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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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E D I T O R I A L

Guest Editorial From The Pen Of The Late

John McSweeney

INTRODUCTORY:

In the late 1970's when living in Phoenix, Arizona, we became acquainted with John McSweeney. He had received a copy of our (then) newly published Manual, *The Tactical Skills Of Hand-To-Hand Combat*, and sent us a most enthusiastic letter expressing his appreciation for what we presented therein. We replied to John's letter, a correspondence developed, and a close friendship, that lasted until John's passing, resulted. John visited us twice in

Seattle, and gave a guest lesson to our students on his nine “Power Strikes”. There were many similarities between John’s philosophy of self-defense and our own — and John became an Associate Teacher in ICMAF. John was the “Father of Irish Karate”. It was John who brought *Kenpo-Karate* to Ireland in the 1960’s. John was one of Ed Parker’s first Black Belts. He also had some experience in boxing, judo, ju-jitsu, and Chinese *kung fu*. We recently came across the following paper that John wrote, and thought that it would make a great guest editorial.

Like ourselves, John believed that a myriad of “self-defense techniques” were unnecessary and impractical . . . and despite his having studied *hundreds* of such techniques under Parker, John eventually — after a lifetime of training — boiled his system down to a series of **nine** key strikes, and about two dozen self-defense techniques. Like ourselves, he also taught the knife, the stick, and the handgun. John was a WWII veteran, had done bodyguard work, and left a legacy that is beloved by the high-quality Black Belts in *kenpo-karate* that he trained.

Enjoy and benefit from John’s combative wisdom!

“Difference Between Sport And Self-Defense

by John McSweeney

“With all of the emphasis these days on the competitive aspects of the martial arts, it’s appropriate to bring a realistic perspective to the situation. In the Ultimate Fighting Championship and similar full-contact sporting events, wrestlers have consistently had the edge on boxers whenever they’ve been paired in competition. In self-defense, however, grappling methods are often not the way to go for two very good reasons: 1) they tie you up with the aggressor, and 2) they can become long, drawn-out affairs. Karate strikes, on the other hand, are quick. They also give you room to maneuver—or an opportunity to escape, a wise and honorable option for anyone, when circumstances make it possible to do so safely.

“Most of the time, self-defense is not a knock-down, drag-

'em-out fight to the finish. One or two powerful strikes to key targets are usually all that it takes to deter an aggressor. Think back on your own experience in street confrontations. How many strikes did it take to end the threat? Probably only a few. It is rare for self-defense to last long. That's been my own experience, as well as that of my students.

“If you train regularly, ability in self-defense can be maintained over your entire life-span. If you want to be well-prepared, focus on the 15 to 20 strikes that fit your fighting style. Practice them 2 or 3 times a week by hitting a heavy bag or training pad. You can even effectively practice by hitting through the air, especially if you do it in front of a mirror, so you can observe and perfect your form. Each practice session should last at least 10 minutes. To achieve maximum striking force, keep in mind that $\text{Power} = \text{Mass} \times \text{Speed}^2$, so the more speed your strikes develop, the greater the power they will have.

“Of course, strike power is crucial to self-defense. Even a small woman can effectively defend herself, as long as she hits hard! Chances are that her violent response will so surprise her attacker that he may have second thoughts about continuing the assault. After all, he expects his victim to be a defenseless lamb, not a capable opponent who can hurt him.

“It is apparent, then, that sport competition is completely different from self-defense. Although they are both part of the martial arts, each requires different training methods, as well as different mind-sets. In the final analysis, sport competition is concerned only with proving superiority over an opponent, while the goal of self-defense is survival.

“In closing, I'd like to leave you with some thoughts that relate to both self-defense and life in general:

“There are paths that should not be taken.
There are forces that should not be confronted,

**There are fortified areas that should not be attacked.
There are situations that should not be contested.
— from The Art of War, by Sun Tzu (600 BC)”**

We hope that you enjoyed John’s presentation. It is doubtless obvious that his thinking and ours were —— and are —— similar.

This (i.e. the *similarity*) between an established teacher’s philosophy and doctrine, is what accounts for a teacher’s being an *Associate Teacher* in our International Combat Martial Arts Federation (ICMAF). We charge no fees for membership, and we ***do not*** require any teacher to teach that which we teach (although, for obvious reasons, there are more similarities than there are differences between our doctrine and theirs). However . . . teachers must be 100% combat/self-defense oriented in that which they do, **and they must have established respectable reputations for authenticity and legitimacy before becoming members.** And membership is by *invitation only*.

The late John Mc Sweeney, Charles Nelson, Florendo Visitacion, and Rex Applegate are among those who, in their lifetimes, had accepted our invitation to become ICMAF Associate Teachers. These members have all passed on. But they will always remain in our heart and in our memory . . . and their respective legacies will *never* be forgotten.

Bradley J. Steiner

Now Here’s A Guideline For Close Combat And Self-Defense

Students And Teachers!

IT dawned on us the other day that we always held fast in our mind to one definite objective that we wished to achieve with every student: We wanted to make certain that each student, providing of course that he stuck with his training and persisted with sincerity and the right attitude through the course, derived from his training the greatest possible chance for prevailing over any

assailant in a crisis. *We hold to this today.* We do everything that we can, with each student who is sincerely desirous of acquiring combative ability, to impart the right **mindset**, **tactics**, and **physical techniques**, to assure that — should unavoidable violence come his way — he **will be ready!**

While reviewing in our mind and (writer that we are) trying to formulate a terse phrase that *summarized* our philosophy, we recalled that that job had already been accomplished . . . even before we were born! The United States Marine Corps, always famous for having the toughest and finest basic training program for military recruits among all of the American armed services, posted our philosophy — or, more properly, *their* philosophy which we have always also believed — in a beautifully brief, powerful statement. That statement remains posted conspicuously at the two USMC Recruit Training Depots (i.e. in San Diego, California, and in Parris Island, South Carolina). It is:



What a mandate for training in combat arts! Leave it to the Marines!
Uppermost in the mind of the teacher no less than the student must be the crystal clear awareness that ***prevailing in combat*** is the primary objective of all that is taught and all that is learned.

The program of instruction will, if that mandate is always born in mind, never steer too far away from what is decisive and practical and realistic.

There is a reminder, too, in that mandate. It is a reminder that what is being sought and worked toward in training is a matter of **life** and **death**. It is no game, no sport, no mere “recreational pursuit” or pastime. Once closed with a violent felon who is bent upon one’s destruction or subjugation, one ***must*** win. And in order to stack the odds in favor of that being the outcome, training must be reliable.

Learn this lesson: ***TRAIN RIGHT. MAKE CERTAIN THAT YOUR TRAINING PROGRAM DOES DO ITS JOB!!!***

Learn what works. Train hard. Get your mindset right. And, God forbid, if the moment of truth ever arrives, *your* ghost ——— years later, when you leave this world at a ripe old age and run through the many experiences of your earthly existence, will smile and say: “Remember that encounter you had? Well, your training program sure ***did*** do its job!”



THE MARINE CORPS DOESN'T PLAY AROUND AND NEITHER DO WE! ABOVE IS A PHOTO FROM USMC STAFF SERGEANT ROBERT CARLIN'S CLASSIC, *COMBAT JUDO*. KNEES AND ELBOWS — ALWAYS PRACTICAL, RELIABLE, AND REALISTIC. MUST TECHNIQUES IN EVERY SERIOUS CLOSE COMBAT/SELF-DEFENSE PROGRAM.

REMEMBER!

Our seattlecombatives.com web site now has, in addition to both *new* articles every month *and* dozens and dozens of past articles (all FREE) archived for your reference, a *new* Editorial — — each month! When you've read through this

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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

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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:—

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- 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).

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• 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.

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• 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*.

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- 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
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- Defending yourself with a knife

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

The Right Way To Hip Throw

THROWS are not “essential” for basic unarmed combat. However, long-term students of self-defense and close combat (let’s say those who are training seriously for more than just a mastery of the fundamentals), will certainly benefit by learning both the **fundamental principles** of proper throwing in combat, and the **very few legitimate combat throws** that can be relied upon to work in actual — *not competitive/sporting* — engagements.

One of the true combat throws is the **hip throw**, so named because the thrower’s *hip* acts as a fulcrum over which the adversary is leveraged off-balance and thrown to the ground. A *sporting* form of hip throw is one of the preliminary throws that is learned by judo men. **Unfortunately, it is this judo version of the hip throw that nearly every so-called “ju-jitsu” school teaches.** However, despite the fact that judo’s “o-goshi” is **extremely dangerous** for anyone less than a real judo expert to attempt in an actual hand-to-hand encounter, ju-jitsu’s original version of the hip throw might be useful on occasion for the combatives pupil. Despite the fact that we do not recommend using any throw or takedown when a fast, destructive blow of the hand, foot, elbow, knee, or head can be delivered (and it pretty much always can be, if you are in a position to apply a throw) there are some individuals who feel very compatible with combat throws, and so — in advanced training — their study makes some sense.



ABOVE IS DEPICTED THE *JUDO* HIP THROW (O-GOSHI). THIS IS *NOT* RECOMMENDED FOR COMBATIVES STUDENTS. NOTICE THAT THE THROWER HAS TURNED HIS BACK TO AND INTO HIS ADVERSARY. *NEVER TURN YOUR BACK TO AN OPPONENT IN REAL COMBAT!*

The *judo* hip throw involves pivoting so that your back is flush with your adversary. This permits your adversary to break his fall when the throw is executed, because he is slammed down to the mat in a perfect — and perfectly *safe* — manner, enabling him to breakfall and protect his head while also distributing the shock of impact through his hand and arm, and latissimus dorsi muscle. True enough, a man with no judo and breakfall training can be seriously injured when thrown this way, but he *might not be*. And besides, the thrower is very **unlikely** to be skilled enough to be able to close with a tough street fighter or dangerous felon and apply this throw. This type of hip throw is relatively easy to block, and even if thrown, ***if a man intuitively slams the bottoms of his feet to the ground, that will neutralize nearly all of the throw's force and impact.*** The thrower is extremely vulnerable to anyone with fast hands and feet, and who has street fighting experience, **right up to the moment when the throw is actually accomplished.** *Moving in for the throw — and positioning with back to the attacker — is an invitation to be defeated.*

For **combat** (*not* sport) the correct way to hip throw is to apply the throw

from a position *facing* the opponent. This needs to be learned from a good combat teacher, but it is neither complicated nor risky (*if* it is applied correctly and — usually — if it is applied after striking or kicking the adversary, in order to disorient him).



PHOTO ABOVE FROM WWII. FEMALE NURSE BEING TRAINED IN THE USE OF THE HIP THROW. WHILE WE THINK TEACHING DIMINUTIVE WOMEN TO ATTEMPT THE THROW AGAINST A DANGEROUS, ATTACKING MALE ASSAILANT IS NUTTY, WE MUST POINT OUT THAT THE NURSE — AT LEAST IN *TRAINING* — SHOWS A PICTURE-PERFECT EXAMPLE OF HOW THE *COMBAT* HIP THROW SHOULD BE DONE.

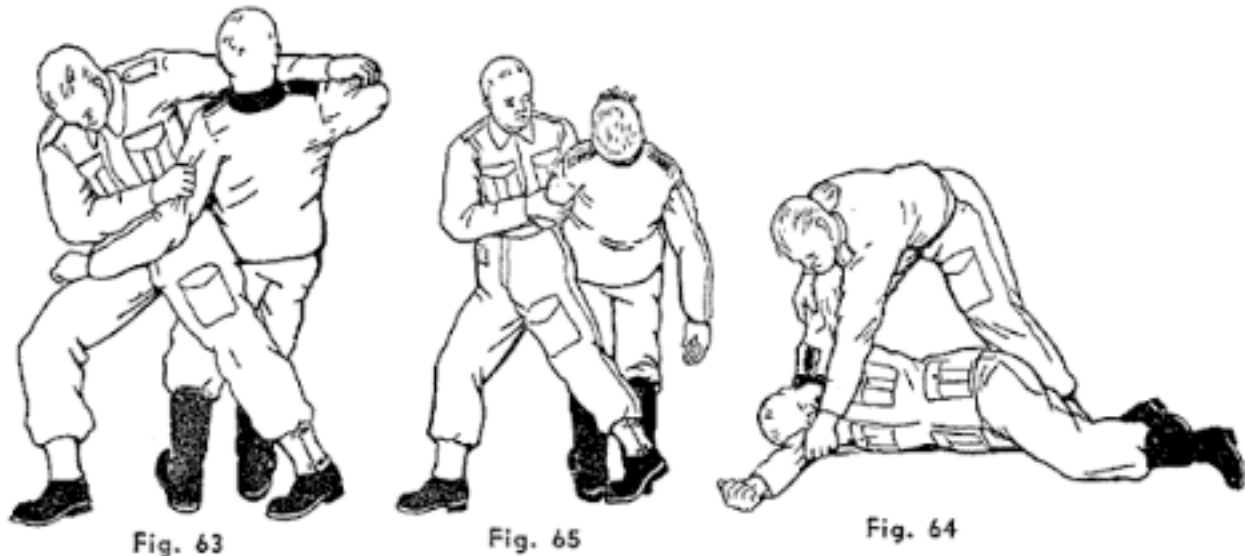
The photo above provides a much more understandable depiction of the hip throw than is shown in *Kill Or Get Killed* — the classic text by Rex Applegate. However, it is *the hip throw illustrated in the above photo* that Applegate's master text describes and advocates.

Notice that the proper combat hip throw does not allow the recipient of the throw to break the fall . . . but depends upon the *thrower* (in practice, of course) to control the partner who is thrown so that no injury results.

Otherwise, as the photo should make clear, the attacker is thrown on his head or on the point of a shoulder which almost certainly — if he is thrown with force and *no* restraint that sets him down safely — will result

in a fractured skull, a broken neck (or back), or possibly all three!

As we have written elsewhere, our personal preference for applying the hip throw is the derivation developed and taught by Fairbairn and Sykes.



FAIRBAIRN'S HIP THROW. THIS VERSION, DEVELOPED BY THE "FATHER OF WESTERN CLOSE COMBAT — UNARMED, AND ARMED" — IS, WE BELIEVE, THE FINEST FOR HAND-TO-HAND BATTLE. IT BEGINS PRETTY MUCH LIKE THE JU-JUTSU HIP THROW, BUT IT IS SIMPLER AND — WE BELIEVE — MUCH MORE CERTAIN TO WORK UNDER ADVERSE CONDITIONS, IF *THROWING* IS TO YOUR LIKING.

The reason why we prefer Fairbairn's version above all is because in applying it *there is no point during which the assailant is brought over and onto the thrower's body, and this means less risk of stumbling when applying the action.*

We appreciate that some of our regular visitors may be devoted judo men, and we hope that this enables them to gain a more realistic perspective on how to modify one of their pet throws **if** they wish to train for combat. We also hope that those who are (or who believe that they are) training in ju-jutsu (*not* BJJ, or the MMA type of "ju-jutsu" — which is really *judo*) but **JU-JUTSU**; presumably the Asian-derived art of self-defense — will understand something important about how one of the popular throws they

are learning *should be done* if they ever need to actually defend themselves in a real attack situation.

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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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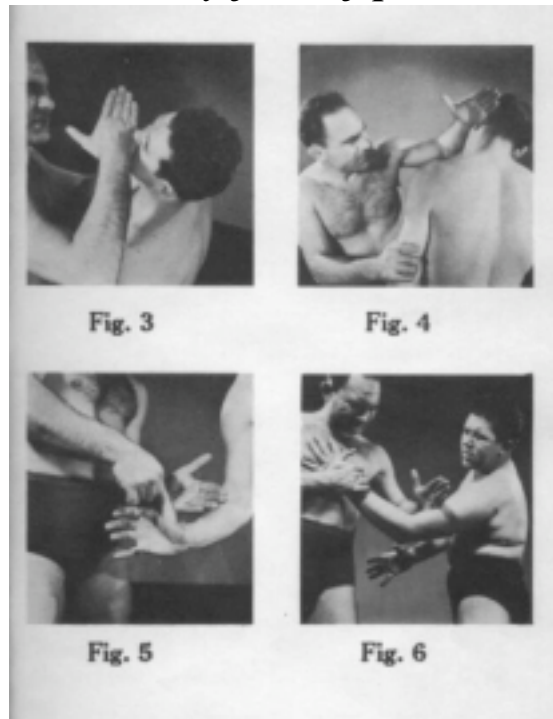
Scientific Medical Support For The Superiority

Of Open Hand Striking In Close Combat

WE have, as anyone who has followed our writings during the last 46 or so years knows, been an unyielding advocate of the **OPEN HAND** as the best way to employ that natural weapon in hand-to-hand combat and personal defense. Hardly anything original with us ——— every military close combat teacher in WWI *and* WWII pushed this fact of **open hand strike superiority**. Blame the combined factors of **ignorance/incompetence** and **brainwashing by popular fad following** for the ridiculous clenched fist emphasis given in the armed services (and police departments) today. Like groundgrappling, clenched fist punching, with but *very few* exceptions, is for ***sport***, not real hand-to-hand battle.

“But you don’t see chinjabs and handaxe chops in the UFC or in MMA

contests!” ***RIGHT***. And you *won't* ever see them in any contact combat **sport**, unless we see total degeneracy of the martial arts into the kind of insane bloodsports that characterized ancient Rome. And that may come. But hopefully, if it does come, there will be sufficient *legitimate* judo, karate, boxing, kickboxing, and wrestling teachers who will provide **sane** venues for those seeking contact sports. And *if it should come, there also hopefully will be teachers of real self-defense and close combat who teach lethal and maiming skills for what they are; and who teach them in a safe, noncompetitive manner, solely for self-protection.*



ABOVE: FROM HIS EXCELLENT LITTLE BOOK, *AMERICAN COMBAT JUDO*, THE ABOVE PHOTOS SHOW FORMER U.S. COAST GUARD INSTRUCTOR AND ASSOCIATE TO JACK DEMPSEY DEMONSTRATING THE SUPREME OPEN HAND BLOW — NORMALLY MORE DEVASTATING THAN THE HEEL OF THE HAND (“CHINJAB” AND “PALMHEEL STRIKE”) — THE EDGE-OF-THE-HAND BLOW, OR AS WE REFER TO IT, THE *HANDAXE CHOP*. BY THE WAY, COSNECK WAS A WRESTLER. HE KNEW WHAT WAS NEEDED IN COMBAT, HOWEVER.

Not that anything more need be presented to validate the role of **open hand blows** as the right ones for hand-to-hand combat, and clenched fist punching as a largely *sporting* hand blow, but we recommend that you check out the **Journal of Sports Science and Medicine (November 1, 2009)**. You can read the unbiased *medical and scientific evidence* that, for example, the three authors provide for use of the **palmheel strike over the clenched fist**

punch! These were unbiased scientists who wrote this article. And need we point out that compared to the articles appearing in **JSSM**, the majority of opinions presented in the pages of the popular “martial arts magazines” regarding “martial theory” amount to little more than bad jokes?

We are grateful to one of our correspondents who is a karate exponent and a retired LAPD Officer for bringing the article’s existence to our attention.

You can obtain the article if you wish. It is very thorough and well documented. But *here* is an extract from its bottom-line conclusion:

“ . . . for martial arts teachers, it would be important to teach novice practitioners the palm strike early in training so that they may have a better chance to defend themselves in a high stress situation ...

“Because of its greater force production capabilities and momentum transfer, the palm strike to the chest or solar plexus would be ideal for maximizing impact force and therefore moving an opponent off balance, as well as attacking harder surfaces . . .

“This research is also applicable to soldiers and law enforcement officers that are exposed to close quarters combat on a regular basis.

“ . . . an officer that trains the most effective attacks for long enough will develop an innate ability to generate these attacks automatically and efficiently when under the highest stresses.”

Reread that *last* sentence. Sound like what we’ve been emphasizing about repetitious drill in the right combat-proven offensive blows and combinations?

While the heel of the hand —— utilized either in chinjabbing or straight heel thrusting fashion —— is one of the finest blows in unarmed combat, and should be taught **very early** in training (we teach it in **Lesson One** of our Introductory Course!), the open hand offers even more destructive efficiency in the **handaxe chop**. Additionally, the **fingertips thrust and fingertips jab**, as well as the **half-fist strike**, **reverse handblade strike**, **ear box**, the simple **open hand palm smack**, and the superb **tiger’s claw thrust** are *all*

outstanding blows for serious combat.

No, the clenched fist is not useless. It needs to be taught, understood, and practiced, but for *limited use only*, and against especially soft and vulnerable targets only. The reason why clenched fist punching is used in competition, is because it is the *least* dangerous way to hit someone — unless of course, used as we advocate.

Your open hands, people . . . *Open* hands. By far the most damaging, and reliable of your natural hand “weapons”.

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P.O. Box 15929
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Home Security Signs

SOME people love to advertise their stupidity. This is evident to us whenever we see signs such as this conspicuously posted on a house or on a fence surrounding a property:



Yes, that's good for a chuckle. But for heaven's sake **DON'T** place a sign

like that on or near *your* home!



ANOTHER EXAMPLE OF A SIGN YOU SHOULD *NOT* DISPLAY. ALTHOUGH WE ADMIRE THE SENTIMENT AND COULD NOT AGREE MORE STRONGLY THAT YOU *SHOULD* BE ABLE TO POST SUCH SIGNS, IT IS BETTER, IN OUR OPINION, IF YOU DO NOT. IN TODAY'S CLIMATE OF INSIPID TOLERANCE AND SYMPATHY FOR THE SCUM AND DREGS OF SOCIETY.

POSTINGS LIKE THE ABOVE COULD COME BACK TO HAUNT YOU.

If, may God forbid, you ever have to use your firearm to protect against home invasion, *can you imagine the field day that the evening TV news crew will have showing the world what a "gun nut" you are!?*

You do not want such a sign coming back to haunt you if ever you are involved in a deadly force predicament. "Just look at this sign he posts on his door!" will be the prevailing chant of all those hysterical anti-gun people. "Why, **obviously** he was just itching to shoot somebody!"

You don't want to encourage dangerously prejudicial sentiment against yourself.

Signs like "These Premises Protected By Smith And Wesson" are funny . . . until they get the one who posted them on his property in trouble.

Remember that in addition to encouraging irrational and prejudiced thinking about you, such signs also advertise that there are firearms on the premises

where they are posted. That may not *always* deter crime. It could encourage it. If dangerous felons are casing homes, and if they determine when you are not home, they just might decide to break and enter and steal your weapons.

Your best and most sensible bet? Post **No Trespassing** notices. These provide you with an obvious case of trespass, in the event that undesirables ever drift onto or into your property — or refuse to leave, after being told to do so by you. *The no trespass signs have been posted for all to see.* No implied threats. No mention of guns. *That's the way to go!*



“What about “Beware of Dog” signs?”

These signs are excellent *so long as you do not actually have a dog*. If you *do* have a dog, and if the dog bites anyone (even an illegal trespasser!) it will not be too difficult for those who enjoy persecuting homeowners (or who simply resent cautious and prepared people — or dogs) for “having a dangerous animal who they knew would attack someone”.



SIGNS LIKE THIS ARE EXCELLENT . . . PROVIDING YOU DO NOT HAVE A DOG. YOU ARE COURTING LIABILITY PROBLEMS BY ADVERTISING THAT ANY DOG YOU OWN MAY BE DANGEROUS. IF YOU HAVE ONE OR MORE ATTACK DOGS BE CERTAIN THAT THEY ARE CONFINED TO YOUR PREMISES AND CAN ONLY ENDANGER PERSONS WHO TRESPASS . AND DON'T POST SIGNS DECLARING THAT YOUR DOG IS DANGEROUS.

Home alarm system warning signs are excellent. A quality system installed by a well-known company and with that company's signs posted is **great**. Post as many of those as you wish!



WELL KNOWN SECURITY COMPANY SIGNS — WHICH ARE PROVIDED WHEN YOU PURCHASE THEIR SYSTEMS — ARE WONDERFUL DETERRENTS. VERY, VERY FEW OF THOSE SWINE WHO BREAK INTO HOMES WILL WASTE THE EFFORT ON DWELLINGS THAT ARE SECURED BY ESTABLISHED ALARM COMPANIES.

Yep, it's outrageous and stupid and wrong and unjust and uncivilized and unfair and irrational that you must be "careful" about what you post on your own property. But **IT IS**. It is the situation that we live with today.

You were warned.

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Bare Hands Vs. Weapons: Feasible Or Not?

WE see it over and over again, most markedly in cities where firearms are most difficult or impossible to obtain by private, decent citizens: *violent offenders are well-armed and they use their weapons when they go after their victims*. Aside from the fact that it is indecent and unjust to place obstacles in the way of law abiding citizens to own, carry, and use firearms in self-defense, it does **NOTHING** to keep firearms out of the hands of the low-lives, predators, and other scum. Nevertheless, in cities like New York, Los Angeles, San Francisco, and Honolulu, only the very wealthy can efficiently work their way through the system — paying the fees and going through the legal hoops — and hope to obtain a concealed carry permit for a handgun. Middle and low income “unconnected” citizens are lucky to be able to obtain a permit to keep a firearm at their place of business or home **only**, or to take the weapon *to* and *from* a shooting range. (By the way, to anyone who believes that criminals can be prevented from obtaining firearms by instituting laws and controls over the citizenry, consider that **even in Japan and Russia** — where restrictions are so restrictive as to amount to being a virtual **BAN** on privately owned firearms — criminals have all of the weapons, *including fully automatic weapons*, that they want.)

While we vigorously advocate *obedience to the law*, and we would neither violate the law ourself nor condone anyone else’s doing so, we cannot help but disagree with firearms restrictions and regulations. Criminals don’t obey them . . . and decent people are further victimized by their existence, and by having to obey them.

A critical question for students of personal defense is “*Can an unarmed person hope to be able to defeat an armed offender?*” We are not now concerned with such ridiculousness as the fancy “gun takeaways” and flashy nonsense that looks great in YouTube videos and in live demonstrations. Fine motor moves are **worthless**, and “disarming” per se is largely nonsense. What the average person needs to know is if there is or is not a methodology for dealing, unarmed, with an armed criminal.

We have some good news, and we have some bad news.

The good news is *yes*, it is possible to deal with a would-be armed murderer. The bad news is that most of the martial artsy stuff that purports to teach you how to do this is bullshit . . . and even with the best techniques and the application of good tactics, **there is risk**; and in addition to realizing that you very well may be injured in defending yourself, *you need to be prepared to use deadly force against a deadly threat.*



ABOVE PHOTO FROM WWII SHOWS AUSTRALIAN MILITARY PERSONNEL TRAINING IN BAYONET COUNTERS. SUCH DEFENSES ARE POSSIBLE, THOUGH RISKY. DEFENSE AGAINST A HANDGUN, SHOTGUN, RIFLE, KNIFE, ETC. SHOULD ONLY BE UNDERTAKEN TO SAVE HUMAN LIFE. IF A CRIMINAL'S INTENTION IS YOUR WALLET, CAR KEYS, OR BRIEFCASE, *GIVE HIM WHAT HE DEMANDS!* HOWEVER — IF YOU BELIEVE THAT HIS OBJECTIVE IS TO USE THE WEAPON ON YOU, REGARDLESS, DEFEND YOURSELF. WE WOULD RECOMMEND RESISTING A WEAPON-BEARING ASSAILANT TO PREVENT FORCIBLE RAPE

OR KIDNAP.



TOP PHOTO SHOWS TWO USMC RAIDERS TRAINING IN KNIFE DEFENSE. THIS IS THE SAME TECHNIQUE TAUGHT BY WESLEY BROWN AND JOE BEGALA TO U.S. NAVAL AVIATORS. BOTTOM PHOTO SEQUENCE IS FROM ROBERT CARLIN'S BOOK, *COMBAT JUDO*. WE DO NOT BELIEVE THAT AN ARMLOCK IS APPROPRIATE AGAINST ANY WEAPON ATTACK.

FOLLOWUP SHOULD BE MUCH MORE DESTRUCTIVE AND DECISIVE.

While slightly different theories may exist even amongst professionally qualified instructors, our method of weapon countering follows a two-step procedure and *it has worked* for some of our students. Step #1 is to evade, block, parry, or otherwise avoid or thwart the initial danger posed by the weapon. This must be accomplished in the simplest, most natural and uncomplicated manner possible. But it must be done before Step #2 ———

which follows like lightning —— and entails knocking out or killing the offender. ***UNTIL HE IS UNCONSCIOUS AN ARMED ADVERSARY IS DANGEROUS!***

Do not attempt to wrest a weapon (firearm, knife, club, etc.) from an attacker. Despite the fact that this is a commonly taught action it is very foolish for real world applications. **Never** attempt to close with and throw an armed enemy. To grapple close-in with someone holding a gun or knife, *and then to throw him to the ground (inevitably accompanying him there, yourself!)* is extremely dangerous. Yes —— in judo/ju-jitsu or hapkido or aiki-jitsu, etc. “weapon defense” is always neatly performed in the training hall, and the defender is never shot or stabbed. Nor does the defender ever go to the ground *with* his armed enemy. **In the real world things go very, very differently!** Attackers hang on and attempt to counter-grapple —— and almost *always* take their thrower down with them (just as judo players do, by the way).

Attacker down: **KICK HIS HEAD IN!** Unless you can safely escape the scene *you must render your man unconscious!* Don’t hesitate! Keep kicking him! He may not be adequately injured at first. Make *certain* that your man cannot get up. *He just tried to kill you!*

So, what we hope to have conveyed is that countering an armed adversary with your bare hands is “possible” but *dangerous*. It must be attempted **ONLY** to save innocent life and limb. You will likely be injured yourself in the process of countering your foe (but that’s better than dying). In reality you must be **ready**, **willing**, and **able** to apply simple but ruthless skills, and have no compunctions about using deadly force. And as for the popular “disarms”. Leave them to motion pictures, TV, martial arts demonstrations, and people who refuse to accept reality.

Our DVD’s #7 and #8 provide war-proven counters for armed attack. These are, we reiterate, only to be utilized for saving lives, never for saving your wallet, briefcase, vehicle, or other replaceable items of property

POSTSCRIPT: —

Here is a very valuable tip (explained and demonstrated in depth in our **DVD #8: Countering Handgun And Shoulder Weapon Threats**) :——
Whenever defending against a firearm that is pointed at your head or body, or against a knife that is pointed at you, **your first movement must be moving your head or body out of alignment with the weapon as the crucial step in your counter.** This will of course be accompanied by smashing the weapon aside and/or seizing the weapon-bearing wrist of the enemy (or, in the case of a shoulder weapon, the barrel of his firearm. **But you must misalign your head or body as your primary action.** If you depend primarily upon knocking a cocked handgun aside to protect yourself, the blow to the gunman's wrist/hand/arm might cause the trigger to be pulled (should the hammer be cocked) and the weapon to discharge **while you are in front of the barrel.** In the case of a knife that is pointed at you, the adversary may thrust *as* you move to knock aside his blade. If you misalign your body **first**, his thrust will not cause the blade to penetrate your body.

This is a subtle point but we have found it to be a **critical** one. Again, it is demonstrated and thoroughly explained **using a real firearm** in our **DVD #8**; but we mention it here and now because it is relevant to the topic of the article above. And **never** try to “take an attacker's weapon away”. Use counterweapon techniques only to protect human life (not to save a few dollars from a holdup man). And when and if you must go unarmed against a weapon, ***render that armed assailant kaput ASAP.*** Deadly force against a deadly threat. It's not only **legal**, it's **necessary!**

As we receive numerous requests to quote items and passages that appear here in *WORD & 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.
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PLEASE be sure to tell others about this site and about our other web sites.

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

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—end—

