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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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September 2014.

Editorial

“Argumentum Ad Hominem”

HAVING been the victim of this wretched excuse for legitimate criticism — as the late Ed Parker has been (albeit to a much lesser extent, and by much lesser and smaller “critics”) — we thought it may be of interest to enlighten our visitors ——— for their own protection ——— about its nature. If you pay attention it might save you the experience of being, as Kipling put it, duped by “*knaves [who wish] to make a trap for fools*”.

What motivated this editorial was a friend’s calling our attention to a “forum” in which a plethora of despicable commentary appeared regarding the late Ed Parker. He (i.e. Parker) many contributing knaves kept saying, was “A liar, a thief, and a fraud”. There was counter-commentary by legitimate and long-standing genuine martial arts experts (many students of Parker, who, unlike the critics, *knew* Parker. But the forum aroused our contempt and anger because it was clearly anti-Ed Parker in overall tone, and it gave a great opportunity for know-nothings, envious morons, jealous little scumbags, and assorted disaffected, malicious little s—ts, who proved themselves to be the most preposterous liars, to belch out their venom!

What the forum consisted of (aside from the few outraged, legitimate black belts and associates of Ed Parker, who came to this late outstanding teacher’s defense) was an **AD HOMINEM** gang attack. An ad hominem attack is an illogical, unreasonable, unscrupulous attack that attempts to discredit that which someone has done or advanced as an argument as being untrue or illegitimate *because the person is not himself perfect, or because* ——— *plainly put* ——— no actual substantial argument that makes any sense can be advanced against him, so a personal attack is engaged in by the speaker who has nothing else to advance.

We have no personal axe to grind here. We were close friends for many

years with John McSweeney, who was one of Parker's first black belts, and who, until his death, was friendly with Ed Parker. We also are friends with Tom Saviano, one of the truly fine teachers of the kenpo-karate that Ed Parker brought to America's mainland. We never personally met Ed Parker — but we learned a lot about him from those who *did*. We studied kenpo-karate . . . but not Parker's; and from studying Parker's old text (Kenpo-Karate: The Law of the Fist and the Empty Hand, which we purchased in 1960) we *disagree* with many of the self-defense techniques that he taught.

But we and Ed Parker were never associated. We never had so much as a conversation by phone. We are outraged by the injustices that have been heaped upon his name by little worms who would not qualify to shine Parker's shoes. Still, going back to the early 1960's we have been aware of Ed Parker's enormous accomplishments in the martial arts. They were well publicized, well known, and the man left behind a legacy for which all of his students can and should be proud.

We bring this matter up, and the matter of this "argumentum ad hominem" (as it is written in Latin) because it would appear to be the great pastime of the scumbags who pollute martial arts dialog, history, and the instructional efforts of so many *legitimate* people in the world today. Such random droppings of fecal matter target *us* with this irrational, dishonest bilge, too.

Do not be duped by **personal attacks** and by **slanderous vitriol**! Teachers of the martial arts (i.e. we legitimate ones) present the very best information and instructional matter of which they are capable. Honest and courteous disagreement on some matters is to be expected. For example: We disagree with that which the Gracies advocate as close combat and self-defense. However, we have great admiration for the late Helio Gracie (anyone who would engage in a judo match with the late Masahiko Kimura is a hero in our book!), and we respect the Gracie family and their excellence in the sport that they practice. *We simply disagree with the idea that their approach to actual self-defense is the right one.* This is not personal. (Would that the majority of UFC/MMA people had the respect and decency to respond to our and our associates, who advocate what we are convinced is true combat, in kind).

Disaffected failures, malcontents, and crazies ——— possessors of “keyboard courage” ——— who have found an outlet on the internet, utilize the **argument ad hominem** as their pathetic mainstay “weapon”. Check into *their* histories and background, and it may well be that you will discover that *they* are the real “liars” and “frauds”.

Check into what the teacher himself **teaches, writes, espouses, advances, and advocates**. How long has he been at it? Never mind what some disaffected malcontent ——— be he anonymous crank or former student who alienated himself from the teacher, has to say ——— *what are the facts?*

No one is perfect. Ed Parker, as well as everyone else on earth, was (and is) an imperfect human being. But, as John McSweeney who knew Ed Parker personally once told us: “Ed Parker could hit like dynamite! He was the hardest hitter I ever knew!” And McSweeney had also studied boxing.

On behalf of Ed Parker’s memory, and on behalf of every other 100% dedicated, disciplined, serious contributor to martial arts, we hope that all who are decent and genuinely interested in furthering their own abilities and knowledge in this fascinating field, will understand and see through the critics; recognize the **argument ad hominem** which is their pathetic mainstay, and relegate them to the garbage, where they belong. *They have duped and are duping enough people with their spurious venom.*

“Argumentum ad Hominem (abusive and circumstantial): the fallacy of attacking the character or circumstances of an individual who is advancing a statement or an argument instead of trying to disprove the truth of the statement or the soundness of the argument.”

From “philosophy.lander.edu/logic/person.html”

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Here are a few comments about us and what and how we teach, from a handful of the many genuine authorities in the field of close combat and self-defense who are familiar with us and with our work:

“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”

— James R. Jarrett,

Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”

— Greg Anderson,

Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.

“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is

incredible!”

— Detective Ralph Friedman (NYPD Retired),
Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”

— Maurice (“Maury”) Geier,
Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”

— Grandmaster Jim Harrison,
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim

Harrison's accomplishments and contributions to the combat arts in America.

**“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”
— Grandmaster John McSweeney,**

The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis’ contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis’ works.

“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”

— George Kalishevich,

Former USMC Sergeant and combat veteran of Southeast

Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960's. He was also an experienced bouncer. He passed away several years ago.

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner's writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner's vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner's”.

— Grandmaster John Perkins,

The brilliant innovator of ‘Guided Chaos’, John Perkins’ background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived

directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs individually, or you can purchase the entire Course, in which case you pay for only ten DVDs. You receive one FREE!

Each DVD contains the equivalent instruction normally given in four to eight private

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness

- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

combinations” in *American Combato*.

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental plays 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!

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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!

Age And Self-Defense

WE have addressed this subject in years past, and there is more —— a lot more —— that can and that needs to be said about it.

From the standpoint of those who prey upon human beings, older people are

more desirable targets than young ones. Older people tend to be more easily injured, more prone to fear about being hurt, less powerful than youngsters, and less agile. Consequently and statistically, a man over 50 is most generally seen as a far more tempting target of attack than a 20 year old.

With the unfortunate emphasis on MMA and UFC type sporting competition as “**martial arts**” it is often overlooked that such competition —— being a young man’s game, while being touted as “self-defense” ——has likely done a great deal of harm by convincing those who have no interest in combat sport (to include senior citizens who are well-advised ***not to participate in such sports***) that unless they are ready to become experts in what is essentially sport judo and wrestling with a heavy emphasis on ground grappling, there is little the world of martial arts has to offer them. **WRONG!** Absolutely wrong! And a huge error that, for the sake primarily of the seniors who want to be able to protect themselves, **must** be refuted and corrected.

No one who is looking for self-defense, pure and simple, need concern himself in the least with *any* competitive sport. And while it is only common sense that endeavoring via the use of sensible exercise to stay in good shape is wise for anyone, no senior need feel that his inability to workout like a Navy SEAL bars him from being **more than adequately able to defend himself well** providing he approaches the subject realistically, and is prepared to invest some healthful *effort* on behalf of achieving that worthy goal.

We have trained numerous seniors in real world self-defense over the years, and so has Prof. Bryans. Result? *Every single one who has applied him or herself to the training properly has acquired truly effective skills and a greatly heightened level of self-confidence and poise. Some have, unfortunately, had to put their training to the test in actual emergencies.* Result? Attackers = 0 number of victories; Seniors = 100% successful.

Although we cannot of course provide any “guarantees” to anyone that they will defeat anyone who attacks them (there are too many variables and possible factors that always remain unknown in any violent situation) we can provide the promise that if you train with us and follow the instruction that we

give you, you **will definitely** be far better prepared to deal with physical attack than you were prior to your training. And, from our experiences with students in the past, we cannot help but feel that the senior who we instruct will have the deck stacked in *his* favor in any emergency.

The great *advantage* that seniors have is the element of surprise. This is a critical factor in **any** form of combat — from wars between nations to individual encounters — and must be fully appreciated and exploited. The scum who attack seniors do so in large measure because they are convinced that their quarry cannot effectively resist. When the target of their attack resists with the spirit and surprise of a vicious jungle cat and drives home crippling force to his would-be tormentor — crushing his throat, blinding him, breaking his leg, or knocking him out cold — the scene changes. “Victim” becomes *attacker* . . . and the scum cannot cope with that surprise attack.



LIKE ONE OF OUR OWN BELOVED TEACHERS, CHARLIE NELSON, WE GIVE LESSONS TO SENIORS, AND THEY DO JUST FINE LEARNING HOW TO TURN THE TABLES ON STREET

FILTH!

The senior who is serious about learning self-defense must become adept at simple, war-proven unarmed combat methods. This set of skills provides his foundation — physically, mentally, and tactically — and enables him to make use of **weapons**, which we advocate (and teach) as *essential*. Clearly, weapons must be legally obtained and possessed. Modern weapons only. The handgun. The knife. The stick. And *improvised* weapons! Driving the metal end of your umbrella into the throat or eye of some street bacteria is a most effective way to tell the “young’n” **“Leave me the hell alone!”** Pens and pencils, even small rulers and combs, or rolled up magazines — *all can be employed with devastating effect — in combination with unarmed combat — once you’ve learned how to do it!*

While seniors often do lack the agility and strength of young scum who attack them, that is not really all that much of a problem **if** proper tactics and techniques are employed, which enable the senior to bypass his assailant’s youthful advantage. **And this can be taught! More speedily and effectively than most might imagine.**

Mental conditioning is always necessary when teaching any form of combat and self-defense. **We teach this, too.** The senior comes to understand how to use his maturity and life experience to greatest advantage, and how to summon the ferocity of a grizzly bear protecting its young! Guile is something that comes with age . . . and seniors need to learn how to utilize that when a situation demands it.

Self-defense is for a *lifetime*. It is for men and women of all ages. It is not, like combat sports, an activity from which one “retires”.

You can learn it from personal instruction or from our DVD Course. And what it will do for you is incalculable.

No one, regardless of age, should be unable to defend himself. And, regardless of age, ***no one needs to remain unable to defend himself!***

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— 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 in 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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- 005 - Tapping Into Your Vital Reserves**

- 006 - Building The Determination to Prevail In Close Combat**
- 007 - Become Attack Minded**
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- 013 - Build Confidence When Facing A “Tough Guy”**
- 014 - Develop Coolness And Nerve in the Face of Danger**
- 015 - Mastering the Ability to Take an Enemy by Surprise**
- 016 - Becoming Convinced That it Really Can Happen to You!**
- 017 - Banishing The Fear of Bullies *Forever***
- 018 - Become Ready, Willing, and Able to Do *Anything* In Self-Defense**
- 019 - Eliminating Hesitation and Becoming Decisive**
- 020 - Raising Your Threshold of Pain**

Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for foreign orders.

And we are also making available a series of **Combat Training Lectures**, which enable you to gain information, insight, tips, suggestions, guidance, encouragement, and valuable instruction listening to professionally presented lectures on all subjects pertaining to close combat and self-defense.

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Complete on *two* quality CDs. One and a half hours you'll want to listen to again and again for reference and inspiration in training!

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One hour in length, this talk provides a complete clarification for students (and possibly some teachers, as well) of the crucial differences between training for competition, tradition, and *combat*.

This Lecture Is \$20. Plus a \$4. Shipping and Handling Fee. \$10. for

foreign orders.

Send cash or money order (payable to Brad Steiner) to:
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P.O. Box 15929

Seattle, WA. 98115
U.S.A.

“Mixed Martial Arts” — Only about 3,000 to 6,000 Years Old

LONG before the recently popularized *sport* that is popularly referred to as *Mixed Martial Arts* (or MMA) came on the scene (quite possibly as long ago as 6,000 years!) the very definition of a “**martial art**” was an art of war in which anything goes, all and every type of skill is included, and no actions are barred. *And these arts were **not** “played” in various commercial arenas; they were killing and maiming arts, and the objective in including everything was to enable the practitioner to win — any way he could. Stun, maim, or kill — as the situation demanded.*

Every close combat and self-defense system that truly *is* a “martial art” (and not a martial *way*, or martial sport) “mixes” various types of techniques in its curriculum: hand and arm blows, kicks, throws, maiming holds, clawing, biting, and hand-held weapon skills, etc. These are not the same techniques that MMA allows, and with good reason. Just read through the list of MMA and UFC *rules*. Those activities are competitive sports, and they do **NOT** (and must not) allow for “anything goes” in their contests.

None of the above is said as an attack on MMA/UFC. We simply wish to make it clear that these are sports; that they do *not* include those techniques that actual combat demands; and that they are certainly not the source of



EYE GOUGING, FOR REASONS THAT SHOULD BE PLAIN TO ANYONE, CANNOT BE AND MUST

NEVER BE PERMITTED TO BE ALLOWED IN ANY FIGHTING SPORT. EVEN CONTROLLED ATTACKS THAT DO NOT MAKE CONTACT WITH THE EYES MUST NEVER BE ALLOWED IN FREESTYLE SPARRING, OR IN FULL SPEED, VIOLENT PRACTICE BETWEEN TRAINING PARTNERS.

IN A HOME INVASION, ATTEMPTED RAPE, MUGGING, OR SIMILARLY DEADLY ATTACK, *WHEN A LOADED GUN CANNOT BE EMPLOYED IN SELF-DEFENSE*, RECOURSE TO EYE GOUGES AND SIMILARLY FOUL AND DIRTY METHODS SHOULD BE FIRST ON THE DEFENDER'S AGENDA. SAVING INNOCENT LIFE IS A PRIORITY UNEQUALED BY WHATEVER DESPERATION OR DESIRE ANYONE MAY POSSESS IN REGARD TO WINNING A SPORTING MATCH .

mixed **combat** skills, but rather, like boxing, wrestling, fencing, judo, or competitive karate, they only allow or “mix” permissible sporting skills for use by contestants. True mixed martial art is simply *martial* (i.e. warlike) art. Unrestricted savagery and brutality. Win at any cost. Abandon decency, ethics, humanity. And as such martial art was first used by the Chinese, the Tibetans, and the Indians in ancient times; never as a *sport*, but rather as pure combat.

In WWII those few Caucasian experts in ju-jutsu, wrestling, and boxing who had become well-known to the Allied Forces put their experience and training into the development of relatively short-term close combat programs which of course were, in essence, **mixed martial arts**. They were mixed: Those like Wesley Brown and Joe Begala who were predominately *wrestling* oriented, adopted strikes and kicks from ju-jutsu's *atemi*, and kicks from French *savate*. Fairbairn, Sykes, Applegate, O'Neill, Biddle (and latterly Biddle's protégé, Styers) *all* without exception drew from all types and forms of hand-to-hand combat *because their purpose was preparing men for war, and in war you exclude only that which is not likely to work, and/or that is intended for circumstances less drastic than war*. (Parenthetically, we'd add that the great **weakness** of one of the WWII methods — i.e. that of Wesley Brown and Joe Begala — stems from the fact that they included *way too much wrestling-based skills. Only perhaps 20% of those that they advocated are combat worthy*. However, the blows and other simpler methods were excellent.)

Combat is always for keeps. There are no timekeepers, referees, second rounds, rematches, or “banned” actions. The very concept of “fairness” or of

“sportsmanship” is absurd. No one engaged in a serious battle for survival with an attacking enemy who is bent on maiming or killing him is going to care in the least about employing the filthiest gutter tactics imaginable. **Why should he?** *His* life is more important to him than his enemy’s. ***And the enemy, in any self-defense situation, started it.***

Read any of the classics of close combat. *Kill or Get Killed, All-In Fighting, Cold Steel, My Method of Self-Defence, Do or Die, Combat Judo, American Combat Judo, Self-Defense Complete, Your Personal Handbook of Self-Defense*, etc. etc. etc. You will not find one rule about not employing anything that works *just because it derives from another “system”*. The only moves that are excluded are those that the author personally does not believe would be utterly reliable. But he is *not* biased against anything that he believes will stand up under extreme conditions in vital combat.

This is “mixed martial arts”; or *much more accurately*, **IT IS REAL MARTIAL ART THAT, PROPERLY, MIXES WHATEVER IS BELIEVED BY THE PRESENTER TO WORK, with maiming, crippling, and killing actions, with and without weapons,**

The present forms of what the public regards as “mixed martial arts” might better be described as “varied competitive fighting”. That is, this sport comprises a *variety* of both grappling and percussory **SPORTING/COMPETITIVE** techniques and tactics. Fair enough.

We are not arguing against this sport. We are trying to clarify certain facts about how it is being regarded, and why its designation may be misleading. *Yes, MMA/UFC, etc. does absolutely* employ both striking and grappling. In a sense it “mixes” the types of skills that contestants employ in order to win. **But it mixes *sporting/competitive* grappling and striking skills. Thus, like judo, boxing, fencing, kick boxing, wrestling, sumo, kendo, competition karate/kung fu/taekwon-do, the activity is a SPORT; virtually every “first recourse/priority” type action that is taught in combat training programs and systems is NOT ALLOWED.** This can

be verified by checking and seeing for yourself the rules that are adhered to in MMA/UFC contests.

The animosity that in some circles is deliberately instigated and stirred up between the *competitive* and the *combat* people is moronic. Sport *or* self-defense are equally legitimate and worthwhile pursuits. They are merely **different**. And martial arts enthusiasts who cannot comprehend the difference between the two just might find themselves making a very bad mistake by electing to pursue the wrong one for their personal needs and objectives.

And . . . for those who simply refuse to believe this, so be it. Have it your own way. Possibly even discover the truth one day, the *hard* way.

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Closing The “Gap” Through Serious Training

REMEMBER that you are always working with *voluntary muscles* when you train in any self-defense skills. This means that your **mind** must **issue a command to your body** to go into action when you find yourself confronting an aggressor. This means that *unless you are primed and ready to preempt someone who is facing you when he initiates his first violent gesture, you will not be able to move into action faster than your attacker. Nor will you be able to move at the same time.* There will be a **gap** between the moment the individual in your presence launches his unanticipated attack against you. “Action is faster than reaction”, the axiom goes.

Training in self-defense must provide the student with such **mental** conditioning that, when a crisis strikes, *only the barest minimum gap exists* between the moment when he is attacked (or when an attack is imminent) and the moment when he goes into action himself to neutralize his enemy.

There really are only two possibilities: **1.** That you will be approached in some manner or something will occur that triggers your awareness of an impending attack; **2.** That you will suddenly be attacked when you are not aware of the onslaught. In instance #1 your training should have primed you to react so that you go into *preemptive* action with no delay once it becomes clear to you that you are definitely in danger. In instance #2 your training should have primed you to go into instant counterattacking mode and react in the most efficient way open to you at the time, *turning the situation around and becoming the attacker, yourself.*

The described reactions to physical violence that may be initiated against you are not all that difficult to acquire, *unless* you receive training and conditioning that repeatedly enjoins you to act in ways that are okay for competition, but not recommended for combat. For example:

- Any training that leads you to react to the awareness of an approach by a potential assailant, or to an assailant's overt threatening gestures with unnecessary preparatory moves (instead of a correct ready position that — in the case of an approach — **primes** you to preempt him *if* the situation does turn dangerous), or to go into a fighting stance ("*squaring off*") if the individual approaches in any obvious fighting posture, himself,

—or—

- That stresses "defense" above all else, and that emphasizes reacting to an assailant's attack per se, taking all-out action yourself *only after the attacker's aggression reaches full bore and you must deal with it (i.e. his hold, shove, grab, punch, kick, rush, etc.) in its completed stage*, relying upon skilled evasion, blocking, breaking the grip or body hold, etc. as your counteraction . . . **lengthens that critical gap** between the moment danger is perceived, and the moment you act effectively to neutralize it —

Is definitely *not* the best for serious combat — i.e. self-defense!

Neither getting into an obvious “fighting stance” nor training to simply deal with an attack that has materialized is correct training for real world self-defense. Dealing with an attack that has materialized is a viable *backup* tactic (so long as the manner of dealing with the attack is vicious, aggressive, and relentless, and entails **your becoming the “attacker” as you neutralize whatever has been thrown at or imposed upon you**). However, despite the fact that numerous ju-jitsu and karate systems depend upon this approach and teach many hundreds of “self-defense techniques” in order to enable students to implement it if attacked, it *is not very effective*. It encourages too wide a gap before decisive action is taken.



NATURE TAKES CARE OF THE PROGRAMMING OF WILD, PREDATORY ANIMALS. EVEN WHEN EATING, SLEEPING, PLAYING, OR RELAXING A TIGER WILL GO IMMEDIATELY ON THE OFFENSE AND DESTROY ANY PERCEIVED THREAT. IT APPEARS THAT THERE IS NO “GAP” BETWEEN THE MOMENT OF THE TIGER’S PERCEPTION OF A THREAT AND HIS FIERCE AND ALL-OUT RETALIATORY ACTION.

People appropriately “square off” in contests where and when everything must start off equally. In an emergency, another individual’s assumption of a

fighting stance should trigger *immediate* attack —— not following suit and assuming one's own particular fighting stance! In the time it takes to get into a fighting stance **a viable, decisive attack could have been launched, and the danger neutralized.** *No one is obliged to play by the rules of sporting contest in an emergency!* And no training should incorporate drill and practice that encourages a student to believe that he ought to, or to instill the physical habit of wasting time and assuming a pointless posture or position that delays his **attacking his foe!** Always train so as to *minimize that gap.*

When taken off guard (say by an attack from behind or some other unfortunate instance when preemption is not possible) is the only time when some degree of defensive force may momentarily be necessary. If caught in a choke hold or in a crushing body hold by a very powerful assailant, an initial measure of force may be required simply to alleviate what is life-threatening pressure. This action, however, is never the “defense”. The defense is achieved, once any threat to life or limb has been blocked, by turning the tables on the attacker and ***attacking him.***

Your mindset must be (or become) such that extreme violence and aggression is your reaction to unlawful physical violation. You must become, as was so aptly stated by the three greatest geniuses of wartime training in the 1940's (i.e. Fairbairn, Sykes, and Applegate) **ATTACK MINDED.** This is the key to shortening the gap. It not only primes you *mentally* to adjust instantly when and if endangered; it encourages the development of damaging, decisive, reliable skills right along with your readiness to ***use them without a fraction of a second's delay*** when and if you must.

By training your **mind** to issue the “Go!” command at once, while training your **body** to commit the best war-proven skills to mastery and use them immediately when the “Go!” command is given, you will inevitably achieve the state of being more dangerous to the overwhelming majority of violent types who might attack you than they are to you.

That's reliable self-defense!

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