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SWORD and PEN

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

MARCH 2015 EDITION

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Prof. Bryans and ourself each did 1-hour interviews
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When “news media” drops down, click on that — —
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interview on Coast to Coast am with George Noory
on www.prescottcombatives.com. It aired live on 2
September 2014.

Editorial

There's No Defense Against Everything

THE reason why many people come to the study of self-defense is because they are afraid of being attacked; perhaps they've already been attacked — bullied, pushed around, mugged, beaten in a fight, or whatever. They feel angry, humiliated, victimized, determined not to let it ever happen again. The simple truth is: They want to be tough, strong, confident, and able to handle whatever violence may come their way.

Good teachers of close combat and defense understand this. They help new students to appreciate the undesirability of violence, while preparing them — realistically — to deal with any violent crisis that cannot be avoided. *Poor* teachers of close combat and defense *cash in on the opportunity that it provides*. They assure new students that what they will be taught will make them invincible; that after training in their methods they will be *fearless*. Exactly what almost all prospective students of martial arts want to hear.

But hearing what you “want” to hear is not important. Hearing that which you *need* to hear is.

There is no school, system, or teacher who is selling invincibility. *Regardless* of the ads he posts, flashy demonstrations he presents, or “guarantees” that he offers. Combat is risky and dangerous for anyone — novice, expert, or an individual who has no idea of how to use any martial skills. The expert certainly has the odds stacked heavily in his favor. But *luck* cannot be discounted, and even in the case of the expert, ***there is no defense against everything.***

In the course of training in quality skills, acquiring the proper combat mindset,

and developing good tactical habits, a serious student of combat reduces the chances that a physical assailant will be able to successfully victimize him. *But he can never eliminate the possibility, entirely.* This, we insist, is something that it behooves every honest teacher to pound into the heads of his students. By doing so, the students develop two things that go a long way toward securing their safety and well being, and their ability to defend themselves in the real world:

1. A serious, healthy *fear* of violence. This encourages them to be ready to go all-out and give 100% in any situation, without foolishly assuming that with their training, they need not fear anything;
2. A continual cautionary alertness and wariness, coupled with a determination to *avoid* trouble whenever possible.

False confidence can get a person killed in a dangerous situation no less readily than can freezing up in a state of paralytic panic. **Realistic confidence** is what the self-defense student should be encouraged to achieve, as his abilities grow in direct proportion to his determined commitment to hard training in reliable skills. “Realistic confidence” means: Self-confidence based upon one’s knowledge that one possesses reliable and proven abilities to handle himself if he must, and that, while not having any certainty of victory, his attitude and physical ability will *likely* see him through to survival and victory in an unavoidable emergency.

The properly trained student of combat arts neither under- nor over-estimates himself **or** his adversary. He appreciates that no matter how long or hard he trains —— and no matter what methods he trains in —— he will never be a superman; just a well-trained combatant who stands a better than average chance of defeating anyone who attacks him.

It gets no better than that. And if you fall for the idea that there is some “perfect” method of defending yourself that makes any attacker helpless, you are simply being duped into believing nonsense.

Three categories of physical attack present a **deadly challenge** to anyone; “even an expert”:

- Attacks by multiple assailants
- Armed attacks
- Attacks from behind

Not that defending yourself against these types of attack is impossible. It is *very* possible, and with good technical training and the right attitude you stand a great chance of successfully doing so in *most* instances. But there is always that possibility that your attacker(s) will catch you with an effective action, that you will be caught so unawares that you simply won't react in time, or that your situation and circumstance at the time of the attack will rob you of your ability to do what you learned to do (i.e. you could be very ill at the time of the attack, or suffering from a debilitating injury, etc.).

Fairbairn — possibly the greatest expert who ever lived on the subject of *realism* and *practicality* in self-defense in close combat situations — stressed the right attitude about violence whenever he taught. He very specifically refused to introduce grading, contests, match events, or medals of any kind into close combat training — whether **unarmed** or **armed**. His reasoning was sound and should influence any teacher whose objectives in teaching parallel those of Fairbairn: *Measuring contest and competition performance as though it provides any hint of the student's ability to engage in and win real combat situations makes no sense*. In actual personal combat **anything** can happen. One's adversary can attack from behind, with cohorts, with a weapon, and in **any unconventional, unanticipated manner**. There are no referees, mats, safe areas cordoned off, timers, second rounds, rematches, or rules of **ANY** kind. The situation can occur when one is with loved ones, when one is suffering illness or injury, when one is focused intently on some other activity, when it is raining hard, when it is night time, when one's clothing is cumbersome and forbidding of

many competition moves, when the ground is icy or strewn with debris or irregular or is otherwise hazardous, etc. The quarters/terrain/surroundings where individual unarmed or armed combat erupts can be *anywhere* and at *any time*. **The risk, the danger, the uncertainty, the *absolute and total unrelatedness to competition* that *real combat* presents makes it misleading and *very dangerous* to believe that being a “competition champion” equates with necessarily being able to prevail in *real unarmed or armed combat predicaments*.**

Good training in quality, proven combat methods will absolutely give the possessor of those methods an enormous advantage. But it will not and cannot provide any guarantees of victory in all cases. By realizing this and letting it guide one toward a commitment to *avoid* violence if at all possible, or if not possible, ***to do whatever one can do, regardless of how fierce, destructive, unethical, and vicious it may be*** in order to win, will produce a real combat arts man; someone who is **realistically** tough, confident, ready and willing to “go to war” when nothing less will do, in order to defend himself or someone he loves — and to do so with total disregard for the opposition.

It is very possible for the person who approaches the matter realistically and seriously, and who is prepared to **TRAIN HARD**, to enjoy the confidence and ability that he seeks to achieve. But he can do it only when he undertakes training that is truly geared to the realities of individual battle. And one of those realities is the acceptance of the fact that, while he may achieve an overwhelming advantage through his technical and mental training, there will always be an element of uncertainty in unarmed and armed combat. *There is no defense against everything*, so he must never lose his commitment to maintaining an edge, and thus hopefully be ready to prevent — if not counter — *whatever **any** enemy might throw at him*.

Bradley J. Steiner

DVD Course NOW AVAILABLE!



(You Can Learn Self-Defense and Close Combat At Home!)

Here are a few comments about us and what and how we teach, from a handful of the many genuine authorities in the field of close combat and self-defense who are familiar with us and with our work:

“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”

— James R. Jarrett,

Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”

— Greg Anderson,

Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.

“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is incredible!”

— Detective Ralph Friedman (NYPD Retired),

Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has

received, among other awards, the coveted 'Combat Cross'. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”

— Maurice (“Maury”) Geier,
Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”

— Grandmaster Jim Harrison,
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim Harrison’s accomplishments and contributions to the combat arts in America.

“From you I learned the valuable lesson of ‘attacking’

**instead of ‘defending’ when you have to defend yourself”
— Grandmaster John McSweeney,**

The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis’ contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis’ works.

“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”

— George Kalishevich,

Former USMC Sergeant and combat veteran of Southeast Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960’s. He was also an experienced bouncer. He passed away several years ago.

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970’s, I found that Mr. Steiner’s advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner’s writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner’s vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner’s”.

— Grandmaster John Perkins,

The brilliant innovator of ‘Guided Chaos’, John Perkins’ background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.

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

DVDs!

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now

available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this

instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior

experience in any martial art can understand and develop the skills! These are the first four of *American Combato's* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

DVD#2 BASIC BLOWS

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

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife

- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

• Key principles and tactics of countering more than a single aggressor

• The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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

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

DVD#11 KNIFEWORK

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

- Defending yourself with a knife

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

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

All DVD purchases are of course nonrefundable.

Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner
P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

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

Multi-Directional Attacking Drills

IN the *original* kenpo-karate system of Prof. William Kwai Sun Chow a most interesting training drill (presumably developed by Prof. Chow himself) was taught. It was called “**Attacking The Circle**”. The student, standing in a natural stance, proceeded to launch an attack from where he stood inside an imaginary clock-circle to “12 o’clock” (i.e. directly to the front). He then returned to the center of this clock-circle and attacked again to 1 o’clock. He

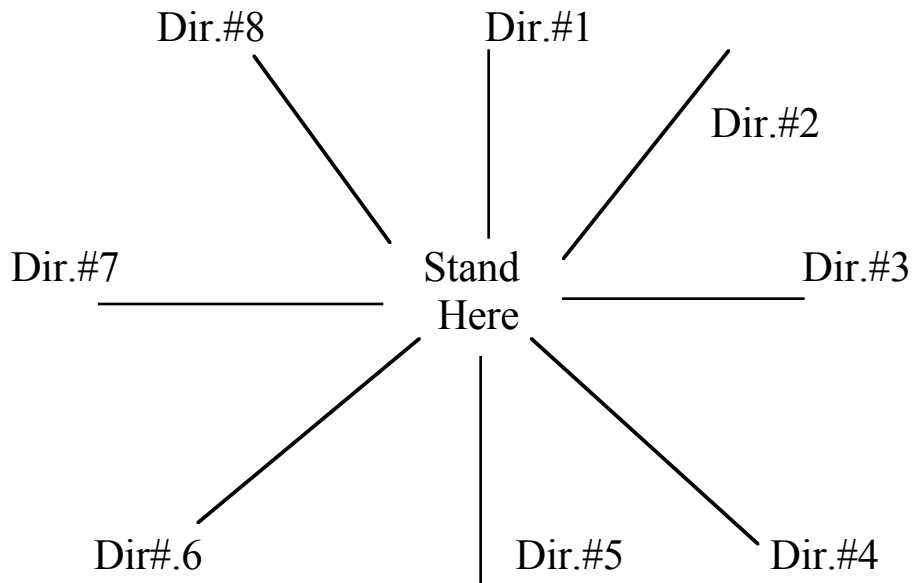
returned to center and attacked to 2 o'clock, and then returned to center. On to 3 o'clock, 4 o'clock, and so forth, all around the circle until he concluded with a final striking attack again to 6 o'clock. Then, the student repeated this drill *in the reverse direction* until reaching 6 o'clock. Several different strikes were used in this drill, and sometimes two strikes — i.e. a backfist to the face, followed by a backfist or hammerfist to the groin, etc.

Chow, in our opinion, was a brilliant man insofar as karate was concerned. He did *not* teach the usual types of “kata”, but instead had students drill without a partner (in addition to **with** a partner) in the many kenpo-karate self-defense techniques. For that time in history (early 1900's), this elimination of classical kata, was unheard of in any karate systems. Chow's solo drill methods were much more practical than the karate-type kata that was virtually universal at the time.

In *American Combato* we have a training method which we developed many years ago called “***Spontaneous Kata***”. It is an excellent practice and drill method and actually achieves for our combat arts trainee what Western boxing's “*shadow boxing*” achieves for the boxer. And if you doubt the value of this type of training, remember that Jack Dempsey — world heavyweight boxing champion — proclaimed shadow boxing to be next in value for developing the fighter **only** to actual ring fighting. Spontaneous Kata supplements the training that our students do with training partners, with combinations, with basics, and with striking aids.

Spontaneous Kata is taught to our brown belts. It does require personal instruction to insure that the students learns, understands, and can do the drill properly. **However** . . . we have another type of drill, which we utilize in group class from time to time that we **can** explain satisfactorily to our readers, and that they can utilize to good effect with all of their basic *karate*, *atemi*, or *unarmed close combat* blows. We refer to it as “*Multi-Directional Attacking Practice*”. With enormous respect to the late Prof. William Chow, we believe that our multi-directional attacking drill is quite a bit more practical than “*Attacking The Circle*” (a drill which, by the way, we **used to teach** decades ago . . . of course with credit to Prof. Chow).

To utilize our multi-directional attacking drill, you begin by standing in the center of an imaginary eight-pointed star. Like this



Now select either the **single blow** or the **attack combination** that you wish to practice. Practice driving the blow or combination as powerfully, speedily, and realistically toward one of the six directions. ***Return after your initial action to the center of the star and repeat the same blow or combination at least 15 times.*** We strongly recommend that you repeat it **30** times, after you have built up your condition. Use two (2) of the eight possible directions in a single practice session, and do so on *both* sides. For example: Let's say that you wish to drill one of our 30 attack combinations (described in great detail in our DVD Course), and your choice of directions is #2 and #3. (You will of course work on directions #7 and #8 as well). You stand facing direction #1, then, imagining you become aware of an assailant

moving on you from direction #2 you turn slightly in that direction and lash out with your chosen attack combination for the day. You repeat this at least 15 times, striving to put everything into each repetition. Take a minute or so break. Return to the starting (center) position. Now imagine a sudden attack coming at you from direction #3. Drill your “attack or single blow du jour” at least 15 times in that direction. Thirty is your goal when development and condition permit.

Take another break.

Go back to the starting position and follow the same routine you just did, but attacking to directions #7 and #8.

When you attack to your **right**, lead with your right foot. When you attack to your **left**, lead with your left foot. *When you attack to your direct front (direction #1, to to direction #5, your direct rear, attack both by turning to your right and to your left in order to develop ambidexterity with all of your blows and attacks.*

It is very important that you do each practice direction a minimum of 15 repetitions because this *trains the motor nerves* and drills the actions until they become automatic and natural. It also better conditions the mind by improving the opportunity for vivid visualization.

We do **not** recommend doing single repetitions and drilling around the entire circle at one time as was taught in the original kenpo-karate. **Focus on only a couple of directions with one, single technique, for a good number of repetitions, at a single practice session.**

This enables you to really “burn” your blows and combinations into your nervous system, and to cultivate practical **footwork** and **attack mindedness** realistically and *at the same time* in a manner approximating how you would react and preempt an assailant’s attempt at a surprise attack.

If you have a BOB or BOBXL dummy you might want to stand it at an angle in relation to you that enables you to work on your desired directions for the workout and actually land blows.

Good luck! We hope that you enjoy and benefit from this training method.

Truths No One Wants To Hear Regarding Self-Defense And Close Combat (*But they had better get through their heads!*)

1. It is a near certainty that in a *real* combat encounter, regardless of your knowledge, skill, or physical condition, you are going to get hurt. And some situations pose a potentially lethal threat *even to experts*.
2. Any **multiple attacker, weapon, or attack from behind** is *extremely serious* and should be recognized as always being a *deadly* threat even to an expert.
3. Regardless of what popular fads and commercial interests keep pumping out, **you should always strive to stay on your feet** in any encounter; *never* willfully attempt to take an opponent to the ground!
4. It is *not* true that “all fights inevitably end up on the ground”, or that ground fighting per se is essential to winning in a self-defense emergency.
5. Attempting arrest, control, or pain compliance holds is foolish and **unnecessary** for self-defense or military close combat — and such skills are best left to law enforcement and security professionals.

6. Strength and size **DO** matter in personal combat.

7. It is above all critical to ***strike hard, fast, and decisively as soon as possible!*** Hesitation, delay, and a “defensive”, less-than-full commitment to ending the encounter by attacking immediately and overwhelming your adversary is more likely to cause you to fail than an inadequate skills repertoire.

8. Mental conditioning ——— the combat mindset ——— is more important than technical skill (although quality skills are crucial). Animalistic viciousness and ferocity provide “fuel” for the successful application of the *techniques* that you employ. You need to be more mentally ready for all-out murderous violence than your enemy.

9. Forget completely about stopping an adversary with a single blow. Human beings are extremely difficult to stop when they are determined, aroused, enraged, and — often — influenced by alcohol, drugs, or/and insanity.

10. Real attackers (not “dojo mates”) are dangerous and are usually quite willing to maim or to kill you. At least you **must assume that this is true any time that you are attacked**, or you could easily fail to react adequately in order to defend yourself.

11. Do not confuse *competing* or *sparring* with hand-to-hand combat. Participating in the former does not prepare you for the latter. And vice versa.

12. There are no “secrets”, “mysteries”, or “hidden” skills that any military elites, law enforcement people, or martial arts “masters” know. Whatever works in serious, real world close combat has been discovered, wrung out, and is available to **YOU**. You must, however, *learn* those skills and then *develop* them fully. They do not work by magic. And merely knowing *how* to employ them is in no sense enough. You need to *be able to apply them under combat conditions*. That means hard work and regular training.

13. The classical/traditional Asian martial arts are valuable, beautiful, and very fascinating studies for those who are interested in them. However, the Western methods — developed during and after the close of WWII — are, *for practical combat and defense purposes*, preferable. They are simpler, more realistic, more adaptable and more retainable, and they provide excellent, functional combat and defensive abilities in only a small fraction of the time that classical arts require in order to achieve a mere *marginal* combative capability. Nor are they diluted by sporting aspects.

14. Neglecting to study the combat employment of

modern weapons leaves you inadequately prepared for either modern self-defense *or* military close combat.

15. **War-proven blows** and related “anything goes” actions (like biting, eye gouging, clawing, seizing and grasping) are the types of techniques that constitute proper real world combative action. Chokes and strangles are the best “holds”, and only the simplest ***combat*** throws and takedowns, may be considered for real combat. Fully 90% or more of a combat curriculum must be the war-proven blows and “dirty” methods.

16. Never, ever get into a **fight**. Self-defense is ***reacting*** to unchosen, unprovoked, unjustifiable violence. “Mutual combat” — i.e. *fighting* — is either an insane and illegal activity that is engaged in by impulse-dominated, machismo-driven savages, morons, psychos, troublemakers, and assorted criminal types, or it is recreational or professional “sport” (i.e. judo, boxing, MMA, wrestling, fencing, football, kick boxing, sport karate, UFC, etc.). **AVOIDANCE** of ***actual*** fighting is the combat student’s first “self-defense technique”.

17. A serious attacker must be rendered **helpless** and **harmless** (i.e. usually ***unconscious***) before you are safe, ***unless***: The attacker turns to flee, or you are able to escape the scene of his attack and get away safely.

18. A woman **cannot** engage a male assailant on an equal footing. She needs to utilize the advantages that she *as* a female possesses, and she must appreciate that **any** unknown male attacker poses a *lethal* threat. She is more fragile and less naturally equipped physically for combat than a man. A woman should *always* rely upon a weapon **first** — if possible — whenever she must deal with an unknown male aggressor *or* with any male whom she knows or has good reason to believe is dangerous and violent.

19. There is no “nice”, “refined” way to defend yourself. Real combat is brutal, dangerous, damaging, and frightening.

20. Never engage a dangerous enemy (mugger, kidnapper, rapist, car jacker, home invader, etc.) unarmed, *unless you have no weapon or object-at-hand that you can use as a weapon*. Rely on your weapon *first*.

21. Quality outstrips mere quantity. Really **master** a good, solid repertoire of reliable techniques; you only need a handful of eight or so basic blows, half a dozen solidly-motor memorized attack combinations, and perhaps two dozen counterattacks (self-defense techniques). ***MASTER*** those skills and you will be able to flexibly adapt them to almost any conceivable situation.

22. You *must* get some experience hitting something full force with the blows that you acquire. Striking posts, dummies, heavy bags, etc. provide a safe way to develop powerful and reliable natural weapon blows. Since real world combat demands emphasizing attacks to the **eyes, throat, sternum, solar plexus, ears, carotid arteries, knees, testicles, bridge of nose, philtrum, kidneys, spine**, and a few other very dangerous targets, practicing any contact during forceful practice is insane. Stopping blows short of contact *must* be done in training with partners. **Never modify blows and other attacks so that safe targets may be struck. This results in instilling *two* different sets of reaction: One for practice, the other for real.** This subverts the development of instant-reaction capability for emergencies — which you will need.

You can train for contest, or you can train for combat. Do not try to train for both.

NOTE:

***AMERICAN COMBATO (JEN•DO•TAO)* is significantly different from all classical/traditional and sporting/competitive martial arts and almost all modern close combat/defense systems. One of our Black Belts, Dave Smith, brought the following quote to our attention. While our System and Krav Maga are not identical, Lichtenfeld's statement certainly parallels that which has always been our own fundamental doctrine:**

"When a martial art becomes a sport the lethal movements have to be restricted. This

destroys the basic principle of Krav Maga: You automatically end the fight by putting an end to your opponent."

--Imi (Sde'or) Lichtenfeld, Founder, Krav Maga

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- OVERALL BODY STRENGTH IS DEMANDED IN HAND-TO-HAND COMBAT, BECAUSE UNPREDICTABLE, IRREGULAR, AND EXTREME EXERTIONS ARE PART AND PARCEL OF INDIVIDUAL BATTLE
- THE COORDINATED AND EFFICIENT USE OF STRENGTH IS REQUIRED, IN ORDER TO GENERATE THE TECHNIQUES OF HAND-TO-HAND COMBAT, AND TO DO SO AGAINST A STRONG, DANGEROUS, AND RESISTING FOE

• ANYTHING THAT WILL CONTRIBUTE TO THE INDIVIDUAL'S CAPACITY TO **GRIP POWERFULLY**, TO **LIFT EFFICIENTLY**, TO **APPLY GREAT PRESSURE WITH HIS ARMS**, AND TO **HIT WITH ENORMOUS STRENGTH** (*THESE ATTRIBUTES ARE REQUIRED FOR SEIZING AND RETAINING A GRIP ON THE ADVERSARY, FOR THROWING AND SLAMMING THE ENEMY TO THE DECK, FOR STRANGLING AND CHOKING, AND FOR STRIKING, AND KICKING, RESPECTIVELY — AMONG OTHER THINGS*).

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