

# Sword and Pen

Official Newsletter Of The International  
Combat Martial Arts Federation (ICMAF)

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April 2018 Edition

*Editorial*

**If It Looks Beautiful And Makes A  
Terrific Visual Impression Forget it!**

**THE** important thing about any self-defense or close combat technique that is being studied for *practical* (as opposed to artistic or competitive) purposes is that the technique **WORKS**. It does not have to be impressive and wow audiences; nor does it need to be a “champion’s” match-winning action. And it certainly doesn’t matter if the technique comes from any particular martial art, or if it owes its origin to no particular “martial art” at all. I.e. If it was concocted by some vicious inmates in a prison it may well be an excellent technique that is well worth learning; providing of course that it is *not* employed for criminal purposes. Real close combat is fast, dangerous, unforgiving, brutal, very close-in, and extremely stressful. There are no weight classes; no referees; no exclusion for weapons; no assurance of facing only one enemy; no

restrictions against attacks from behind; no provision for the safety of bystanders (such as your loved ones); and absolutely no way to call for a postponement due to injury, illness, or personal problems. *When the low-life scumbag(s) decides to attack, it's on! Ready or not, willing or not, it is now — as Applegate noted — kill or get killed.* Just read the news reports of the violent crimes that occur daily in every major and minor city in the Nation. *And* in the major cities throughout the world. In our opinion all of the nonsense about “violent crime being at a low” in cities such as New York, Chicago, Los Angeles, Detroit, San Francisco, etc. is pure **BULLSHIT**.

The liars in position of political power complain about guns being the problem. In a sense, they are correct. *The absence of guns in the hands of the decent citizenry is one of the greatest contributors to heinous violence against law-abiding people in the cities we have cited earlier.* (“Oh yes, we have strict gun laws *here*,” the political scumbags bleat, “but guns are brought into this city from other states.” Uh huh. **And please note that in those “other states” where guns are more readily available, there is nowhere near the violent crime problem as there is where they are virtually banned.**

This is not an argument against gun control, although we certainly do ***NOT*** believe in gun control. We have perhaps become a bit side-tracked; but our purpose is to emphasize — a) That violent crime is a serious, dangerous, ever-present problem, and that b) There is no “nice” or “sanitized” way in which to deal with it. Elaborate, beautiful techniques that enable the martial “artist” to control-without-injuring, and to defend against savages without himself (or herself) resorting to savagery, are a huge waste of time and energy if serious ability in personal defense and survival is the objective.

We have seen (and, in our early years in ju-jutsu been taught) very impressive looking throws that were supposedly to be employed against larger, stronger, often **armed** attackers. ***HORSE—T!*** We were taught to take knives or guns away from would-be murderers, and to deal with murderously *motivated* and hardened street manure with dexterity, finesse, and — get this! — *restraint*.

As a youngster who was largely ignorant of what real violence entailed, we bought a lot of this nonsense. Our awakening came from training with that wonderful Master of Self-Defense, Charles Nelson, from the works of Applegate and Fairbairn when we discovered them, and from research and inquiry that we undertook in order to obtain the knowledge and skill that we were after in our study of the martial arts.

Everything pointed to these absolute **facts**:

- If skills were intended to work in *real situations*, those skills had to be very simple. Very easy to learn. Very easy to understand. Very retainable. Very *natural*. Not dependent upon great size or strength (although certainly enhanced by such physical attributes).
- Deceit, deception, absolute animalistic — actually *terrifying* — **ruthlessness** and utter disregard for the enemy is basic and necessary.
- Offense always took precedence over defense, regardless of the feelgood bullshit that it was impossible to avoid hearing or reading about in the martial arts world. “Defense” certainly is a proper and righteous **motive**; but “offense” is the most reliable **means**. So long as you are on the offensive you are winning. So long as you are on the defense you are losing.
- Techniques must **injure, cripple, damage, disable, maim**, and — when necessary and legally justifiable — **kill**. “Pain compliance” skills are for police, security guards, possibly school teachers, parents, etc. When you are dealing with a violent offender **INJURY** is what stops him reliably.
- Because any physical attack could prove permanently disabling or deadly to the victim, every physical attack must be taken seriously. No time for “force continuums”, creampuff techniques, or restraint and hesitation. **Defend with all-out force!** Never continue to inflict injury once an attacker has been stopped . . . but for the love of sweet sanity ***keep inflicting injury until you have stopped him!*** You are safe when: *the attacker turns to flee; you yourself can escape, and escape is a feasible action (i.e. not leaving a helpless victim behind);*

*or it is clear to you that your assailant has been so injured that he has lost the will and the capacity to be a further threat.*

Simple, brutal, undramatic but horrifically destructive techniques — not “artsy” crap — is what you will always be able to rely upon when your life or the lives of your loved ones is threatened.

You can find these techniques, drawn from every viable approach to personal combat there is, in *American Combato (Jen•Do•Tao)*. *Everything you need, and nothing that you don't need.* All combat. All self-defense. War proven. Street proven. **PROVEN.** Period.

**Bradley J. Steiner**



**WHETHER IN WAR OR IN PEACETIME HAND-TO-HAND COMBAT IS AN UNFORGIVING, DEADLY AND DANGEROUS PHENOMENON. YOU CAN BE KILLED OR MAIMED JUST AS READILY ON A CITY SIDEWALK AS YOU CAN BE IN PITCHED MILITARY BATTLE. AND VIOLENT OFFENDERS ARE A FAR LOWER FORM OF LIFE THAN ARE PROFESSIONAL SOLDIERS.**



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

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

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

**— James R. Jarrett, Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renowned 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)<sup>™</sup> 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

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Seattle, Washington 98115  
U.S.A.**



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

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## Interesting Things To Note Regarding

### Multiple Attacker Situations

**AS** if the ridiculous nonsense that was introduced some years back to the effect that “*all fights eventually go to the ground*” was not enough to change the entire martial arts scene **FOR THE WORSE** for those needing self-defense training yet who are lacking in knowledge, experience and sufficient quality training to know better, and to know what **real** hand-to-hand combat and self-defense was all about, there came along on the heels of that utter **bullshit** — and from the same source — the additional *fanciful crap* that assured the gullible that “*there is no way to defend against multiple attackers*”. And . . . despite the enormous body of documentation that exists which *proves* that defending against multiple assailants is not only possible, but *that it has been done many times; sometimes even by persons untrained in any formal martial art system*, the belief has remained rooted in the otherwise apparently empty skulls of those who accepted it that “you can’t defend against more than a single attacker”. (Most interesting how those two falsehoods have been touted by those whose commercial interests have been served handsomely through the propagation of their particular grappling martial arts “*orientation*”; an orientation in **SPORTING CONTESTS**, in which — as has always been the case — grappling-oriented matches indeed do go to the mat, *and* one never needs to concern oneself with dealing with a second adversary.)

The fact of the matter is that it is possible to defend oneself when attacked by more than a single adversary. Multiple assailant attacks, like attacks from behind, and like attacks by armed adversaries, are always to be regarded as deadly attacks, and the degree of danger and threat that they pose is extraordinary; yet they **can be effectively dealt with**. There are no “guarantees” — there never are or can be insofar as close combat is concerned — but hard training in the right kind of techniques, good tactics, proper mindset, and let’s be honest, a bit of luck, can see a lone defender acquit himself very well when confronted



**BRUCE LEE SHOWN USING A SIMPLE AND SENSIBLE ACTION TO BE TAKEN WHEN SOMEONE**

GRABS FROM BEHIND TO HOLD YOU FOR A SECOND ATTACKER. WE ADVOCATE USING THE LEG'S RETURNING ACTION AFTER THE FRONT KICK TO DELIVER A BACK KICK TO THE SCUMBAG BEHIND YOU.

by an assortment of street manure. Cases on record (of Richard Chun, John Kuhl, Jack Dempsey, and a host of others) prove this.

We thought that our visitors might find it helpful and encouraging to know a couple of interesting facts that our researches have revealed to us over the years concerning the multiple attacker phenomenon.

1. Multiple attackers tend to react with confusion and amazement — often momentarily *freezing* — when their intended victim explodes with violence and **attacks them**. Ganging up on a victim is a cowardly act. And since most (**not all**) street scum who do attack their victims in numbers are definitely cowards, fear and shock are not unusual reactions when an intended victim attacks ferociously (which is of course what he must do). The sheer surprise of realizing that *nothing you and your fellow pieces of s—t had anticipated is happening, and that you personally* are not anonymous but instead are in real and immediate danger, sometimes causes the surprised manure to flee. But one thing *always* happens when, without showing one's intentions, one goes for the kill against one's attackers, is that each one must take a moment at the very least to adjust to that which was unexpected. **In that moment the well-trained defender will drop one of his enemies with a chop to the throat or a thrust into the eyes, or a knee-breaking kick.** Then, capitalizing upon the additional surprise engendered by his initial attacking action, the defender will go after the next (and the next) amongst the low-life scum that threatens his life.
2. Of the three types of attack that we have categorized as **always** to be considered *lethal*, it is apparent from actual cases that multiple assailant predicaments tend to be the type that offers the greatest likelihood of a successful defense. *In fact we have interviewed many instructors over the years (i.e. **real combat instructors**) about their experiences — their own and their students' — and the amazing*

*and interesting fact emerges that **WHEN A TRAINED AND MENTALLY CONDITIONED DEFENDER UNDERTAKES TO DEFEND AGAINST MULTIPLE ATTACKERS HE IS JUST ABOUT INVARIABLY SUCCESSFUL!*** The success of defenders in these cases — has as far as we have discovered — been 100%. This cannot be similarly claimed for defensive efforts that have been employed against surprise attacks from behind, or against weapon attacks.

It is not our intention here to dismiss the very dangerous situation of being attacked by more than a single assailant as a cakewalk. *Hardly!* But we certainly want to dispell the stupid and misleading nonsense that all too many have been bullshitted into accepting, that *if they are attacked by two or more individuals at once, all is lost.* **YES . . .** if you insist on employing contest grappling, floor fighting, and competition skills, you **cannot** defend against more than that lone individual adversary you confront on the mat or in the ring. **But if you undertake the study of serious, war-proven hand-to-hand close combat and self-defense, you have an excellent chance of successful defense in such situations.**

Please understand the facts here. Real world violence and attacks are difficult enough to deal with without insisting that the limitations of **sport** need impose limitations on what is possible to you *for real*.

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We’ve been a pioneer of what today is called “Reality Based Self-Defense” and the purveyance of the “WWII Close Combat Systems” since the late 1960’s — — long before most of today’s “instructors” were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

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## **From The *Telegraph* In The U.K.**

**OUR** friend and ICMAF Associate Teacher/hand-to-hand combat/defense Instructor for the Metropolitan Police in London, England, John Harding, MBE sent the following. This appeared in the news in the *Telegraph* and says more about *real world close combat* (what works!) and the unequalled training of the methods of WWII, than just about anything you're likely to read in any "martial arts" periodical.

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### **War Veteran, 88 Floored Thug With Karate Chop To Save Woman From Knife Gang**

**AN** 88-year-old military veteran who rescued a young woman from five knife-wielding robbers today said: "Fear is not in my dictionary."

John Nixon brought down one of the thugs with a karate chop to the neck but an accomplice then slashed his hands and head.

The attackers fled as the woman ran away screaming.

Mr. Nixon was taken to hospital after a neighbour raised the alarm.

He told the Standard he stepped in after seeing the youths grab at the woman's handbag and clothes in Raglan Street, Kentish Town.

My initial thoughts were to divert their attention away from the girl who was screaming. "I shouted 'Leave her alone'," he said.

"But they turned on me, saying 'We'll take your money instead' and I said 'No you don't'. Kids this age are full of bravado, you see, they weren't expecting a surprise."

Mr. Nixon says he trained as a commando at the Achnacarry depot in the Highlands in the Forties, joined an elite special services unit and fought in the Korean War.

He was sent on intelligence missions to Egypt, the Middle East and Germany and after leaving the military accompanied Médecins Sans Frontières to Nigeria as a bodyguard.

He said of the attempted robbery: "My training kicked in. I landed a blow to his neck which rendered him semi-conscious. I disabled one but another one pulled out a knife so I had to try and deal with him too."

“I tried to disarm him and in the process I got stab wounds here, there and everywhere. There was a lot of blood. He wasn’t trained and it was more of a pocket knife. Luckily my wounds were shallow.”

The robbers fled, leaving Mr.Nixon bleeding in the street. He was taken to the Royal Free Hospital where a social worker told him about a neighbourhood police meeting the next evening. He attended as “living evidence”.

Mr. Nixon was applauded after recounting the attack, which took place at 8PM on January 27, and was commended by Detective Inspector Will Lexton-Jones for his “extraordinary bravery”.

Mr. Nixon, a widower with a grown-up daughter, said: “My thoughts were just to help her (the woman). I’ve been shot in the leg and even bitten by a snake, the venom lay dormant in my spine for years. I’ve been near death so many times that situation just doesn’t worry me. The woman ran off screaming but I hope she is okay.”

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Note: Our visitors might recall, years ago, when we posted a news article about a retired SAS soldier (also in his 80’s) who overcame an attack by three punks — using the simple, **combat-proven** techniques that he had learned while in the Regiment.

Study this story. You can learn volumes from it about real world self-defense and close combat.

A very hearty “**Thank you!**” to our friend and Associate Teacher, John Harding, MBE. (Note: **An MBE is an award given by the Queen to an individual for outstanding service to the community or local 'hands on' service. The definition of MBE is Member of the Most Excellent Order of the British Empire.**)

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#### **Combat Use Of The Shoulder Weapon**

**THE** 12 gauge pump action shotgun (preferably the Remington 870 or the Mossberg 500 "Tactical") would be our first and foremost choice of weapon for home defense, as well as for many law enforcement and military applications. *Personally* we like the Remington Marine Magnum best, but that's just our personal preference. We can't imagine



# Snap Shooting in Close Combat

By Captain Stephen Stavers, USMCR

THE VALUE OF HIP-LEVEL snap shooting continues to be a matter of controversy, notwithstanding the amount of close-in combat firing in this war, especially in the Pacific theaters. Those opposed to snap shooting decry its relative inaccuracy and minimize its superiority in speed. Those who favor snap shooting emphasize its effectiveness in close combat where the first shots separate the quick from the dead.

The function of snap shooting is clear. It is intended for short range (twenty yards and under) combat firing where troops are moving quickly toward each other. In such situations it has been observed that almost every man's instinctive reaction is to fire quickly, without stopping to bring the weapon to his shoulder.

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(The opinions or assertions contained in this article are the private ones of the author and are not to be construed as official or reflecting the views of the Navy Department or the naval service at large.)

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Such hasty firing without benefit of previous practice is rarely accurate. A moving opponent five yards away can be missed entirely. Yet to align sights on him at that range is to anchor yourself in the position of a clay pigeon in a shooting gallery. Not only is the stationary shoulder-aimer very vulnerable in close-quarters combat—a bayonet-wielding enemy can readily parry his weapon barrel and run him through—but the original opponent may himself hit the slow aimer first with snap shots. The purpose of hip-level snap shooting is to canalize natural reactions and make first shots as quick and accurate as possible.

The principal elements in hip-level snap shooting are four: speed, mobility, reduced vulnerability, night effectiveness.

By snap shooting it is possible to get off initial shots in half a second, in contrast to the one and a half to two seconds it normally takes to get off the first shoulder-aimed shot. Troops in the field, after an hour of position practice, have averaged three shots snap shooting in the time it took them to get off one shot from the shoulder. Of their three shots, one and two were hits on silhouette targets at ten and twenty yards.

The mobility of the snap shooter enables him to approach his target rapidly without the necessity of stopping to fire. Besides increasing his tactical effectiveness, this reduces his vulnerability, for he presents a crouched moving target rather than an upright stationary target. His lower silhouette also reduces the chance of being hit.

Sighting in snap shooting is accomplished by holding



the piece level and pointing it toward the target. It is therefore effective at night when close-range targets can be detected only by shadow or sound.

The main argument usually made against snap shooting is that it lacks accuracy, the implication being that anything less than one hundred per cent accuracy at close range is deplorable. But this reasoning omits the vital time element. For even if a shoulder shooter could score one hundred per cent hits between the eyes by shoulder aiming that would do him no good if several enemy slugs had hit him while he was aiming.

Although the normal accuracy of snap shooting is about sixty per cent (with a general range of variation from thirty to ninety per cent), the volume and speed of fire is what produces the greater operational effect. Inasmuch as three shots can be fired by snap shooting in the time it takes to fire the first aimed shot, the snap shooter is likely to be the winner even if his score is only thirty-three and one-third per cent. For his one hit precludes the hundred per cent score of the aiming opponent.

Furthermore, the snap shooter's shots that miss are not wholly without effect. Firing practically in the face of the enemy soldier impairs his aiming or prevents it altogether. It is on this basis that hip-level snap shooting should be evaluated as a combat supplement to standard range methods of fire.

The basic principle of hip-level snap shooting is to hold the piece level at the side, clear of the hip, and pointed at the target. An hour of position practice and a few clips of firing will considerably enhance any soldier's close-combat firing effectiveness.

Snap shooting tactics are not intended to minimize the importance of cover and concealment, on which the range methods of fire depend, and which should be used to advantage as much as possible. But especially in an assault, when a fighter must advance short distances uncovered, snap shooting on the run may be his best "cover" as well as his best attack.

*Battle Facts for Your Outfit*

anyone being dissatisfied with one of the Mossberg's, or with one of the other Remington 870 models. A battle rifle of .308 caliber (i.e. the M1A, the FN FAL, or the Heckler and Koch) is certainly formidable — and would be our only choice for going to war — but unless one lives on a very, very large ranch or farm or estate, we would *not* want to consider such a weapon for “home defense”. For **war**, yes absolutely! But the way a .308 round would whistle through an apartment or house wall makes us very reluctant to use such an excellent battlefield weapon in a home protection emergency. After all, you just want to drop the home invaders, *not* your neighbors or innocent passers-by as well!

Without wanting to provoke a slew of hysterical replies we must say that — *as a battle rifle* — we do not like those arms designed to fire the 5.56/.223. As a **carbine round**, for uses within the ranges normally considered standard for **close quarters combat**, we *do* like the Ruger Mini-14. It is designed with the war-proven Garand action, and although not as accurate for **target shooting**, the weapon is fine for shooting armed enemies. *Torsos and heads are considerably larger than bullseyes; and the typical groups that a Mini-14 achieves are more than satisfactory for placing rounds in the human body.* Other advantages of the Mini-14 include lightweight, *very* maneuverable, fast handling, and a round that, at close ranges, will likely be as effective in dropping a determined would-be killer as a 12 gauge shotgun blast.

When considering shoulder weapons for **urban close combat use** we want to push the fact that the correct method of combat firing has nothing to do with the right type of firing suitable for *distance* work — which is appropriate for some military or law enforcement engagements, for hunting, and for winning shooting matches. In fact the technique is built upon the same principle that **point shooting** with the one-hand gun is built. *And*, what you might not know, is the technique, as far as we know, was developed by the same individual (i.e. William E. Fairbairn) who developed the point shooting method for handguns. ***And just like the point shooting method with the revolver or auto, the point shooting method of employing the shoulder weapon has been PROVEN IN ACTUAL WAR.***

So excellent is this shoulder weapon technique that a first class USMC Instructor, Stephen Stavers, taught it to combat marines during WWII. A most effective version of the technique is advocated by Rex Applegate, and described and illustrated in his Classic, *Kill Or Get Killed*. Applegate also describes the snap shooting version, and Stavers appears to call the method emphasized by Applegate “snap shooting”. But as Applegate plainly makes clear, *snap* shooting is only one type of instinctive shoulder weapon firing. The other, and **far better** method is the *point shooting* method. Applegate explains why, and teaches it in his book. And despite the use of the term “snap shooting”, a reading of an article by Stavers would appear to make clear that he and Applegate (and of course, Fairbairn) refer to and advocated the same technique.

Since *Kill Or Gt Killed* is readily available in reprints, we leave it to interested readers to obtain and refer to Applegate’s presentation of how to use shoulder weapons in close combat. However, we thought our visitors might like to see a rare article that appeared in a wartime edition of *Infantry Journal*, authored by Stephen Savers. We have reproduced a copy of that article and it appears following this presentation. It is notable that Stavers, like Applegate (and ourself), emphasized a *complete* approach to close combat in which unarmed offense and defense, knifework, stick fighting, and the use of personal firearms are considered part oand parcel of that which every combatant should know. Remember that in the **REAL WORLD** your use of your shoulder weapon in home defense is not going to involve careful, aimed fire over a distance of 300 to 500 feet — or *a lot* more! *That* is for the field . . . notably **sniping**. Fo the usual amployment of your shoulder weapon — as is the case for your usual employment of your handgun — the distances will be **close**.

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## How An Attacker Will Make His First Move

**STUDIES** have been done by federal and other agencies to determine what the most likely form an unarmed street attack will take. We personally feel that this matter has very sensibly been addressed decades ago when, in his Classic *Kill or Get Killed* then Captain Rex Applegate wrote the following:

**“An attack by an opponent will usually be launched in one of three ways. He may try to strike the defender by using blows of fists, hands, or feet — if he is skillful enough. He may attempt to throw the defender to the ground by securing a hold on his body, or third, he may simply rush him, trying to upset him by the momentum and impact.”**

From *Kill Or Get Killed* — 1942

We would add that some types of attack take the place of the assailant’s *grabbing hold* in some manner (of a defender’s wrist, arm, clothing) with the intention of subjugating, intimidating and bullying and/or shortly after grabbing hold, proceeding to shove and/or to strike. **Proper training in unarmed close combat and self-defense will advocate immediate retaliatory force upon being seized . . . so whatever the attacker’s *ultimate* purpose in grabbing hold, the situation will not be allowed to progress beyond the point of the grab, itself.**

Simple enough. Pretty clear. And we have always found this to be quite sufficient. There is also the possible exception that *some attackers might make their move against the defender by attacking him from behind. In such an instance the attack should always be regarded as deadly, and only the most savage and violently destructive action — made instantly and without hesitation — makes any sense.* Obviously the specific “how” of the attack from behind may vary. It could come as an encumbering body hold, a powerful push or shove, a two-hand or forearm type choke hold, etc. The defender’s only absolute is explosive, violent, **IMMEDIATE** retaliatory force. No delay. No hesitation. *Armed*

*attacks* are a separate category of attack (Question: “But suppose it’s just a foolish friend or acquaintance being bothersome, or playing some practical joke?” Our answer: “To f—ing hell with him! You do not risk your life in order to safeguard some f—ing **moron**! Let an idiot pay for his idiocy; do not make life more difficult for yourself than it has to be. *Attacks from behind must be assumed to be deadly. Period.*”)

Whether you are rushed or charged suddenly, swung at or kicked at, or suddenly seized, the idea *in training* is to prepare yourself always to face anyone unknown to you in a relaxed-ready position (body balanced and weight evenly distributed over both feet, off-angled, hands at sternum level and open, eyes on stranger’s face, **and standing at a distance outside of arms’ reach**, in nothing less than mental Condition Yellow. Condition Orange if you have even the slightest inkling that trouble is likely). Now, a troublemaker has only two options: 1. Attack from outside your arms’ reach or 2. Try to move in close enough — not displaying his true intention to attack — so that all he need do is reach out and strike, slam into, or grab you. *If #1 you attack like a wild animal the very second you see the individual beginning to attack. You pre-empt him without mercy, using the most vicious and expedient action your intuition will be best for stopping him. If #2 you simply readjust your distance as he attempts to move in closer. “Sir, please step back,” is not a bad thing to say here, and it clarifies that you do **not** want him any closer to you.*

Counterattacks are for the purpose of enabling you to handle things when you are not prepared to pre-empt, and you are **taken off your guard**. NEEDLESS TO SAY YOU MUST STRIVE **NEVER** TO BE CAUGHT OFF-GUARD; BUT IF IT EVER HAPPENS YOU WILL **THEN NEED COUNTERATTACKING SKILLS**. Counterattacks are absolutely vital, and however good their intentions, so-called “combatives instructors” who disregard teaching counterattacks (i.e. popularly referred to as “self-defense techniques”), are missing the mark by miles.

The great combined error that classical/traditional (and many modern, “practical”) martial arts make in regard to teaching self-defense techniques is:

- The techniques are way too complicated and “artsy”, and there are way, way too many of them!
- Students are taught these techniques as their frontline tactical strategy. In *American Combato* we teach counterattacks as the least desirable last resort way of reacting to a violent attack. **Pre-empting** is King!
- Counterattacks must be widely applicable to numerous *types* of attack. **Classical systems teach many hundreds or even thousands of specific “defenses” against specific attacks.**
- The counterattacks are not destructive and harmful enough.

Our doctrine follows this three-stage protocol: **1. AVOID, 2. PRE-EMPT, and 3. COUNTERATTACK.** Do not wait to be defensive! And if you are ever in a situation where defense against a sudden attack becomes necessary, react with utter ruthless disregard for the attacker; or you may end up dead.

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### **Special Tip For Police Officers**

**AS** if they did not already have sufficient problems and headaches (from their administrators no less than from their scummy “cliente”) police officers in many major cities are now facing a new “in vogue” threat: *felons throw acid in officers’ faces.*



Regardless of how carefully a patrol officer remains vigilant and situationally aware it is not possible to guard against some piece of s—t getting away with this atrocious act. And the outcome of such an attack might well be an officer's losing his sight. Certainly, the least that will occur is severe facial burns.

We suggest that officers consider obtaining **non prescription** eyeglasses that are made of industrial strength plastic. Same material that goggles are made of, to protect those working with dangerous chemicals. Wearing these could easily mean saving your eyes!

Of course such glasses are also suitable for security guards and for anyone concerned about eye protection in a hazardous

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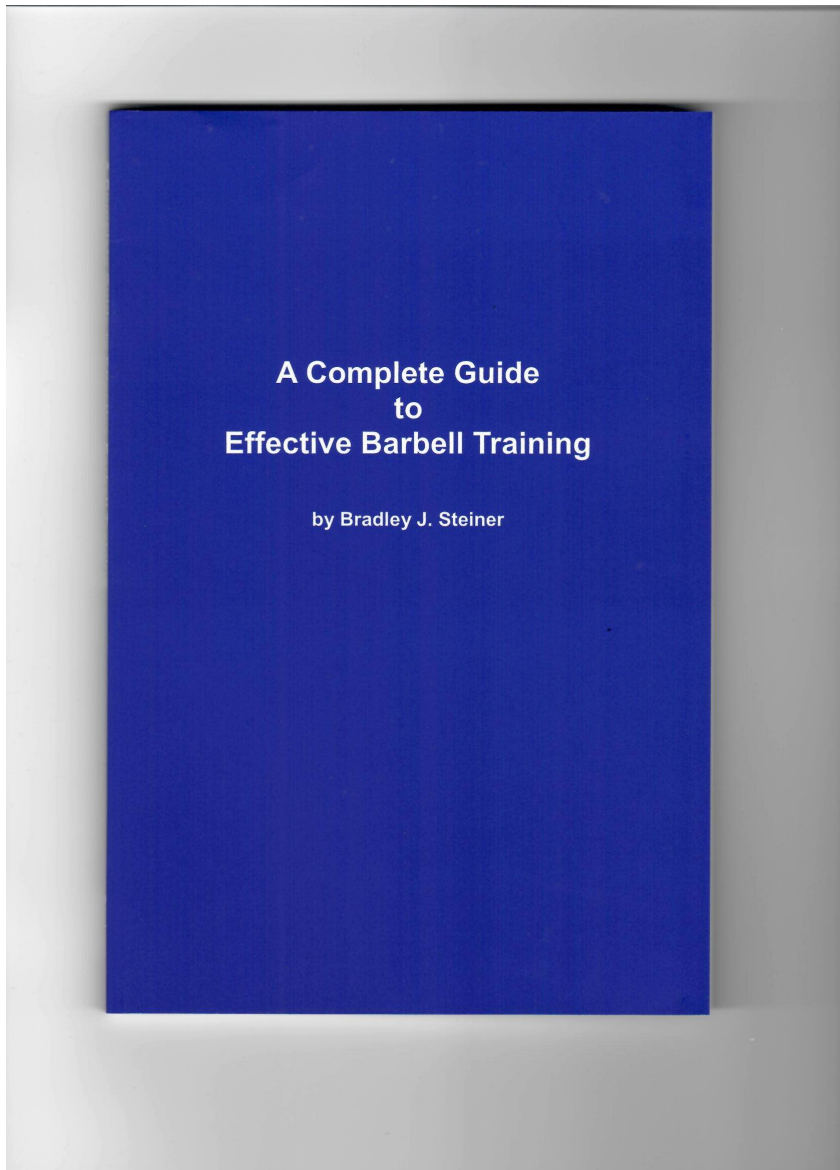
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### **Unintended Consequences**

**QUITE** often the piece of s—t who physically attacks another person has no intention of permanently maiming, or of killing that individual. His objective is . . . well, who the f—k really cares, eh? ***The terrible fact is that countless decent, innocent human beings have been maimed for life or killed by scum whose “intentions” were not to carry their attack as far as they did.*** In a conversation we had not long ago we offered our opinion that the crime of ***attempted murder*** ought to carry the death penalty. Why should a would-be killer escape with his own life just because he happened to be incompetent?

The fact of the matter is that *any* attack on you by *any* violent individual ***might*** result in you being relegated to the state of a vegetable **or** a corpse. Hell, it has happened a number of times in that (to our personal way of thinking) foolish activity known as MMA. We like to believe that no one would enter upon any sporting contest with the *intention* of crippling or killing his opponent; yet it happens. Well, those incidents can reasonably be written off as tragedies for which neither party ought to be held criminally responsible. **But there is no such thing as a physical attack for real in which responsibility cannot be justly placed upon the shoulders of the initiator of violence!** We are insufficiently harsh in this Country when we deal via the criminal justice system with violent offenders. The initiation of force by anyone upon anyone else, *except for self-defense or for the defense of another*

*innocent party* should be recognized as being a very serious crime. Most often it is not.

Well . . . we might not be able to rely upon the law to recognize how dangerous a position we have been placed in when we are forced to defend ourselves, *but that hardly means that WE cannot acknowledge that fact* — and learn to react to violence, when we are forced to do so — with a suitable degree of counterforce.

The NY Daily News recently ran the awful story about a man who, after lying in hospital for six days in a coma, died — following an attack and beating by one or more pieces of s—t who do not deserve to take another breath. **They have not thus far been apprehended. Count on this, though: *These despicable scumbags will surely proclaim that they “didn’t mean to kill” their victim.*** And the victim, a father of three, was a well-liked neighbor in the apartment building in the Bronx where he lived, who had no reputation for being anything to anyone but friendly. That unfortunate man could have been **YOU**. Or anyone you love and care about.

The answer to a violent attack is extreme counterforce . . . i.e. violence that is so severe, so sudden, and so effective, that it renders the attacker(s) helpless before he/they can cause injury to the victim. It doesn’t matter what happens to the attacker. Cluttering up your mind so that you demand of yourself a thorough and accurate *evaluation* of the degree of danger any given attacker(s) has placed you in, so that you can measure out carefully the degree of force you employ to thwart him, so as not to injure him “too much”(!) is literally insane. **JUST DEFEND YOURSELF!** Go after that bastard who sees you as his punching bag or target for terrorism and lay his worthless, scummy carcass out right where he stands. **Don’t risk allowing yourself or a loved one to be injured or killed!**

It should be of no concern to you *why* any given scumbag has decided to violate you. It is enough that he has decided to do so for you to act and act fast, and to render him harmless.

As we have explained countless times in print and in person previously, we are against any attempt to prepare for self-defense via participation in sport. This is not because we “don’t like sports”. Sports are fine and worthwhile, and if that’s your cup of tea, go for it and best of luck to you! The problem with sports is that, necessarily, they place severe restrictions upon what can and what cannot be employed in the match. Well, after a good deal of competition, sporting moves become pretty automatic, *and for self-defense we want reliable, war-proven techniques to become automatic.* You cannot train to win by rules and by sporting skills and at the same time train to defeat an attacker by going after his eyes, throat, testicles, knees, etc. *and following up without mercy until he cannot harm you.* If you disagree, then do as you please. We are presenting facts that actual combat has proven to be so, beyond doubt or question.

The justification for using extreme and decisively damaging force when you are attacked, and training to do so **without the slightest tremor of hesitation**, is because you may be maimed or killed despite no intention to harm you “that badly” by the impulse-dominated savage who raises a hand against you or who lays a hand upon you. And then there’s this fact: Sometimes your maiming or death *is* the objective of the scum who attacks you. Why? Who knows? And even if we could state accurately why you have been selected for victimization, would it make a difference?

Just defend yourself! Set your mind and body so that, upon being targetted by any violent lump of s—t, you **EXPLODE** with fury, and overwhelm the savage before you suffer whatever he might do to you.

Never agree to “fight” with anyone. The only legitimate fights are sporting contests. Otherwise, the only justification for using force is self-defense.

Never allow mere words or anger to press you into a physical reaction against anyone. Disengage or let it roll off your back.

Never continue to employ force once your attacker has been stopped. He has been “stopped” when he is obviously unable and unwilling to attempt to harm you further; when you can safely escape the scene of the attack; when the attacker turns to flee. Until you are safe, however, you must consider **your** life to be infinitely more important than your attacker’s, and you *must* deal with that attack decisively. Your attacker may be after the “thrill” of pushing you around a bit, and intimidating you; or he may wish to beat you severely, maim you, or kill you. **Your safety and security, and the well being of your loved ones demands that whenever you are attacked you assume the WORST; that you react accordingly, and that you have no regrets about it.**

The consequences of a physical attack are very real and objective — whether “intended” or not. *Just be certain that you fully intend to defend yourself, and that nothing will stop you from dealing decisively and immediately with any scumbag who decides to attack you. Make certain that your readiness to defend yourself and those you love is very INTENDED, indeed.*

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### ***So . . . You Think *Your* Workouts Are Tough?***

**WE** all have days when training is not at the top of our “what I want most to do today” list. We get tired, bored, go stale, simply want to goof off or . . . do anything but train. Those of us committed to *lifetime* training **all** experience this from time to time.

While the type of training imposed upon candidates for all of the “special operations” type units (in the U.S., the U.K., Russia, etc.) aims at considerably more than plain fitness, strength, and agility, and we **do not** think that such training is desirable save for short periods of time, we *had* to post the following photo of special forces candidates (we are not sure which particular nation’s) being driven through a gruelling physical training session — with little attire and in the snow!



**FRANKLY, WE'D REGARD DOING SITUPS SHIRTLESS IN THE SNOW AS *TORURE*, NOT "TRAINING"; AND INDEED SEEING HOW MUCH PAIN AND DISCOMFORT CANDIDATES CAN STAND IS PART OF THE OBJECTIVE OF ALL SPECIAL OPERATIONS P.T. WE THINK THAT AFTER SEEING THIS PHOTO YOU WILL LIKELY NOT FEEL SO "HARD PUT" WHEN YOUR OWN SITUPS (OR ANY OTHER EXERCISE) MUST BE DONE!**

So . . . next time you feel like shrugging off a workout (or an exercise within your workout because "it just feels too tough to do today") take a look at the photo above and you just might start to think of that which once felt *onerous* to you, as a rather soft way of doing things, after all!

***BRRRRRRR!!!***

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