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SWORD and PEN

Official Newsletter of the International Combat Martial
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Self-Defense

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E d i t o r i a l

Training The Soldier Vs. Training The Private Citizen

IN some circles there is the belief that wartime close combat tactics and techniques are unsuited to the training of private citizens and police officers. This belief constitutes one of the few big differences between that terrific martial arts innovator and teacher (who was way ahead of his time) Bruce Tegnér, and myself. While we applaud and have since the 1960's been recommending Tegnér's works on self-defense, we have always had to do so

with a caveat. This included the idea that military training in wartime hand-to-hand combat was not suitable for “peacetime” self-defense. We hope that those who avail themselves of the excellent instruction otherwise contained in Tegnér’s numerous books on practical self-defense **do not** accept, and are not guided by, this misconception that Tegnér sincerely believed.

We believe that one of two (or quite possibly both) of the following explain Tegnér’s position:

1. Bruce Tegnér was a very decent and reasonable man. At the time when he flourished in the field of public instruction — via teaching and writing — things were most definitely different in urban America insofar as violent crime and physical violence generated by street filth and bullies was concerned. The decade of the 1950’s was the greatest decade in American history. And, with the exception of the beginning of socialism, which began to blossom as acceptable then, and creatures such as the “hippies” starting to appear on the scene, and the foisting of the Vietnam War upon our military and private sectors by inexcusable political garbage who tossed the bravest and the best of our Nation into a war that they *did not permit them to win*, the 1960’s was only slightly less marvelous than the 50’s. *The society in which Bruce Tegnér found himself, following WWII, was plainly not plagued by a growing subculture of psychopathic bacteria. Citizens were not for the most part concerned about confronting “enemies” bent upon maiming, killing, terrorizing, raping, and otherwise brutalizing them for no apparent reason.* The New York that we remember growing up in in the 1950’s and 60’s, was a **wonderful** place! It was a safe, cultured, civilized, sophisticated, and for the most part a *benevolent* place to live. The same was true of Los Angeles, San Francisco, and every other large city in the Country. Most of Tegnér’s students were young people, concerned more about being bullied by a——holes than they were ever concerned about having their dwellings invaded, their families murdered, being beaten to death, stabbed by some gang member (or shot), and so on. **Today**, just about everyone living in any major city in America *lives with the constant fear of one or another of those ugly catastrophes befalling him*, and the prospect of such violence is *not* extremely unlikely as it was back then. In fact, young and old, men and women, boys and girls need self-defense training today as a basic survival

skill.

The situation in peacetime **does** approximate (or as we believe, often **parallels** or **exceeds**) the situation experienced **in war** by the typical soldier or marine entering a hand-to-hand battle-to-the-death. Bruce Tegnér's halcyon years saw a genuinely *different* America ——— with people having different self-defense needs ——— than are all but indispensable in 2017.

2. *People* were different when Tegnér was formulating his approach to self-defense. Yes, certainly, there were deadly attacks to be reckoned with then, but they were unusual, odd, and exceptional. Tegnér did address these awful extremes of violence, but they were not the norm. Rarely was there a news report on the TV (the black and white TV, by the way!) or a news article in the dailies about a horrendous beating, rape, mugging, or murder. Today it is odd *not* to find several such news reports or articles in the media *every single day* in every major city.

We remember that it was literally unheard of (save amongst psychopathic outlaw gang members) for anyone to pull a knife on an unarmed person in a fight. Nor were two or more offenders generally involved ——— even in cases of bullying. Such atrocities *did* occur, but *rarely*. Today, they are the norm. We witnessed many fights between middle and high school boys. **NEVER** did we see anyone kicked when down, or otherwise continually pummeled once it was clear that he had lost the fight in question.

Morality was, by and large healthy in the 50's and 60's urban America, and it was **taught and emphasized by responsible parents**. Fathers were *fathers* to their boys and girls; not “buddies”. Mothers emphasized to their daughters growing up to be a responsible woman and a caring wife and mother. The bowel movement known as the “women's movement” did begin in the 60's. But it hardly gained much momentum because the relationship between men and women was **healthfully and clearly defined and largely remained so for years**. Public schools ——— awful prisons that they were and always had been ——— would never even then have dared to allow social misfits (i.e. typical public school teachers) to ask little Johnny if he didn't really feel like little Joanne; or if Carol, who started out as a healthy girl, wasn't “really hiding” her true identity as Carl?

The real **sicknesses** of our modern society simply did not exist when Tegnér's doctrine was being formulated and taught. **OF COURSE IN**

SUCH A HEALTHY, ESSENTIALLY FRIENDLY AND BENEVOLENT SOCIETY AN ERUPTION OF VIOLENCE IS NOT (TYPICALLY ANYWAY), AN APPROXIMATION OF WHAT SOLDIERS ENGAGE IN ON OPPOSITE SIDES IN WAR WHEN THEY MEET ON A FIELD OF BATTLE WHERE ONLY ONE WILL SURVIVE THE ENCOUNTER!

Sadly (and we would add, **disgracefully**) that *is the situation today* in our great cities, and virtually everywhere else that people live in communities.

Wartime close combat methods, tactics, and attitudes (and, often, weaponry also) **IS** appropriate to private citizen self-defense today. Violent crime victims today confront **WORSE** enemies than soldiers confront in combat. Remember: The enemy soldier is often a very normal human being with normal aspirations and a quite *lawful, well-adjusted, nonviolent* background. If it was his choice he would be back home with family and friends — not assigned by his nation's government to participate in the waging of warfare, and thus attempting to kill or to capture the opposition. *That is a far cry from the sort of brainless, worthless, dangerous, antisocial, violent s—t that chooses to prey upon, violate, torment, and terrorize the very human beings amongst whom he lives, and **who do not bother him!***

Remember these facts when you study self-defense. Wartime methods **ARE** appropriate to and necessary for modern self-defense. Do not deceive yourself. Only a police officer or other “peacekeeper” need bother with learning lesser measures. And even in the case of *these* individuals, a solid ability to handle the dangerous situation brought on by the violent killer must be mastered first.

If you are training in skills intended to win contests or to look cool, or to emulate motion picture good guys, or to carry on a martial arts tradition, you are not training in the sort of hand-to-hand close action brutality that your and your family's survival may one day depend upon.

Seek out, train in, and **MASTER** those wartime techniques that have been proven decisive, effective, and utterly reliable in combat. Truth be told: In this 21st century there is *no* distinction amongst those who understand real close combat and self-defense, insofar as training the soldier and training the private citizen is concerned. Though each will be applying his skills in a different context and setting, *both need the same skills*.

Bradley J. Steiner

Pacifism

PACIFISM is an interesting concept. As we understand it, it refers to an individual's attitude of *not believing in or having anything to do with violence*. We see one of two different expressions of pacifism. One insane; the other not merely "sane", but the mark of a reasonable, civilized, properly educated human being.

Here's the **insane** expression of the philosophy of pacifism:

"I will never use violent force against anyone — ever. Physical violence is inexcusable and can never be justified. Therefore, I unconditionally refuse to raise my hand against anyone, no matter what they may do to me or to anyone else."

We make the assumption that regular readers of this Newsletter, and enthusiastic visitors to our web sites do *not* fall into this — in our opinion — **absolutely insane** category of whackos who consider themselves "pacifists".

Something that may surprise our visitors is that *we* consider ourselves a pacifist, and that we strongly believe in, preach, and teach pacifism — of the **SANE** variety, that is. It is expressed thusly:

"I detest violence and the employment of physical force against human beings, and I will *never*, except when necessary as a self-protective, preemptive tactic, initiate destructive violence against anyone. I will never agree to fight with another human being, but if attacked suddenly I will defend myself in the most expedient, effective manner open to me, with **no** regard for my attacker. I will, further, take this same attitude of preemptive or reactive force in regard

to my loved ones.”

That we insist is sane pacifism. We like to put it this way:

Every decent and reasonable member of civilized human society is and should be held to the standard of being a pacifist — unless or until he is confronted by a need to employ violent force against physical violation of himself or another person.

Without intending to insult anyone, we’d say that unconditional pacifism — or the condemnation of and refusal to use force *under any conditions* is a flagrant philosophy of cowardice combined with insanity.

What do *you* think?

Some Close Combat Tips From

Pat O’Neill

IN case anyone doesn’t know: Dermot (“Pat”) O’Neill was the hand-to-hand combat instructor for the justly famous “Devil’s Brigade” — the *First Special Service Force* of WWII which was a combined Canadian/American Commando type Organization. They were toughest of the tough, and some have called them the *Supercommandos*.

O’Neill (a former detective with the Shanghai Municipal Police) had attained the level of 5th degree black belt in Kodokan Judo, which he earned at the Kodokan. He was the highest ranked non-Asian judo expert **in the world** during the 1940’s, and has also learned Fairbairn’s *Defendu* while serving in the SMP service. In fact it was Fairbairn who recommended O’Neill to the American service during the war.

The **original** O’Neill System which was developed for and taught to the

FSSF HAS NEVER BEEN TAUGHT SINCE THE CLOSE OF ACTION IN WWII. We learned it from Charlie Nelson many years ago, as we understand it, Charlie had learned it from one of O’Neill’s own wartime students. Following WWII O’Neill worked to develop much shorter courses, and even has a prototype manual written for the U.S. Air Force and Marine Corps. The *original* wartime “O’Neill System” consisted of approximately 45-50 hours of very hard, ferocious training, and the “Forcemen” practiced the excellent material that O’Neill taught *outside* and *in addition to* the formal training in skills that O’Neill himself provided in person, and oversaw during drill.

O’Neill, as a judo expert (5th degree) has triumphed over his native Japanese teachers who had awarded him his ranks **thanks to his special expertise and mastery of NE-WAZA (ground grappling)**. This should tell those visitors who possess at least the brains that God gave a plum something *extremely important* about today’s so-called “jiu-jitsu and MMA fads” when we point out these facts:

a) O’Neill threw out ground grappling *totally* when building his combat system for WWII FSSF troops. Like Fairbairn (also a judo/ju-jutsu expert, but with a lesser rank than O’Neill from the Kodokan).

b) O’Neill drew heavily upon some of the *Defendu* which he had learned under Fairbairn **as well as Fairbairn’s wartime counsel** on what made sense and what did not for actual combat. O’Neill, despite possessing a higher rank in judo than Fairbairn, understood very well that it **Fairbairn hands down(!)** who was the master of *combat* and *defense*. In fact O’Neill had observed *karate* as well (likely the Wado-Ryu System) when in Japan prior to WWII, *and* Chinese *ch’uan fa* (i.e. kempo or “kung fu”) when serving in Shanghai in the SMP. He **knew** what was needed and what would not work for wartime use.

c) O’Neill threw out the popular contest throws of judo, and *all* of the ground grappling. Like ourself he emphasized ***defending from the ground against***

a standing attacker and handling an inadvertent situation of “ending up on the ground with an enemy” in a manner similar to exactly what we teach today.

Some very valuable tips may be drawn today from O’Neill’s wartime method that serve as well today for serious hand-to-hand combat and individual self-defense. They made great sense in the 1940’s, and make great sense in 2017. Think about them . .

- Waste no time on techniques that are not simple and easily learned by anyone,
- Techniques must be retainable, once learned at a level allowing adequate performance under combat conditions,
- Never turn your back on an enemy,
- **Stay** on your feet or **get back** on your feet; ground fighting is for sport,
- Keep your kicks low. Do not kick above your enemy’s groin level,
- Leg trip and hip type throws are OK, but blows are to be preferred over throws, and throws should be preceded by blows,
- Strangulations are extremely effective ——— *standing*,
- Master your knife; your knife and any firearm in your possession must always be used before unarmed combat.

Nothing secret, shocking, amazing, or hidden. *And that’s why it worked and why it remains valuable to this day!*

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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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!

***Do Not Miss!***

An enormous source of instructional articles, professional commentaries, book reviews, and the American Combato System's structure, contents, and philosophy. NEW MATERIAL ADDED EVERY MONTH . . . ALL FREE!

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Total of over 400 articles packed with

instruction, training tips, suggestions, insights, and technical close-combat and self-defense advice!

After reading the latest entries, check the “archives” (bottom of each page) for lots and lots more FREE material devoted to quality skills, mental conditioning. Years of valuable writings! We’ve been a pioneer of what today is called “Reality Based Self-Defense” and the purveyance of the “WWII Close Combat Systems” since the late 1960’s — long before most of today’s “instructors” were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

Go After The Lower Leg!

HIGH kicks look impressive. No doubt it takes a lot of hard work and discipline to achieve the ability to deliver high kicks (as well as other fancy and acrobatic leg maneuvers). We will acknowledge gladly that classical martial arts students, especially in their teenage years and sometimes even in their 20’s and 30’s, often enjoy developing and practicing spinning, high, reverse, and flying kicks ——— and sometimes they get very good at them.

By no means do we wish to discourage young, avid followers of the various and beautiful Korean arts, or those who enjoy training in one of the Northern Shaolin “Kung Fu” systems, where extreme flexibility and agility with very difficult kicks is standard. To each his own.

However, when it comes to military hand-to-hand combat, and practical self-defense, it must be noted that acrobatic and high kicks are not the best way to go. Perhaps an occasional and rare representative of a style who possesses an unusual adroitness with such kicks *might* actually be able to handle a dangerous attack; but for the generality of those who learn them, high kicks almost invariably prove more dangerous to the kicker than to the kicked. And, once you begin to tighten up and lose your extreme dexterity (after age 40 or 50 or considerably sooner) your acrobatics are over. **So . . . for enjoyment practice all the high kicking you want; but for self-defense choose another option.**

Fortunately for us every bad guy comes with two extremely vulnerable and fairly large targets: Two lower legs. From the bastard’s kneecap to his toes you’ve got very good things to stomp on, kick, break, and smash with, say a walking stick, if you’ve got one of those handy.

Preeminent among the lower leg targets is the **KNEECAP**. It takes about 80 lbs. of force counter to the joint to break the knee. This is one of the “ideal” targets for self-defense. It’s **big, slow-moving**, there are **two of them**, and **it’s at a very convenient height**. Break the enemy’s knee and he falls. It’s as simple as that. And he falls in excruciating pain. We advocate a very powerful side **thrusting** kick that drives the *heel* of the foot (boot, or shoe) right “through” the knee. No *pushing!* *Kick like you were striving to kick down the door in a burning building!* It takes 80 lbs. of force. Train to be able to general 800!

No one’s blocking or grabbing or evading a surprise side kick that crashes down into his knee as he steps toward his victim. Kicking the outside or inside of the knee can have equally devastating an effect.

Second to the knee is the **SHINBONE**. Breaking a shinbone isn’t difficult. A

powerful sidekick will do it. A well-developed *inside-of-the-foot-edge* stomping kick will do it, too. A front kick can do it, but you're better off turned away and side-facing your adversary.

A second *way* to attack the vulnerable shinbone is by employing **either** an *inside-of-the-foot-edge* or an *outside of the foot-edge scrape-stomp*. This actually gets two birds with one stone. You kick into the underside of the kneecap and throw your entire bodyweight behind that foot. Now grind your shoe or boot edge into the enemy's shinbone and scrape down his shin, ending up by breaking the instep of his foot with a powerful stomp — bodyweight behind it.

Merely stomping down hard on an adversary's **INSTEP** is always effective. Use your *heel* for the greatest force and penetrative blow.

Unless steel-toed boots protect his feet, stomping down hard on his **TOES** will often effect a release or disorient to that followup can be easily delivered.

Remember that low area kicks work well when seized from behind. Back stamping to feet or shins or knees; even driving your heel up and back into the attacker's groin can work well . . . even though strictly speaking that's no attacking his lower leg.

With a walking stick and practice you can develop the ability to hit your attacker anywhere on the front, inside, or outside of his foot and leg. If justified of course you can use the opening created by such low impact to crack him across the head as he bends toward his leg.

However you look at it, **low, powerful kicks** are the way to go for *actual* close combat and defense emergencies.

It is worth emphasizing:

When you undertake the study of self-defense do not only think about whether you can perform the skills that you are being taught, *today*. Consider if the skills you are spending time on learning and developing **today**, will be retainable by you through the many **tomorrows** that come and go. *You will*

*not be the same person when you are 45 or 50 that you are at 20. And while you might find that you can still do some of the flashier stuff you did as a youngster, it will be **slower, weaker**, and you will be much more likely to fudge something, or to lose your balance. It will not be reliable for a battle with a couple of scumbag gutter hoodlums.*

Another extremely important point for the dyed-in-the-wool **self-defense** and **close combat** people: *Be certain that you constantly seek out, cultivate, refine, polish, and specialize in the simplest and most practically executed techniques that you can find.* A lightning-fast extended fingertips thrust to the eyes is reliable, and at the very least will give you a moment to followup with just about anything you need to follow up with — including the draw of your licensed handgun! That fingertips thrust, among fifteen or more **simple, basic, readily adaptable** other blows is where your self-defense repertoire should begin, technically. **HAND STRIKES SHOULD BE PREDOMINANTLY OPEN-HAND; KICKS SHOULD ALL BE LOW.**

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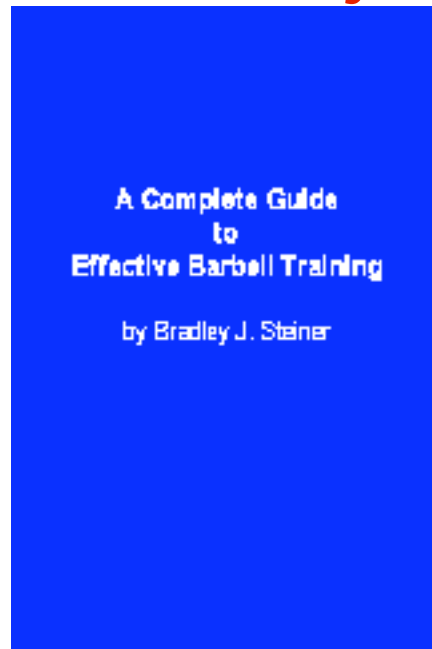
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There’s No “Toughest Kid On The Block”

WHEN I was 13 and in junior high school (“middle school” to those west of the Mississippi) I used to ponder who the toughest, most unbeatable man in the world was. For a while Hidetaka Nishiyama had my vote. For another while Mas Oyama. Then in my own back yard so to speak —— at Fordham Road and in the Bronx, running a Dojang in a huge loft above a movie theater, I met the late *Sang Soo Kim* (“Tiger Kim” as he was respectfully and affectionately known). Kim could easily have won or placed in almost any bodybuilding contest he entered. Cat-quick, flexible as a rubber band, and agile enough to kick almost *straight up*. He was expert at the blows of taekwon-do, including all of the spectacular and flying kicks. He was expert in judo (Korea’s Art of **judo**) and had hands so large and powerful that *he* was one of the few who could clamp a wrist-turning technique (kote-gaeshi) on

just about anyone and **make it work under conditions of combat**. For a brief while Tiger Kim had my vote as the toughest man in the world.

I have grown up since then. Rather dramatically.

In fact by the time I finished high school I ***knew*** that there was no such being as the “toughest man in the world”, and that there never could be one (not accurately determined, anyway). The idea was sheer fantasy. Still is. But in different ways martial arts enthusiasts still seem to think along those lines. “Who’d beat who?” they ask. Expert “A” or expert “B” if they fought? I know that so-and-so’s for real ‘cause he (fill in the blank). “On the other hand you can be sure that such-and-such is full of hot air. He couldn’t fight off anyone”. Ad nauseum and etcetera. The same kind of empty-headed, mindless, backyard gossip, old-woman **shamefulness** that dominates the stupid “forums” online (giving malcontents the opportunity to feel significant and belch out their insides — which consists of horseshit — all too often dominates individuals’ opinions (based on **SHEER CONJECTURE**) regarding the level of formidability of various students, teachers, and participants in martial arts.

As you learn **THE TRUTH** about *real* violence and *real* combat and what *really works* for *real* people when they are forced to defend themselves, you forget all about conjecturing! Unless you know the individual ***really well, and normally in shared experiences involving close combat FOR YEARS, you don’t know shit***. Plain English. I was just that kind of fool when I was in my early teens. I believed trophies, titles, and ranks in martial arts told you everything you needed to know. *Nonsense!* You can be very surprised at how well (or how poorly) someone about whom you have preconceptions-based-upon-your- “feelings” (or based upon some other malicious asshole’s prejudicial and malicious “feelings” *which you’ve accepted*).

The truth is **we’ve seen this happen**; the truth is **we’ve MADE this happen**: Confident in what passes for his “thinking”, so-and-so decides to challenge some close combat instructor. Quite properly, the Instructor in

question adamantly *declines* to accept any sort of “challenge”. He refuses a challenge to compete because he has nothing to do with sport. He refuses a challenge to fight because he not per se a violent or insane moron. **However, his readiness for trouble has been peaked by the moron who (as a CRIMINAL) might choose to start physical trouble. THAT is self-defense; and *that is* what the Instructor does.**

When the criminal troublemaker initiates violence he is dealt with. Very severely, and as subsequent medical evaluations confirm, **permanently**. He has injuries that leave him permanently disabled. Gee. Who’d of thought that, huh?

Well we *all* had better “think that”. Remind yourself that martial training is **strictly for unavoidable self-defense**. It is not at all a happy experience to maim someone whose attack was not prompted by a desire to commit murder, rape, robbery, kidnap, or some other egregious violent crime. However, experts and teachers in this field are not mind readers. Nor are they inclined to toss out “benefits of doubts”. In our own case, and in regard to the people we we train, **THERE IS NO DOUBT** once a hand is raised against you or your exit is blocked you explode and you continue to attack until the source of danger has been reliably **neutralized**. Sensible teachers and students to not hesitate. Precisely because they all **know** that their training is no ironclad guarantee that they will be victorious. ***They hedge their bet***, once they have been given no choice. It’s **WAR**. Total war, and nothing less. And **THE OTHER GUY STARTED IT!**

The term “mercy” is understood by few enough college and university teachers, let alone half-wits who gravitate to violence. “Mercy” literally means ***“Forbearance to the undeserving”***. Thank you, but I shall pass on that. The undeserving, as far as violent criminal attackers are concerned, will get **that which they do deserve: i.e. THEIR OWN DESTRUCTION**. Let them rot in hell.

All of this hopefully offers some incentive to those with good character to get away from the categorizing, labeling, titling, etc. of individuals in the martial

arts. *This is OK as far as the sports are concerned. In fact, it makes sense there. But abandon the infantile thought that people studying real combat need to be labeled and cataloged in accordance with their eventual level of lethality (which we remind you again, you cannot judge with accuracy, until some catastrophic emergency goes down for REAL).*

Many years ago we asked one of our teachers (Maury Geier) how he finally knew when an FBI agent was ready-to-go as far as handling a gunfight was concerned. Maury trained FBI agents, and we thought him The Man to ask. “You don’t know,” he told us, simply. “The acid test is when he gets into a gunfight. Until then it’s all learning, practice, and drills. You get an *idea* about a person . . . but you *never know* until it happens.”

That made great good sense to us as we thought about it and related it to unarmed combat. Same thing.

There’s no toughest kid on the block. Grow out of that moronic style of “thinking”.

The guy who lives on the competition mat or in the sparring area of the dojo and who can’t get enough competition, and rack up enough trophies, etc. could end up fodder for the ambulance in a street encounter. The quiet guy who simply drills and practices and has no pleasure in sparring could prove MURDER if attacked for real. All of the venom and hatred and desire to destroy that the quiet guy possesses is simply never apparent — in training and practice; and he doesn’t have the attitude needed to win at sport. But once attacked, this unassuming “quiet guy” might brutalize and cripple or even kill whoever makes a real effort to harm him, or a member of his family.

You can’t tell who the badasses are.

Fairbairn was a veteran of more than **600** deadly armed and unarmed encounters with truly dangerous felons. *Every person with whom I have*

spoken who knew Fairbairn well and personally, reports that he was polite to a fault, never raised a voice or an eyebrow to a student, always spoke patiently, gently, and considerately when teaching, and was in fact referred to as “The Deacon” by many, due to his gentle, kind, and thoughtful nature. Far from expecting this bespeckled, gentle man in his 60’s to be the “toughest, meanest dude around” (which he was) had they not known him in the OSS to be who he was, Fairbairn probably would have been thought to be a college professor.

Fools speak without fully knowing or understanding. Greater fools listen to them and think themselves “learning” from them. Don’t demean yourself.

Just about any person you’ve ever met can be, with the right incentive, a dangerous, aggressive, and destructive animal. Or, the same person could —— regardless of his build or appearance —— be a non-aggressive, relatively passive type. Appearances mean little or nothing in evaluating professionals in any field. And martial arts people are no different.

Judge each individual **as** an individual; and judge him **YOURSELF**. It rarely even pays to get the weather second hand!

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WE could say truthfully that our all-round favorite — our *only* — choice of handgun for self-defense and close combat, *if we had our choice*, would be the Colt Series ‘70 Government Model .45 autopistol. No doubt every visitor to this Site who is knowledgeable and experienced with handguns for combat has his own favorite sidearm . . . and his choice is just as valid as ours, for his purposes. We will not get into some version of “my gun is better than yours”. Let’s just say that there are an awful lot of handguns available — revolvers and semiautomatics — that are utterly reliable, ruggedly made, and of sufficiently powerful a caliber to do the job **IF** the shooter does *his* job, and places the rounds well.

*The serious self-defense devotee’s problem is **not** “Which is the ‘ultimate pistol’ that I must carry’.” It is:*

“ONCE I LEARN CORRECT GUN HANDLING AND COMBAT SHOOTING HOW DO I STAY ARMED-AND-READY AS CLOSE TO 24-HOURS-A-DAY AS POSSIBLE?”

Think about it. One of the great things about learning real world **UNarmed combat** is that you can *never* be without the particular “weapon” that such technical mastery provides. Don’t you believe it to be desirable that you be in possession of the armed option 24/7? Since violence can come at any time, all of those times when your handgun is left at home, in your vehicle, or in a safe, it is as though you had no handgun — because for the nonce *you do not*. No one believes more strongly that every decent person should be equipped

with a practical knowledge of reliable unarmed combatives than ourself. However, no one concedes more readily than ourself that there are many situations in which a handgun should ideally be utilized.

With ridiculous restrictions (which *must* be obeyed) regarding where a CCW carrier may bring his sidearm (no Post Offices, no Airports, no Federal Government facilities or offices, etc.) there is an insurmountable block against being armed 24/7 with a handgun, “regardless of where you go”. **That’s bad enough.**

There is a common sense way to insure that **wherever it is *lawful* for you to carry a handgun, you do.**

Become flexible and sensible. Make a careful, complete assessment of all of the feasible, comfortable, effective concealed carry modes that will accommodate you. *One handgun will not be enough.* The way you dress seasonally will affect the kind of sidearm you can carry concealed. Work clothes, informal attire, formal dress, uniforms, winter clothing, summer clothing, any kind of special work-related protective clothing, and so on and so forth, pretty much *all* will dictate that a different handgun be carried, and in a different place.

Never mind your “favorite” handgun. What’s preferable: Being unarmed, or carrying a perfectly serviceable weapon that is not your absolute first-and-only choice?

We have heard the .22 rimfire, the .380, and the .32 derided and literally laughed at by “pistoleros” who swore by the big 1911, *but who couldn’t carry it in instances when a small, well-made weapon of any of those three calibers would have enabled him to be armed.* That’s sensible? I don’t think so.

It’s nice to have plenty of money with you. But at least if you have *some* you can afford to get home. It’s a similar situation with firearms. That “underpar revolver” or automatic may well be your means of getting home! Don’t knock

it. When carrying your favorite weapon is not feasible, choose another weapon that practically meets your present need. That way you **remain armed**. And always remember *that* is critical for true and total preparedness.



VERY FEW PEOPLE ARE AWARE THAT W.E. FAIRBAIRN WAS A STRONG ADVOCATE OF THE LITTLE DERRINGER FOR SECRET OPERATIVES. A GREAT ADVOCATE OF THE COLE 1911 .45 GOVERNMENT PISTOL, THE SHANGHAI BUSTER KNEW VERY WELL THAT BEING ARMED AT ALL TIMES IS DESIRABLE, BUT IT IS NEARLY IMPOSSIBLE TO “ALWAYS” BE ARMED WITH THE BIG AUTO — OR WITH A LARGE REVOLVER. THE LITTLE GEM ABOVE IS A NORTHAMERICAN ARMS WEAPON. IT IS EXCEEDINGLY WELL MADE AND VERY CONCEALABLE. CALIBER IS .22 RIMFIRE — OFTEN UNDERRATED.

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