

©Copyright 2012 by Bradley J. Steiner - ALL RIGHTS RESERVED.

SWORD and PEN

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

APRIL 2012 EDITION

www.americancombato.com

www.seattlecombatives.com

**DON'T FORGET! WHEN YOU'RE FINISHED READING THIS
EDITION OF SWORD & PEN, CHECK OUT OUR OTHER SITE:
WWW.SEATTLECOMBATIVES.COM. THERE'S A TON OF
EXCELLENT INFORMATIVE AND INSTRUCTIVE MATERIAL
THERE, PLUS NEW ARTICLES ADDED EVERY
MONTH THAT YOU WON'T WANT TO MISS!**

E d i t o r i a l

COWARDICE

ONE of the most misunderstood words in the English language: *cowardice*.

Most especially for males, the thought of being a “coward” or of evidencing “cowardice” is repugnant. And, although we agree that cowardice is a shameful and disgraceful state in which to live and function, we *vigorously disagree* with the use of the term when referring to the kind of persons who are so often **mis**labeled “cowards”, and with the manner in which the word cowardice is so often bandied about.

Certainly heading the list of genuine **cowards** are *bullies, gang members, violent predators of all types*, and those pseudo “toughguys” who revel in violence *so long as they feel confident that they are engaging others whom they are easily able to defeat.*

The person who is afraid of being physically victimized is **not** a coward.

The person who does not wish to fight, and who disdains violence, and who quite often has no idea of what to do — and does nothing — when targeted by a bully, is **not** a coward.

The person who is not physically aggressive and who is bewildered by those who are, and who feels confusion and fear when confronted by such types is **not** a coward.

Yet the misconception exists, and is of course encouraged by *real* cowards, that those who are or who may be effectively victimized because they do not or cannot resist, are “cowardly”. Hogwash.

Why do we bring all of this up? Because we have over the years encountered too many decent and most pleasant individuals who, in desperation, have come to us for training in self-defense proclaiming, “I don’t know what’s wrong with me. I’ve never been able to fight back. I have to learn self-defense. Im tired of being a coward.”

That is what the enemy wants you to believe! Every low-life, festering two-legged infection on this planet who has delighted in pushing others around, in bullying those whom he believed to be helpless, and in posturing like a “tough

guy” so as to intimidate, browbeat, injure, demean, and trammel the rights of others, wants you — and every one of his future victims — to believe yourself to suffer from cowardice. This sewage *wants* you to feel yourself helpless because you believe that *you* — not he — is somehow “less than” you could be and readily subjectable to the overbearing impositions of s—t like himself.

The worst mistake that anyone can make regarding cowardice is to fail to comprehend its true nature, and the scum who in fact are cowards.

Anyone who delights in tormenting another whom he perceives to be weaker or somehow less able to fend for himself than he the tormentor is, is the vilest form of coward. Such a one deserves to be spit upon and excised from the human community (although he rarely if ever is). All who seek out and pursue opportunities to fight with those whom they calculate as being unable to defend themselves are **cowards** . . . cowards to the core. “Tough guys” whose “toughness” manifests only when there is an easy target handy upon whom they can vent whatever aggression these “tough guys” feels impelled to spew forth that day, are beneath contempt and deserve to be expunged from amongst the living.

*There is absolutely nothing wrong with you, or with anyone else, who avoids violence, strives not to be victimized, and perhaps feels inadequate to defend himself. **YOUR PROBLEM IS CORRECTIBLE!***

The real coward is not an innocent individual in need of a change in attitude and the acquisition of effective skills (which is what you are, if you have been victimized, and if you — erroneously — have accepted the verdict of “cowardice” upon your person).

A change of attitude and the acquisition of skills. That’s all *you* need. Believe us, please; we have been in this field for more years than you have likely been alive! You are anything but a coward, and it is the height of injustice and inappropriate muddled thinking to allow living garbage to victimize you and, in consequence, leave *you* feeling like there is something wrong with *yourself*.

Much malarky has appeared in the press lately about bullying. True enough, it is a damnable scourge and should be ended. But the “solutions” offered almost amount to aiding and abetting the bullies! Psychologists whose heads are apparently up their ass tell youngsters “Don’t fight back.” Schools run by people who do not deserve to be in charge of keeping animals in cages, let alone nurturing children, push a “zero tolerance for violence policy”. *How delightful it would be to see these teachers and administrators dragged from their comfortable offices and desks and pounded without mercy by street scum! The street scum would, presumably, have a field day. After all, these “teachers” and “administrators” wouldn’t fight back, would they? Hell, that’s no solution, is it?*

End the bullshit now. To hell with *you* feeling like there’s anything wrong with *your* courage quotient. The troublemaker, bully, and toughguy is the real coward. Make up your mind that if trouble comes to you, you will **CASH IN ON YOUR VIOLATOR’S COWARDICE!** Do what his victims have not so far done; **FIGHT BACK**. Crunch the piece of gutter s—t like a paper cup.

Yes, you’ll be afraid if you’re set upon. *That’s because you are normal and healthy; and all normal and healthy people disdain violence and prefer not to become embroiled in physical battle.* But do not confuse that rational fear with “cowardice”. **The scumbag who has targeted you is the coward! Go get him! Wade into him. Beat him, Kick him. Bite him. Don’t stop attacking him — and attacking him like a wild animal! — until he has lost the ability and the will to endanger you any further.**

Abandon the politically touted crap about “dialog” and “understanding”, etc. Do not be a victim! Your fears do *not* come from cowardice. They come from decency, civility, and good common sense.

Change your attitude, my friend, and obtain the skills you need. Then, if you need to do so, unleash merciless ferocity against the miserable coward who attacks you.

Bradley J. Steiner

The Head-Twist Takedown

VERY few throwing techniques are recommended for hand-to-hand combat. In fact, thoroughly excellent courses have been set up in which *no* throwing techniques are included, and these courses quite adequately prepare a man for close combat. Still, long-term, serious students of the combat arts will learn, and perhaps even on occasion have the opportunity to apply, some very basic, simple throwing or takedown actions. We'd like to discuss one of these techniques, which is broadly applicable and — like all worthwhile combat actions — is *simple*. It is called the “*head twist takedown*”. (Please, let's not have any nit-pickers making a distinction at this juncture about a **takedown** being different than a **throw**. Let's keep everything simple and very clear: In close combat throws = takedowns, and takedowns = throws. If it's an action that is intended to slam your enemy to the deck then you can refer to it *either* as a throw *or* a takedown. Okay?).

This technique actually derives from the old combat ju-jutsu systems. It was taught by Dermot O'Neill as part of his *O'Neill System of Hand-to-Hand Combat* when he trained the First Special Service Force (“Devil's Brigade”) during world war two. Seventh Degree Black Belt, Miconosuke Kawaishi, who brought Kodokan Judo to France and who headed up the French Judo Federation included this technique in his *self-defense* (i.e. ju-jutsu) programs.

This is one of the few throwing actions that we have adopted in our System. We teach it somewhat differently than the Japanese ju-jutsu masters and Pat O'Neill taught it, however.

In our opinion neither this nor *any* throwing technique ought be applied without first momentarily stunning an adversary with blows of some kind. Otherwise — especially in the case of a trained or “street experienced” fighter — there is the possibility that the necessary position which the applicant of the throw must assume to properly execute it will leave him open to a vicious and speedy counteraction by the opponent. Kawaishi advocated using the takedown against a frontal underarm bear hug. He also employed a grip that compressed the mouth and nose (almost as though an attempt was being

made to smother the adversary). We feel that this is not the best way to go, and we prefer to employ a grip approximating **the applicant's hand position after having completed a chinjab smash**. Individuals may try either version and settle on the one they have the most confidence in. We say, "Okay, but first box the attacker's ears or jam your thumbs into his eyes, and knee him in the testicles." You can see why we say this if you will ask a really **strong** fellow to take a frontal underarm body hold on you, brace himself, and then you *try* to twist his head. Good luck. If you are stronger than he, you might succeed. If not, you won't succeed, because without being disoriented he can brace up and tense his neck adequately to easily resist the twisting action; **and**, if you are caught in a *real* underarm hold that is applied with strength and determination you won't be able to muster the powerful controlling grips that you need to take with both your hands, so as to apply the takedown, at all. Remember: Any underarm bodyhold that is applied with great strength by a physically superior adversary will to a degree render the use of your arms impractical *until some other action weakens that hold*. In any underarm body hold your arms may be "free" but they are certainly not as readily able to move as they are when you are unencumbered. Nor do you have the same degree of hand dexterity. You need only have a very powerful man apply such a hold against you *for real* to appreciate the truth of what we are saying.

As O'Neill taught the takedown it was employed as a close-in attack. *Maybe* you'd get away with such an attack. Maybe not. Better to kick or to knee the enemy first, or to jab him in the solar plexus and *then* go for the head twist takedown. Any disorienting blow will cause the enemy's neck muscles to relax momentarily and will distract him from your followup action when you seize his head and underside of his jaw, and then go for the takedown. *Don't go for this takedown "cold"*.

WARNING!:

Remember that this takedown potentially can break a person's neck. Practice it with ***extreme caution***, applying virtually no real pressure, and allowing the opponent in practice to fall freely to the ground. If engaged in lethal combat to save your life, ***twist the enemy's neck violently, and bear down, twisting and wrenching hard, bringing his head down at your waist level so as to employ maximum leverage against the neck vertebrae.***



ABOVE: THIS ILLUSTRATED SEQUENCE OF MOVES TAKEN FROM MIKONOSUKE KAWAISHI'S LONG OUT OF PRINT CLASSIC, *MY METHOD OF SELF-DEFENCE*.

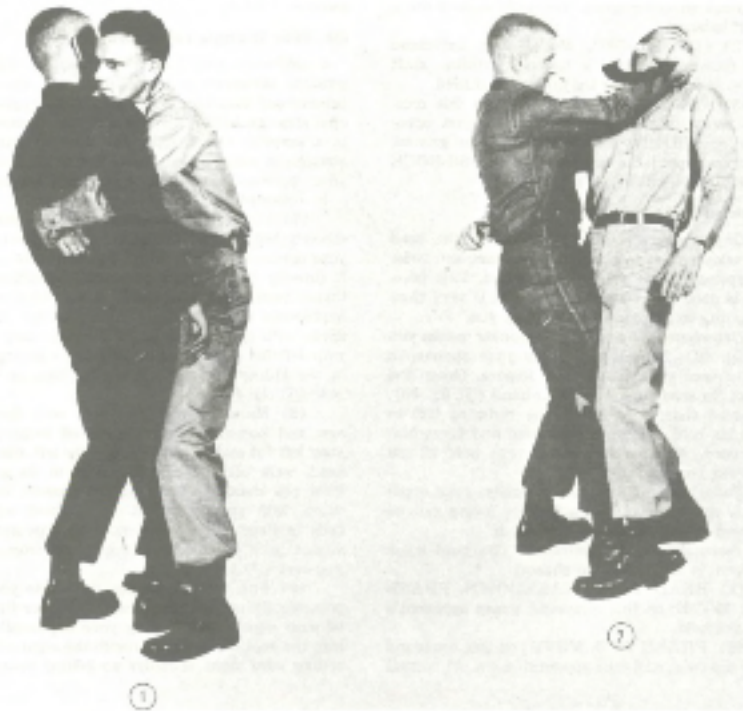


Figure 46. Head twist takedown.

nant's head, you can apply enough pressure to strangle him or break his neck.

(4) In combat you would lunge at your opponent from his rear, applying the takedown hold described in figure 47. This lunge movement IS NOT to be used in training since the opponent's neck can be broken upon impact from the fall (fig. 48).

c. Followup or Recovery. If you maintain your hold for several minutes your opponent will be unconscious and no further followup is needed.

d. Instruction and Commands. The rear strangle takedown is taught in three phases:

(1) REAR STRANGLE TAKEDOWN, PHASE ONE, MOVE; on this command apply the hold loosely.

(2) PHASE TWO, MOVE; on this command push opponent off balance with the left fist and

walk backward slowly pulling him to the ground and at the same time go down with him to lessen the pressure on his neck.

(3) PHASE THREE, MOVE; on this command gradually pull in and roll the shoulder up behind your opponent's head to demonstrate the pressure that can be applied. In training the normal speed is not attempted. To practice the takedown without pause for phase commands, the command is REAR STRANGLE TAKEDOWN, MOVE.

81. Rear Takedown

a. Objective and Use. The objective of the rear takedown is to knock your opponent off balance and drive him to the ground in one continuous motion. The best use of this takedown is under the same

ABOVE: A PAGE TAKEN FROM THE 1971 EDITION OF THE U.S. ARMY'S FIELD MANUAL 21-150 "COMBATIVES". THIS MANUAL IS ONE OF THE FEW PUBLICATIONS IN WHICH METHODS DRAWN FROM THE O'NEILL SYSTEM OF HAND-TO-HAND COMBAT ARE EXPLAINED AND ILLUSTRATED. YOU CAN SEE THAT THE HEAD TWIST TAKEDOWN IS BEING SHOWN AGAINST AN OPPONENT WHO SEIZES YOU AROUND THE WAIST FROM THE FRONT. HOWEVER O'NEILL DID TEACH THIS ORIGINALLY AS AN ATTACK. OUR THOUGHTS CONCERNING THE MOST EFFECTIVE WAY TO EMPLOY THE HEAD TWIST TAKEDOWN BOTH IN COUNTERATTACKING AND IN ATTACKING ARE PRESENTED IN THE TEXT OF THIS ARTICLE.

Situational Awareness



ONE OF THE GREATEST EXAMPLES OF “SITUATIONAL AWARENESS” — AND CONSTANT *ALERTNESS* — IS THE MAGNIFICENT *DOBERMAN PINSCHER*, ONE OF THE FINEST GUARD AND WAR DOGS IN THE WORLD. IT IS VIRTUALLY IMPOSSIBLE TO SNEAK UP ON ONE OF THESE MAGNIFICENT ANIMALS, AND ANYONE WHO HAS EVER WORKED WITH THEM OR HAD ONE AS A PET KNOWS THAT A DOBERMAN’S CONTINUAL ALERTNESS TO HIS SURROUNDINGS IS PHENOMENAL. THE SLIGHTEST SOUND OR MOVEMENT TRIGGERS HIS INSTANT AND FULL ATTENTION — AND HE IS READY FOR ACTION AT ALL TIMES! THE STUDENT OF CLOSE COMBAT AND SELF-DEFENSE WOULD DO WELL TO REGARD THIS DOG AS MODELING A TYPE OF “PREPAREDNESS BEHAVIOR” THAT IS TO BE EMULATED.

YOU cannot solve a problem if you don’t know that you have it. What’s more, you certainly cannot cope even with a problem whose existence you are aware of, *if you fail to register it in time as a problem that demands resolution.*

“Situational awareness”. Closely related to *alertness*, and in fact comprised in part of alertness, but not exactly the same thing. *Alertness* is necessary to *notice* something; but the complete mental set of **situational awareness** insures not only that you will *notice* any potentially troublesome event that may be brewing, **but that you will identify it as an alarming situation.**

Using one of our favorite examples of situational awareness once again, the *Doberman Pinscher* guard dog, to clarify that which we mean: A well-trained Doberman is ***always*** “alert”. More: He is always ***situationally aware***. Thus, he will *notice* anyone entering his sphere of concern or area which he guards. But he will also **identify that “anyone” — promptly — as “threat” or “no threat”**. And if that dog registers “*threat*”, that “anyone” had better beware! For the dog does *not* (as so many people unfortunately do) get into an argument with himself about whether or not he should neutralize this threat. ***He just goes!*** Right now. Immediately, full bore. And with but a single thought dominating his mind: *Take that threat down!*

Take a lesson from man’s best friend. Train yourself to be ever-mindful of who and of what is in your vicinity, and *always* of who is observing or approaching you. Your awareness may reveal that no physical threat exists, and that of course is great. *However*, should you clearly perceive that a threat is in the offing, *react to it like that trained Doberman! Go! Attack! Neutralize that threat before you are neutralized by it!*



DON'T WEAR BLINDERS WHEN YOU ARE ON YOUR WAY TO OR FROM THE OFFICE OR SCHOOL. BE ***AWARE*** OF YOUR SURROUNDINGS AND OF WHO IS NEAR YOU. PERK UP AND SHIFT AT ONCE TO “CONDITION ORANGE” IF YOU SENSE THE POSSIBILITY OF DANGER.

Most people literally “drift” when they are out and about. It is normally possible to follow the majority of people from wherever you spot them to wherever they may be going, *without them even noticing that you are in the vicinity!* Do not fall into the trap of being like most people.



BEING SITUATIONALLY AWARE IS OF COURSE NECESSARY FOR POLICE OFFICERS AND MILITARY PERSONNEL WHEN ON GUARD DUTY . . . BUT THE NEED FOR THIS ATTRIBUTE TO BE CULTIVATED IN MR. AND MRS. AVERAGE CITIZEN WHO ASPIRE TO BE PREPARED TO DEFEND THEMSELVES IS NOT GENERALLY EMPHASIZED ADEQUATELY, OR APPRECIATED.

The purpose of hard technical and physical training is to ready your muscles and your conditioned reflexes so that in any emergency you have the skill and the physical capacity to stop any aggressor. Remember, however, that all of this technical and physical training develops your **voluntary** muscular capacity. This means that your body needs to be *commanded by your mind into action* in any crisis. Good **mental conditioning** training reduces the time necessary to issue that command, following perception of the threat, to the

barest minimum. (In fact, if you want a comprehensive program for mental conditioning for combat that will teach you in detail how to do this, you can order our Manual on CD, *Mental Conditioning For Close Combat And Self-Defense*, described elsewhere in this Newsletter).

Your “situational awareness switch” must be clicked on the moment you leave your home and circulate in the world around you. You will not be attacked while training your blows on a dummy, working out your attack combinations, or drilling in counterattacks with a friendly partner. The switch must be clicked on *whenever you are not training, or not at home, etc.*

There are no “good neighborhoods”, “safe cities”, or “crime free areas”. Wherever there is **people** there is the potential for violent trouble. So make certain that you work as hard on your *mind* as you do on your body, and **STAY ALERT AND AWARE . . . never, never, never** allow yourself to be taken by surprise. *Situational Awareness*. Remember that!

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

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

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

CAUTION AND WARNING!:

These DVDs have been prepared in high quality and are protected by a COPY GUARD that prevents illegal duplication! These DVDs will play on DVD players and not on computers. Any attempt at unauthorized and illegal duplication may result in damage to the equipment employed.

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!

Counter-Bully Training For Children

(A Personal Opinion)

DESPITE what many of the so-called “experts” (i.e. psychologists, teachers, social workers, psychiatrists, ad nauseum) say, we believe that the best way for any youngster to deal with a physical bully is to *fight back* and defend himself.

The rottenest kind of cowardly scum is a *bully* (regardless of age, gender, or particular form of bullying we may be talking about). There is no more justification for insisting that a child not fight back when he is being bullied than there would be justification for insisting that he not go to the lavatory to relieve himself when he felt the need, or that he not take a glass of water when he is thirsty. If those who are so quick to mandate that children must not fight back when bullied prefer to permit *themselves* to be physically victimized and injured, that’s fine. But their “counsel” for children should be recognized for what it is: *psychological child abuse*. In our view anyone — **anyone**, including parent, teacher, school administrator, psychologist, etc. — who urges against or who endeavors to prevent a child from defending himself should be prosecuted for the crime of child abuse

The parents who condone such bullshit as so many schools have now adopted as “official policy” (i.e. **zero tolerance** for violence — even if a child defends himself) are negligently disgraceful *failures* as parents, in our opinion.

Their proper response to such outrage ought to be indignant fury at the suggestion that their offspring be prohibited from protecting themselves against unprovoked violence. *Nothing could serve as greater comfort or assurance of invulnerability to the kind of little misfit bastards who delight in bullying others than the awareness that their intended victims have been officially **forbidden** to fight back, and that those same victims have been led to believe that they **should not** fight back!*

The morons with PhD's after their names who wring their hands today and "search" for a solution to the problem of violent bullying in our nation's schools ought to be kicked out of their jobs — as well as kicked in their asses! The reason **why** bullying is such a problem is because bullies are not confronting violent, serious, and painful physical resistance from their victims, and the ass-backward "system" outrageously referred to as "public education(?)" only fosters and encourages **victimhood** in those whom it supposedly has a responsibility to help nurture and protect.

The proper response to a bully by his would-be victim is **indignant fury, coupled with ferocious retaliatory violence — violence administered without mercy**. And the proper response to bullies in the public schools by representatives of the public school system should be complete condemnation of the bullies' actions, and throwing the bullying bastards **OUT** of whatever school happens to be infected with their presence. Instead of that offensive policy of "zero tolerance" for violence, a school's policy should be "zero tolerance for bullying" and an across-the-board policy of holding any victim of bullying harmless for whatever he does and however much damage he may inflict upon anyone who bullies him.

Will we see sanity return to the schools? We seriously doubt it. In fact, we suspect that the situation is only going to get worse. In our opinion public school teachers, by and large, are a collection of neurotic, inadequate fakers who couldn't make it in the real world and so decided to become jailers for the state and reign over captive audiences of children who are compelled by law to listen to their bullshit. And the administrators are even more contemptible.

Yet . . . hope is not lost. Those parents worthy of the name can and should take steps to see to it that their children are well able to defend themselves, and — what’s more — that **their children know that they have their parents’ permission and encouragement to do so!** Put those jackasses who run the school where your child is imprisoned on notice that — **a)** Your child has your full permission to defend himself, whenever necessary, and **b)** That you will sue every single lout who works for the school *if* your child is in any way penalized for acting in legitimate self-defense. And **SCREW** their damn outrageous “policies”! (Suggest you word this notice, which should be sent to the principal of the school via certified mail/return receipt requested so that you have **proof** of sending, in absolutely polite, courteous but firm, and direct language. No threats, foul words, or rantings . . . just a clear statement of parental authority and position.)

Now what should your child be *taught* as far as self-defense instruction goes? We always recommend a twofold program for those who are too young to train in a system such as *American Combato*: First, enroll your child in a good Kodokan Judo school. Second, arrange for your child to receive instruction in Western Boxing. That combination of judo and boxing is ideal for a youngster who might find himself confronted by some scumbag contemporary of his who intends to push him around — or worse. This approach bypasses warlike skills which should be reserved for mature adults and should *not* be taught to children, while nevertheless equipping the child with a terrific ability to handle almost any situation that he is likely to encounter.

Perhaps most important, we believe, is the inculcation of the following principles in the child’s psyche:

- Being afraid is nothing to be ashamed of. Fear provides energy for self-defense, and the bully (who is not in any sense “brave”) merely *appears* confident because he carefully selects victims whom he believes will be easily dominated.
- Misusing physical force is disgraceful and inexcusable. Troublemakers and bullies of all kinds deserve to be held in the strongest contempt. They *deserve*

to be despised and excoriated for their despicable behavior, no less than they deserve to be physically stopped when attempt to victimize others.

- It is ***ALWAYS*** the bully who bears 100% responsibility for whatever damages he may suffer at the hands of any victim who fights back. And *never* should the child feel any sense of regret, remorse, or concern — *no matter what anyone may say* — over anything he may do in self-defense against a bully, *not matter how badly the bully may end up being injured*.
- Just as it is wrong to violate any of the rules when playing at a sport (such as boxing or wrestling) so it is foolish to believe in *any* “rules” when you find yourself confronted by a violent attacker (i.e. a bully). ***Winning*** — dropping your attacker as speedily as possible — is the only *rule* that need concern a child who is set upon by a bully. Never should any force be employed against the bully once he has been stopped; but *whatever the victim elects to do to stop him, is fine*.
- Never should a child “make friends” with a bully. Anyone who bullies deserves to be shunned and despised — even if that person is a child. People do not bully others by “mistake”. It is always an act of conscious choice. And, should a bully *want to be friends after the child successfully defends himself against the bully, the child should refuse, walk away, and have ***nothing to do with the bully, thereafter****.
- It is not important to be “politically correct”, “popular”, or in the “good graces” of those slobs who are his jailers (i.e. “teachers”). It is important that the child develop self-confidence, courage, protect his person and his dignity, and *refuse* to be a victim. Whether anyone else agrees with this is irrelevant.
- There are definitely times and circumstances when only physical force can be relied upon to accomplish the protection of the innocent. And in those times and circumstances, physical force *should* be employed without hesitation.

Doubtless there will be those who recoil from us and from our philosophy.

That's fine.

Get REAL In Your Training, Now!

REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You'll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

3. *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* — \$30.

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. *RULES OF SELF-DEFENSE* — \$17.

Perhaps the most politically INcorrect presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

ALL OF THE ABOVE RECORDED IN THE HIGHEST QUALITY SPEED, AND ON THE FINEST QUALITY CD DISCS IN "PDF" FORMAT FOR YOUR CONVENIENCE AND LIFETIME LEARNING.

Also available is the quality revised *Paladin Press* reprint of our 1970's Classic that "started it all" in this "WWII methods/practical combat/offense based fighting, etc." movement:

***The Tactical Skills of Hand-to-Hand Combat* — \$14.**

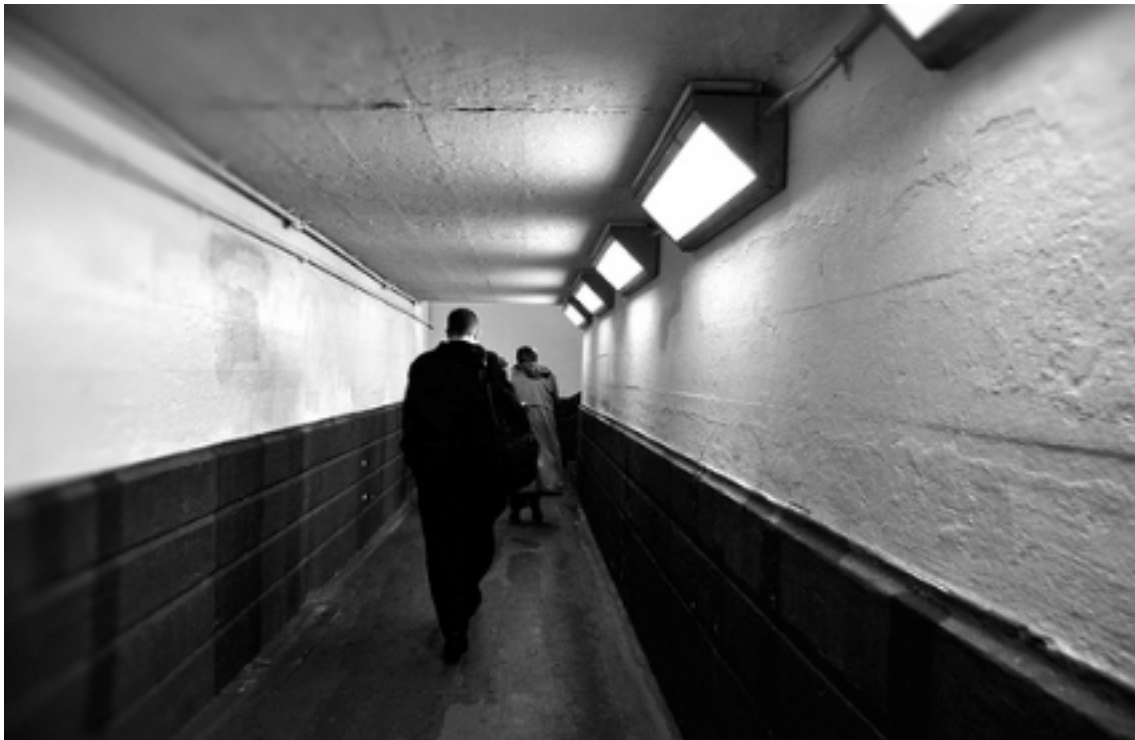
We will autograph your copy, and we will include a document available from no other source, explaining the significance and role of this little Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been

taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

We pay first class postage on *all* purchases, except foreign orders. Please include **\$3.00** per item, additional (U.S. dollars) to cover air mail shipping overseas. Send your orders, with cash or money order *only* payable to:

**BRAD STEINER
P.O. BOX 15929
SEATTLE, WASHINGTON 98115
U.S.A.**

How To Handle The Situation Of Being Followed



IT'S not funny. There are few experiences more potentially hair-raising than that of realizing some stranger is following you. If you are alone or with a loved one, the entirely justifiable fear that a dangerous — even lethal — attack may be imminent will start the adrenaline pumping, increase your heart rate, and prime you for trouble! **And that's good.**

But you also should have a few tricks up your sleeve so that you are able to at least increase the odds in your favor should the worst occur, or — if at all possible — eliminate the threat entirely by *avoiding* whoever may be tailing you.

The important thing when preparing for frightening, emergency situations is to **have a plan**. That provides the strongest bulwark against panic, and when made up ahead of time, allows you to draw upon actions that are much more likely to prove effective than hastily-made, desperate actions, chosen in a state of fear. Also, *having the plan enables you to most effectively channel and draw upon your **fear energy*** so that it serves rather than hinders you.

First, you should always be in a mental state of **Yellow** when you are out and about — regardless of the “why” for whatever you are engaged in. Remain *alert*. Remain *situationally aware*. And if you suspect that someone is keying in on you, **find out**.

Here we shall draw upon some basic field service training as given intelligence professionals.

You can determine if someone is following you rather easily by carrying out a procedure known in intelligence circles as “*dry cleaning*”. All this entails is simply circling a city block and remaining cognizant of whomever you suspect of tailing you. *If this individual remains behind you as you complete the circling of the city block **then you are being followed***. No doubt.

Now you must take action. For the private citizen concerned about self-defense the best action is to go into a crowded shop and ask to call the

police. *Do not* continue walking, “hoping” that the individual will lose interest or magically “disappear”. **Do not continue on your way home!** The last thing you want is to lead a predator to your door!

The best place to go for help, obviously, is to a police station or fire station. This is common sense, just as it would be to flag down any police patrol vehicle that (luckily!) might happen to be passing, or to approach a police officer who happens to be in the vicinity. But these things may not be available as options.

Never go into an isolated area, dark street, alleyway, park, etc. if you are being followed *unless* you actually are a specially trained individual — armed — and you possess the training that enables you to ambush your pursuer. **Not a recommended option for private citizens!** Otherwise, go to where *people, lights, and lots of potential witnesses* are. Should you then need, in a desperate situation, to confront and do battle with the individual who is following you, you have the greatest chance of surviving and of having the law on your side when you act in self-defense.

When to confront someone who is following you:

We would only recommend this if you believe that you are being followed by a private investigator. Then, approaching him boldly and plainly letting him know that he’s been “burned” will force him to cease his trail. But boldly confronting anyone whom you believe might be an attacker is, in our opinion, poor tactics. *Far better not to let such an individual know that you are ready or able to do anything, and (if seeking assistance from police is impossible, and you can’t lose the creature) turn suddenly on him when he approaches within range and attack like a wild animal!* It’s him or you.

Losing a tail takes practice, if the person tailing you is determined (and we must assume that he will be). Nevertheless, if you cannot get police assistance by entering a store, etc., we’d certainly recommend trying to lose the tail before opting to do battle with him.

The following are some tips on how to lose someone who is following you in an urban setting. You need to be deceptive, quick, and cool-headed in applying these tactics. Intelligence professionals practice skills like this against other trained professionals, until they can execute them smoothly and naturally.

- Walk naturally and normally as though you were not aware that you are being followed. When you come to a corner, turn the corner, then run. You might be able to escape into a building or store, get to a cab, hail a cop, etc. — or simply run, outdistance, and cross a street as quickly as possible, before your pursuer reaches and turns that corner, himself.
- Enter a public conveyance (bus or subway car) then *exit* — *fast!* — before your pursuer can do likewise, just as the door is closing.
- Go into a department store or office building and speedily depart from another exit. This can sometimes be done effectively in restaurants (by going to the rest room and escaping through the window), but requires a bit more agility and nerve.
Not generally recommended, since telephoning the police from inside the restaurant will almost always be possible.
- Cross a street when the traffic is very heavy, **Warning!** *This is risky! Only in a sufficiently desperate situation.*
- If you can, take the last taxicab at a cab stand.
- Suddenly enter and get lost in a crowd.

There are many other methods and tricks (such as entering a restroom, altering your appearance, and then exiting, and so on), but clearly these tactics are more for the spy than they are for the self-defense student, and remain outside the scope of the present discussion.

We've given you some pretty useful and valuable suggestions. Add this

information to your repertoire of “tricks”!

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

1. We must be quoted in context.
2. Credit must be given for that which is quoted/referenced.
3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal approval or agreement.

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

YOURS IN DEFENSE,

Professor Bradley J. Steiner

www.americancombato.com

www.seattlecombatives.com

— *e n d* —