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SWORD and PEN

Official Newsletter of the International Combat Martial
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Self-Defense

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E d i t o r i a l

When Your Attacker Has Every

Apparent Advantage

**A brave arm makes a short sword long. — Author
Unknown**

**Courage is almost a contradiction in terms. It means
a strong desire to live taking the form of readiness
to die. — G.K. Chesterton**

**It's not the size of the dog in the fight that counts —
it's the size of the fight in the dog. — Texas Ranger
slogan**

**Nothing splendid has ever been achieved except by
those who dared believe that something inside them
was superior to circumstance. — Bruce Barton**

IF you've seen the terrific "Rocky" movies you will be immediately able to relate in your mind to the following:

Assume that Rocky's challenger in *Rocky III* — i.e. *Clubber Lang* — is a real person. Assume further that Mr. Lang lives in your neighborhood, is a known violent criminal with all of the ferocity and fighting skill that the motion picture character possesses, and that he *hates YOU*. Assume now that you encounter this formidable fellow in a context that, for whatever reason enrages him to no end, and that — right now — he wants to beat you to death. This powerful, agile, hardened, and highly proficient fighter seeks nothing but to beat you and end your life. "*Do you believe that you'd stand a chance against Mr. Lang, and do you know what techniques and tactics you'd need to be in command of in order to actually stop his onslaught and defeat him?*" We are not saying that you'd be certain of victory, nor that you wouldn't be injured. We're only asking if you believe that **a)** you'd stand a fighting chance against such a fearsome individual, and **b)** you'd be in possession of the techniques, attitude, and tactics that would work in a predicament in which **YOU** were attacked by **HIM** in a deadly — do or die — situation?

If you've seen *Rocky III*, and the portrayal of Clubber Lang by a *real life* super tough guy, Arthur Tero (i.e. "Mr. T") then you might be fidgeting at this point. The lovely and graceful holds and throws, and those "deadly" punches and "powerful blocks" and "surefire submission holds", ad nauseum, that you have placed all of your confidence in might seem now to be somewhat less desirable as a repertoire with which to oppose this rock-solid, steel tough, viciously formidable "wrecking machine" (as Rocky's coach referred to the man) than you had been led to believe these skills were when last you practiced them in the dojo!



IN REAL LIFE A KIND, DECENT, WARM-HEARTED CHRISTIAN MAN WHO TOOK HIMSELF OUT OF THE TOUGH NEIGHBORHOODS OF CHICAGO AND BECAME AN ACTOR (WAS ALSO A BODYGUARD) — THE *REAL* “MR. T”. HIS PORTRAYAL OF *CLUBBER LANG* IS CLASSIC! LANG’S PERSONALITY IS, AMUSINGLY, THE OPPOSITE OF MR/ T’S REAL LIFE PERSONA. HOWEVER, THERE ARE MOST ASSUREDLY *REAL* “CLUBBER LANGS” OUT THERE, AND IF YOUR SKILLS AND MINDSET FALL SHORT OF ENABLING YOU TO DEFEND YOURSELF IF ATTACKED BY ONE OF THEM, “*WE PITY YOU, FOOL!*”



THIS IS A PHOTOGRAPH OF THE LATE RICHARD KUKLINSKI. HERE IS THE SYMBOL OF WHAT YOU SHOULD BE TRAINING TO DEFEND AGAINST: A LARGE, POWERFUL, ACCOMPLISHED AND CONSCIENCELESS MURDERER WHO WOULD AS SOON LOOK AT YOU AS KILL YOU — EVEN TORTURE YOU. IF YOU BELIEVE THAT YOU COULD FLIP, MOUNT, AND PIN TO SUBMISSION SOMEONE LIKE THIS (OR ANY OF THE MANY THOUSANDS OF HIS KINDRED SPIRITS) YOU HAVE ROCKS IN YOUR HEAD. IT WILL *NOT* BE A “COMPETITOR” WHOM YOU MEET IN DEADLY HAND-TO-HAND COMBAT; IT WILL BE SOMEONE LIKE KUKLINSKI. TRAIN FOR *THAT* EVENTUALITY, AND YOU’LL BE PREPARED FOR ANYTHING.

No . . . when you’re “in for it” and it’s you or the other guy — and the other guy is bigger, stronger, tougher, madder, and meaner than you are — you can forget all about the beautiful “art”, because you’ll need to get down to the nitty gritty of that which is “**MARTIAL**”, if you wish to have any serious chance of surviving and escaping a horrible fate. That’s the *real world*. Accept it. Train for it. Be ready mentally, physically, and tactically to *deal* with it; or stop calling that which you are doing “self-defense” or “close combat”.

The old myth that you don’t need strength in order to defeat an enemy who is physically superior is only one of the ridiculous pieces of nonsense that many enjoy believing and reassuring each other of, as they waste time practicing either classical moves that won’t work, or sporting moves that are wholly inappropriate.. True enough, you don’t necessarily need to be as strong or stronger than an enemy in hand-to-hand combat in order to defeat him, but *you need all of the strength*

that you can develop and muster — and don't deceive yourself about this, either!

And there are other myths:

- √ You can defeat him using finesse and graceful skills
- √ You can defeat him with pain compliance and “pressure point” manipulations
- √ “Control” can be secured — without hurting your attacker
- √ Knowledge will enable you to beat ruthless ferocity
- √ There are real “secrets” to knowing how to render even the most dangerous attacker or enemy in combat helpless
- √ You need never sink to the attacker's level when defending yourself. Be strictly *defensive*, because that is the way a “true warrior of the martial arts” conducts himself . . .

ad nauseum.

Should the moment come when you are faced by the prospect of death, or maiming — or when you need to prevent catastrophic harm to those you love — and you have but **ONE CHANCE** and barely one second to trip the wire and “go” against an enemy who is your apparent superior, then the following should be your guide to action:

1. You *must* be unhesitant in your recourse to the employment of those techniques that are **maiming** and potentially **lethal**.
2. You must *get your attack in first* if you possibly can; or if you are suddenly attacked and must counterattack, you need to turn the tables *immediately*, and become the **attacker**, rather than the “defender”.
3. A laser-like focus on — and a fanatical drive toward achieving the goal of — ***absolutely destroying*** the enemy's **EYES, THROAT**, and/or **TESTICLES** must be the *only* thing occupying your mind, emotions, and efforts, until you've rendered your attacker *completely* harmless.

4. ***BITE!*** — and do so like a wild animal, embedding your teeth *deeply* into any part of your enemy's body (preferably face, neck, or throat) that is exposed to your teeth. Then *lash and twist* your head about, ripping and tearing apart the flesh of your enemy.

5. Block out pain and injury, or, better still, let it drive you to animalistic heights of rage and destructive action. *Like a shark in a feeding frenzy!*

6. If you are able to immediately do so, use ***ANYTHING*** at hand against your enemy *before* you rely upon unarmed combat; or, if there is something in the immediate vicinity but not in hand at the moment, ***grab that item the moment you have stunned your enemy with unarmed action***, and let the merciless use of that weapon become your final means of dealing with him.

7. ***GROWL! YELL! GRIMACE!*** suddenly and fiercely *as* you attack/counterattack. The more suddenly you shout — and the louder — the better.

Pretty? Hardly. ***But that's the real deal, dear reader*** and let no head-in-the-clouds classicist or scowling “cage fighter” type tell you differently.

Oh yes, *definitely*, you ***can*** stand an excellent chance if you must defend yourself against a truly dangerous, determined, physically superior attacker, ***IF*** you accept that which we are advising you to accept and train for. If you become blissfully sidetracked into popular fads, the mystique of tradition and antiquity, and the delusion of wishful thinking, forget it. That stuff may see you becoming a formidable competitor, or it may make you into a most impressive performer in the sanitized environment of the traditional *dojo*. But it won't do anything for you when some living nightmare is hell bent upon beating you into unconsciousness or death.

Fighting for your safety and your life, or the safety and lives of those you love, is no sport or exercise in esthetics. It is ***WAR***; and it is a war that you ***must*** win, because the consequences will not permit another round, a rematch, or another shot at trying, after the headmaster of the dojo critiques your performance, during the next training session.

There is no “sporting” or “esthetically beautiful” way to deal with a life-threatening attack by a physically superior enemy. ***But you can bet your ass there's a way; and if you use it, you stand a good chance of prevailing.***

Bradley J. Steiner

What About “Mild” Attacks?

THE question sometimes comes to us regarding how to handle situations in which there is no serious threat, merely an annoyance. “Wouldn’t you recommend control techniques or pain compliance methods *then?*” we have been asked.

In order to answer that question in a manner that will educate the combatives student we must point out that, in addition to our answering with a resounding **“No! We recommend such techniques of control and pain compliance only to law enforcement, security, and protective service professionals,”** we must explain *why* we stand firm on our position:

If or when *any* physical attack is made upon you by either an unknown person or by someone known by you to be a troublemaker, *there is simply no possible way to know for certain that this individual’s attack really is “mild” or “non threatening”*. Murders have begun with a wrist or arm grab, a shove, or merely with the killer initially cornering his intended victim and while forbidding him exit from the area, “only” threatening him verbally. Violence is serious and unforgiving. **It must never be played with, and no “assumptions” regarding the contents of the mind of someone who initiates violence against you should ever be made.** You know neither what any attacker *intends* to do to you, nor what capabilities any attacker may possess. You do ***not*** give the benefit of doubt to someone — anyone — whom you do not know for sure is not a serious threat. And if you either do not know the attacker *or* know him to be a troublemaker, then you cannot *possibly* “know for sure” that he is not a serious threat. ***YOU ARE NOT ON THIS EARTH TO BE SOMEONE’S WHIPPING POST OR PUNCHING BAG, OR HIS VICTIM, OTHERWISE. Period.***

Never agree to fight with anyone. Never start a fight. Always, always, *always* strive to avoid trouble by any reasonable means open to you, in any context.

There ends your responsibility as a private citizen, minding your own lawful business, as far as utilizing physical combat methods to defend yourself is concerned.



IN 1938 SEATTLE POLICE OFFICER SVEND J. JORGENSEN AUTHORED A LITTLE PAMPHLET TITLED "COME-ALONG HOLDS". OT IS IN POLICE WORK AND SIMILAR TYPES OF PEACE-KEEPING OCCUPATIONS THAT SUCH SKILLS MAKE SENSE AND ARE NEEDED. IT IS WORTH NOTING THAT JORGENSEN — A FINE TEACHER, WHOSE ABILITIES WERE QUITE IMPRESSIVELY FORMIDABLE — DID NOT ADVOCATE THESE SKILLS WHEN GOING UP AGAINST A PHYSICAL ONLSAUGHT BY A DANGEROUS UNARMED OR ARMED CRIMINAL. HIS LITTLE WORK "36 SECRET KNOCK-OUT BLOWS" (AN IMPOSSIBLE-TO-FIND COLLECTOR'S ITEM TODAY) BORE TESTIMONY TO THIS OUTSTANDING OFFICER'S UNDERSTANDING OF THE DIFFERENCE BETWEEN POLICE WORK AND HAND-TO-HAND COMBAT. OUR PRESENT DAY LAW ENFORCEMENT ORGANIZATIONS MIGHT BENEFIT BY RETURNING TO JORGENSEN'S PHILOSOPHY!

Don't miss our new article on our www.seattlecombatives.com web site, for law enforcement officers! "Reconsidering Defensive Tactics"! ("Articles" Section).

"But what about a situation in which you *do* know the individual whose attack is merely annoying, and you *are* sure that this person intends you no real harm?"

Simple. Either shrug off the fool's annoying conduct and *tell* him plainly to stop what he is doing, or suck it up. And blame *yourself* for allowing yourself to

interface with such a horse's ass. *But don't use force.* Walk away at the earliest opportunity and start dealing with adult-minded human beings, instead of impulse-dominated morons. Here is why we advise this course of action:

As soon as the attempt is made (by anyone, including a police officer) to apply “moderate” or “controlling” or “non-injurious” force, there is always the very real risk of immediate and dangerous escalation of force by the individual against whom the restraint technique is being employed. Police officers and others in similar occupations have a legal and moral responsibility to use “lesser means” — ***at first*** — to gain control over someone who is apparently offering only *mild* resistance. Such a situation does not concern the private citizen. Don't play cop. It's too dangerous. And police officers *know* how ineffective and useless are control and comealong holds, save when they are employed against a physically inferior, more-nervous-than-dangerous, half-heartedly resisting suspect.

YOU WILL NOT BE ATTACKED BY A “SUSPECT”; YOU WILL BE ATTACKED BY AN ATTACKER. And that “attacker” will often be unsophisticated in the proper methods of launching aggressive actions, and he will initiate his serious — even deadly — victimization of you with a relatively easy-to-counter, *seemingly* “mild” assault.

We say again: Physical violence, close combat, self-defense, etc. is ***NOT*** to be played with. Treat your training, skills, and ability as you would a firearm. *Never* bring it into play unless you believe in your heart of hearts that you truly are in genuine *danger*. And then ***bring it into play with full and total commitment, and do not hesitate, pause, or equivocate about decisively putting an end to the perceived danger that you are in.***

The truth is, you see, that there are no “mild attacks” — just attacks. And your only concern is to be able to defend yourself decisively, surely, and immediately *against* them.

Get REAL In Your Training, Now!

REGARDLESS of what you may be studying or

training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique

attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

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

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. RULES OF SELF-DEFENSE — \$17.

Perhaps the most politically INcorrect presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so

that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

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You're A Lot Tougher Than You Think

BACK in the 1960's Hiram Kanazawa, one of the greatest living practitioner/teachers of the classical/traditional style of Shotokan Karate won the *All-Japan Karate Championships*. Normally, that would not be at all surprising because, as noted, Sensei Kanazawa is, as he was then, a karate "great". What made this man's victory so amazing and notable is that Kanazawa fought ferociously in freestyle with other outstanding, tough karateka, and defeated them *while having a broken arm*. (Kanazawa never advised the judges or anyone else of this fact, since he did not want them to prevent him from fighting for the title!)

No, we are not a classical/traditionalist, and no, we do *not* believe that any classical/traditional (and **certainly** not any sporting/competitive) approach to martial arts is the advisable way to go for the private citizen, soldier, security professional, intelligence operative, or other person who anticipates needing to defend or attack *for real*. Still — we *always* give credit where it is due, and we *always* look for, draw upon, and accept those facts and experiences that contribute to that which it is necessary to know and to appreciate about real world close combat and self-defense by those for whom that is their purpose in training.

It also must be duly noted that men such as Sensei Kanazawa are anomalous. To have come up through the ranks in Japanese Shotokan Karate *in Japan*, under strict, traditional *Japanese standards*, and to rise to the level of Instructor at the prestigious Japan Karate Association (the equivalent for *karate* to the Kodokan Judo Institute, for *judo*) requires a dedication, discipline, and devotion to excruciating efforts that very few men in the world are able to accomplish.

Nevertheless, Kanazawa proved something. I.e. *A broken arm does not necessarily mean that one has lost the battle!*



A GROUP OF U.S. NAVY SEALS. SEAL TRAINING IS BASED ON THE IDEA THAT THE HUMAN BODY AND MIND IS CAPABLE OF *TEN TIMES* THE AMOUNT OF EFFORT, STRESS, STRAIN, AND OUTPUT THAN IT NORMALLY DELIVERS! THESE MEN *PROVE* IT BY GOING THROUGH SEAL TRAINING . . . BUT YOU NEED ONLY *KNOW THAT IT IS SO* IN ORDER TO BE PREPARED TO *TAP INTO IT* IN ANY GIVEN EMERGENCY.

Many others have proved that being injured — even severely so — never proves that one has lost the war!

Over the decades we have studied *tons* of cases in which fanatical determination to **win** — to prevail *no matter what* — has seen the intended victims of violent crime, and participants in wartime hand-to-hand combat, overcome and *destroy* their enemies; and to do so when their own injuries and/or “hopeless situation” portended “inevitable defeat”.

As we incessantly tell our students: In any dangerous physical attack emergency when you are pressed to defend against determined, quite possibly armed, violent assailants, you ***WILL GET HURT***. The ridiculous expectation that all-out hand-



SIZE IS A FACTOR, BUT NOT NECESSARILY THE *DECISIVE* FACTOR IN ANY COMBATIVE ENGAGEMENT. FROM THE TIME WHEN DAVID SLEW GOLIATH IT HAS BEEN CLEAR THAT SMALL INDIVIDUALS CAN OFTEN BE A LOT MORE FORMIDABLE THAN THE LARGER — SEMMINGLY “TOUGHER” — FELLOWS MIGHT IMAGINE.

to-hand combat can be engaged in with the expectation of *not* being injured has misled countless tens of thousands of so-called “martial arts students” to believe and to anticipate that which can only cause them to react with shock, horror, disillusionment, and terror when — in an actual crisis — it inevitably occurs, despite their attempting whatever “*superior, unbeatable skills*” they believe themselves to have been taught in the dojo.

One of the most important things to comprehend is that close combat is *dangerous* — even for experts — and that part of the mental conditioning necessary to fully prepare the individual to **WIN** in hand-to-hand combat is the *acceptance* of risk, and the *expectation* of injury.

Some believe or say that they believe (because they are fools, or because they are commercializing, lying scoundrels) that any instructor who espouses this doctrine is merely confessing that what he teaches is inferior. ***Quite to the contrary!*** It is the unbridled hokum and malarky that the deluded fanciers emphasize when they inculcate the *opposite* idea that marks *these* “combatives teachers” as astonishingly ignorant horses’ asses.

Just as any military force anticipates losses when planning for and then undertaking a campaign, so must the individual combatant anticipate that *some* personal price must be paid when planning for and then undertaking to defend himself! This most emphatically does *not* mean that you will *lose*; it only means that in order to prevail you must — **a) Expect to be hurt, and b) Not give a damn or a thought about it.** Let whatever injuries you do sustain ***drive you into a killing frenzy!*** **JUST AS A WILD ANIMAL BECOMES MORE DANGEROUS WHEN INJURED, SO MUST YOU.** Real world, readers; *real world.*

Everyone, whether trained in combat skills or not, whether in top physical shape or not, and whether mentally prepared for combat or not, *has enormous reserves of resilience, tenacity, and physical toughness.* And even an untrained, unconditioned person who, ***driven by desperation,*** goes after a physically superior foe will have a tremendous likelihood of *winning*, if concerns over death, pain, injury, humiliation, or anything else, are abandoned in favor of one, single driving commitment to ***DESTROY THE ENEMY.*** A petite young woman might cringe if some abusive lout twice her size smacks her across the face. But let that same petite woman observe that same abusive lout attempt to harm her baby, and she will turn into a wolverine — fearing nothing, caring about nothing, concerned with nothing — focused solely and exclusively upon taking her baby’s assailant down.

As a brief aside, we can tell you as a teacher with more years of experience training people in close combat and self-defense than most of our readers have been alive, that a key to training females is to get them to *value themselves and to approach the matter of putting an end to their own violation in exactly the same manner they would employ on behalf of their newborn infants.*

If we look at the classical training of the Japanese samurai we see that this warrior was taught specifically to ***“enter battle seeking death”***. Embarrassingly stupid pretenders-at-understanding-Asian-martial-arts have suggested that this demonstrates that the Asian warrior lacks the respect or concern about human life

that is possessed by his Western counterpart. (If you hear this from anyone, you may assume that the speaker is an ignoramus. Walk away.)

The truth is, of course, that the samurai was taught to “enter battle seeking death” because it was understood that by abandoning concern for his own welfare and survival he would be focused 100% upon destroying his enemy, **and this would give him the greatest chance of not only winning in combat, but also of SURVIVING THE BATTLE!**

No sane person should resort to violence unless there is no other reasonable option available to him in order to protect either himself or others whom he cares about, and who are dependent upon him for protection. However, *once it is clear that **violent action must be taken*** it should also be clear that it must be taken without restraint, forbearance, hesitation, or reluctance. One does not “tippy toe” into one’s reaction to a mugging, a gang attack, a home invasion, forcible rape, or military hand-to-hand combat. One is often able to walk away from a threat or from some other form of insane, criminal challenge. One *cannot* “walk away from” overt, oncoming physical aggression. And one must not believe that safety either lies in attempting to do so, or that doing what *is* required in such an emergency can be carried out without sustaining some degree of injury.

Once the trainee has reconciled that he *will* be hurt in any encounter, and that he does not give a damn about that fact but only about defeating his enemy, he has gone six laps ahead of just about any assailant or pair or group of assailants in his preparation for violence. Remember: *violent offenders do not wish to be injured — nor do they expect to be — or they WOULD NOT ATTACK!*

Do not fear that being struck (even shot or stabbed) will inevitably take you out of the fight. Obviously it *might*. But if and when you are left with no alternative but to go after your attacker(s), **SO WHAT?** You have nothing whatever to lose, and everything to gain; and the odds are with **YOU**, not with your attacker. Experience throughout history and in every society on earth has demonstrated hands down that the fierce, aggressive attack — dispensing with all concerns for personal safety and even survival — **WINS!**

And here’s a bonus that we almost hesitate to provide, because we do *not* want you to let it dampen your ardor for accepting and henceforth training in accordance with that which we have just explained:

When you accept that you will be hurt, realize that it almost never means anything except that you will be stimulated to greater rage and determination, you will often overcome your enemy with NO INJURIES TO YOURSELF AT ALL. This has actually happened to many of our own students over the years, and — amusingly — they have said to us (almost with disappointment in their voice, following the incident in which they defended themselves): “Gee, you said I’d be injured; but I wasn’t hurt at all.”

Well . . . sorry about that (I guess!) . . . but paradoxically it often does go down that way.

Don’t worry. You’re tougher and you’re more dangerous than you think you are!

The Dignity Factor

WE have received some very interesting input from visitors who read last month’s Editorial regarding the disgraceful alleged kidnap/felonious assault/robbery/terrorism episode that had occurred in a Massachusetts so-called “gentlemen’s club”. (We have always wondered why such euphemistic nonsense is in such favor with people. Then we look at the “people” with whom it is in favor, and we pretty much get it. Calling a bar where bums pick up tramps a “*gentlemen’s club*” is like calling a porno shop a “literary society”. Beings of the sewer we suppose, do not wish to have their sewer identified for what it is; preferring to think of it as a “normal, decent place”. Ah well . . . we just wonder: *Who the hell is kidding whom?*) Sorry for the brief aside.

This kind of atrociously unforgivable act of sub-barbaric conduct by *things* who, regrettably, live amongst us, brings to light a very, very important motivator in many if not *in all* who come to study and to train in serious close combat and self-defense: i.e. ***these people are concerned as much or more about protecting their dignity as they are about protecting their physical person from injury.***

After all, aren’t people physically hurt — sometimes badly — in sports? Don’t football players end up in the hospital? Don’t outdoorsmen suffer injuries that far exceed those associated with encounters with schoolyard bullies? And do not we endlessly observe boxers, wrestlers, and judo players sustaining injuries, *yet showing thorough enjoyment from participation in the activity in which those injuries had been sustained, and even affection and great respect for the very adversaries in their sport who inflicted the injuries upon them?* And these sports

— deservedly — continue to be enjoyed, to be popular, and to be venues during which truly close friendships and personal ties are made.

So a fear of “getting physically hurt” per se may not so much be the big deal when it comes to that which pushes a person to *finally* get off his duff and take up training in no-nonsense self-defense. Very often, though he may not even be able to tell this to the teacher whom he has approached to instruct him, he doesn't ever want to suffer the indignities of violation again.

A good deal of the mental conditioning aspect of that which we offer in *American Combato* is focused with great intensity upon the purpose of insuring that, indeed, our student *never, ever* again suffers indignities at the hands of homo sapien predators. You can tell us about this gnawing problem if you wish, in other words; but *rest well assured*, when you come to us for instruction and training, we understand.

Unfortunately, most people are raised in our society (and I say “our” society, because it is the one I know best, not because I believe that it is the only one where this occurs) believing that there are some *avored* people, and others who are *not-so-favorable*. As the late Dr. Albert Ellis so brilliantly demonstrated in his White Paper, *Intellectual Fascism*, it is often the so-called “intellectual” or “upper class” type of creature who promulgates this as lifestyle. *He* has gone to school. *He* is “smart”. *He* knows. Etc. The idea is passed on to this creature's offspring that those “below him” are . . . well . . . not quite as “good” or as “worthy of life” as *he* is. Snobbery is AND SHOULD BE resented to the point of white-hot rage. *No snob derserves anything but to be shunned*. People certainly vary in the gifts that they possess, the talents God has given them, and the attributes with which they are able to make their way in life. But anyone taking the position that some people (speaking of those decent, respectable, responsible people; not of predators and exploiters) are per se “better than others” *as human beings*, deserves no audience, attention, or respect, himself.

In a less elegant (but equally evil) context, the person whose physical prowess might exceed that of those around him, might begin to feel himself to be not merely *physically* superior (which is true) but also **generally** superior, due to his physical advantage.

In a modern context: The arrogant, despicable, shamefully *UN* warrior-like “tough guy” member of some psychopathic “fight club”. Or the “challenge event” brawler. Or the “cage fighter”. **Or the typical street punk.** The attitude that one so

often sees emanating from many of these types speaks to their despicableness, *not* to their imaginary - imagined - “superiority”.

This philosophy, permeating homes, schools, places of employment, recreational facilities, sports, and virtually all human undertakings, has left some people in positions where other people will *presume* to treat them in an undignified manner. No one will likely be able to change this phenomenon. ***But anyone can become inured to becoming a victim of it.***

With no apologies to the soft, politically correct souls who will be offended: The first step is to understand this evil and to ***HATE*** it. Really hate it. Resent it wherever and whenever you perceive it to manifest. If your employer demands that you do the job for which he pays you, that is legitimate and you should meet his demand. If he demands it of you as though you were some lowly peon or second class citizen, ***recognize*** his evil and, while perhaps not saying or doing anything overtly about it (if you wish to keep your job), *do not fail to condemn him for having treated you without dignity. It is ***not*** his prerogative to do so “because he’s the boss”*. Throw *that* bit of crap out!

Think back (getting to the subject of physical self-defense again) to every experience in your life where you’ve been pushed around, physically beaten, or tormented by anyone. *Relive* the experiences. *Feel* their impact upon you. Now cultivate **rage**, **hatred**, and the desire to *savage* any who would do that to you, again.

One of the great pleasures — ***joys***, actually — of the troublemaker, predator, and physical bully, is the denigration, humiliation, and psychological torment that he inflicts upon his victims. Ponder that. Let the idea sink in: *Anyone who attacks you physically relishes the pain, the suffering, the loss, the grief, the hardship that he inflicts upon you and yours.* **Let this fact make you killing mad! Think about it when you train. Review it again and again as you prepare yourself to deal with an unprovoked physical attack.**

Never forget that when you take action in defense of yourself and those you love you are doing *much* more than acting in physical self-defense. Yes, certainly, you are doing that. But of *at least* as great importance, ***you are acting in defense of your and of your loved ones’ dignity!*** These unspeakable bacteria who presume to bulldoze their way through life — and over *you* — love and enjoy the delight of trammeling not only your body, but your spirit — your soul — as well. Compress this realization into a simmering, white-hot, boiling rage; and keep it in check

UNTIL THAT MOMENT COMES WHEN A MUGGER, GANG OF PUNKS, HOME INVADER, ARMED INTRUDER, KIDNAPER, RAPIST, ETC. TARGETS YOU. Then, *explode!!!!!!* Go after your attacker like a wild, enraged tiger. Let *nothing* stop you, block you, restrain you from all-out fury and the most fearsome, total blast of aggression you are capable of generating.

Your dignity means *nothing*, unless it means **everything** to **YOU!**

“Zero Tolerance” Of Violence

Is *INSANE*

“The only thing necessary for the triumph of evil is for good men to do nothing.”

— Edmund Burke (1729-1797)

A modern trend is to declare that “violence is *never* justified”. Unfortunately, the greatest victims of this lunacy are the very young. Children in grade school (who are indifferently treated by often incompetent “teachers” while they suffer their imprisonment in a place where anything but *education* takes place) remain at the mercy of the adults who control them. *The public schools hold equally accountable the **victim** (if he fights back) and the **bully** or **troublemaker** who has initiated the attack!*

The right to self-defense is a corollary of the right to life. *If in fact you have a right to live then it logically follows that you have a right to defend and to protect your life.* Anyone failing to comprehend and to accept that as axiomatic is a potential danger to the human community.

Since we are now living in the end stage of Western Civilization, and our Nation is being reduced to the level of a third world country, it is imperative that thinking, freedom loving people identify and reject those toxic premises that are everyday being foisted upon the population. Among these toxic premises is the one that says *you* — the **defender** — are wrong if you use violence to defend yourself. Why? Because, according to this lunacy, “violence is wrong”.

If you are a parent and you have one or more children imprisoned in the public school system, *it is your solemn responsibility* to arm them against this self-destructive view of violence. Part of evolving from the status of *savage* to *civilized human being* is coming to an understanding of the difference between using force to obtain or to achieve that which you have no right to obtain or to achieve, and using force to ***PREVENT*** another or others from obtaining or achieving that which they have no right to obtain or to achieve, and who presume to use force themselves, in order to obtain or to achieve their objectives.



NO CHILD SHOULD HAVE TO SUFFER THE VIOLATION THAT OCCURS WHEN SOME PUNK BULLY DECIDES TO TORMENT HIM. IN A SITUATION SUCH AS THE ABOVE. WERE ADULTS INVOLVED, THE OBVIOUS DISPARITY IN SIZE AND WEIGHT BETWEEN THE VICTIM AND THE TORMENTOR WOULD JUSTIFY ATTACKING THE TROUBLEMAKER'S EYES, BREAKING HIS LEG, STRIKING HIS THROAT, OR KICKING HIM IN THE TESTICLES. WE SEE NO REASON WHY ANYTHING DIFFERENT OUGHT TO BE EXPECTED WHEN YOUNGSTERS TORMENT SMALLER, HELPLESS YOUNGSTERS. INSTANCES SUCH AS THESE NOT MERELY "JUSTIFY" THE USE OF FORCE — THEY NECESSITATE IT!

This is so fundamental and so basic that, were we living in the 1920's, 30's, 40's or 50's it would never need to be stated. **Children** understood this intuitively then, because their culture *understood* it intuitively, and no one outside a lunatic asylum would ever have endeavored to teach a youngster otherwise — or to believe otherwise, himself. *Back then.*

But we now live in a time when serious close combat skill without weapons, firearms, and edged weapons are demonized. Instead of recognizing that these ***CRITICAL TOOLS OF PERSONAL DEFENSE AND SURVIVAL*** should be taught to all decent citizens as part of their basic education, it is taught that *no*

educated, “decent” person need ever have any use for these things. “Leave the use of force to the police, in order to protect you.” Yeah, sure.

The police (who, for some magical reason, presumably enjoy some mystical prerogative of using armed and unarmed force without being vilified for doing so) actually do protect us as far as they are able. They abort a *tiny* percentage of violent criminal activity, and thank God for them and for that which they do.

However . . . it is ridiculous to suppose that the police can “protect us” per se. They cannot. They do what they can, and we need them; **BUT NOTHING CAN OR EVER WILL REPLACE THE NEED TO BE ABLE — PHYSICALLY, MENTALLY, AND TACTICALLY — TO DEFEND YOURSELF!**

A philosophy that damns what is often the *only possible means of defending yourself* (i.e. by using armed or unarmed, overwhelming violence) is a philosophy that must be shunned by all who value innocent life and well being, private property, and personal and family security.

This philosophical point is critical. Without its becoming integral to your psychic makeup and fundamental “mindset”, you will be handicapped in your ability to use self-defense in an emergency.

You have the right to defend yourself. You have the moral *unlimited* right to defend yourself, and there is no need to block yourself off from taking whatever action ever should become necessary to protect yourself and those you love.



IF THOSE SCUM WHO INITIATED HOME INVASIONS WERE CONFRONTED BY THIS INSTEAD OF BY TERRIFIED AND HELPLESS VICTIMS, HOME INVASIONS WOULD CEASE TO BE A PROBLEM IN THIS COUNTRY.

It was unhesitant, all-out violence that defeated the Axis forces during WWII; and if it were not for the Allies' 100% comprehension of the *righteousness* of using all-out violence, we would all be doing goose steps on our way to work today, and likely be telling our wives *sayonara* when we kissed them goodnight.

Get it clear, keep it straight, and be guided by it in the way you live and train:

*The use of violence is **good** when it is employed to bring a halt to the actions of those who commit evil.*

Violence may be seen, when righteously used, as strong “social medicine” or “societal surgery” — i.e. as action taken to cure an immediate symptom of social disorder, or/and as a means of excising from the society in general a dangerous malignancy that would otherwise ruin the healthy social structure and culture.

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Until next month, we wish you good training!
Stay combat ready!

YOURS IN DEFENSE,

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