned. But whenever a student who has properly applied himself *has* found it necessary to act in legitimate self-defense, **INVARIABLY** he has been successful.

We also, in addition to advocating *unarmed* self-defense, **strongly believe** in the ***lawful*** ownership and use of firearms by private citizens. If it is possible where you live to own, keep, and carry firearms for self-defense, we recommend: **a)** that you *first and foremost* attend a good course in the safe and correct handling and maintenance of firearms, **b)** obtain whatever firearm(s) is appropriate to your personal needs, **c)** obtain a proper degree of *combat* training with your weapon (such as we teach in our advanced curriculum), and **d)** be certain that you *study* our article “***Guidelines For The Armed Citizen***” which appears in our “Articles” Section on our web site: **www.seattlecombatives.com**, and familiarize yourself **thoroughly** with the laws pertaining to self-protection and the use of deadly force, where you live. ***Never purchase, keep, carry, or employ any weapon, unlawfully!*** Obtain all necessary permits, licenses, etc.

No one ever regretted spending the time and effort required in order to become proficient in serious self-defense. Many who do undertake the study find that it becomes a terrific lifetime interest, and that the fitness, confidence, and well-being such training provides carries over positively into every aspect of their lives. But even if all you do is spend several months to a year getting grounded in the core essentials, you will never regret it.

One day you might find that you are able to save your life and the lives of those dear to you because you took the necessary steps to learn. ***And just ask yourself: “What would *that* be worth?”***

Bradley J. Steiner

The Walking Stick: A Superior Self-Defense Weapon That Won't Be Banned

IT is not at all unlikely that more stringent laws and regulations regarding the use of firearms for personal defense will be enacted in the months and years to come. We feel that this is an error, and that the widespread ownership of and competence with firearms amongst the private citizenry is about the greatest deterrent to violent crime that could exist. Still, we must be realistic. *If* it becomes impossible for you to lawfully go armed with a handgun (or if it already is impossible where you now reside) then you have a problem that must be solved. Violent criminals, of course, do not care about — let alone, *obey* — laws. Thus, the decent private citizen — i.e. **YOU** — will want to avail himself of as much of an advantage for self-defense as possible. *Some* kind of personal weapon is desirable. But we must remain law-abiding.

Edged weapons are excellent. However, there are very strict laws concerning what edged weapons may be carried. The blade length must be short — as we understand it, no more than four inches long. That's not a terrible handicap, but there are a few drawbacks to carrying the kind of knife allowable under the law, in most cities in America:

- It needs to be a *folding* knife. Structurally, these are *all* weaker than fixed-blade weapons.
- Folding knives need to be *opened*. Granted that this can usually be done in a bout a second by a practiced individual — but no emergency affords a person even a second's delay.
- Even in the case of a full-sized hunting or combat knife (which is most unlikely to be available to a person in a defense emergency) the knife will not be in your hand when the attack occurs. Thus you need to *draw* the weapon.

- Although not normally true of men serving in the marine corps, Army special forces, rangers, or Navy SEALs, *there is a serious problem with squeamishness and hesitation when it comes to stabbing or to slashing another human being — even if he is a violent felon*. We can overcome this through a process of training and mental conditioning . . . but the fact is, it *is* more often than a lot of “martial artists” might like to admit, a problem. (It’s all well and good to play Rambo when in training with rubber knives; it’s a little different when you’re *really* drawing blood and hacking pieces of flesh from a live enemy).
- In Western culture (to the extent that it can be said there is any left) the *knife* is the “bad guy’s” weapon. (Now we certainly do not agree with this! In fact, we like knives and believe that carrying a fighting knife ought to be perfectly acceptable and legal; but that is *not* the way the majority of private citizens feel, or the way most cops look at it).

We’d urge our students and visitors: Obtain and keep a high quality fighting knife for self-defense *in your home* **if it is legal to do so where you live**. But it’s usually best to forego carrying a knife on your person for personal protection.

That leaves us with a premier self-defense tool; a most underrated and unappreciated *weapon*: the walking stick.

Integral to the *American Combato* weapons curriculum is extensive training in stick fighting. Those who use our DVD Course to train on their own know that one entire DVD is devoted to basic stickwork drawn from our stick curriculum. This is *not* fancy and flashy twirling and spinning (vis a vis *escrima* and *kali*, etc.) or using two rattan sticks in wholly impractical fashion. Our training teaches basic, direct, simple, workable stick skills that are intended for use in the real world against a real enemy at close quarters. And with the exception of techniques that employ the *yawara* (i.e. short 6”) stick, everything can be done with a **legal, readily obtainable**, ordinary walking stick!

The walking stick offers a number of very significant advantages as a weapon

of self-defense:

- It is legal virtually anywhere
- It is *in your hand* and need not be “drawn” or otherwise “readied” before a skilled user can bring it into play against an attacker
- It provides a power *and* reach advantage to the user
- It can deliver lethal force if necessary, or simply inflict disabling injury
- It is a deterrent. *Anyone who is carrying a stout walking stick sends a message to those looking for a victim: i.e. “Do not pick the fellow with the stick!”*
- It is a wonderful weapon to carry *in addition to a handgun*. First, because it may enable you to deal with an adversary *without recourse* to your handgun; or, it may offer the opportunity to disorient an attacker sufficiently to enable you to get to your handgun
- It carries no “bad guy” image. A man who deals with a street punk or other scum by using a walking stick does *not* present the impression to police or other citizens of being “suspect”
- It is always easy to explain *why* you are carrying a walking stick, if explaining should ever be necessary (i.e. “I have had some back pain from working out, and the stick helps”, etc.). Doubtless, most police officers and the majority of citizens would readily accept that you carry a walking stick for personal protection.

Although we are a proponent of the lawful ownership and use of firearms by responsible, decent people, we realize that laws restricting firearms are becoming increasingly severe. The stick is one option that should not be underestimated. Walking sticks won't be banned, and *if you will learn how to use it*, a walking stick is an extremely effective self-defense weapon.

Question: “What kind of walking stick is best, and how do I learn how to use it?”

Answer: “We prefer a British or Irish blackthorne, but *any* stout hardwood walking stick (*not* a cane with a crook neck) will do. You can take lessons from us or you can order our DVD (#10) on stick fighting.”

DVD Course NOW AVAILABLE!
***(You Can Learn Self-Defense and
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**The First and Only Complete Self-Defense
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the most practical, powerful, reliable, and
authentic skills of no-nonsense realistic and
war-proven unarmed and armed hand-to-
hand combat methodology and personal
defense developed since WWII! This Course,**

describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant —

Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs individually, or you can purchase the entire Course, in which case you pay for only ten DVDs. You receive one FREE!

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:—

The system of martial arts presented in these DVDs is not a "traditional" or "classical" martial art.

These DVDs, and the information, and techniques contained within should not be taught, shown, or divulged to anyone under 18 years of age.

Due to the serious nature and lethality of the techniques shown, no one under 18 should be instructed in the techniques.

Due to potential serious injury or death, minors under the age of 18 should not be allowed to purchase or view the techniques demonstrated on the DVD's and in the system.

Minors lack the proper judgment and emotional restraint and discipline and should not be entrusted with the techniques contained herein.

Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

Please keep DVDs in a safe place out of the reach of minors, similar to safekeeping of firearms.

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness
- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior experience in any martial art can understand and develop the skills! These are the first four of *American Combato’s* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

DVD#2 BASIC BLOWS

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*

- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

- Powerful and devastatingly effective combinations of attacking actions which are adaptable to an infinite number of situations and emergency circumstances. These attack combinations utilize the Key Blows, and include additional offensive unarmed combat actions and tactics, which enable you to infinitely combine, and improvise limitless sequences and applications of ferocious attacks of your own.

This DVD focuses on attack combinations leading with *HANDAXE CHOPS* and *THRUSTING ACTIONS*, the first two categories of “attack combinations” in *American Combato*.

In this and the next DVD you will learn more combinations of each type than you would ever possibly need.

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

- Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable, offensive combatant in close quarters combat. You’ll be an expert at taking the battle into the enemy’s camp and *attacking your attacker!*

This DVD trains you in *DISTRACTING LEAD ATTACKS*, *KICKING LEADS*, and *MISCELLANEOUS LEADS*.

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to

preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

• Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn

- How to counter sudden grabbing attacks from behind
- How to counter holds that may be applied from behind

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

• The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

• Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats

- Side shoulder weapon threats
- Rear shoulder weapon threats

DVD#9 COUNTERING MULTIPLE ATTACKERS

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

DVD#10 HOW TO USE THE STICK FOR SELF-DEFENSE

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC's Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

DVD#11 KNIFEWORK

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*
- Defending yourself with a knife

The cost of each individual DVD is \$59.95 + \$6. shipping and handling (**\$20. postage and handling for foreign orders**)

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank

check or bank money order, payable to Brad Steiner. Send your order to:

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

Warning For Judo And Ju-Jitsu

Students

QUITE a number of our visitors attend judo/ju-jitsu schools. From some of the input we've received the reason for this is their desire to train in a "more realistic" martial art for self-defense. They believe that the rough contact training which is integral to judo, and the practical self-defense techniques that they believe that they are being taught in ju-jitsu, provide them an edge that such percussory arts as *karate* and *taekwon-do* do not include.

We will certainly agree that, at black belt level, Kodokan judo can be effective in personal defense. We also agree that the *idea* that is inherent in ju-jitsu of *addressing numerous tactical situations and then working on defenses appropriate to those situations* is valid. **However . . .**

Kodokan judo is inclusive of a great deal that has little application in hand-to-hand combat, and — like all competitive sports — judo trains the participant to deal with a single adversary. One's adversary in a judo match can use only judo, himself; thus it should be clear that judo per se, beautiful as it is, and worthy as it may be as a martial way, is not an all-out **hand-to-hand combat** system. Many judo techniques are either totally unsuitable to real combat, or are very hazardous to the user, and place him at great risk when undertaking to employ them. Sacrifice throws and ground grappling are examples of unsuitable techniques. Armlocks and throws that involve *turning your back*

to the enemy are examples of very hazardous skills. *Such techniques leave the user in way too vulnerable a position during execution.*

Ju-jutsu “self-defense” techniques are rarely if ever as *simple* as they ought to be, or as *easy-to-apply* as they need to be for real world application. Many of the techniques are so unnecessarily complex that they border on being reckless (or foolish) for hand-to-hand combat use. ***True combat skills inflict serious injury right away and are both easy to learn and to apply, under stress.*** Another very serious weakness of ju-jutsu techniques is that they are way too *situation* and *position specific*, and — as a result of this — there are way too many individual “defenses”. Teachers work through *dozens* of intricate “defense tricks”, when only a handful of really practical skills would have sufficed easily to accomplish a successful defense. Ju-jutsu systems typically have *hundreds* (some have thousands) of individual self-defense techniques, and it takes many years to master even a quarter of them.

Other erroneous things that are taught in judo and ju-jutsu mitigate against these arts being a wholly reliable approach to anything-goes combat. The falling techniques, for example. Although the judo/ju-jutsu breakfalls are perfectly suited to judo matches and to ju-jutsu *practice* sessions, they are of no use in combat. No mats are present in hand-to-hand battle, and one is not thrown — if one is thrown at all — in a formalized manner that allows for the execution of a breakfall. *Breakfalls are excellent physical conditioners, and they do serve to make training safer; but they are not usable in all-out deadly combat.*



THE SPECTACULAR STOMACH THROW (SHOWN ABOVE) IS AN EXAMPLE OF A JUDO THROW THAT IS ALSO TAUGHT IN JU-JUTSU SCHOOL. IT IS A “SACRIFICE” THROW — MEANING THAT THE USER *SACRIFICES* HIS STANDING POSITION TO APPLY IT. THIS IS COMPLETELY WRONG FOR HAND-TO-HAND COMBAT.

We are not trying to suggest that judo and ju-jutsu are *completely* unsuitable for self-defense. The principles inherent in these arts are immensely valuable, and some of the techniques that they advocate *can* be applied; more often than not, by an **expert** — rarely by someone with a few months or a year or two of training.

Practical combatives skills must be learnable in a much shorter period of time, and they must be more reliable under extreme conditions than are the classical judo/ju-jutsu moves.

If your *only* objective is self-defense and close combat effectiveness, then you want a **combat** system — like *American Combato*. If you are a devotee of judo or ju-jutsu because you love the art and hold self-defense as a secondary consideration, then we’d advise supplementing and bolstering your training with some really functional, no-nonsense **combat** doctrine. We have had some very enthusiastic purchasers of our DVD Course amongst judo, ju-jutsu, and other classical arts devotees. These individuals love the traditional art they practice; but realizing the limitations of their formalized study, they wisely embrace a study of anything-goes warlike training — *just in case*.

We have also had the pleasure and privilege of training boxers, wrestlers, judo, ju-jutsu, and karate men in real world skills, over the years. With not the slightest suggestion that formalized classicism and/or sporting arts are unworthy, we equip those who excel “on the mat” with that which they can and should rely upon — if they ever should need to do so — on the street.

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Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

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- 005 - Tapping Into Your Vital Reserves**
- 006 - Building The Determination to Prevail In Close Combat**

- 007 - Become Attack Minded**
- 008 - Develop An Instant-Violent-Response Capability**
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Really Use The First Rule

Of Self-Defense

THE first rule of self-defense is the exact opposite of the first rule of competition. That is, **Rule #1** for self-defense is “*Avoidance.*” But rule #1 for the competitor is “*Constantly seek out more opportunities to engage opponents*”.

A competitor understandably must seek out a continual line of adversaries in order to grow and improve as a competitor, and in order to rise in the sport. *There’s absolutely nothing wrong with this, and regardless of whether you’re a boxer, judo man, wrestler, karate competitor, or kick boxer, so long as you look for challenges in the prescribed arena against willing opponents, your constant search for adversaries is legitimate and completely aboveboard.*

Self-defense is another story. Self-defense — as we teach it — it not a sport or a game. It is deadly serious, and we teach anyone who comes to us for instruction to react like a wild animal and do anything and everything possible to maim, cripple, and if necessary to save his own life, **kill** an aggressor. Self-defense is a battle for survival — and only a lunatic would expose himself to such an engagement when he could avoid doing so.

The majority of students — and teachers of martial arts, as well — have ***no idea what real hand-to-hand combat entails, and what the result is of such catastrophic activity.*** Combat veterans know. So do emergency room physicians, patrol officers in police departments, EMT’s, and firefighters. People are killed. People are crippled for life. People lose an eye, a limb, an ear, or are so physically beaten that they end up in hospital for *months*. Husbands lose their wives. Wives lose their husbands. Parents lose their children. Children lose their parents. Some people (like that poor man, Brian Stow) end up losing their capacity to function at a normal mental and physical level. ***Human lives are devastated and lost in emergency self-defense situations, and anyone who thinks that it’s “macho” to***

“throw down” with someone is a stupid moron. People who find real violence “thrilling” and “exciting” have not, in our opinion, evolved into fully human beings.

“Well, that’s some strange talk from you!” some might at his point wish to say. “Your System and all of your writings on self-defense and personal combat advocate the *epitome* of ruthlessness and savagery, Steiner. So what gives? Are you saying that you’ve become softer in your approach?”

Not in the least! *In fact we are constantly seeking ways to increase the destructiveness and vicious efficiency of the skills, tactics, and mental conditioning that we teach!* No change here, brother. In fact, it is precisely *because* real combat is so horrifically dangerous that we wish to practice and teach *the most effective ways to handle it.* But **ONLY when *unavoidably* necessary.**

Get this, please: *For self-defense (close combat) techniques to be justifiable in action the user must have no choice left to him but to fight his enemy, or be beaten or killed by him.* Just as it is inexcusable to unleash violence against a human being for any cause other than legitimate personal protection or the defense of other innocents, so it is ***imperative*** that when a situation calls for one to act in legitimate self-defense, he be prepared to do so with utter decisiveness and all necessary efficiency and brutality. **There is no other way.** And violent predators have caused this to be so.

But after all that is understood, it should be clear why we advocate avoidance as “self-defense technique number one”. **You don’t want to engage in such animalistic brutality unless you have no other option.**

The consequences of becoming embroiled in physical violence are rarely if ever mentioned in martial arts schools. This is too bad, because unless and until students come to appreciate the gravity of violence (and again, we are **NOT** now speaking of competition, but of actual physical combat) they will remain more vulnerable to suffering from its consequences, unnecessarily.

One does not fight over words.

One does not fight because someone's attitude or look has suggested "disrespect".

One does not fight because some fool challenges one.

One fights only (ONLY!) when one must do so in UNAVOIDABLE self-defense.

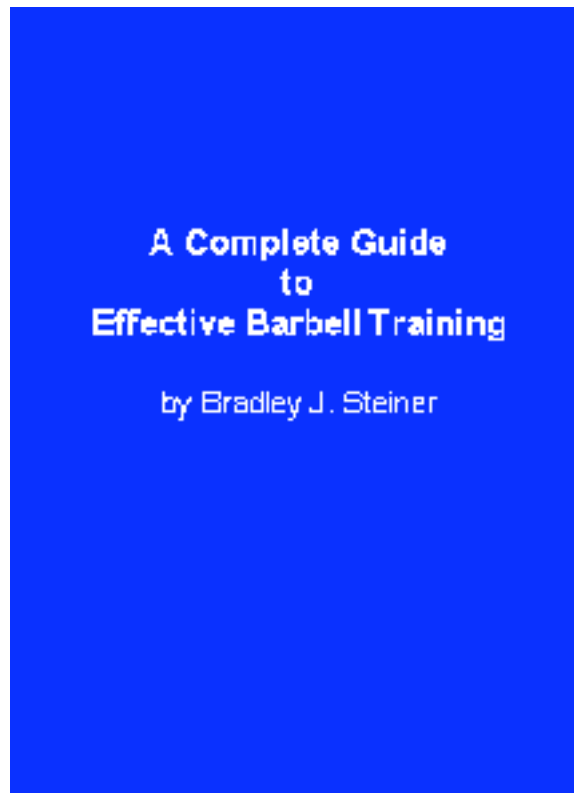
Remember, the consequences of engaging in violence extend to the *victor* in an engagement, as well as to the loser. Legal consequences, for example. Or, physical consequences. Realistically, once you trip the wire and go after one or more predators who have left you no alternative but to do battle, *you also will almost certainly be injured*. Forget about the fact that you've learned good techniques. We teach **THE BEST** techniques; but we cannot develop supermen; and neither can anyone else. Don't think that because you're a black belt you are invincible. *No one is*. There is always the possibility that you will be defeated in an encounter, *even if you're an expert*. You could be shot, stabbed, clubbed, or you might miscalculate and succumb to multiple assailants. These are **facts**; and although most "teachers" of martial arts will conveniently avoid mentioning these facts to you, they remain facts, and if you've the sense that God gave a handful of gravel you will acknowledge them and conduct yourself accordingly!

It is thrilling to win a contest. It is a **relief** to escape injury or death in an actual attack.

Smart students and good teachers will accept our "Rule #1" — **AVOIDANCE** — and make certain that they do not confuse sparring or competing with close combat (in the street or on the battlefield).

Don't just pay it lip service, please. **Give some long, hard thought** to all that violence entails and determine, insofar as you are able to do so, to keep it *out* of your life and away from those you love by **AVOIDING** it.

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HERE ARE SOME TIPS STRAIGHT FROM THE WORLD OF THE *REAL* “JAMES BOND”! LEARN

THEM AND THEY MAY COME IN HANDY ONE DAY IN PROTECTING YOURSELF AND YOUR FAMILY.

“**SELF-DEFENSE**” entails a great deal more than unarmed combat, knifework, stick fighting, and close-quarters firearms employment. It entails and involves anything and everything that can protect you and your loved ones from harm. This means mental conditioning, and it means learning security measures for home, work, travel, school, and recreation. It involves personal fitness . . . and it involves learning how to do quite ordinary things in an extraordinary way. Like driving your car.

We thought that our visitors might wish to learn some of the special driving tricks that are employed by high priority intelligence and protective service professionals. These tricks work, and they just might save *your* life or the lives of those dear to you, if you learn them.

1. *Keep your vehicle moving. Stop for nothing.*

When you are under attack or confronting what appears to be an ambush, *you must remember that bringing your vehicle to a halt* is perhaps the worst thing you could do. Drive into your attackers/ambushers; drive up on the sidewalk; smash through a roadblock; speedily reverse *out* of the situation you are facing — *just don't stop your car!*

2. *Trick for eluding pursuit on the highway.*

Get your vehicle over into the far *left* lane and note carefully an exit that is coming up.

At the very last moment, with your pursuer close behind, check for clearance and *drive at full speed across the four lanes and out through the exit.*

3. *Don't go too fast while driving to escape.*

Crashing will end any hope that you may have for escaping pursuit. You should not drive faster than 65-70 mph when eluding vehicle pursuit. This facilitates your maintaining control over your vehicle and being able to take advantage of tactics like #2, above, as well as make turns effectively without

turning over, etc. Obviously, you will need to slow down for any sharp turns, but you will both perceive the opportunity to *make* the turn, *and* take much less time and effort to slow down before making it if you are driving fast, but manageably.

4. *A surprise turn can ditch a pursuer.*

With a pursuing vehicle close behind make a sudden turn in a different direction. This will generally cause your pursuers to overreach and keep on going after you've evaded them, or it may cause them to crash when they attempt a fast backup to follow you where you turned off.

5. *Forget about "shooting and driving".*

This nonsense belongs in movies and on TV. The driver *drives*, he can't at the same time lean out of the vehicle's window and fire a sidearm at pursuers. More than likely this would simply make him *crash*.

6. *Disorienting the pursuer is possible.*

Boating and auto supply stores are a good source for super high candle power (i.e. anywhere from two to five *million* candle power) hand-held lights. It *is* possible to hold one of these up over your shoulder with one hand while driving and — *without turning around even slightly* — shine it back behind you. Although it is questionable whether this would always work in daytime, it is difficult to imagine it *not* working at night! The pursuer will almost certainly stop and pull over — or wreck his vehicle; in either case eliminating his pursuit of you.

7. *Ram either end of a blocking vehicle.*

If crash an ambushing road block you must (i.e. possibly you are being ambushed by gang members) then **a)** approach the roadblock and *slow down* (giving the impression that you intend to stop), and **b)** suddenly pick up full speed and ram either *end* of one of the blocking vehicles and get away. Or, drive into and run over one of the ambushers.

These tricks and suggestions are of course intended *only* to be employed against criminal and/or terrorist attacks.

Remembering these tactics will not make you an expert counterterrorist or protective service driver. There is a great deal more to be learned — and practiced — before you qualify at that level. However, if you keep a cool head and are sufficiently ruthless and bold, one or more of these tricks may well be your salvation in an emergency situation one day!

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As we receive numerous requests to quote items and passages that appear here in *SWORD & PEN* and on our other web site, www.seattlecombatives.com, from the various sections there, we will again state the terms by which our material may be used **and used only non-commercially**:

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