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SWORD and PEN

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

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**www.americancombato.com
www.seattlecombatives.com**

E d i t o r i a l

**If You Want Reliable And Practical Self-Defense
Stop Looking For It Amidst Sporting And Classical
Systems!**

“A military system not only has to be effective, but it has to be safe to teach. A problem for armies is training injuries. A hand to hand system has to be able to injure an enemy, not the men learning it. Students of the martial arts can take their time to learn a method safely. Soldiers must learn at an accelerated pace.”

“Martial artists have time to learn complex techniques. They also have time to develop their bodies to be able to perform unusual feats, such as high kicks. In effect, they can adapt themselves to the art. Soldiers do not have this time. They need something they can learn quickly, that works

with their current physical condition. The art must adapt itself to the soldiers.”

Quoted from *Facts About Close Combat Systems* — © 2006 T. Sheil & A. Sheil

THE above rather succinctly explains why both *competitive and classical/traditional* so-called “martial arts” are ***not*** suitable for training in close combat and self-defense. (**Note:** A “military system” is ***exactly*** the kind and style of “system” that anyone looking for a reliable personal defense method needs. *By no means and in no sense is a “military system” exclusively for the military!*).

WHEN anything is “in vogue” it always appears that taking a stand against it is unreasonable and incorrect. During the years beginning at the close of WWII until around 1970, classical/traditional martial arts dominated the public’s mind as being the “ultimate” form of personal protection without weapons. Anyone then suggesting that there were serious flaws in *ju-jitsu, karate, and “kung fu”* at that time in our history was generally laughed at and regarded as “not being authentic”. The late, outstanding teacher, Bruce Tegnér (who was *way* ahead of his time) comes to mind as a perfect example of this, from that era. Today, Tegnér is recognized as having made enormous contributions to the “*practicalizing*” of the classical martial arts, and to making effective self-defense available to the general public.

Today, the widespread popularity (“*in vogue*ness”) of the competitive MMA/BJJ/Cage fighting phenomenon has made any advocacy of *correct* close combat doctrine unacceptable in the mainstream. Most people do not bother to understand **first** that competition has nothing to do with **combat**, and second that those of us who espouse ***close combat and self-defense doctrine that is devoid of sport*** are not antagonistic toward those in the competitive martial arts, *but we are definitely advocating a wholly different approach, for an entirely different purpose.*

We who teach combat do not dispute the merits of sporting contest as a recreational/fitness/personally challenging activity. We acknowledge it and we always have. However, it is no more reasonable for proponents of competition to represent what they do as “combat training” than it would be for us to suggest that what we do is suitable for competition.

People who need or who want to learn serious combatives and the skills of personal defense must devote their time to mastering skills and to cultivating psychological attributes that **close combat demands**. Such skills have been wrung out thoroughly prior to, during, and for a short while following, the second world war. The military has a need for practical realism, and for *that which works*. At least, that was true during the first and second world wars, and through the 1950's and 60's. Unfortunately today's military has been caught up in *sporting methodology*, and in our opinion the American fighting man has never been so poorly and irrelevantly schooled in hand-to-hand combat as he is today. To see soldiers in cammies facing each other on a mat and wrestling for a submission hold is appalling.

But the U.S. and her allies certainly had it right during the first half of the last century! And those **modern** close combat systems, like *American Combato*, have preserved and retained and built upon the gold that the WWII-era trainers gave us. With time, further research, greater and much more expanded experience in the martial arts, more sophisticated knowledge of the physical and mental aspects of violence, *American Combato* offers an all-combat, no-nonsense, **comprehensive** armed and unarmed method for the 21st century student of close quarters battle. *And this is what the person seeking practical self-defense needs*. "Popularly accepted" or not, ***this is what works***.

If you wish to be prepared to handle a dangerous, violent enemy in hand-to-hand combat then you need not only combat *skills*; you also require a combat mindset, and that is *unrelated* to a competitive mindset — no matter what anyone tells you to the contrary. "Playing" or "competing" is **not** the same as **fighting for your life** or doing battle to protect your family from being maimed or killed. Methods and mindset must be **WARLIKE, MURDEROUS, and ABSOLUTELY RUTHLESS** when learning self-defense . . . or you are *not* learning self-defense.

We continue to reiterate this because unless it is fully appreciated and understood, you will be wasting your time on material and indoctrination that will not stand up under extreme conditions.

There's nothing wrong with any of the competitive martial venues. But please don't pursue them unless your purpose is to be a competitor. **If being able to defend yourself and protect those you love — both**



No. 9—FRONT STRANGLE

Grab the head, bringing it forward and down; drive knee into jaw and apply full strangle hold, driving thumb into "Adam's apple." After securing strangle hold, grip opponent to ground near directly so as to prevent him from showing any other hold on you.
 Note: A strangle hold always means the placing of one forearm across the front of your opponent's neck. This should be strengthened by use of the other arm. The aggressor's forearm is pressed against the neck and the thumb driven into the "Adam's apple." Complete strangulation is only a matter of time. It takes a strangle hold, but a few seconds to render a man absolutely incapable of effective resistance.



No. 10—BACK STRANGLE

The rear strangle can be secured in two ways. If you are face to face rush at your opponent, thrust him in the jaw or jab two fingers in his eyes; turn to his side and rear, at the same time bringing the arms forcibly across the throat, and pull him backward, then take a full strangle hold, at the same time drive right foot in back of opponent's right or left knee throwing him out of position and force him to the ground and strangle.

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WAR-PROVEN TECHNIQUES ARE, PROPERLY, THE TECHNIQUES UPON WHICH A REALIST RELIES FOR SELF-DEFENSE. THE PAGE ABOVE IS FROM A WWI TRAINING DOCUMENT DESCRIBING SUCH TECHNIQUES — AND YOU WILL NOT SEE THESE IN SPORT!

without and with weapons — in a feral and often insane world is your purpose, then get started in combat training, and forget about sporting matches and competition.

Bradley J. Steiner

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)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and

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

You can order any of the eleven DVDs individually, or you can purchase the entire

Course, in which case you pay for only ten DVDs. You receive one FREE!

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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

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

DVD#11 KNIFEWORK

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

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

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

All DVD purchases are of course nonrefundable.

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

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

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

Distractions And Feints In Real Combat?

BOXERS and competitive karate men use *feinting* (i.e. faking a blow to a particular target) in order to open up their opponent to vulnerability to their true and intended attack. As the opponent reacts to the feint, the *actual* attack strikes home. Or at least that's how it's supposed to work.

In actual hand-to-hand combat — in war or on a mean urban street — the squaring off, jockeying about, and sparring that is standard and usual in competition is ***NOT*** recommended. One does not and should not “trade blows” and engage the opponent in a kind of match in actual combat.

*Proper combat tactics involve **driving in against the adversary and pounding him relentlessly until he has been neutralized.*** You expect to get hit (grabbed, etc.) in an actual hand-to-hand encounter — or you have rocks in your head.

Given what has just been pointed out you might surmise that *feinting* — an excellent tactic in sparring — has no place in real combat. Well, the truth is that it does and it doesn't have a place . . . depending upon how you look at feinting, how you define it, and — above all — *how you employ it.*

In sparring or in competitive bouts a feint is merely a deceptive move. In **real combat** we suggest regarding ***your first move as serving the purpose of a feint.*** That is, you attack viciously and with all due speed and surprise when you make your first move against your foe, **BUT YOU REGARD IT MERELY AS A SET-UP SHOT (OR “FEINT”) THAT HAS SET HIM UP FOR YOUR RELENTLESS BARRAGE OF ATTACKING ACTIONS** — staying with your very next movement in sequence!

One example from the *American Combato* “Attacks” syllabus: ***LEAD HAND FINGERTIPS THRUST TO EYES, FOLLOWED BY A LEAD SIDE LEG SIDE STOMPING KICK TO THE KNEE.***

In this combination the first move (i.e. the eye thrust) *might* be decisive. This is why, *technically*, you do **not** regard it as a “feint”. However, after thrusting your extended fingers into your enemy's eyes you *do not wait to observe* if this blow has or has not been effective. *You immediately lash*

out with a side kick to break the enemy's knee. Thus, your initial move was a kind of distracting feint; yet at the same time it was not. So . . . if your fingertips thrust connected well you have injured *as well as* set your man up for the side kick. If it did not, then that is almost certainly because he attempted to block or to grab your lead hand's thrust - or he dodged backward - exposing himself to your side kick. *Your preliminary move has served as a feint*, without your having intended it to necessarily be a feint.

Or take a frontal overarm body hold and see how the preliminary actions we teach in the *American Combato* “**Counterattacks**” serve admirably as “distractions” — should they fail to succeed as direct attacking actions:

Taken by surprise you react to an enemy's attempt to secure a frontal overarm “bearhug” type attack by stepping back to brace against the oncoming weight of your enemy and reaching with your lead hand to seize his testicles. If you succeed in grabbing your attacker's testicles (admittedly, not very likely) you crush them and yank them, and twist, and drop him there and then. *However*, should your attempt to seize his testicles be unsuccessful then you have *succeeded* in distracting and disorienting him! The reason why your seizure of his testicles has failed is because he pulled back, turned, or otherwise perceived and reacted to your attempt! **That's all you need!** Now knee attacks driven without mercy into his testicle/groin/pubis area cannot be stopped, and these blows *will* land, because your enemy, in avoiding your grasp, has enabled you to gain the distance and position to knee him.

In real combat you do not normally waste time employing “feints” per se. You might execute a distracting movement when you are attacking so as to facilitate, say, a punch to the solar plexus; but your commitment is always and invariably to START IN AND TO KEEP ON ATTACKING AND ATTACKING AND ATTACKING. You are moving in hard *against* your foe, relentlessly savaging and mauling and pounding and gouging, and clawing, and beating, and biting, and smashing him.

In perhaps one or two per cent of hand-to-hand combat situations, where and when expedient, you might throw an object in your enemy's face or snap your fingers into his face to clear the way for an intuitively planned barrage attack that your subconscious has seen feasible at the time. Such

set-up distraction attacks can be valuable. However, *nearly always*, every single movement that you make offensively is intended to inflict **injury**. Should it fall short of that, then it serves as a “door opener”, and your followup concludes the encounter. ***NEVER USE A DISTRACTION OR A FEINT WHEN THE OPPORTUNITY TO DRIVE FULL BORE INTO AN ENEMY’S OPEN VITAL TARGET AREA OFFERS!*** Then, consider that initial move the *prelude to followup* and **go, go, GO!**

EVERYTHING IN REAL COMBAT IS AND MUST BE GEARED TO ***DESTROY THE ENEMY.***

By training correctly with that objective in mind you will always find that such “feinting” and “distracting” as may be valuable and applicable in an encounter will grow naturally out of your relentless and furious **attacking** or **counterattacking** actions.

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

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The *Second* Best Counter To A

Knife Attack

THE *first* “best counter to a knife attack” is to **get the hell out of the weapon’s path** as the thrust is made by the attacker. Then ***kill the knife attacker***. This is what every student of unarmed combat should learn and drill in *first*. In reality, it is normally all that he will want to employ should an enemy drive a downward, straight-in, or upward knife stab at him. “Kill” the knife attacker? Isn’t that a bit extreme? ***Despite the malarky that is generally fed to “martial arts” students, any attack by anyone who is armed with a knife and trying to stab you to death is itself extreme, and it is insanity to view such a predicament otherwise.***

Anyone who believes that he can catch a knife wielder’s wrist or arm as it is coming at him *for real*, lock it, and take his weapon away without harming him, has no idea of what the real world is like. Movies might depict some fantasy “hero” achieving the objective of disarming and then arresting some would-be knife-wielding killer, but do not confuse what is created in Hollywood with what happens in East L.A., the Bronx, or Chicago’s south side, etc. When some violent type comes at you with a sharp blade intending to stab you to death you are ***not*** going to pull some cute dojo trick on him, and then march him off to the police station. *No matter what the hell you saw or did at a demonstration — or on YouTube!*

During the second world war it became popular in some military and intelligence training centers to introduce an “armlock knife defense”. The photo below is an excellent one from that era, depicting the hold ideally applied and utilized by allied troops in training:



Is this type of defense against a knife suicidal? *Usually* it is. However . . .

No less a figure than the legendary W.E. Fairbairn recognized that this kind of defense *could* be effective. His protégé and later in the war his opposite number, then Capt. Rex Applegate, agreed. ***PROVIDING THAT THE NECESSARY BLOCK, WHICH MUST PRECEDE THE ARMLOCK AND FOLLOW THROUGH WAS EXECUTED UP CLOSE AND BEFORE THE ATTACKER'S DOWNWARD STAB COULD GAIN MOMENTUM.*** (Visitors who doubt what we say need only check Fairbairn's *Get Tough!* in which he describes his "bent arm hold" and explains its use against a knife stab, and then reference Applegate's *Kill Or Get Killed*, in which he makes this exact point regarding knife defense).

The principle of direct-blocking can also be effective against an upward stab, using crossed arms (karate's "x-block") *providing the block is made before powerful momentum is gained in the stabbing action.*

Now here's the caveat:

Where and when some teachers instruct in these types of blocks they too often teach them as ***PRIMARY, FIRST-CHOICE METHODS*** of countering knife attacks. *Wrong.* They are **secondary**. They should never be taught to anyone who has not become expert in the **primary** methods, and they should never be introduced as being "as desirable" as the primary methods. *Experts*, fully trained in comprehensive unarmed combat, can and should learn these secondary methods. Their expertise and experience will enable them to intuitively judge the proper place, timing, and opportunity for their employment.

A n d . . .

Never train in such techniques as they are taught in the usual "martial arts" schools and courses. **Never.** Such medium teach students to either apply a *controlling* hold as a conclusion to the technique, or to "force the enemy to drop his weapon" and *then* secure some ridiculous comealong hold before

turning hi over to the authorities.

Nonsense!

Go back to that photo shown earlier showing the two allied soldiers training in this armlock against a knife stab. **Now here is the scoop, just as we learned it from Rex Applegate!:** **Once you've secured the hold as shown and have off-balanced your man to the rear, you WRENCH HIS ARM AND SHOULDER AS VIOLENTLY AS POSSIBLE — HOPEFULLY BREAKING APART AND DESTROYING HIS SHOULDER AND HIS LIMB — AND WHEN HE HITS THE DECK YOU FINISH HIM OFF WITH YOUR FEET!** If you have used a cross-arm block then the *immediate* application of a **sweep aside action** using one arm is the correct followup. *After sweeping aside the knife wielder's arm you move in and apply lethal force via attacks to his throat, eyes, testicles, and keep on attacking until you are CERTAIN that he has been neutralized.*

Unpleasant? Too bad. *That's* what works. And you can be sure that, however “unpleasant” that may seem, being stabbed to death yourself would be considerably *more* unpleasant!

W a r n i n g !:

The technique applied as we describe is *extremely* dangerous. It must be learned and practiced with utmost care, and only under the supervision of a qualified professional teacher. **BE REALLY CAREFUL never to learn or to practice this or any combat skills under a “teacher” who delights in applying force against students, or with anyone who is not supremely careful t all times!**

To reiterate the lesson we learned many years ago from people who **did it** and who **taught it for real** (i.e. for **WAR**):

Whenever you are attacked by a weapon-bearing enemy you are fighting for

your life. Show no mercy or compassion. Be as brutal, savage, vicious, and remorselessly cruel and decisive as possible. ***Kill or be killed!***

Never attempt to wrest or knock a weapon from an enemy's grip. Deflect, evade, parry, or — as a secondary option when you intuitively sense it will work best for you — block. ***But waste no time thereafter doing anything but attacking your would-be murderer with lethal fury!*** If he should *drop* his weapon, leave it where it falls and **GO AFTER HIM!**

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“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”

— General George S. Patton, Jr.

Mental Conditioning is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority on the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense,

personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

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Lecture A - Rules of Self-Defense

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U.S.A.

Bullying Prominent In The News —

AGAIN

A bully, regardless of age, gender, or form of bullying (i.e. physical, psychological, socioeconomic, etc.) is a despicable, subhuman, absolutely contemptible and inexcusable creature.

*We cannot help but wonder what the hell is wrong with parents who “wonder” what can be done about bullies who torment their children. Has the quality of character and intellect really deteriorated to the point where the **obvious** is now regarded as *mysterious*; and where the simplest of all issues regarding child development and nurture is considered a major problem to be solved by “the experts” (i.e. those posturing frauds with Ph.Ds in psychology, social work, teaching, and counseling)?*

Children need to become psychologically and physically able to defend and take care of themselves. So-called “teachers” and school administrators need to have their feet held to the fire, and to **DO WHATEVER THE HELL IT TAKES** to stop bullying on school premises. Kick the filthy little bastards *out* of the school (or have them

arrested for criminal violence) when they initiate bullying.

Above all, **TEACH CHILDREN TO FIGHT BACK, AND TO DO SO WELL! A BULLY STOPS WHEN HE IS STOPPED. AND THE BEST ONE TO STOP ANY BULLY IS HIS INTENDED VICTIM.** Children should be *encouraged* to defend themselves; they should be conditioned to regard bullying and bullies as contemptible; they should be praised and rewarded when they flatten a bully out. And *there should be NO RECOURSE, no matter how much damage he/she suffers, for any bully who gets his or her head kicked in.*

We *know* how futile it is to express our philosophy. But we also know that we're right — and so does anyone else with anything resembling a human brain inside his skull.

Two Rules For Making Your

First Strike Count

IN any close combat emergency it is all but impossible to be able to rely upon landing one, single blow and stopping a dangerous attacker. Yes, it *has* been done on occasion . . . but the idea of relying upon doing so as one's core strategy (as many classical *karate* exponents do) is in our opinion a dangerous error. *The real world is simply not like that.* The chaos and dynamism that entails **real hand-to-hand combat** makes the strategy of **ATTACKING AS QUICKLY AS POSSIBLE, AND CONTINUING TO ATTACK** the most realistically workable one for dealing with violence.

We suggest that training for personal defense should emphasize either the **PREEMPTIVE STRIKE** (or preemptive "*barrage attack*", to be more accurate), *or* the **INSTANT RETALIATORY STRIKE** (if for whatever reason preemption was not possible, and you found yourself suddenly under attack) that becomes a *barrage attack* after the initial reactive movement has been generated.

So long as you are *defending* you are losing. When you are *attacking*,

you are winning.

Get it straight: *In order to be effective in close combat and self-defense you must be **offensive** and murderously **aggressive**. Like hearing it or not, politically correct or not as it may be, **THAT** is the truth, and is one of the core concepts that you must internalize and learn to make unhesitant use of if you wish to be truly prepared to deal with dangerous criminal violence.*

Clearly, if you accept this thesis (and we suggest that you do!) you will attach great importance to making certain that your **first** move in defense of yourself is done well. And here's how to do it:

FIRST, plan and develop a series of "first strikes". *They should be decisively destructive.* Straight finger thrusts to the eyes, powerful front kicks to the testicles, side kicks that break the knee, handaxe chops that break bones or crush other vital targets, etc. **NEVER** waste time on assuming a "fighting stance". **Strike out fast, hard, and accurately from whatever position you are in!** *If there is time to interact with a person from whom you expect trouble, go to a relaxed, off-angled "ready" position that betrays no readiness to attack, and that is distanced outside arm's reach so as to give you warning of when and if the other guy starts trouble.* Drill in front of a mirror so that you are able to generate your first strike without telegraphing. It should hit your enemy so quickly, accurately, and powerfully that he *literally* doesn't know what hit him!

If you are unable to preempt, but must react to an attack that hits without warning, *develop instant retaliatory actions that **INJURE** immediately* (or at least that are *likely* to cause immediate injury). Waste no time on those typical "self-defense" techniques that aim to cause an attacker to release a grip, or that have as their purpose merely the neutralizing of the attack, without crippling the **attacker**. If your first reactive move doesn't injure your attacker *it should at the very least make him feel that your **intention** is to injure him, and that in fact it is now **HIM** who is under attack!*

SECOND, *always and without exception* train to **followup** and to **follow through** the very second that your first strike connects! Think of *any* first strike as a **PRELUDE TO FOLLOWUP**. The first strike merely *sets the process of your attacking in motion*. You neither wait to discover nor care at all what damage your initial blow has caused. As far as you are concerned in a dangerous situation, "blow number one" has merely

opened the action! It has provided the opportunity for, and paved the way to **FOLLOWUP** — to a relentless, offensive *barrage* of vicious and destructive attacking actions. You stop *only* when you have rendered your attacker harmless; i.e. **unable** and **unwilling** to be a further danger to you.

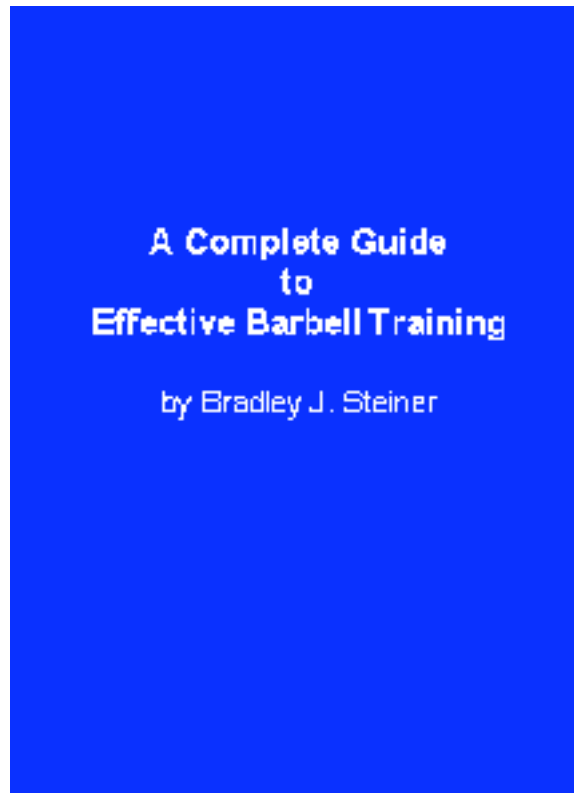
This strategy prepares you to **save your life** or to save the life of a loved one in any emergency when violence strikes. Cut out all of the “pretty”, “artsy”, acrobatic and impressive **BULLSHIT**. Master the attack strategy and develop the ability to use it well in any situation.



ABOVE: FEDERAL AGENTS LEARNING TO DO WHAT ALMOST NEVER CAN BE DONE IN ANY REAL WORLD HAND-TO-HAND COMBAT SITUATION. THE YOUNG LADY ABOVE WOULD DOUBTLESS HAVE ENDED UP A GREASE SPOT ON THE FLOOR IF SHE TRIED TO APPLY THAT STUPID STRAIGHT ARM BAR AGAINST A REAL MALE ADVERSARY WHO WAS INTENT ON BEATING HER HEAD IN! FORGET THESE MOVES. THEY'LL ONLY GET YOU KILLED. BESIDES, UNLESS YOU ARE A LAW ENFORCEMENT OFFICER, YOU ARE UNDER NO OBLIGATION TO MAKE ARRESTS AND TO RESTRAIN VIOLENT SUSPECTS.

The “first blow” quite often is the deciding one in a serious engagement. Therefore, make expertise in delivering a **DEVASTATING** first blow, and **capitalizing on the opening that it provides** so that you followup and *destroy* anyone whose intention it is to destroy *you* a **top priority**. **Or** — if you unfortunately find yourself under unexpected attack and must *counter* instead of preempt — *make sure that your first counteraction is as destructive as you are capable of making it*; and then be sure that your followup consists of fierce, damaging, mercilessly aggressive actions that overwhelm and utterly ruin your would-be murderer!

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Some Attacks Are Nearly Impossible To Defend Against

SOME “martial arts” people dislike hearing that even the greatest experts are helpless in some instances to defend against certain kinds of attack. Unfortunately, a truth remains true even when a considerable number of people dislike hearing it. *The truth is not determined by taking a poll.*

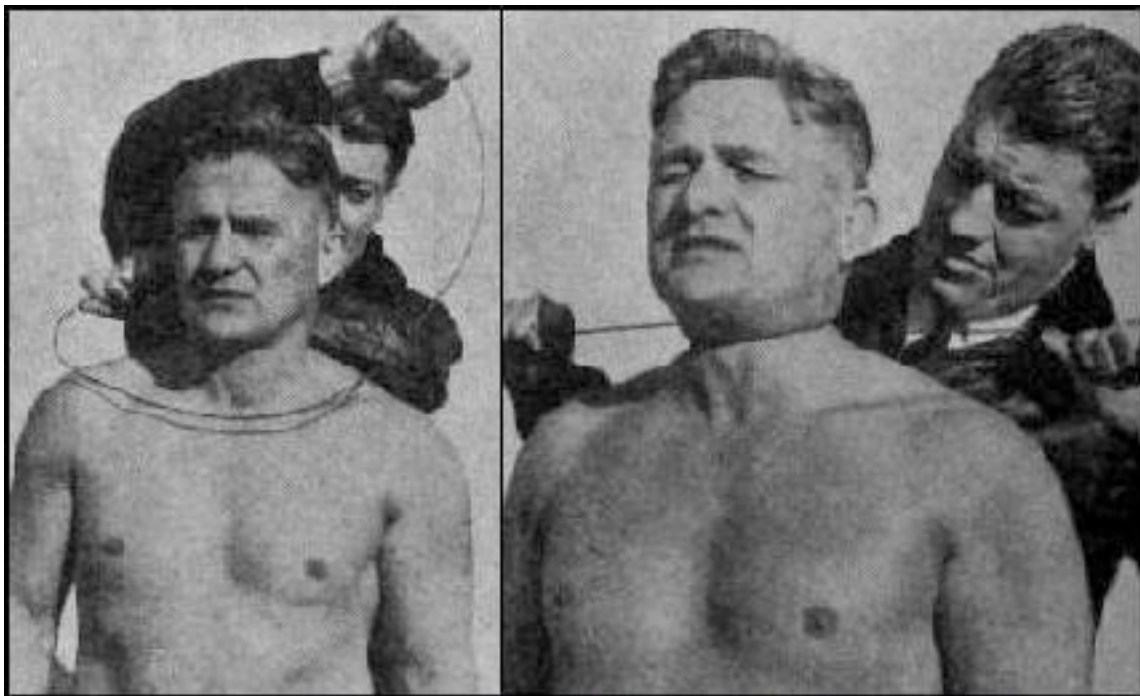
We insist that three categories of attack must always be seen as and prepared for as **deadly threats**: 1) Armed attacks, 2) Attacks by more than a single assailant, and 3) Attacks from behind.

This is not to say that defending against these types of attacks is impossible. In many instances it is quite possible, indeed. **But these kinds of attacks always pose a *potentially* deadly threat to the intended victim, and training to cope with them should invariably reflect that understanding.** Anyone who speaks of the “ease” with which his methods enable him to handle *any* armed, multiple assailant, or rear attack situation is speaking

nonsense. *No* real combat is ever “easy”; and in *certain kinds of situations* a given attack just could be nearly impossible to cope with — for *anyone*.

Now exactly why do we say this? What kind of defeatist, negative idea is this to introduce when trying to instruct people in how to defend themselves?

We point these **facts** out because unless a student comes to appreciate their relevance, he will never attach the importance to certain counterattacks that they require, he will not scrutinize such counterattacks for their real world functionality, and then do everything to **make those counterattacks as ruthlessly vicious and destructive as possible**, and he will not appreciate the importance of **CAUTION, SITUATIONAL AWARENESS, and ALERTNESS**, and good **PERSONAL SECURITY TACTICS APPLIED AT ALL TIMES**. Only that combination of **awareness, murderous techniques, and proper tactics** will enable him to be ready for the worst possible kinds of attack, and to *minimize* his chances of ever being caught by some killer or killers using some version of one of those attacks against him successfully.



BAD GUYS CAN LEARN “GOOD GUYS’ TECHNIQUES”! THE USE OF THE WIRE GARROTTE,

DEPICTED ABOVE BY WESLEY BROWN, JR. IN THE WWII NAVY HAND-TO-HAND COMBAT MANUAL, IS IMPOSSIBLE TO DEFEND AGAINST WHEN USED CORRECTLY. REPRINTS OF THE WWII CLASSICS ARE AVAILABLE TODAY TO ANYONE WITH THE ASKING PRICE. SO DO NOT GET TOO ENTHRALLED BY PROMISES OF “INVINCIBILITY” THAT SOME SO-CALLED MARTIAL ARTS EXPERTS LOVE TO PROMOTE.

A realistic appreciation of your vulnerability will greatly enhance your odds of survival. For example, suppose you went on a trip to the African jungle. You are well aware of the danger posed by lions and other jungle cats, and you are also well aware that if a lion or other predatory cat catches you off-guard you don't stand a chance of surviving its attack. You therefore become *super-alert* and *super careful*. You take every possible precaution, not only to be adequately armed and aware, but also to **AVOID** any possibility of an attack from such a beast to occur in the first place. *This is precisely what we advocate for serious self-defense, and why we **know** that it will work when the urban jungle is where you live and go about your business.*

Train hard and seriously. Train on good, combat-proven skills. But *never* think of yourself as a superman, or believe that your knowledge and skill make you invincible against any and all violence.

That's the way genuine warriors think, live, and train. Do likewise.

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