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# ***SWORD and PEN***

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

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## *EDITORIAL*

### **Where There's A Will There's A Way**

**PROCRASTINATING** gets you nowhere. Shrugging your shoulders and saying to yourself “Oh, well, what’s the point?” —or— “It just seems that that’s impossible” is also a fruitless way of confronting any **serious desire that you have**, simply because circumstances appear not to favor your successful pursuit of that which you want.

The ability to defend yourself, protect those you love, possess rock-solid self-confidence, be mentally as well as physically prepared to meet any emergency, is an interrelated constellation of goals that **every rational human being should aspire to**. Males especially ——— and quite rightly

—— seek competence in physical self-defense, weapons skills, and tactical preparedness —— with and without weapons —— when they enter adolescence. *But this kind of personal education is important for every decent member of civilized society — regardless of gender.* To pursue success economically, intellectually, and romantically, but neglect the successful development of personal efficacy, confidence, security, dignity, and self-respect is unwise, indeed.

We live in a feral world. *Most* people are not violent, dangerous, or possessed of any evil desire to dominate or to torment others. But throughout man's history on earth there have always been **enough** individuals who are predatory and evil to necessitate the preparedness of good people to deal with them. *And, as history tells us, most “good people” default on this responsibility. They become victims. They cannot cope when, unfortunately, they become targeted by one or more members of that dangerous, predatory minority.* Then, it is too late to acquire the skills, knowledge, and mindset that are required for self-defense.

We love a quote that we once read by the late Col. Jeff Cooper:

***“Timidity in the face of violence is unbecoming to God’s image. Only when it is overcome can a man live at peace with himself.”***

You owe it to yourself and to anyone you care about to learn how to defend yourself, and to become equipped —— mentally *and* physically —— to deal with any potential predators who may threaten you or yours. The police do what they can, but violent offenders do not attack when the police are nearby. Predators stalk and hunt —— like the wild animals that they are. And no one can tell for certain *when* or *where* he or she may become the “hunted” of one or more of these beasts.

If you are among the few who *realize* how critical it is to acquire the ability to defend yourself and your loved ones, then **do something about it!** Locate a good school where these skills are taught. We (Prof. Mark Bryans and myself) not only teach people in and around the communities where we live; we also offer excellent short-term courses for out-of-towners. We can teach you more reliable, practical combatives in a course of six to twelve private one-hour lessons than you'd learn in *decades* of classical/traditional training, or in a competition-oriented “martial arts” school.

Can't arrange a few days or a week-long trip to take private lessons? Then order our DVD Course. *If you train hard on what is taught in those eleven DVDs for three or four months you will become a very dangerous person to attack!*

The area of **mental conditioning** is critical. It is addressed fully in our personal classes and lessons, and it is covered to an extent in our DVD Course. However, because it is so **absolutely critical**, we have prepared an entire series of **self-hypnosis programs** on CDs that provide a *fast-track* to doing for your mind that which our physical techniques and training do for your body! *All aspects* of mental conditioning — including how to overcome *rapidly* any shortcomings and doubts that you may have regarding your own ability to **GO** when the critical moment arrives — are covered. These self-hypnosis programs have not been “thrown together quickly” by someone who learned hypnosis recently, or by someone who had been helping people to lose weight or to give up smoking. *We have been a licensed hypnotherapist since 1987, and we are a Fellow in Clinical Hypnotherapy* — registered by the *American Association of Professional Hypnotherapists*. **Our entire hypnosis practice is devoted to working with close combat/self-defense students, those involved in physical training, and persons training in various survival disciplines. Our stuff is the real McCoy!**

What we want to emphasize is that *you* should get started in training — and do so **now**. There is a way that will work for you . . . the materials are

available; but you must possess the **will** in order to avail yourself of the **way**.

Now . . . are you going to search out more excuses, or are you going to get started?

**Bradley J. Steiner**

## BLOWS Prevail In Real Hand-to-Hand

### Combat

**JANUARY** 1943 edition of *Reader's Digest* ran an article about a fight between a G.I. who was a **boxer**, and a Japanese officer who was a **judo black belt**. This was not a fictionalized account or fiction! World War Two was on and the art of Japanese judo (then synonymous with ju-jitsu) was held in awe by many Westerners, and of course was considered — by the Japanese — to be superior to anything that their caucasian enemies could throw at them in hand-to-hand combat .

4. This great story of single combat in Tokyo, told here for the first time, has special symbolic significance today.

### *Yank Meets Jap in Fight to Finish*

By John E. Tyner

**A** YANKER in The Reader's Digest made me stop and stare. It took me back to my childhood days in Tokyo and recalled an incident I shall always remember — the fight to the finish between me, Captain Warren Clear and the jujitsu champion of the Japanese army. The story of that vicious struggle should now be told.

It all started when the Minister of War, General Ugaki, asked Clear to visit Japan since the average American spent so long at the Tokyo Military Academy. The young military attaché agreed, if it could be made possible to observe the Japanese army training methods in jujitsu.

"Very well," said the general. "I shall arrange a bout between you and a jujitsu expert."

For the next two weeks I worked out with Clear a few releases each day. Fortunately, he had done quite a bit of amateur boxing, and was



always in good shape. I still did not realize we were in for anything more than a friendly sporting match.

On the appointed day we went to the Academy's great gymnasium, where General Ugaki presented us to the Prince Regent, (now Emperor Hirohito), who had caused a sensation by coming up to see the fight.

To the rest of those spectators were arranged some 500 officers sitting in gymnasiums. I was astonished at their unusual size — more than half were six feet tall, and heavy, broad-shouldered, bronzed by the sun. All were in the instructions in subtle activities when they returned to their regiments. They were joined shortly by some 20 others just coming in from maneuvers — serious-looking fighting men, well equipped for lock-downs, carriage hand-lets, and steel belts.

General Ugaki called out of the toughest-looking officers. "This is Captain Kitamura, jujitsu champion of the Imperial Japanese Army," he said to Clear, "your adversary."

\* "Schools of the Jap Fighting Man," by Lieutenant Colonel Warren E. Tyner, *Newsweek*, Oct. 4, 1942.

*The “Yank” won!*

Judo is a marvelous art, and we do not present this to disparage it. However, with so many being brainwashed today into believing that grapplers and groundfighters will inevitably win in close combat (and “proving” this by insisting that the *competitive venue* is where it is verified) we wanted to present something from the **REAL WORLD** that certainly provides solid evidence to the contrary of the popular myth. **Grappling and groundwork often does prevail IN SPORTING CONTESTS . . .** but not when the hand-to-hand engagement is for keeps! Why? Because sporting contests *favor* grappling, **not** because grappling will normally defeat hitting.

Remember, too, that the G.I. who beat the judo black belt in this encounter used **boxing**. Boxing utilizes what we and other close combat teachers understand to be quite *inferior* natural weapons, as far as serious combat is concerned. Yet ——— using only boxing ——— the G.I. defeated the black belt.

Of course it is in the classic *Kill Or Get Killed* (first published during the war) where one of the greatest teachers of close combat ——— Rex Applegate ——— explains that all of the military combat and training experience of both world wars had demonstrated that **blows**, rather than the grace and skill of judo/ju-jitsu, prevails in **real combat**. Nothing new, really. However, since sensible people avoid hand-to-hand combat when and if they can, you do not find “hitters” (either boxers, per se, or those who actually do use hand-to-hand combat blows) normally publicizing their victories.

If you like to grapple, enjoy yourself. But if you are concerned about handling *real* violence, get started training in *real* close combat and self-defense skills.

You might be able to locate a copy of the *Reader;s Digest* issue (January, 1943) where you can read the entire article for yourself. We wouldn’t recommend showing it to any of the true believers in the grappling/groundwork fad. They already know what they *want* to believe.

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***DVD Course NOW AVAILABLE!***  
***(You Can Learn Self-Defense and  
Close Combat At Home!)***

The First and Only Complete Self-Defense and Close Combat Course in American Combato (Jen·Do·Tao) on High Quality DVDs!

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)<sup>™</sup> all-in modern close combat/self-defense martial art in 1975,

will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs

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

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

**IMPORTANT NOTICE!:**—

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

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

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

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

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

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

**Please keep DVDs in a safe place out of the reach of minors, similar to**



## safekeeping of firearms.

### Contents:—

#### **DVD #1 FUNDAMENTALS**

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

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

#### **DVD#2 BASIC BLOWS**

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.
  - The straight heelpalm
  - The knee attack
  - The front kick
  - The elbow smash
  - The fingertips *thrust*
  - The fingertips *jab*
  - The snap kick
  - The backfist-forearm smash
  - The hammerfist-forearm smash
  - The basic straight punch
  - The ear box
  - The throat lock

### **DVD#3 ATTACK COMBINATIONS - FIRST SERIES**

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

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

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

### **DVD#4 ATTACK COMBINATIONS - SECOND SERIES**

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

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

### **DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT**

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

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

## **DVD#6 COUNTERING THE UNARMED REAR ATTACK**

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn
  - How to counter sudden grabbing attacks from behind
  - How to counter holds that may be applied from behind

## **DVD#7 COUNTERING KNIFE AND CLUB ATTACKS**

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught
  - How to deal with knife *threats*, from varying positions
  - How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
  - How to counter overhand club attacks
  - How to counter the backhand club or baseball bat swing

## **DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS**

- 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!

## **How Much Weight Should You Be Using When You Workout?**

**WEIGHT** training is *the* supplementary physical training for students of self-defense and close combat. Other activities, such as natural weapons hardening, breakfalling, the use of dummies and heavy bags, etc. are helpful and important — but if you could only do **one single thing** besides practicing and drilling in your techniques, you should do sensible, all-round *weight training*.

Weights have always been recognized as the surest, fastest, and most efficient way to build **strength**. However, the great thing about weight training is that it is a *perfect form of total physical education*. Properly done, using an all round, progressive plan of workout organization and training, barbells and dumbbells will build **strength, cardiovascular health, agility, flexibility, a balanced physique**, and all-round **physical performance acumen** for *any* activity. We emphasize that the manner in which weight training is utilized popularly *today* (in so-called “bodybuilding” circles) it is often more detrimental than helpful in both physique and health cultivation. **But we do not advocate using it in such manner. Nor do we see the taking of steroid drugs as anything but INSANE. And, being a longtime devotee of sensible weight training, and a physical training professional, we condemn the use of improper training methods *and* steroid drug consumption.** To see that the so-called “modern bodybuilding methods” and the use of drugs are unnecessary you need only look at photographs of the oldtime (i.e. early to mid-20th century) strongmen, bodybuilders, and weight lifters. Great, prize-winning physiques and world-class strength require the **genetics** no less than training and diet. If you are blessed with the genetics, then a barbell and a couple of dumbbells and a proven, simple, basic schedule of training will enable you to achieve your potential. If you aren’t so blessed, then all you’ll do is kill yourself ingesting steroids, and attempting to train like

the insane and ridiculous “bodybuilding magazines” advocate.

**You do *not* need any sort of “favorable genetics” in order to build a vastly *improved* physique, greater strength than you now have, and all-round physical improvement and better athletic acumen. This *anyone* can do; and there is no reason to bemoan the fact — if you are not among the very few who are born with the right genetics — that you will “only” be able to greatly improve yourself, and develop to your God-given hereditary potential. Come on! Isn’t that more than enough?**

There is considerable misunderstanding in regard to the matter of *poundages* and what constitutes “heavy” when training with weights. We ourselves constantly emphasize that **only heavy training** will build optimum strength and develop the muscles fully. So . . . what *is* “heavy training”, and how can you properly gauge your own workouts, and whether or not you are training heavy enough?

The simple truth is that there is no objective “heavy”, “light”, or “medium”. None. If you workout with 100 lbs. in the curl that could mean you are training to your limit; or, it could mean you’re training light. It all depends upon **what maximally challenges *you***. A hundred pounds might force you to concentrate and struggle for the last rep or two in your set of repetitions, or you might find it a breeze. If the former, then you’re training heavily. If the latter, then you’re not. It’s that simple. **You** are the judge.

Weight training is a totally individual thing. Properly done, there is no competition in weight training, except with yourself. If *you* are suitably challenged by that which you are doing, then you can be satisfied that it will bring you results. No one trains with weights (as opposed to training in weight **lifting**) in order to surpass whatever someone else has done — or is doing. To fully understand this concept is to appreciate and understand the right way to think about and be motivated by *training poundages*.

The majority of those who take up weight training, just like the majority of those who take up a martial art, quit shortly after they begin. We cannot do

anything about those whose reason is lack of discipline, poor character, weakness, and laziness. But we certainly *can* straighten out anyone who might be inclined to quit because he feels that “it’s no use, no matter how hard I try”, or “I just don’t have the ‘right kind’ of genetics to develop”, or “there are guys who don’t train at all, yet they are stronger than me even though I’ve been working out for a year” . . . and so on.

The reason why these kinds of thoughts arise is because the trainee does not understand that his goals and the results that he achieves from weight training cannot and should not be measured against what others have achieved — on what they are capable of, or on how favorably they have been blessed by heredity to attain the outstanding development they are able to attain.

The best advice the trainee can receive regarding “how to judge what weights are sufficiently heavy” is:

- Start training with easy, comfortable poundages in *every* exercise.
- Take plenty of time progressively adding resistance in *small* increments.
- Once you’ve reached your genetic limit (usually following somewhere between two and three years of *steady, consistent, progressive* training) **be satisfied with whatever weights have proven to be your own “training maximums”**.
- Forget entirely about what poundages others use when they train. Forget about old or recent “records” that have been set, *and above all forget about the bullshit you read in the newsstand “bodybuilding” magazines!* You are *you*, and the only thing that matters is what is heavy for **you**, and what suits **you**.

One last thing. We strongly recommend that students of self-defense and close combat **not** train for *lifting* — that is, for how much weight you can lift *once*, in a single lift. Olympic style lifting will ultimately produce injuries in almost every case, and power lifting is irrelevant. **Train by using no fewer**

**than five repetitions, and preferably between six and eight repetitions in most exercises, for two or three sets. If you are utilizing but a single set, you should work from about twelve repetitions up to fifteen.**



***“About thirty minutes are fully sufficient to the acquisition and preservation of strength and endurance.”***

***- George Hackenschmidt, 1908***

**IF YOU THINK THAT YOU GAIN OPTIMALLY BY ENDLESS HOURS IN THE GYM, CONSIDER THE ADVICE OF ONE OF THE GREATEST BODYBUILDER/WRESTLERS: GEORGE**



HACKENSCHMIDT (ABOVE). THIS ARTICLE IS PRIMARILY ABOUT HOW MUCH WEIGHT IS NECESSARY FOR WORKOUTS TO BE SUFFICIENTLY HEAVY — BUT A RELATED TOPIC (I.E. “HOW LONG SHOULD YOU TRAIN IN A GIVEN WORKOUT?") ALSO FREQUENTLY CONCERNS TRAINEES. QUALITY — NOT QUANTITY — MAKES A GOOD WORKOUT!

Your workouts do not need to be long. Our recommendation is that complete beginners start with 30 minute sessions *every other day*. After about six to eight months, workouts should be taken *three* times a week. After a year to a year and a half, workouts thrice weekly should be continued **or**, if your schedule has proven that three hard workouts weekly drains you, *two* weekly workouts will be sufficient. A two hour limit should be set for the amount of time you eventually come to spend on *any* single workout. The closer you stay to **one hard hour** of training per workout, the better.

After developing to your genetic limit it will be beneficial if you train heavy once a week. Your other workout (or two workouts) should be medium or — one medium, and one light. *Once you have built up you should not attempt to keep pushing for heavier and still heavier poundages.* Work to **maintain** yourself in top condition.

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**BACK IN PRINT! A CLASSIC THAT  
WILL TEACH YOU THE RIGHT WAY TO USE  
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## **Guns — The Senior Citizen's Best Ally In Defending Against Violent Crime**

**COLT Peacemakers** (i.e. the revolvers that helped to “win the West”) were sometimes inscribed thusly: “*Fear no man, regardless of his size. When trouble threatens call on me — and I will equalize*”.

In today's world of inappropriate and absurd *blanket* “tolerance”, weakness and meekness, dependency, and *utter lack of real manliness amongst the majority of males*, it undoubtedly seems odd to many to refer to a handgun as a “*peacemaker*”. And besides, isn't the real “*equalizer*” some form of socialism???? Well, if that's how you're thinking(?), it would probably be best to stop reading now. Our philosophy is closer to that of those men who settled the West, than it is to the philosophy of those who continue to *unsettle* the sheep.

Look . . . **everyone** of **every** age needs and should learn how to defend him or her self with practical, effective **UNarmed** combat. Hand-to-hand skills that are realistic and war-proven constitute the *foundation* of personal preparedness to defend oneself, and imbue the necessary confidence and physical capacity to **fight back** — ***hard and tough!*** Certainly it is possible for seniors to handle violent attackers, and there are enough documented cases of many seniors doing so with bare hands to prove the point.

However, it is absurd not to acknowledge the advantage that youth, strength, speed, and dexterity (common attributes of those in their teens and 20's) give those scumbags in that age group (and also in the 30's age group) who are

violent offenders. Even a physically fit, strong and tough man in his 80's — although he may indeed still be formidable and dangerous in close combat — is at a certain disadvantage when being mugged or jumped by one or two vicious lumps of s—t. Yes, he can — if he is skilled and in shape — quite often dispatch such low-lives *using only his hands and feet*. But it is insane to either legally impede a senior's acquisition and use of firearms for self-defense, or for “self-defense experts” (read: **frauds**) to encourage seniors that they either “don't need” or “shouldn't have” **guns**.

Pepper spray, mace, tear gas, etc. are **JUNK**. They do not and cannot stop determined, enraged, dangerous attackers. Telling a fellow in his 60's or 70's who is just beginning to train in self-defense that “*all he needs are some good unarmed combat moves and a small can of chemical spray in order to protect himself*” amounts to **gross incompetence, negligence, and professional ineptitude**. *If* a so-called self-defense teacher actually believes such nonsense, then he is a fool. *If* anyone who is his potential student *believes* such a fool, then he is at horrible risk.

There are other ridiculous “self-defense weapons” that are touted and sold today — and that should **never** be taken seriously or relied upon (by seniors, or by anyone else, for that matter!). The weapon that stands head and shoulders above all other hand-held individual weapons of self-defense is **the HANDGUN**.

Obviously, one must not simply buy a gun and carry it. All laws pertaining to purchase, ownership, carry, and use must be obeyed. However — and get this straight — *there is no hand-held personal weapon that you can carry with you and rely upon that is superior to the well-made, properly employed revolver or semiautomatic pistol*. Period. So, in addition to mastering the art of unarmed self-defense, the use of the stick, and knifework, make it a point to legally acquire a suitable handgun, and to become proficient **first** with safe and correct handling, and then with it's proper use in **combat** (not competition) shooting. The method is easily learned within a few hours.

Proficiency in unarmed self-defense should always *precede* training with any

weapon —— especially the handgun. This establishes a great deal of self-confidence, teaches dexterity, and goes a long way toward insuring that a handgun —— once acquired —— will not be resorted to unnecessarily, because it is a “crutch”, without which one has no recourse or hope.

**Avoid the “big name” shooting schools.** *First, because they overcomplicate and pad their programs.* It does not take a week of fulltime training to be able to handle a confrontation with your sidearm. The thousands of dollars that these establishments rake in for making people *believe* that such elaborate nonsense is required is **much better spent on ammunition and range fees!** Once the necessary few hours of proper training in combat shooting has been given, the rest is simply repetitious *practice*. *And you can go to a permissible outdoor area where you live, or to a shooting range, in order to practice.* And, lest we forget to emphasize: **Dry fire practice is as important as live firing as far as combat handgun use is concerned.**

**Point shooting** is combat shooting —— and that is the method that we teach, and that Prof. Bryans teaches. We learned personally from the best: Col. Rex Applegate, as well as from a former FBI agent who, during WWII, learned directly and personally from William Fairbairn and Eric Sykes. (And, just so you know, we *also* learned the so-called “*new technique*” of the pistol directly from the late Col. Jeff Cooper. We respect the late gunwriter and social commentator, and we do not dispute his vast knowledge regarding small arms. However, his “new technique” is **100% WRONG** for combat shooting, and it evolved *from* and is best relegated *to* the **sport and competition shooting arena.**)

We own no stock in any arms company, and we are not doctrinaire about any one, particular handgun being “the best choice for everyone” for self-defense. However, there are certain sidearms that we do strongly recommend. And after getting safety and gunhandling skills down, and being ready to learn the *combat* shooting phase of pistol work, we recommend that the senior who has no prior education in weaponry consider the following for personal protection:

- .38 Special revolvers are, in our opinion, outstanding for daily carry and wear, and for packing a sufficient wallop to stop an assailant. We recommend the old Smith and Wessons: The “Chiefs”, the “Bodyguard”, and the “Centennial”. These were available in all-steel framed blue or stainless, and in blued aluminum alloy frame. Each offers a five-round capacity, and should be loaded with +P hollowpoints. The older Colt snub-nosed revolvers carried six rounds. Their “Detective Special”, “Cobra”, and “Agent” were all fabulous little defense sidearms.
- Semiautomatic pistols are slightly more complicated to operate, but for someone who will master them (it’s not difficult) they might offer a desirable edge. The old Colt .45 *Commander* model is a superb constant carry weapon. It has a lightweight aluminum alloy frame and packs 7 .45acp rounds in the magazine, plus one in the chamber (if you carry it “cocked and locked”. The Browning Hi-Power offers a 13-round magazine capacity — but we’d recommend it much more because of its **durability, reliability, natural pointing capacity, and handiness**, as well as supreme **comfort in firing**.
- Handguns kept by the bedside and not worn and carried can be bigger and heavier than the carry weapons. We would recommend — as a bedside weapon — a four or six-inch barreled .357, or .44 magnum (**loaded with .44 special ammo**) revolver. A Government model .45 semiautomatic is fine, if you come to prefer an auto. Elderly or frail people should consider a Ruger target automatic with the highest .22 rimfire round capacity. No recoil. And even a wheelchair-bound invalid can place 5 or 6 rounds in the chest of a home invader within a second or two with one of these weapons.

When you take a good firearms safety and handling course you will be familiarized with lots of other weapons . . . and if you find that you prefer something we haven’t recommended, then go with **your** choice, not ours. You will, after all, be the one who depends upon the thing!

The simple point we wish to make is that you are, regardless of your physical ability and knowledge, at somewhat of a disadvantage in many instances, if you are well past your prime and are attacked by one or more of the two-

legged jackals that unfortunately live in our society today. So learn *everything* you can about self-defense; and *avail yourself of everything that you legally can!* Firearms are often the senior's best ally in a deadly, dangerous emergency.

## **Weak Points Of The Human Body**

### **(That You Can *Really* Count On In Serious Combat)**

**KNOWING** where to direct force that you apply in a hand-to-hand battle is critical. Even when your adversary is clearly your physical inferior, it may be extraordinarily difficult to stop him. Under **combat conditions** your opponent will be much more resilient than he ever would be under normal conditions. In fact, a little woman who is in a furious, aggressive, *frenzied* state of rage when attacking, may well possess three to five times her normal strength, and ——— literally ——— be **ten times harder to stop** than she would be when, say, she is relaxed and window shopping on a quiet, comfortable day, with a girlfriend. Then there is this: An attacker will already be in the throes of an adrenaline rush, and the additional strength/speed/power boosters that *naturally* and *involuntarily* occur under combat stress **because your attacker knows before he pounces that he is about to be in a combat situation**. In a self-defense predicament the attacker nearly *always* has a great initial advantage **because he knows before you do that he is going to attack you.**

What all of this means is that most of the so-called “vital points” that make you cringe and jump in the dojo, when pressure applied by a teacher who is demonstrating a technique **may not even be felt** when or if you are in a “combat frame of mind” and ready for battle!

If you wish to be able to stop a larger, stronger, dangerous and determined aggressor under *adverse conditions* then you'd better toss the bullshit, and knuckle down to learning — and to learning to **ATTACK** — an enemy's *genuinely* vital “vital points”. Many years ago when we were a student of taekwon-do we were taught that the human body contained **72** target points which would reliably drop an enemy in combat. The truth is that about **15** really reliable vital target points exist ——— and even these do not guarantee a stop when hit only once! *Not under extreme, desperate, real world combat conditions*. However . . . if you will place all of your mental focus and physical energy in drilling to ***DESTROY*** these vital points in any life-threatening predicament, then you will at least be grounding yourself in practical doctrine:

### **The Body's Vital Points**

**(In approximate order of their desirability and vulnerability)**

- |  |                               |
|--|-------------------------------|
| <b>1) The eyes</b>                                 | <b>8) The solar plexus</b>    |
| <b>2) The throat</b>                               | <b>9) The sternum</b>         |
| <b>3) The knees</b>                                | <b>10) The ears</b>           |
| <b>4) The carotid arteries (sides of the neck)</b> | <b>11) The bridge of nose</b> |
| <b>5) The testicles/pubic bones</b>                | <b>12) The philtrum</b>       |
| <b>6) The chin/jawline/hinge of the jaw)</b>       | <b>13) The shin bones</b>     |
| <b>7) The temples</b>                              | <b>14) The insteps/toes</b>   |
|  | <b>15) The kidneys</b>        |

We could come up with two or three other points that would *likely* be



excellent . . . but these would also *likely* require just a little too much fine motor skill to strike them very precisely in the chaos of an encounter. In any case the person who is capable of zeroing in on and ***destroying*** the targets we have listed, and who has trained incessantly to be able to do so, not only with a variety of natural weapons but also with hand-held weapons (of a bludgeoning or cutting/piercing variety) will be an **extremely** dangerous and effective close-in hand-to-hand combatant. Think about it: There is no possible way that anyone could stand, position himself, or set up a guard that could possibly protect *all* or even *most* of those targets! And when an individual is *moving in against you (assuming you have not preempted him) he will be vulnerable in several areas*. This is because his position is not defensive, and he is mentally focused upon and thinking of nothing but *his own attack*.

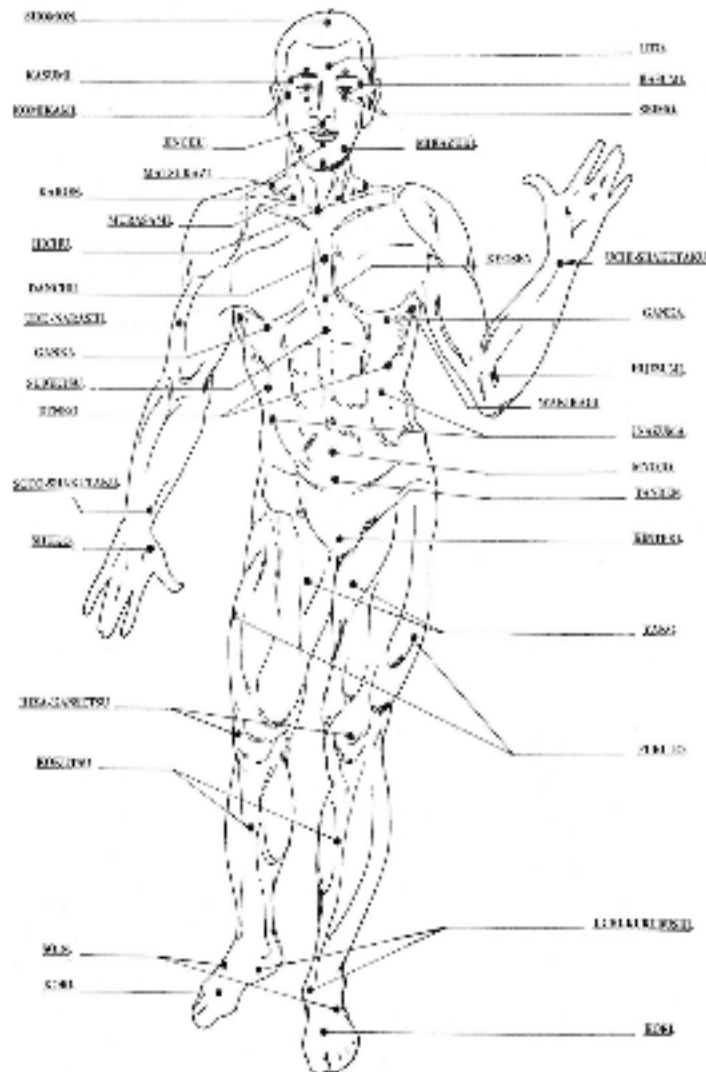
**Two very important cautions: ———**

- **“Vital target point” does not mean “magical” target point! You need every ounce of strength, speed, and mental focus-with-intention-to-destroy when you go after these targets. You will not be employing such drastic measures unless you believe that you or a loved are in extremely serious danger; danger of being crippled, maimed, killed, kidnapped, or raped. If you are ever in a situation where you believe that life and limb are in danger, then act with 100% concentration and determination. Go all-out. No holding back. No restraint. No forbearance, mercy, sympathy, compassion, or humanity. It’s *you* or your attacker! You get one chance. There is no second place winner and there will be no rematch. *And keep on attacking!* Do not expect a single blow or other *one, single* action to stop anyone. Keep attacking until your adversary is harmless and helpless.**

- **Attacking vital points is not something to fool around with carelessly, or to play with. Using these types of attacks in any “sport” would be insane. And using them for any reason other than to protect yourself from grievous injury or death would be criminal. Never utilize this knowledge for *any* purpose other than lawful, moral self-defense.**

THE CHART BELOW IS FAIRLY TYPICAL OF THE PRESENTATIONS OF “VITAL POINTS” THAT MOST MARTIAL ARTS SCHOOLS ASSURE THEIR STUDENTS WILL “DISABLE ANY ATTACKER” IF STRUCK. AND WHILE IT IS TRUE THAT *SOME* OF THE POINTS INDICATED ARE QUITE RELIABLE, MANY ARE *NOT*. AND . . . IN A FEW OF THE CLASSICAL/TRADITIONAL SCHOOLS THE NUMBER OF VITAL TARGET POINTS TAUGHT ACTUALLY EXCEEDS 100! THIS IS RIDICULOUS AND UNREALISTIC. IF IT WERE TRUE THAT WE WERE ALL INUNDATED WITH SO MANY CRITICAL TARGET POINTS ON OUR BODIES WE WOULD ALL LIKELY BE DEAD BEFORE AGE FIFTEEN! VIRTUALLY ANY BUMP, FALL, PRESSURE, OR IMPACT WOULD ALMOST CERTAINLY HIT *SOME* VITAL POINT — AND WHO AMONGST US HAS NOT FALLEN, BEEN STRUCK, WALKED INTO SOMETHING, HAD SOMETHING FALL ON HIM, ETC. *SURELY IF IT WERE TRUE THAT EVERY INCH OF US WAS COVERED WITH CRITICAL TARGETS WE’D LIKELY NOT HAVE SURVIVED TO ADULthood!*

The Vital Points of the Human Body



We discuss, describe and present information of this kind *solely* for the purpose of helping decent people who come to martial arts for self-protection to learn what they need to know. We pull no punches. We firmly believe that “anything goes” for self-defense.

We offer all that we do in good faith. *YOU* bear full responsibility for your own actions and decisions ——— and for justifying our faith in you.

## **Real “Badasses” Don’t Always Look**

### **The Part**



**ABOVE: PETER MASON, FORMER CAPTAIN IN THE BRITISH MILITARY SERVED ——— LITERALLY ——— AS A PROFESSIONAL KILLER AT THE CLOSE OF WWII. HE AND A VERY SELECT GROUP OF MEN ACTED AS A “HUNTER-KILLER” TEAM ON CHURCHILL’S ORDERS, LOCATING AND ELIMINATING VICIOUS NAZI TORTURERS AND MURDERERS WHO HAD ELUDED CAPTURE AND PROSECUTION FOR THEIR TORTURING AND MURDERING SOE AND OSS AGENTS. MASON USED HIS HANDS AND FEET, VARIOUS FIGHTING KNIVES, AND A**

**NUMBER OF DIFFERENT HAND AND SHOULDER FIREARMS.**



**Nehemiah Griego is charged with killing five family members, including his father, mother, and three youngest siblings in Albuquerque, N.M. Authorities in New Mexico say Griego had reloaded his guns after the attacks and planned to go to a Wal-Mart and randomly shoot people. *Who would believe this nice looking kid could be a savage killer?***

The most dangerous and vicious people —— good guys *and* bad guys —— rarely if ever look the part. This is important for you to understand, if you

have had little or no experience with *real* violence, and your “education” has consisted of seeing Sylvester Stallone as the typical good-guy badass, Rambo, and Tony Musante (in the movie *The Incident*, for example!) as the typical bad-guy badass street attacker.

While we are certainly not the only individual who has done considerable research into violence and violent people, we have certainly done a *lot* more than most. Our conclusions:

- Genuinely tough, dangerous **good guys** are almost never less than gentle and respectful toward others. They eschew violence and fighting, and see little point in it ——— but are quite prepared to use it if necessary in order to protect themselves or others.
- Genuinely tough, dangerous **good guys** often *are* enthusiastic about hard physical training and combat arts study. But their focus is just about never even partially on the sporting or competitive side of these activities. They train for themselves, either in the context of keeping themselves ready to fulfill their military or law enforcement responsibilities, or simply for their personal satisfaction and reward.
- Genuinely tough, dangerous **good guys** often look quite “ordinary” or “normal”. Some few might be impressively built or have the hard facial lines of the gut fighter; but this is simply a hereditary anomaly. *These men do not “try to look tough”*; nor do they wish to be deliberately intimidating.
- Genuinely dangerous and evil **bad guys** rarely if ever appear to be either formidable or particularly mean. (Richard Kuklinski was an exception). Most often these types are deceptively “nice looking”. Kevin Coe, Kenneth Bianchi, and Ted Bundy come immediately to mind.
- Genuinely dangerous and evil **bad guys** often rationalize well, and speak with incredible eloquence. *They come across as being calm, friendly, personable types*. (We are of course speaking now of the **psychopath**, not of the street tough, gang member, or barroom brawling lout or bully).

- Genuinely dangerous and evil **bad guys** have absolutely no regard for the lives of others, for decency, for the victim's suffering (or for his family's suffering), for empathy, sympathy, or compassion. People will not like it, but we regard predatory members of the human species as **diseases**; as toxic bacteria or pollutant scum, and believe that the proper way to regard them is with the same attitude one would regard large, filthy rats. We have no regard, compassion, empathy, concern, or sympathy for this living garbage.

It is impossible to judge anyone according to his physical or facial appearance. Your only security lies in being wary and suspicious of **ALL** strangers, and/or of anyone who you believe to be “unpredictable” or “volatile”. As was the late Sidney Reilly's, so is our own philosophy:

***MUNDO NULLA FIDES*** (“Trust no one”).

That *that* be your psychological security perimeter!

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**— General George S. Patton, Jr.**

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**U.S.A.**

**Is *That* REALLY “Judo”?**

**WHEN** most people in the martial arts think of *judo* they think of the modern competitive aspects of that Art created by the late Jigoro Kano. Throws, holds, falling, and hard-fought matches (“shiai”) as well as hard training bouts



in class (“randori”) that instill the off-balancing and overcoming skills of one of the most beautiful and beneficial martial **ways** (i.e. “do” forms of what were previously martial **arts** — “jitsu” forms) to come out of Japan.

In reality, *judo* included much of the old ju-jitsu when, during its first 50 years, it was practiced in Japan and then introduced and practiced in Western Europe and in the United States. In fact, the late Bruce Tegnér had learned this more comprehensive judo (his family’s teacher was Theodore Shozo Kuwashima), and this — as well as his championship ability with the sporting/competitive form of judo — is what enabled him to work out the very versatile methods of practical self-defense that he taught. And while Tegnér’s black belt in *karate* was almost certainly honorary, *there is no question or doubt that he had mastered the art of atemiwaza, and he had done so in the more complete manner that it was taught, during the early 1900’s*. This was similar to *karate*’s methods of kicking, punching, and striking. From the late 1800’s, through to approximately 1950 or so, *Kodokan Judo* was a fighting Art that had been modified from Kano’s studies of several *ju-jitsu* schools, which included a sporting-competitive *aspect*, in which friends could compete. The object of judo’s sporting aspect then was testing the principle of judo (i.e. its “non resistance” as a means of opposing greater strength) with fellow practitioners; **not** becoming a “sports champion” or “contest winner”. In our personal opinion, judo was ***significantly superior then*** than it is today — although we regard today’s judo as a marvelous and extremely worthwhile study.

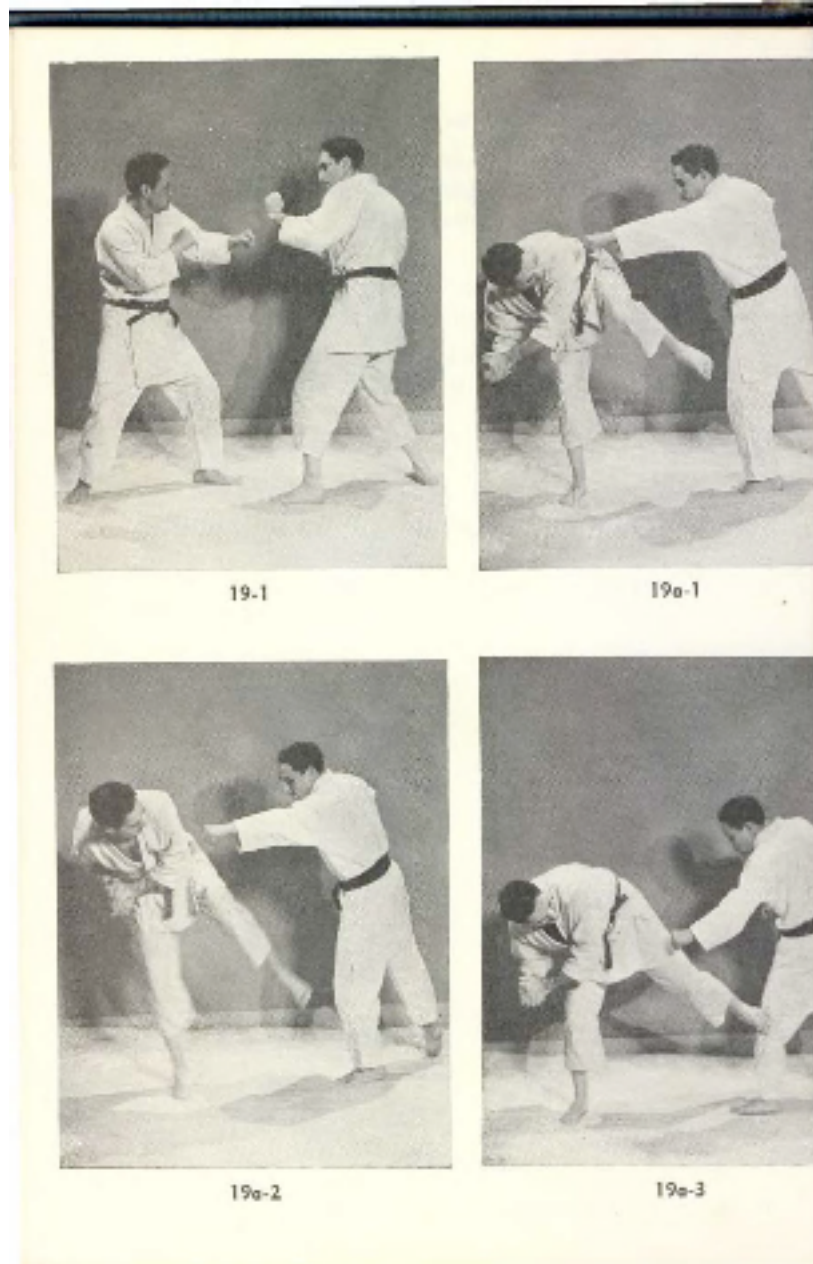
The literature of bygone years (*Popular Judo, Judo Self-Taught In Pictures, Self-Defence By Judo, Judo: 31 Lessons In The Modern Science Of Jiu-Jitsu [revised later as 41 lessons], Modern Judo, etc.*) never offered judo as a “competitive sport” per se — but rather as a hand-to-hand self-defense method that *had a competitive sporting aspect*).

What is perhaps the single finest counterattack against a fist-fighter or boxer (i.e. the low side stamping kick to the knee) was invariably emphasized in judo during the early years. With the additional bolstering that the inclusion of the kicking methodology of *karate* gives it, **plus** the employment of *followup*

techniques rooted in WWII methods of commando fighting. we teach this technique today, in *American Combato*.

The following photo sequence is from the book *Judo: 41 Lessons In The Modern Science Of Jiu-Jitsu*, by Kuwashima and Welch. This book provides what readers today who are into martial arts would almost certainly insist is ju-jitsu. However, dear reader, it was in fact **JUDO** — back then, anyway!

We thought you'd enjoy this little snippet of close combat history



THAT'S PROF. KUWASHIMA ACTING THE PART OF THE "BOXER". NOTE THE HANDS-CLASPED POSITION OF HIS ASSISTANT (ASHBEL WELCH) WHEN HE DELIVERS THE SIDE KICK. THIS WAS THE TYPICAL JUDO/JU-JITSU LOW SIDE KICK METHOD. TEGNER WOULD FAVOR THIS SAME KICK DONE AS HIGH AS TO THE GROIN/BLADDER AREA. BY ALL MEANS TRY IT. IF IT SUITS YOU, THEN GO FOR IT! HOWEVER, WE MUST EMPHASIZE: *FOLLOWUP AND REPEATED KICKING/CHOPPING/ETC.* IS NECESSARY. JUDO MEN — MUCH LIKE MARTIAL ARTISTS IN OTHER CLASSICAL METHODS TODAY — OFTEN TENDED, UNFORTUNATELY, TO BE OPTIMISTS! FROM JUDO: 41 LESSONS IN THE MODERN SCIENCE OF JIU-JITSU.

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### **Learning From The Daily News Reports**

**LAST** month the national news reported a most tragic occurrence. In Minneapolis a 69 year old man went to his door in response to someone outside pleading for help and knocking feverishly to be let inside for protection. The senior, apparently acting as a good samaritan, opened the door. *He was then shot to death by the convicted **violent** felon outside who had used the ruse of “being attacked by people with baseball bats!” to take advantage of the poor homeowner.* The senior’s wife was at home and witnessed the murder of her husband —— horrified.

The questions that came immediately to our mind when we first heard of this was: **“Why the hell wasn’t this violent felon put to death when the authorities first had him incarcerated?”** — **“Why should anyone who physically violates another human being permitted to *ever* get a second opportunity to take such action?”** — **“Why is it possible, in a civilized society, to unjustifiably use violence against another human being, and ever be permitted to walk amongst humans again?”**

We can understand (although never condone) getting away with a *first-time* offense of using violence criminally. However, when such an act is known to have been committed — the perpetrator arrested, tried, and convicted — **there can be no excuse, now that this beast’s potential for mindless savagery is known, for him to ever be able to do such a thing a second time.**

In our “advanced” civilization, apparently, one must be guilty of a stack-up of incidents (and bodies) before one is decisively stopped. **And we “wonder” why we have a violent crime problem, and a huge rate of recidivism amongst violent scumbags.**

This is what happens out there, folks. It’s a feral world.

Our advice is and always has been: **Do not open your door to *any* stranger.** If someone at your door pleads for help, offer to call the police, an ambulance, or the fire service, etc. *for* him/them/her. But do **NOT** open the door! “Not even for a girl or a woman?” **NO!** not even for a girl or a woman.

In Washington State years ago a family man was murdered during a home invasion by a band of scum who had targetted the poor guy and his family after reading of a diamond ring being put up for sale on Craig’s list, or some similar site. A ***young girl*** telephoned the family and expressed a desire to purchase the ring. An appointment was made at the home of the sellers. The girl appeared at the door — **her group of armed male cohorts concealed themselves *outside* the dwelling until the door was open. When it was, the scumbags burst in, shot the father to death and tormented the wife and children. That “young girl” was an enthusiastic member of that gang of garbage.** There are *plenty* of females — females of young ages! — who are as conscienceless,

dangerous, and solidly *evil* (or more so) than there are males.

**Do not open your door to anyone who you do not know personally!**



**UNLESS YOU KNOW THE PERSON AND ARE EXPECTING HIM, *DON'T GREET HIM LIKE THIS!* THE DAYS WHEN JUST ABOUT EVERYONE WAS COURTEOUS AND RESPECTFUL, AND WHEN THE ONLY "AGGRESSION" YOU'D BE LIKELY TO ENCOUNTER WOULD BE SOME TEENAGER AGGRESSIVELY SELLING MAGAZINE SUBSCRIPTIONS, IS LONG PAST. THIS ISN'T 1950'S AMERICA. IT IS "BATTLEGROUNDS 2014" FOR ALL TOO MANY WHO LIVE DECENT, QUIET, HONEST — BUT NAIVE — LIVES.**

“Ah,” you might ask “suppose the person at the door *is* a dangerous predator, and when I do not open the door he starts trying to break in?”

The answer is relatively simple: “Grab your shotgun or handgun, get to your

phone if possible, and call the police. While calling keep gun in hand at the ready, and be attentive to the home invader's progress in gaining access. Give the police your address *first*, then shout 'Break-in — send police!' If possible, remain on the line with the police dispatcher and give your name. Tell the dispatcher that you have a gun ***and that you are remaining inside your home and will not fire unless the person breaks in.*** That's the ideal. Circumstances may compel you to shift attention away from the phone and deal with the violator, *if* he breaks in. **Do not open the door, go outside to "check" if you think, after threatening and trying to get inside your home, he has left. And DO NOT FIRE THROUGH THE DOOR, OR THROUGH A WINDOW!**

Obviously, if some offender *breaks down your door, or smashes a window and enters your home* then you shoot him. ***But unless he physically enters your dwelling, do not fire!***

Going to the door, and advising someone who is knocking and asking for help that you will be glad to telephone assistance for him is as "nice and good samaritanish" as you can afford to be today. Just don't open the door. Remember: It's **your** home, not that of the person at your door. If he becomes insistent, get suspicious, angry, and ready for trouble. Do **not** be intimidated.

Also, if you *do* ever have to shoot a violent home invader **do not go outside to greet the police when they come to your home. Put your weapon down (if the intruder is unconscious); or tuck it inside the back of your trousers. Raise your hands high and straight above your head with your fingers spread wide, as you comply with EXACTLY what the officers command via loud speaker from outside your home.** They will have their weapons drawn and they **will** be ready to fire when you exit the house. If for any reason the police enter the house you want to have **NOTHING** in your hand at that time, and your hands should be raised — fingers spread wide. Remember: These officers are responding to a violent home invasion and they have been advised that *you* are armed. Think about this:

- The police do not know who the hell the dangerous person is until they can sort things out
- In the officers' eyes you *could* be the criminal trying to escape. And you **probably** have a weapon (if you are the criminal)
- The home invader *could* have killed you and taken your firearm and now be confronting the police

Move slowly and cooperatively and obey all police instructions

**IMMEDIATELY.** If, while you are moving cooperatively, and unless you are ordered to “Shut the f—k up!” (Cops are human. In high stress situations they sometimes use less-than-refined language — *just like we all do*) you might say, “I’m the homeowner, officers. My name is \_\_\_\_\_. I called for your help. The intruder is down on the floor, inside”

If you are commanded (politely or impolitely) to “**Get face down — now!**” do so. Let them handcuff you without so much as a peep. This is not personal. They don’t know who you are and they do not want to get shot, either. Be 100% passive and compliant. This is an extremely tense, high-stress, potentially **lethal** situation as far as the police are concerned, until they can assess and determine the facts. *No matter what they say, or how they say it — even if you are knocked around a bit, **BE COMPLIANT, POLITE, AND TOTALLY SUBMISSIVE.***

**Please pass this counsel on to your wives and to your friends . . . okay fellows?**

As we receive numerous requests to quote items and passages that appear here in *WORD & PEN* and on our other web site, [www.seattlecombatives.com](http://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*:

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, course, school, or method may be made by using any of 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 approval or agreement.

PLEASE be sure to tell others about this site and about our other web site. *We would like as many as possible to benefit from the information and instruction that we provide!*

*YOURS IN DEFENSE,*

*Professor Bradley J. Steiner*

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*—end—*

