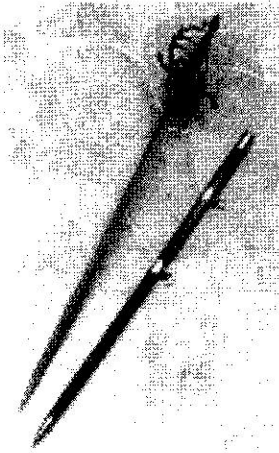
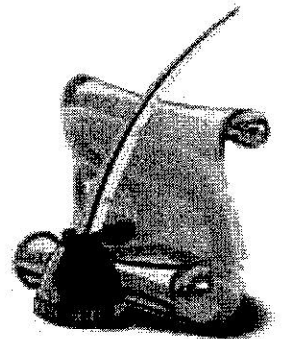


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# Sword and

# Pen



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## Editorial

### *The Appropriate Place For Unarmed Combat*

**W**HILE our saying this may cause some to wet their pants in momentary fright and shock, we nonetheless must state plainly that *unarmed* combat developed as, and **remains** a *backup* method that is to be utilized only when a weapon is unavailable. Sometimes, we acknowledge, a situation may require self-defensive action that does not warrant the employment of, say, a sidearm or a shotgun. Usually, however, when one is not justified in seriously injuring or taking the life of another (except in the case of a police officer or other official “peacekeeper”) the wise course of action is ***not to engage in violence, but to disengage, walk away, and avoid all further conflict.*** Violence and the use of force is nothing to be played with. It is in this area, as well as in others, that the “competition as preparation for combat” school of thought really does a disservice to those who participate. There’s certainly nothing wrong with combative *sports* . . . but they must be recognized *as* sports; and their place needs to be clearly understood. To confuse *contests* with *combat* is a grave mistake.

In combat we rely **first** upon a weapon. This is what the ancient Chinese *ch’uan fa* (“kung fu”) practitioners did; it is what the latter day *samurai* did; it is what the Okinawan *te* (“karate”) practitioners did, and it is what the modern warrior must do

also! And while the present concept that is fostered in so many “martial arts schools” is that the practitioner must either restrict himself to unarmed skills, or that he may use a nine foot “bo”, or a samurai sword(!), nunchucks, sai, etc., is *popular*, it is also insane.

If anyone enjoys classical weaponry, that’s fine. The arts of *bojutsu*, *kenjutsu*, etc. and so on are beautiful and worthy — but **not** for practical self-defense and close combat.

What we teach in *American Combato (Jen•Do•Tao’)*<sup>TM</sup> is that the student resorts to the skills that he is taught when he believes that he or a loved one is in **real, immediate danger**. “When you’d be justified in using a pistol or a shotgun if you had one, but when you’ve only got your bare hands . . . *that’s* when you call your unarmed combat into use.”

“Unarmed combat” — if it really *is* unarmed combat — has as its purpose the immediate disabling and neutralizing of an unavoidable foe. Often, that foe is accompanied by others, is armed, and is both psychopathic *and* physically superior to his intended victim. These are factors that common sense obliges us to assume when training and preparing. Anything less is wishful thinking; and one does not make preparations for *battle* that are rooted in delightful fantasy!

“But what if our assailant is not himself armed?” is a question that is frequently asked.

“How can you possibly know this?” we insist. *The mere fact that when you are suddenly confronted by a mugger, jumped by two or more thugs, targeted for a home invasion, subjected to an attempted rape or abduction, or simply assaulted for no good reason by a punk and you do not see a weapon in the opposition’s hand does not mean that the opposition is not armed!* Most often a serious assailant **IS** armed. Just ask any experienced street cop who has six or more years experience patrolling in a major city.

It would be horribly unfair — *criminally wrong*, in fact — to resort to a weapon in a judo contest, wrestling match, boxing bout, kick fighting, or other *sporting* type engagement. **However, and you must get this point, when we speak of close combat and of personal defense we are never speaking of “sporting” type engagements!** We are speaking of survival emergencies . . . and when one’s

*survival* is at stake, or when one must take quick action to save one's spouse, friend, child, etc., then one does not quibble about "rules" and "fair play"! One uses any and every tool that one can employ in order to bring an immediate HALT to the danger pressing.

Weapons are tools. They enhance personal destructive capabilities, and increase the efficiency with which their user may stop one or more adversaries. There is hardly anything "unethical" or "immoral" about utilizing *whatever* will enhance one's personal destructive capabilities when these capabilities are demanded in order to protect innocent life and limb. Suggesting, for example, that a woman who has been targeted for forcible rape by a man who has no weapon immediately perceivable in either hand must *restrict* herself in defending against him, and ***not shoot the bastard if she has a sidearm*** smacks of literal insanity. "The law only permits the use of deadly force when confronted by a deadly danger."

***"Fine," we say. "And our research and experience has demonstrated to our satisfaction that, for example, a woman who is being forcibly raped IS in deadly danger."*** There is first of all the likelihood that the rapist has a weapon with him, even if he is not employing it at the moment. Second, there is a near certainty that a male rapist possesses greater physical strength than his intended victim. Third, the possibility exists that the rape victim will be beaten — possibly to death — by this freak. Fourth, the transmission of a deadly disease (like AIDS) could make the rape an outright **murder**; a *slow* and a *torturous* murder . . . for the poor victim and for her family. Fifth, the horrific psychological trauma of a violent physical rape could literally destroy the victim's life, for all practical purposes, even if she "survives" the attack.

*Any* unavoidable physical attack carries with it the potential of being **fatal**. The out of control, impulse dominated savage who goes after some hapless victim because that victim "dissed" him, or because that victim perhaps looked at him crookedly, or whatever, is a potential **killer**, even if it is not his deliberate and conscious decision to take the life of the person he goes after, at the time of the attack. *Some people fall and strike their head on the pavement. Some people have heart attacks. Some people are killed because the savage who beat them went beyond the level of force that his insane "mind" originally intended.* The point is this: **You are very foolish, indeed, if you underestimate the potential danger in regard to any physical attack. So don't be foolish. And, if you possess a**

weapon at the time of a terrifying, potentially lethal attack, ***USE IT!***

**Unarmed combat is intended to save your life. It is in fact the “weapon” that you resort to when you have no sidearm, fighting knife, stick, tomahawk, or other implement at hand with which to repel your would-be murderer.**

When there is simply no reason to concern yourself over the question of how badly the other guy is Injured, and when you truly have no choice but to physically *stop* that “other guy” — or be crippled, maimed, or killed by him — ***then*** you draw upon your unarmed combat abilities . . . and you do so without mercy, without compassion, without hesitation, without restraint, and without *any* concern, save that of **dropping your enemy in his tracks, and rendering him absolutely and completely unable and unwilling to threaten your well being any further.**

If this all sounds “serious”, that’s the point. You may have been listening to the wrong advice if you’ve been listening to admonitions to employ “minimum force”, to be “humane” in your treatment of an assailant, etc. *These words have a great and widespread appeal today . . . but they are urgings that will only prepare you to die if you are ever, God forbid, confronted by a dangerous, determined criminal attacker.*

The conclusions and knowledge that we endeavor to impart are the result of a lifetime of training, research, study, experience, and feedback from numerous individuals who’ve “been and done”. We deplore and despise violence, and we advocate going to all reasonable lengths to *avoid* it. Never agree to fight with anyone. Never, *ever* go into physical action over mere words. Shrug off obnoxious and belligerent behavior when you have good reason to believe that there is no real danger from the individual displaying this type of conduct. *Disengage!*

Never behave rudely or provocatively with others, and avoid heated arguments and pointless disputes over foolish issues.

*However*, if you ever find yourself unavoidably face to face with real danger, with the threat of imminent destruction and violation at the hands of some violent troublemaker or would-be murderer, ***use your skills to their limit, and do not hold back. It will be bad enough for you if all you have to defend yourself are***

*your bare hands in a crisis. Don't compound your plight by attempting to minimize the damage you do! Do all the damage you can! And do it NOW! And don't stop until your attacker is helpless!*

Remember: The only reason you're using those unarmed techniques is because you don't have a shotgun or a pistol in hand! *Make those techniques do their job!*

## **BJS**

### **Strength Training**

**AND still we hear** the occasional nonsense that “You don't want to lift weights if you're a self-defense student”. Why? Because — “Weights slow you down”, or “Weight training makes you *‘musclebound’*”, or “You need skill, not strength” or “Stretching is the best exercise for martial arts”, and so on.

The fact is: You most certainly **DO** want to lift weights if you're a self-defense student! Properly done, weight training will *increase* both your coordination and speed of movement. There is no such thing as “muscleboundness”. You need strength **and** skill (and you need all of the *strength and skill* that you can develop!). Stretching can be harmful, and if you train with weights properly you can *assure yourself* of doing just the right amount of flexibility work that will benefit you, without causing the kind of harm that extreme “martial arts” type stretching has been known to cause.

Thanks to the brilliant innovator Arthur Jones, we have *Nautilus machines* today. These exercise machines provide a most valuable approach to weight-training, and — aside from the use of “free weights” — are really the only worthwhile “machines” to employ.

You don't want or need a “health club”. You either want to buy a good set of weights, a sturdy bench, and squat racks, or you want to enroll in a good **gym**. A “good gym” (as opposed to those damnable “health clubs”) is a place where knowledgeable, dedicated people provide a combination of good equipment and sound instruction and motivational guidance for those who enroll. There are no “health food bars”, “aerobics classes”, “dance classes”, “yoga classes”, or bright-

eyed, bushy-tailed, suntanned, one-dimensional “surfer” types who pose and posture and strive to pick up female members of the establishment while giving out “free passes” to members, in hopes that new cash flow will be generated.

Good, hard, simple weight training is a *necessity* for the close combat/self-defense devotee.

The best exercises to concentrate on are:

- **The squat**
- **The standing press (regular or press behind neck)**
- **A basic two or one-arm rowing movement**
- **The dead lift**
- **Curls (heavy barbell or heavy dumbbells)**
- **Bench pressing**

Workouts should include some intense abdominal exercise, and we recommend spending a few minutes warming up before going heavily into the routine. Two or three *sets* per exercise are enough. Train three times a week (two times may be enough, if your workout on techniques often, and/or if you have a very demanding physical type of job) on alternate days. Keep workouts to between 30 minutes (beginners) to a *maximum* of two hours (several years of steady training behind you). In general, workouts between about 60 and 90 minutes are perfect.

Question: *“What type of program is best suited to the needs of the combat martial arts student?”*

Answer: *The same routine that is best suited to everyone else in the world: A general, all-round routine that develops all of the major muscle groups well, that cultivates solid strength, fitness, general conditioning, and well being. **There is no “special way” that students in the martial arts need to workout with weights.***

Remember this: Weight training, wonderful as it is, cannot replace technical



practice, tactical savvy, mindset, and quality skills. Nor should you neglect use of striking posts, heavy bags, dummies, etc. which help to build and to enhance *skills*. Weight training cultivates valuable *attributes*: ie strength, health, fitness, agility, and confidence in your capacity for exertion.

### **Are There Any Secrets In The Martial Arts?**

**NOT a one!** In fact, one of the most important lessons to be learned in the martial arts is that there is *absolutely nothing* “supernatural”, “mysterious”, “hidden”, or “outside the scope” of any but some elect group of “initiates”!

One of the real heroes in regard to the plain and honest proclamation that there is nothing “secret” in the martial arts is the late Bruce Tegnér. Those who are familiar with our work may recall that we were giving credit to Bruce Tegnér — despite his *unpopularity amongst “martial artists” at the time* — not only in our classes and seminars, but also in such works as *MANUALS ON MAYHEM: A BIBLIOGRAPHY OF BOOKS IN THE MARTIAL ARTS*, going back to the 1970’s and 80’s. We regard Bruce Tegnér as one of the real pioneers of practicality and realism in the martial arts. We do not agree completely with all of Tegnér’s ideas and teachings, but we regard the man highly, and think of him as one of the most positive influences in this Country in the field of martial arts.

*Whenever one hears the notion that there are “secrets” or “mysteries” in the martial arts, one is listening to what I call **BULLSHITSU**.*

Close combat is a brutal, dangerous, primitive activity. There are certainly *methods* that have been developed which enhance how those who study those methods might engage in close combat *with greater efficiency*. Not only our Method (*American Combato*), but other excellent systems and methods have been devised . . . going back to the now popular “WWII methods” right on up to John Perkins’ *Ki Ch’uan Do*, the System developed by our late friend John McSweeney (*McSweeney’s Self-Defense*), one of our late teachers Charlie Nelson (*The Nelson System*), the *Sigward Method*, and so on. These types of systems would certainly be the ticket for *practical combative and defensive use*, and none of them hold or offer anything “secretive” or “mysterious”. They are logical methods, and they depend upon a process of *learning*, combined with ongoing, disciplined *practice*.

That is **it**. And, while we personally do not prefer them for practical application, the classical/traditional arts might *appear* (due to their formalized, elaborate, ritualistic and acrobatic methods of practice) to be saturated with all sorts of *hidden secrets*, they are **not**. The simple truth is that, more often than not, those who excel in the classical/traditional arts are genetically blessed and possess (like most top athletes) a good deal of *natural talent and physical ability for the rendering of that which they do*. Sadly, these individuals sometimes (not always, but sometimes) enjoy fostering the notion that indeed there **are** secrets — and in order to learn them, “grasshopper”, you must study . . . and study . . . and study.

If you are a fine natural athlete that will help you greatly in your training. But even if you are below par, athletically, there is no need to despair. *Don't look for secrets. Just realize that, over time, with persistence and effort in building your physique, your mindset, and your repertoire of skills, you can and will become well able to defend yourself.* You need not be a “natural”, and you certainly must not be deceived into thinking that “if only you keep searching” you will find the “real secrets”.

There are no secrets.

If you peruse the internet and come across ads for “secret methods” that “only are taught to elite troops”, or that are “only revealed to secret agents” or that have “only recently been revealed outside some ‘special circle’ of unusual warriors”, etc. **IGNORE WHAT YOU'RE READING!** It is **BULLSHITSU**, AND YOU WILL BE WASTING YOUR MONEY if you purchase any of that nonsense.

There are no secrets. Honestly. None.

### **Two Key Targets**

**IN a serious emergency** *what “vital points” may be relied upon to stop a determined aggressor?*

The two most reliable targets in our opinion are: The **EYES**, and the **THROAT**.

We recommend to anyone who is concerned about defending against a deadly and determined physical attacker that he settle down to mastering his most powerful and naturally usable attacking actions against *those two targets*. Far and away,



the *eyes* and the *throat* are universally vulnerable, and extraordinarily so!

We know all about attacking the testicles (excellent!), and breaking the knee (also excellent!), and we are aware of about ten other really good vital target areas to go after when it's life or death. However, at the very top of our list of what to go after *first and foremost* whenever possible in a dangerous situation, we opt hands down for the **EYES** and for the **THROAT**.

Consider something we found out some time ago:

“Pain compliance” is a ridiculous absurdity for serious self-defense and close combat. Many people can *ignore* pain. As a licensed and experienced hypnotherapist with well over 30 years experience in the field we can tell you that the mind can enable some people to literally **NOT NOTICE** pain that would cause others to collapse into unconsciousness. Also — pain is **subjective**. Without any hypnosis, mental conditioning, particularly unusual or special circumstance, etc. at all, many people just do not feel the same degree of pain that others feel, in response to the identical causative factor. (Note: We shall never forget, after being taught in a *ju-jitsu* class that pinching the trapezius muscle would render a person helpless, trying it on a powerful friend who didn't even care slightly no matter how hard we “pinched”! This was a pain compliance trick, and we are grateful for our learning, at the tender age of about fourteen, that pain compliance does not by any means offer a sure way to get someone under control! We had frozen in our tracks and winced when the instructor demonstrated the pinching technique on us, and it was a sobering experience indeed to see how *personal* and *subjective* was our reaction!)

Determined and dangerous individuals will often shrug off many kinds of injury, when that injury is not disabling, if they are aroused and focused on fighting or on injuring someone. Thus, even when certain bones may be broken, a serious attacker might not be stopped.

We have found that one or both of two things must be done to reliably stop a strong, determined, ferocious physical assailant:

- 1. Massively shock his central nervous system**

## 2. Interfere violently with his breathing

Attacking the eyes fiercely and powerfully *instantly* shocks the central nervous system. (Ever get a gnat in your eye? That's *nothing* compared to a powerful, gouging thumb, or a savage blow with the fingertips or knuckles, or possibly a *stick* or umbrella tip! Remember how you froze and couldn't think of anything or do anything except reach for your eye when that little gnat got into it? Well, consider something perhaps ten thousand times as powerful *driving viciously* into one or both eyes. *Ouch!*)

No one's eyes are "tough". No one can withstand a powerful attack to the eyes. The strongest and most determined man can be stunned instantly by a powerful and merciless gouging attack into his eyes.

Attacking the throat will have the dual effect of perhaps stopping the individual's breathing altogether (should you crush the windpipe with a handaxe chop, or tear out the trachea with a fingertip *throatlock*) **and** massively shocking his central nervous system.

**WARNING!: ATTACKING THE EYES OR THE THROAT MUST NEVER BE UNDERTAKEN UNLESS YOU ARE CERTAIN THAT YOU OR ANOTHER INNOCENT PERSON IS IN IMMEDIATE DANGER OF DEATH OR MAIMING! NEVER SHOULD SUCH ATTACKS BE PRACTICED WITH ANY DEGREE OF SPEED OR POWER EXCEPT AGAINST INANIMATE TRAINING DEVICES (DUMMIES, ETC.)!**

We have described the actions of attacking the eyes and the throat because we understand that many who read this may not be able to personally train with us, and in many types of classes or schools which perhaps they are attending, these skills are either not stressed at all, or only peripherally alluded to.

For the typical, decent person — male or female — who may find himself facing a would-be killer, violent sadist, rapist, etc., this no-nonsense bit of instruction and advice may be worth gold. Do not deceive yourself. You have a **right** to defend yourself, and to live free of the interference of troublemakers and terrorists. Unfortunately, that right may be violated. If and when it is, you will, we pray, do the right thing and do it quickly!

*Until next month!*

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