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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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www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

LISTEN TO OUR RADIO INTERVIEWS!

Prof. Bryans and ourself each did 1-hour interviews on the Rick Barnabo Show in Phoenix, Arizona. If you go to prescottcombatives.com, click on “home”. When “news media” drops down, click on that — — and there’re the full interviews! . . . and listen to our interview on Coast to Coast am with George Noory and our most recent interview with John B. Wells on Caravan to Midnight on

www.prescottcombatives.com.

Editorial

The Surprise Attack — For *Defense?*

A large number of our visitors ——— lots of newcomers to our web sites ——— come from a background in the more traditional arts of ju-jutsu, karate, and variants thereof. Some have become disenchanted with the formal/traditional martial arts and are convinced that a much more functional form of real self-defense and close combat better suits their needs. Others continue to practice a classical discipline, love their Art, but feel a need to bolster what they're learning with material that can be better relied upon should they encounter a genuine crisis (as opposed to their nightly sparring partners). All perfectly valid and we cordially welcome them.

One prevailing theme in the classical philosophy of individual combat — regardless of school or style — is that **the practitioner does not make the first move** in an encounter. He *defends*; and that means his actions when using the particular version of *karate* or *ju-jutsu* that he trains in are initiated *only* after the adversary starts the damn thing! (“Karate begins and ends with blocking”; “In karate, never make the first move”; “Ju-jutsu is for self-defense. Use it only when an attacker initiates violence against you”, etc.). All of us who have been involved with one or more of the classical Asian disciplines has heard these admonitions. What is more, if we've been trained to black belt level in *any* properly taught Asian martial art, and at any reasonably large school in any major city for several years or more, we have witnessed the occasional “hot shot” get kicked out by the school's professor or headmaster because he failed to keep his temper and let some punk have it in the street or elsewhere, *before that punk initiated violence against him*.

Before going any further let us say emphatically that we **agree** with such a philosophy of **avoidance of violence unless one is clearly in danger**. We do, however, implement this philosophy differently than do the classicists. And with all due respect to those in traditional martial studies, we are 100% convinced that ——— *for self-defense and close combat* ——— our way, as

we teach and have since the 1970's been teaching it in *American Combat* — is the hands down best and most reliable way to implement it.

Our emphasis when preparing to deal with the violent offender is to focus upon **attacking him first and furiously**, once his demeanor, initial gesture, body language, positioning, and other warning signs of impending physical aggression convince us that we are in danger.

Instead of waiting to block the first punch, so to speak, we wait until it is obvious that he is *about* to throw a punch (or a kick, or whatever the hell else he may be on the verge of directing against us) **and we attack preemptively, denying the assailant the enormous advantage of landing the first offensive action against us.** This is self-defense in the most efficient and effective form. (Of course we stress **avoidance** first and foremost, whenever possible, and we develop effective counterattacks, should we not be able to preempt an aggressor. *However*, when you simply cannot get away, diffuse a lunatic's desire to fight, or see an attack about to happen — say from behind, etc. — then a fierce, powerful, relentless and decisive explosion of **aggressive, attacking force** remains the ideal way to convince a violent troublemaker that he made a big mistake in his choice of victim that day!

“When you are attacked, attack the attacker!” We said it first in print and in live instruction even before we established our System of *American Combat* in 1975, and we stand by it as **The Premier Strategy** for defeating a foe in a self-defense emergency.

Never give an attacker the opportunity to strike first once you are convinced that it is his intention to strike. Seize the initiative!

None of this is an advocacy of unjustifiable aggression. Remember our three stage philosophy of self-defense is: **First, avoid if at all possible. Second, if avoidance is impossible and harmful violence is what you now face from a dangerous individual who is bent upon injuring you, preempt with a decisive attack. Third, if you are caught unawares and taken off guard, retaliate with the most vicious and destructive counterattack of which you are capable.**

This has worked beautifully as readiness conditioning for countless students over the decades, and in some cases has resulted in intended victims of violent attack neutralizing larger and stronger aggressors *with little or no injury to themselves!* — *even successfully handling two or three attackers!* Naturally, every student of self-defense must reconcile that he ***will be hurt*** if and when he must act to defend himself, because usually he will be. But the happy exceptions do arise now and then, and we — and surely **they!** — are understandably grateful for them.

Stop thinking of self-defense as a completely reactive activity. When and if your safety, perhaps your life or the life of a loved one, is ever threatened, you have a perfect right to be furious, to go into action decisively and aggressively, and to inflict whatever injury you must inflict on your foe, in order to stop him.

Never betray your preparedness for combat to any savage who is before you. Let no gutter punk know that you've shifted to "condition orange" and are a hair's breath from crippling or maiming him — or worse. ***You must cultivate the opposite of the ethical, fair-minded "competition" pose of the sportsman.*** No squaring off and waiting for the signal. No going into some exotic karate stance. Just *blast through your antagonist* the very moment that you become convinced it's "now or never", and he *will* injure or kill *you* if given the chance. **Do not give him the chance!** The unexpected, vicious attack that jams his own act of aggression and leaves *him* on the receiving end of decisive violence that you *do not stop until he is helpless* is the most likely action to win the day. Be sporting, defensive, ethical, considerate, compassionate, and merciful **at the risk of your life, and possibly the lives of those you love!** We are not being dramatic here — just emphatic.

"Self-*defense*" should always be your *reason* for employing force against another person. But **FEROCIOUS SURPRISE OFFENSE** must be your *means*, if you truly hope to be victorious over determined, dangerous, violent criminal offenders.

Bradley J. Steiner

Keep The Radar On!

COMBAT skills will be needed, if they ever are, at an unexpected time. At least this is true for the sane and responsible individual. A useless fool who *looks* for trouble is another story. Such a jackass might well know ahead of time that in a couple of hours he's going to become embroiled in a fight, simply because he intends to provoke one. We want nothing to do with scum like this, and nothing that we believe, teach, do, advocate, or espouse is intended in even the slightest way to provide counsel for such living garbage.

The *decent*, responsible, worthwhile **human** being wants nothing to do with violence, and because this is so, *if* he ever needs to employ the techniques of personal defense that he acquires, it will be due to one or more savages giving him no choice but to defend himself. Trouble will come to him at an unexpected moment because *if he knew ahead of time about a forthcoming encounter with violent trash he just wouldn't be there.*

It is the opposite of any combat sport. Matches between participants in all fighting *sports* are arranged ahead of time. No one suddenly and unexpectedly "finds himself" in the ring or on a mat in a sporting contest. Sport matches are engaged in by *willing participants* and according to rules. They occur at an appointed time and place, and there is a referee present always, to assure that both entrants obey the rules and fight fair. No one gets *jumped* in a match. No one is attacked by two or more scumbags in a match. No one is pressed to engage in a fighting match if he is injured, sick, or disinclined to proceed. No one need fear a weapon being pulled on him in a match. No matches are conducted on concrete sidewalks, in parking garages, on stairways, in restaurants, stores, classrooms, offices, apartments, etc. When in any of those or other places where normal, daily pursuits take place, generally the **last** thing a person anticipates is having to defend his life and limb. *And that's why effective training for the real world must stress the maintenance of an attitude that bears zero relevance to even the most aggressive and hard fought **sporting** combat matches: an attitude of **ANTICIPATION** coupled with **STEADY SITUATIONAL AWARENESS (ALERTNESS)**.*

Please think about **radar** for a moment.

Radar is employed by sensitive military installations **24 hours a day** — every single day of the year. The radar screen is constantly *checking* . . . scanning the area where it has been designated. It matters not whether any particular threat is *anticipated* at any particular time. In fact it is all but axiomatic that any real threat from enemy aircraft will come *by surprise*, and in fact that is the reason for using radar in the first place; so that **enemy aircraft will be unable to take the radar-protected facility by surprise**. There will be ample warning as any aircraft approaching will cause a blip on the radar screen, triggering the protected facility's immediate jump to readiness — until the blip is identified as “harmless” or “friendly”.



THINK OF YOURSELF AS “TURNING ON YOUR PERSONAL RADAR — AND KEEPING IT ON — AS YOU MOVE THROUGH YOUR DAY AND YOUR DAILY ACTIVITIES. YOUR “RADAR” IS AKIN TO “CONDITION YELLOW”. IT’S ALWAYS ON, ALWAYS SCANNING AND CHECKING — INSURING THAT YOU’LL NOTICE ANY “BLIP” THAT MIGHT PROVE THREATENING BEFORE IT CAN HARM YOU!

Consider *your* decision to always maintain a level of preparedness to deal with violent trouble as “keeping your radar turned on”. No matter where you go, what you do, why you are where you are or why you are doing what you are doing, ***your mind is set to “scan and check” all about you.***

This is not difficult to accomplish and it could save your life. The difference between being alerted in time to the presence of a potential threat, and thus being fully prepared to **preempt it**, should it prove to be real, versus — at best — being obliged to ***react after the fact*** and hopefully neutralize an attack that has “gotten through” by the (hopefully adequate) employment of counterattacking or *defensive* measures, is significant. You want to preempt rather than counterattack if at all possible. Your “radar” will alert you to the need to do so . . . provided it is **turned on**.

Observe people walking down the street, “texting”. Or with headphones on, listening to music. Or simply paying not the slightest bit of attention to anything around them, as they stumble along to wherever they may be headed. *These people have set themselves up for any predators who may be in the vicinity and who are looking for their latest victim.* Observe the rare individual who walks briskly down the street with his head up, eyes glancing about as he proceeds to his destination; he pays attention to and notices *everything* and *everyone* around him at any time. No, he is not “100% invulnerable”, nor is he ever guaranteed that, even if he does see trouble coming, he will be invariably able to defeat it. *However*, he stands a **far** greater chance of effectively defending himself than does the inattentive person who — literally — *has no radar* whatever — to either be turned on or left off, and who is wide open to being approached without knowing what’s coming, and then *attacked* without the slightest chance to do anything before the attack “connects”. What’s more, the fellow who is sharply aware (radar **on!**) projects an obvious warning to any possible troublemakers that he is **ready**; that the troublemakers will *not* be able to enjoy any surprise advantage with *him*. And in most instances — because there are so many chumps about who haven’t a clue — the fellow whose radar is on at all times will probably not be selected by predatory scum for targeting, in the first place.

You cannot solve a problem if you don't know that you have it. The idea of "keeping your radar on" is a good one to remind you how essential situational awareness is in your commitment to avoid victimhood.

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the bottom of each page don't miss
clicking on the previous (archived)
pages containing many articles!**

**There is a lot of free material on here
that is solid close-combat and self-
defense oriented. No B.S., no sport,
no nonsense, and all FREE; with new
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A Fatal Flaw In A Foolish Fad

WE have gone to more than sufficient lengths to describe very adequately in

detail why —— worthwhile and exciting as a competitive sport —— and popular as it may be —— the groundgrappling-based MMA/UFC/Cage Fighting “martial arts” are ***not*** for practical, real world, self-defense and military close combat. Our Monograph on the subject, written six years ago and available for sale (i.e. *The Myth of Ground Grappling Supremacy In The Modern Combatives Field*) makes the case, and we may even be expanding it in the future. However, there is one point that we want to make here that is **especially** relevant for those mistakenly studying this fad *for actual combative applications*. (**Note:** For sport and/or pure enjoyment of the activity we have no disagreement with “BJJ” —— i.e. Japanese Judo and Ju-Jitsu ***adopted by the Brazilians***). For self-defense and close combat we see this activity as a foolish choice, derived solely from its place as a fad in the martial arts field. Fads do come and go in this field. Remember *judo/ju-jitsu* following WWII in the late 1950’s/early 60’s; *karate* in the late 1960’s/early 70’s, “*Kung Fu*”, and *Bruce Lee’s Jeet Kune Do* in the early 1970’s; *contact karate* in the early-to-mid 1970’s; *ninjutsu* in late 1970’s/early 80’s; and the *ground-grappling oriented Gracie Jiu-Jitsu* in the early 1980’s? (The BJJ/MMA/UFC stuff has remained very popular for two reasons: **1. It is a sport, and sports always prevail over drill and disciplined training that offers no audience-thrilling competitive angle,** and **2. Absolutely brilliant commercial and promotional efforts largely orchestrated by the Gracie family, and latterly by various promoters who know a lot about making a buck, and in our opinion couldn’t care less if the moneymaking sports shows contribute to fans’ and participants’ ability to win in hand-to-hand combat and self-defense emergencies.**

By all means train in whatever you want. We are not interested in debating what we ***know*** to be a non-debateable **fact**. We simply wish to present the facts about real self-defense and real close-in armed and unarmed hand-to-hand combat as the history of these closely-related activities has ***established these facts THROUGHOUT HISTORY.***

Please —— if your purpose is self-defense —— consider the following:

How you react to the onset of any violent criminal attack is crucial. *If you*

embrace the doctrine of the current fad you will try at the outset to take your adversary to the ground as your tactical imperative. That will be your objective in the encounter, and while perfectly logical in any contest that includes grappling, it could prove suicidal in any actual instance of individual battle. Against a knife, against multiple attackers, on a concrete sidewalk, inside a debris-strewn park, when attacked from behind, when in a furniture packed office, school room, or other facility, when in a restaurant, movie theater, bar, etc. *striving to go the the ground and apply a submission hold is NOT the right tactical approach.*

The fact that **IN COMPETITION** grappling normally beats striking had been established long before the Gracies were ever heard of in the United States. Universities had conducted matches between wrestlers and boxers, with results proving that in a sporting “fight” wrestlers almost always won. So? **Who the hell, assuming he possesses at least the brains that God gave a handful of gravel, would regard a “fact” about competitive fighting (no matter what systems or methods are involved) to necessarily correlate with the facts pertaining to real combat? (An awful lot of people, apparently!). But that hardly makes their beliefs or conclusions *true*. It does make them popular.**

Whatever else you accept and absorb and rely upon as your doctrine for handling *real* criminal violence or enemy military assailants, DO NOT, UPON CONFRONTING A REAL ENEMY IN A REAL EMERGENCY, try to “take him to the ground”.

Don’t agree? *Grapple away! May you never discover in real combat what your reliance upon sporting skills could cause.* (Well, on second thought, maybe we really don’t give a s—t if you do find it out!).. **Horses are not the only dumb animals that can be led to water but not forced to drink.**

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:

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

Technique-A-Week Training Tip

QUALITY trumps *quantity* as far as self-defense and combat skills are concerned. A dozen techniques that have been motor-memorized, committed to reflexive action, and that have been so thoroughly mastered and practiced that they can be applied in countless situations are worth a thousand techniques that have been half-learned. Yes, a good System of close combat/self-defense must be comprehensive in that which its curriculum covers. But typical martial arts include *way too many* “*self-defense*” *techniques, and a good, modern system should cover perhaps one fifth*

*the number of basics and counters that classical arts include. And these few — over time — should be thoroughly wrung out and made practical for the individual student. But it takes time. And a systematic, methodical and relatively *slow* process of study is best, so as to insure thorough mastery and learning.*

One approach to training that we recommend to close combat students is the following:

Take a practical technique that you know suits your physiology and psychological inclinations . . . a technique that “fits you like a glove”. Now, for one solid week, *every day*, spend 30 to 60 minutes drilling with full intensity and mental focus on that technique and **only** on that technique. Seven days, once a day, **ONLY** *that single* technique. We guarantee you will be shocked by not only the level of mastery of that technique that this week of practice provides, **but also the extent to which *everything else* hat you train in is enhanced!** This is because the *principles* entailed in doing *all* of the techniques of close combat are the same.



THE INCREDIBLY VERSATILE AND DESTRUCTIVE LOW SIDE KICK TO THE KNEE WILL ENABLE SOMEONE WHO HAS TRULY MASTERED IT TO DROP JUST ABOUT ANY ASSAILANT THAT HE SEES COMING AT HIM, OR WHO SEIZES HIS WRIST(S) OR ARM(S) . THIS KICKING ACTION CAN BE DIRECTED *DOWNWARD*, DESTROYING THE SHINBONE AND FOOT ARCH WHEN CLOSE-IN, OR IT CAN BE USED AGAINST A PERSON WHO ATTEMPTS TO KICK, PUNCH, GRAB, USE A KNIFE OR CLUB, AND A WIDE VARIETY OF OTHER AGGRESSIVE ACTIONS. SPEND 30-60 MINUTES A DAY FOR ONE WEEK ON *THIS KICK ALONE* AND YOU'LL HAVE A WEAPON THAT WILL STAY WITH YOU FOR LIFE. WHEN YOU RESUME NORMAL

TRAINING YOU WILL SEE THAT NOT ONLY *THIS* TECHNIQUE HAS IMPROVED, BUT THAT *ALL OF YOUR TECHNIQUES* BENEFIT FROM YOUR HAVING DRILLED SO HARD ON THE KICK.

Objection: “This sounds boring.”

Our response: That’s because it requires **discipline** and a 100% unrelenting, serious **mental attitude**, neither one of which the majority of those who train in martial arts seem to possess (or seem to interested in acquiring). *Yes*, this drill takes resolve. **That’s what developing real ability takes**. If it’s too much for you, don’t do it. You’re the one who’ll be missing out.

Life-Saving Tactical Rule

IN military and intelligence training courses one ironclad rule is taught to students regarding *escape and evasion* when the prospect of captivity by enemy soldiers or counterintelligence agents confronts them:

Make your effort to escape as soon as possible. Make your effort all-out, 100%, and the most total *drive-to-the-wall explosion of whatever skill, strength, and resolve you possess, that you have ever employed!* TRY NEVER TO ALLOW YOUR CAPTORS TO TAKE YOU TO A REAR AREA WHERE YOU WILL CERTAINLY FIND ESCAPE A FAR GREATER AND LESS-LIKELY-TO-SUCCEED CHALLENGE.

That’s for the military and intelligence people. The rule — slightly different for the private citizen confronting the prospect of kidnap and/or murder, or whatever kind of violence one or more atrocious felons have in mind for him — should follow **this** rule:

Never permit yourself to be taken from the primary crime scene location. No matter how dangerous an effort to get away

from your abductor(s) may seem (and YES, it will probably entail risking your life) you stand a greater chance of surviving then and there than you would stand by allowing yourself to be taken wherever the felon(s) takes you. Consider: You *always* have at least a 50/50 chance (with luck, good training, the element of surprise, and the mindset to SURVIVE NO MATTER WHAT, you have a surprisingly *excellent* 80-90% chance of success IF YOU RESIST FURIOUSLY *at the scene.*)

One very important part of good self-defense training is learning **when to use the skills that you've acquired**. This must be addressed *before* a crisis comes up because possessing the skills by itself does *not* by any means insure that you will possess the presence of mind and the **made-up** mind that is required to act decisively (or to refrain from action) in real world situations.

One of the most lethal and frightening “real world” predicaments is that of suddenly being confronted by violent criminal abductors. Even the most technically excellent practitioner can freeze in such a predicament —— or act prematurely, in *panic*. **No good!**

The time to decide when and how to take action is *during practice and training*. That's when your decision must be finalized, hung on the hook, and kept in readiness *just in case*. When that catastrophic moment arrives *it is too late to rationally and calmly make up your mind and act on a settled decision*. **Understand this vital rule and principle of personal defense and survival NOW.**

In a planned abduction the victim is made to feel that any resistance will only result in his death —— and normally the abductor's command will suggest that compliance will save his (i.e. the *victim's*) life:

“Do what I say and or you'll be shot.”

“Get in the car or I'll use this knife.”

“Come with us or we’ll kill you.”

“If you want to live then keep quiet and get in the car.”

“Come with me or you’re dead.”



ALTHOUGH HIGH-RISK AND LIFE-THREATENING, TAKING ACTION *AT THE PRIMARY STAGE OF AN ABDUCTION* PROVIDES THE GREATEST CHANCE OF SURVIVAL. IN THE REAL WORLD BEST TO MAKE YOUR MOVE WHILE STANDING. ABDUCTIONS OF CIVILIANS NORMALLY OCCUR IN URBAN SETTINGS AND THE ABDUCTOR WANTS TO GET OUT THE AREA FAST!



ONCE YOU'RE IN *THIS* POSITION YOUR CHANCE OF SURVIVING THE INCIDENT ARE VERY, VERY SLIM; MUCH LESS THAN IN THE INITIAL STAGE



ONCE BOUND AND GAGGED AND HELD CAPTIVE WHERE THE ABDUCTOR(S) HAVE TAKEN A CIVILIAN CAPTIVE AND NOW CONTROLS HIM COMPLETELY, HE STANDS JUST ABOUT *NO CHANCE* OF SURVIVAL.

All of those commands imply that *if the victim goes with his abductors, his life will be spared*. And who can blame someone facing what has been made to appear to be certain death if he fails to meekly cooperate for cooperating?

It is necessary to understand:

- 1. If the abductor(s) was not afraid of raising an alarm then and there, he would have *ALREADY* shot/knifed/or beaten you to death.**
- 2. If the abductor was not afraid of doing whatever it is his intention to do at the scene of the abduction he would *not* waste time and energy removing you to another location.**
- 3. If the victim explodes with powerful resistance, taking the abductor by surprise with any violent action (preferably a skilled and deadly**

action) then even if the abductor is not killed, he will almost certainly not risk chasing his intended victim or firing a shot at him. **THE ABDUCTOR ALWAYS WANTS TO MINIMIZE TIME SPENT CARRYING OUT THE ABDUCTION — AND ESCAPING THE SCENE IMMEDIATELY WILL LIKELY BE HIS ONLY CONCERN IF HIS INITIAL EFFORT FAILS.**

4. Again: *The intended victim of an abductor stands a far greater chance of living if he resists furiously rather than complying and leaving the primary crime scene with the abductor. And the chance of a successful escape is incredibly good and WELL WORTH TAKING.*[^]

5. Once taken to wherever an abductor removes his victim to, the odds against the victim surviving are enormous. It would be more likely that the victim would be killed by the abductor(s), and this **FACT *must* be understood and *felt in the individual 's "gut" as long before any catastrophic event occurs.***

6. Lethal force is not only *justified* in order to escape kidnapping, it must be clearly understood that the intended victim **SHOULD IN FACT USE LETHAL FORCE AND DO SO WITHOUT THE SLIGHTEST TREMOR OF HESITATION WHEN THE "MOMENT" ARRIVES AND HE KNOWS THAT HE MUST ACT. (Clearly a victim must *know how* to employ lethal force with total surprise *and* 100% unhesitant commitment, and serious training in war proven skills is one of the wisest investments anyone could make).**

This is the kind of situation that quality training in **genuine** self-defense must cover.

Make sure you cover it.

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