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SWORD and PEN

Official Newsletter of the International Combat Martial
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Self-Defense

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www.americancombato.com

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E d i t o r i a l

SELECTING A GOOD TEACHER

AT present there are more schools of classical/traditional martial arts in the United States, Europe, and Canada than there are throughout Asia. If you live in a city of medium size or greater you should have no problem finding a good *karate*, *kung fu*, *taekwon-do*, *judo/ju-jitsu*, *aikido/aikijutsu*, or *hapkido* school. If you are into competition of the more recently popularized kind (i.e. UFC/MMA, etc.) then finding a place where you can participate in that ought not be much trouble, either. Ditto for Western *boxing*, and *wrestling*.

Finding a teacher whose school offers *authentic* close combat and self-defense training, and *nothing but* practical skills of this type is another matter entirely. And while the U.S., the U.K., and Canada have seen a recent rise in

the number of teachers proclaiming that their program does indeed provide this, the truth is often otherwise. Most often the school that claims to be teaching “serious self-defense” and “military style close combat” is in reality merely teaching a conventional martial arts course, renamed to accommodate persons seeking all-practical training. Sometimes, to add the right touch, such a school will have students training in military camouflage fatigues (or plain black fatigues). But classical/traditional skills do not change merely when practiced in different clothing; nor does a classically-rooted approach to training become “modern, practical, realistic combatives” because the sign on the school or the internet as says so.

There is a big difference between the major approaches to martial arts today. Wonderfully beneficial and fascinating as the classical/traditional arts may be, they do *not* provide the kind of solid realism and functionality that must be integral to all skills that are taught *in a practical combat curriculum*. And while competitive sporting martial activities are fine for those who enjoy them, the worst mistake an individual can make is to take up a **sport** when he needs and desires a **combat** method.

For anyone unable to train with us in *American Combato*, or with one of our Associate Teachers in a related combatives system because of unavailability of instruction where they live, or because of an inability to travel to our schools in Seattle, Prescott, etc. for an intensive course, we wish to offer some concrete suggestions on locating a good teacher and school in their vicinity. *And we will frankly state with apologies to no one that it is **far** better and more productive to train on one’s own using our DVDs and other training materials than it is to enroll for instruction that is not wholly combat/defense relevant.*

When checking out potential teachers or schools of close combat and self-defense be guided by these points:

- The program being taught should *not* include many hundreds or even thousands of techniques, but instead should emphasize extreme practicality and versatility in a carefully culled and selected **limited** curriculum of **war**

proven techniques. The course may or may not have a belt ranking or other grading system, but on no account should there be more than 200-250 techniques *in the entire system*. And a good system should be capable of producing real formidability in a new student *within three to six months of serious training*. (Note: Some martial art systems include as many as 500 or more individual “self-defense” techniques to 1st degree black belt, in addition to numerous *kata*, antiquated weapon methods, basics, and sparring. Fine for classical/traditional people . . . anathema to practicality!)

- Methods of arresting, controlling, and submitting individuals, if included at all in any combat system, should be relegated to a very limited place and should be advocated *only* for law enforcement, and other peace keeping or security professionals. *Such skills are superfluous for self-defense and/or military hand-to-hand combat.*

- **Blows must absolutely be considered the core of the methods shown.** Low and simple kicks, *open* hand blows, gouging, clawing, biting, butting, elbowing, kneeing, and *using all of these skills in combinations* must comprise 90% of what is taught — at least. A few very simple throws and takedowns, and neck-breaking or strangulation also have a place in the overall curriculum.

- It should be obvious that the techniques being taught and practiced **cannot** be rendered safely in any kind of “competition” or “sporting” venue. If anything is safe enough to use with serious force in a sporting contest, then it is not severe enough to be relied upon when fighting for your life or in defense of the lives of others. If a school has freestyle sparring or match fighting then it is either teaching **sport**, or it is modifying techniques of combat so that they can be used as sport — hence it is rendering such combat techniques as it may be advocating *ineffective* for actual battle.

- The teacher should honestly acknowledge the danger inherent in real emergencies when self-defense skills must be used, and he should admit that even a highly skilled expert will likely be injured in real hand-to-hand combat. All claims of making a student “unbeatable” or making any emergency defense

situation “easy to handle” should be regarded as red flags. *Keep looking for another school!*

- The teacher should be approachable, answer questions, and give you the feeling that you are learning from someone who is a genuine *expert* in his field. It’s like the confidence you get when working with any good professional. If he *is* a professional he will know a thousand times more than you will ever need to know, and his knowledge will be apparent in how he answers your questions, teaches you, and manages to understand your needs as a student and assist you in satisfying them.

- A good combat system includes and advocates **modern weapons**. Nunchucks and samurai swords and nine foot poles, etc. are fine in classical/traditional arts; but any system that is geared toward the combat requirements of modern people will teach weapons of *today* — like fighting knives and handguns, etc.

- Formality and “ritual” in any good school of realistic combatives will be minimal, with a great emphasis on **courtesy** and **safety** rather than on bowing, kow towing, and the use of foreign terms to designate the teacher, his assistants, etc. A professional, accomplished teacher will be referred to as just that — i.e. a *teacher*, or a *professor* — he will not require that he be addressed by an Asian title, or as “Master” or “Grandmaster”. He **will** require respect, however; and you should not enroll unless you are fully prepared to give it. As in the military, there is and must be a hierarchy in any good school. **It is perfectly legitimate to ask questions. It is rude, inexcusable, and unacceptable to question the teacher per se, once you have agreed to study under him.** (This is true in any kind of school, actually. Determine *before* you enroll that the teacher knows his business. Then respect his position and authority *as* your teacher. A disrespectful person or a smartass deserves to be thrown out on his ass from any school).

- An **enormous emphasis** must be given to mental conditioning. And any professional teacher will be as able to assist students in developing in *this* way as he will be able to assist in their technical development

- A recognition of the importance of fitness, condition, and strength development should be evident in a good teacher's instruction. He will urge students to train sensibly with weights, and to supplement technical training with serious strength training. (Classes that include 30 or more minutes of calisthenics to "warm up" are a waste. Class training should be in *techniques*. A student can exercise at home or in a gym . . . and calisthenics won't cut it. **Hard weight training should be advocated.**) It is well worth noting that all classical/traditional *kata* is of value merely as exercise of a calisthenic kind. *Valuable in classical/traditional programs, katas are a waste of time in combat training programs.*

There are a few other points that could be mentioned (such as *not* training on mats, in any combat system; schools that utilize mats generally provide a wholly unrealistic impression to their students that disintegrates when a situation arises on a concrete sidewalk) but if you use the foregoing as a guide, and exercise your common sense, you'll either be able to locate a good teacher, or you'll make a wise decision to train on your own. A good teacher (or our DVD #1!) will better prepare you to defend yourself within one month of practice than will six to twelve months — or more! — in a typical martial arts school.

Bradley J. Steiner

When you've finished this month's *Sword & Pen* be sure to go to our other site (www.seattlecombatives.com) and read our latest posting, *EXPLODE!*, in the "Monthly Instruction" Section! Check out the dozens of other **FREE articles and instructional segments on that site, too!**

Make Progress Slowly And Steadily

GOOD things take time. All too often those who wish to develop their self-

defense abilities and their physical strength commence training with absurd expectations. No one can acquire the confidence and ability to tackle a dangerous, violent felon within a few days. Yet regrettably, many who enroll for instruction or who purchase DVD courses tend to expect results just that quickly. And for every person who buys a set of weights and *uses it assiduously* for long enough to experience solid gains and visible results, there are hundreds upon hundreds — perhaps thousands — who abandon the task of training when, after two or three workouts, they have not tripled their strength and all-round development.

One of the great things about genuinely practical combatives, as opposed to classical/traditional martial arts, is that serious ability can be obtained in but a fraction of the time that is normally required in order to develop proficiency in the latter. *We have received e-mails from purchasers of our DVD Course expressing amazement at the fact that, after only a month to six weeks of daily training, they have really acquired confidence which they never before possessed, and they can use the skills speedily, accurately, and powerfully without conscious deliberation.* Four to six weeks of daily 30-60 minute practice sessions equals a bare minimum of fourteen hours of training, and/or as much as 42 hours of training. That's not bad. It *is* an effort, but you've simply got to make the effort or you can't enjoy results. Contrast this with the usual *hundreds* of hours of practice that any classical/traditional art requires before even a *bare bones minimum* of ability can be developed, and you can see that practical combat skills demand less of you time-wise than do the customary "martial arts". But **less** does not mean an hour or two of effort before you can flatten a mugger!

Be patient, for heaven's sake. If you want real skills and real confidence you need to put the time and the effort into acquiring these things. **There are no overnight wonders, secrets, miraculous programs, or "instant" self-defense methods.**

Nor is there any course, diet, exercise equipment, or "secret" that will enable you to start training on Monday and not recognize how muscular you've become by Wednesday evening! *Yes, there are charlatans that will sell you this drivel. But disappointment and discouragement is all you'll get for buying into their bull—t.*

If you have never been on any regular training program — in combat skills or/and in physical training, then look at the path you're starting upon as one that will take time to travel. Realistically . . . expect some tangible and very exciting results within three months. After six months, if you're in normal good health *and you've been training daily on quality skills*, you will be better able to defend yourself than most black belts in most classical/traditional systems. After a year

you will not only have become a genuinely dangerous antagonist for any punk or troublemaker to attack, you will also have come to realize the lifetime benefits of this training and you'll likely never quit!

Within four to six months of regular, sensible weight training you will, if you have never worked out previously, have literally transformed yourself. You will have become tough, strong, better coordinated, and super-conditioned. And, when combined with what your training in close combat and self-defense has given you, it is no exaggeration to say that you'll be a *new person*. But it will take some time.

There is no magic in this training. People who possess combat abilities and a serious level of physical fitness and strength **PAID THEIR DUES**.

When you consider what the ability to fight well and defend yourself and those you love, coupled with rugged strength and all round fitness is worth to any sane man, the “dues” are inconsequential, indeed!

But in combatives training and in physical training the “dues” must be paid incrementally, over time. The body must be *forged* into a weapon — it cannot be transformed immediately. The physique's strength and personal fitness must be *gradually built*; there is no magic wand to be waved that will effect change without ongoing effort.

Suppose you're a *former* trainee? Let's say that, years ago, you trained in some martial art, and/or you worked out with weights, too. Years have gone by since your last practice session or workout and you want to get back in the groove. *Great!* But don't make the mistake that so many make when they attempt to jump back into a routine of training (at age 40) that they left off at (at age 19 or 20). *Go easily and go steadily*. Your first week or two may feel embarrassingly awkward. You will be clumsier, slower, weaker, and sloppier than you recall having been, previously. **SO WHAT?** Go easy on yourself. Workout for sessions lasting no more than 30 minutes. Build up, if you've the ambition, to sessions last an hour or more; but **do it gradually, over the next six to nine months**. Don't do it — or attempt to do it! — over the weekend.

The real key to success in close combat and self-defense training, and in the development of physical excellence through weight training, is **REGULARITY**, and **CONSISTENCY**. Slow and steady progress, in other words. And that's the simple truth.

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

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975,

will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs

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

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

safekeeping of firearms.

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness
- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

DVD#2 BASIC BLOWS

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.
 - The straight heelpalm
 - The knee attack
 - The front kick
 - The elbow smash
 - The fingertips *thrust*
 - The fingertips *jab*
 - The snap kick
 - The backfist-forearm smash
 - The hammerfist-forearm smash
 - The basic straight punch
 - The ear box
 - The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn
 - How to counter sudden grabbing attacks from behind
 - How to counter holds that may be applied from behind

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental 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

The cost of each individual DVD is \$59.95 + \$6. shipping and handling (**\$20. postage and handling for foreign orders**)

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner
P.O. Box 15929
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!

Attack The Ears

THE late Frank Ryan taught self-defense at his *Kunigoshi School* on Gun Hill Road, in the Bronx, New York during the 1970's. Frank was a protégé of the late John Keehan. — alternatively known as "*Count Dante*". Keehan, for all of the alleged misadventures of the years just preceding his untimely death, was one tough, realistic, innovative martial arts master. He was outstanding in both *judo* and *karate*, yet recognized — and taught — serious, no-nonsense close combat oriented skills at a time when the belief still existed in the minds of many that *kata* and *freestyle sparring* constituted the path to realistic self-defense abilities.

One event stands out regarding Frank Ryan that demonstrated his *excellent* capability in real world hand-to-hand combat.

Frank was with his wife at Yonkers Raceway. Two punks began eyeing Mrs. Ryan, and one made the mistake of belligerently voicing an obscene comment about her. In a flash Frank moved on the lout. Grabbing him, Frank growled and sank his teeth into one of the punk's ears. Then he snapped his head back and ripped the ear from the punk's head — spitting it onto the ground. The punk fainted on the spot, and his cohort ran from the scene screaming like a frightened little girl, before Frank could deal him the street justice that he deserved. (This was, if we recall correctly, around or just prior to 1970 — when — even in New York City — if you started trouble and were made to pay for it by the person with whom you had started it, your were s—t out of luck. No lawsuits or police interest in the fact that you got rough treatment!)

What a fine lesson in what really works in real world encounters!

The ears are excellent targets for attack. Clearly, this is *not* for competitive

and sporting contests (Mike Tyson's disgraceful attack on Evander Holyfield to the contrary notwithstanding). But in an *actual emergency* attacking an assailant's ears is an outstanding and effective action. And there are "right" ways to do it!

The first method is "boxing" the ears. This can be done either from the adversary's front or rear. It is described perfectly by Fairbairn in his wartime Manual *Get Tough!* You cup your hands as you would if you were scooping up water in them, so as not to allow any space between your fingers. Then you smash your cupped hands powerfully over the adversary's ears. This forces air into the ear canal and will normally burst his eardrums — dropping him on the spot. (**Caution and Warning!**: A blow of this type — or *any* powerful blow to the head — could conceivably be fatal. To be used *only* in the most desperate of self-defense emergencies!).

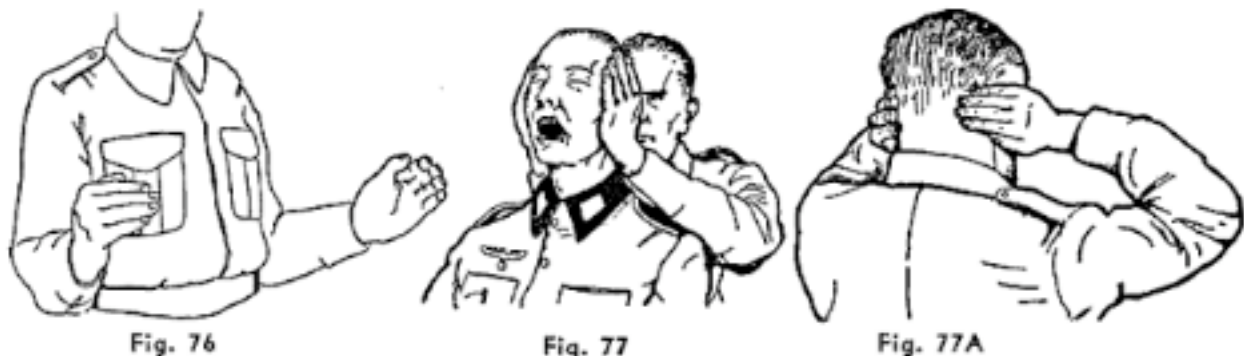


EVANDER HOLYFIELD DISPLAYS THE INJURY INFLICTED UPON HIM BY MIKE TYSON WHEN THE LATTER BIT HIS EAR DURING A BOXING MATCH. IN REALITY, THIS WAS A MILD — IF COMPLETELY INAPPROPRIATE AND ILLEGAL! — ACTION FOR TYSON TO TAKE. FRANK RYAN, THE MARTIAL ARTS TEACHER WHO RIPPED OFF A PUNK'S EAR WITH *HIS* BITE, DID IT RIGHT! HE ALSO, IN OUR OPINION, DID IT JUSTIFIABLY. WE DO NOT RECOMMEND BITING OFF ANYONE'S EAR — OR EVEN

BITING IT! — OVER A VERBAL INSULT OR PROVOCATION, TODAY. THE CLIMATE IN OUR COUNTRY REGARDING SELF-DEFENSE HAS CHANGED.

The ear box from *behind* is excellent when coming to the aid of a third person. The ear box from the front is excellent when seized by the clothing and yanked toward an attacker, or when grabbed underneath the arms from the front in an encumbering body hold.

A one hand ear box is also practical in many cases. It should be executed without a wide swing, so as to avoid giving the opponent an opportunity to see it coming and block it. Once it lands the one hand ear box *causes the opponent's head to turn*, and thus as your striking arm follows through it automatically cocks for a handaxe chop or hammefist blow on the return.



ABOVE IS THE ILLUSTRATION OF THE EAR BOX ATTACK IN *GET TOUGH!*. FAIRBAIRN SUGGESTED TRYING THE BLOW ON ONESELF — AT ONLY A TINY FRACTION OF THE POWER THAT WOULD ACTUALLY BE EMPLOYED! — IN ORDER TO GET AN IDEA OF ITS EFFECT.

Simply smacking either ear with an open (rather than cupped) hand is disorienting. We recommend this action for police officers to set a person up for the application of a control hold.

Either by itself with a sudden move, or following the landing of a cupped hand ear box strike, *grabbing both of an adversary's ears and ripping them off his head* is a serious and excellent way to deter a dangerous attacker.

Women can often employ this tactic against a would-be rapist. by pretending to embrace their attacker's face in submission to his assault. Even children can use this attack against adults. But use discretion and very good judgment

when you teach this type of action to a child!

The best way to rip the ears when you have seized both of them is to employ a “bow and arrow” type draw with all of your strength, and while maintaining a strong grip on the ears.

A hammerfist blow or handaxe chop that is struck directly into an ear is also a good way to use the ears as targets in close combat.

World war two commandos were trained to drive the thin stiletto blade of their *Fairbairn-Sykes* commando daggers into an enemy’s ear (and in consequence, into his brain) when the opportunity presented in close combat. Not a bad technique *today*, if you’ve got a commando knife of the F&S design, and if you’re dealing with a home invader or other lethal attacker.



THE AUGUST 1975 ISSUE OF *OFFICIAL KARATE* MAGAZINE FEATURED FRANK RYAN ON THE COVER, AND AN ARTICLE ABOUT HIM INSIDE. FRANK IS THE FELLOW WITH THE SUNGLASSES MAKING QUICK WORK OF TWO ATTACKERS. FRANK RAN A TOUGH SCHOOL AND INCLUDED WEAPONS, AS WELL AS EVERY DIRTY TRICK HE COULD THINK OF. *GOOD MAN!*

And there's always biting!

Bite like a wild animal — do not “nip” (as Tyson did). Biting is a serious and dangerous action to take against a human being, and thus it is to be used *only* in dire circumstances. *However, when the situation warrants such drastic measures, **do it right!*** Sink your teeth into your enemy's ear like you were biting trough a turkey drumstick; clamp your jaws shut, and *rip the ear off the bastard's head!*

Once you've secured a good grip on an opponent's ear with your teeth you can also smash the back of his head or his face with a heelpalm strike. This should facilitate ripping all or part of his ear off his head.

Any use of these techniques in any but the most desperate self-defense emergencies is, of course, criminal and insane. Restrict these kinds of movements for use when and if — God forbid — you must ever defend your life, or someone else's.

The ears are fairly large, convenient, readily accessible, unanticipated targets. And *everyone's* ears are vulnerable!

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.

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Home Invasions: The Police Cannot

Protect You

WHILE it is sensible advice to “Call 911!” whenever a potentially dangerous situation or a downright life-threatening situation appears to be in the offing, the fact is that it is **impossible** to call 911 — and **useless** to make the attempt — once violence erupts and you find yourself immediately confronting the prospect of injury or death at the hands of dangerous felons. *This is exactly the situation that anyone faces during the course of a home invasion.*

Fortunately, in the United States, in *most* areas, it is still quite possible for the person who had been wise enough to prepare ahead of time, to deal effectively with a home invasion. This, **tragically**, is not true in England or in Canada, where private citizens are not only all but 100% banned from owning firearms for personal defense, *but where citizens have — INSANELY — actually been prosecuted for using totally appropriate force, on rare occasion with a legally possessed firearm, against home invaders.*

Are firearms the only answer to home invasion? Unfortunately, the answer is in almost all instances, **“Yes!”**. Home invaders are normally armed, themselves. They are usually physically formidable, young, desperate, and in pairs or groups when they attack. Often, they are users of illegal substances and are under the influence of drugs. Frequently, females living alone, or children that are home when their parents are away, or elderly persons whose homes the predatory scum had carefully cased prior to the home invasion, are the preferred victims. (Ever notice how we never read of home invasions taking place at Fort Bragg, at the residences of special forces soldiers? Or at the homes of marine corps officers, at Quantico? ***The bastards who perpetrate these horrific crimes pick their victims; they do not want to target formidable individuals who can and will fight back successfully.***)

And there is the solution in a nutshell: **Be able and willing to fight back successfully** — with and without weapons! It is too late to learn how once you are under attack, so — if you have any brains at all — prepare **NOW**. It could happen to you and to your family. It is happening to someone every day.

If lawful possession of firearms is possible where you live, *arm*. First, take training in both proper weapon safety and handling, and then get instruction in the combat use of your weapon. Learn the legal aspects of use of force and especially deadly force, in your town or city. Keep your weapons ready for use, and if God forbid your residence is every invaded by dangerous felons, **defend yourself**.

It is particularly dangerous for you if the law where you live prevents your ownership and use of firearms for protection. Still, while you have been deprived of the **BEST** way to handle home invasion, all is not lost. You must now depend upon utilizing every possible measure to discourage home invasion, and whatever physical combat measures are left to you, in case the worst actually occurs.

Secure your dwelling with the best alarm system available. Companies that provide quality services are not cheap, but their service is worth it. The presence of a home security system — evidenced by the conspicuous signs that these companies enable their customers to post — will drastically reduce the likelihood of criminals targeting your home. Remember: They do not want to get caught, and it's easier to go elsewhere, where no alarm system is present.

While not always feasible, if possible and practical it is a good idea to have a dog. The dog need not be a powerful German shepherd, doberman pincher, or other large, formidable dog (although this would be ideal). A small dog that *barks* when it hears someone outside can be valuable. It can warn you ahead of an attack or, more likely, discourage an attack — again, because criminal intruders want *easy* targets, and they want no risk of being caught. Also, the size or capability of a dog is not always discernible by its bark,

Obviously, if and when a physical invasion occurs, you have only one choice: Fight the invaders or be victimized successfully by them. Use a fighting knife if you have one, or a kitchen knife. Use a length of steel pipe, a baseball bat, or *anything at hand* to stab, slash, smash, beat, maim, or kill them — before they kill you and your loved ones. ***A violent home invasion is a deadly attack.*** You have a slight advantage in that you know the layout of your home better than the invaders are likely to know it, and home invaders do not anticipate meeting murderous, determined resistance. Remember: *They want an easy victim. They want to get away.*

Do ***NOT*** try to arrest, control, immobilize, or otherwise apprehend home invaders. Such an attempt on your part to use a *reduced* level of force is suicidal. ***Use all-out, extreme, unrestrained force — lethal force — because whenever your home is violently invaded you are in deadly danger.***

Should the home invaders flee, ***let them go.*** First, for your and your family's own safety. Second, because once you leave your dwelling in pursuit of the fleeing invaders it is possible that *you* will be criminally charged for your actions.

Block watch programs are good. Just make certain that everyone understands that ***THE POLICE*** and not the citizens should be called once anything suspicious is observed. ***And the advice given by the police when they are called should be followed scrupulously!*** Tailing or otherwise approaching someone whose presence or conduct has led one to call the police is unwise. The news in the United States is still reporting on one case where someone was shot and killed by a person who made an approach that was *specifically advised against* by the police dispatcher whom he had called.

In any instance where you find yourself opposing a home invader with nothing but your bare hands, you will need unarmed combat ability — ***serious*** unarmed combat ability — in order to resist his attack. In fact, you will likely find that you will need some unarmed combat ability *even if you have a weapon.* Things are very close and chaotic in any indoor encounter, and it

gets very nasty, very fast. **Remember that it is better to fight back than to be killed — either there and then, or after suffering abduction, beatings, possible rape, etc. *Fight with the ruthless ferocity of a wild animal, and do not hesitate to use deadly force in such a situation.*** It is entirely justified. And you **won't get a second chance to resist!**

The only other ways to fight the disgraceful phenomenon of home invasions is to institute laws that make such atrocious felonies ***CAPITAL*** crimes — with execution ***certain*** for all who perpetrate such acts, *regardless of their age*, once they have been apprehended. Laws that hold harmless anyone defending himself ***IN ANY MANNER*** and to ***ANY EXTENT*** against home invasion, and that make criminal prosecution as well as civil liability ***impossible*** against anyone defending against home invasion, are also necessary.

If it were up to us, substantial monetary rewards and a key to the city would be given to those who terminate a home invader. After all, doing so would not only be protecting himself, but the entire community — would it not be?

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Use Your Whole Body When You

Strike!

WHILE there are no “secrets” in the martial arts there certainly are *principles* that operate and that enable a person to optimally perform when he must defend himself. One of these principles is **using your entire body** — every ounce of your strength, energy, and mental focus — when you go into action against an adversary.



WESTERN BOXERS (AS WELL AS WRESTLERS, JUDO MEN, AND OTHER COMBAT *SPORTSMEN*) HAVE LONG KNOWN THAT THEY MUST USE THEIR ENTIRE BODY WHEN THEY ARE UP AGAINST AN ADVERSARY. COMBATIVES STUDENTS WHO BUY INTO THE NONSENSE ABOUT “MYSTERIOUS POWERS” AND SECRETS IN ORDER TO STOP A FOE ARE PATHETICALLY MISINFORMED.

This concept is referred to in classical Japanese karate as “*kime*” or “focus”; and virtually every combative art and sport throughout the world recognizes the exact same concept — and espouses it — as it always has, throughout human history. *For self-defense and close combat the*

principle is absolutely vital, and its proper employment can easily mean the difference between life and death for an individual engaged in personal battle.

Regrettably, many physically under par people who come to the martial arts for self-defense do so because they are under the false impression that “strength doesn’t matter”. That is a ridiculous and completely inaccurate concept, yet it continues to attract many who are all too often *encouraged by unscrupulous or incompetent “teachers”* . Females tend frequently to be among the greatest dupes in this regard. Led to believe that, with “martial arts training”, she can slug it out with the best of the male barroom brawlers — and WIN — because she hardly needs any strength to beat a much stronger man (only “skill”), a woman will enroll in a course where she is in fact given encouragement to keep believing such incredible **bullshit**.

The truth is that strength is *crucial*. It may not be the decisive factor, but it most assuredly is *a* factor — and an important one — and anyone uneducated in this truth who engages a strong foe in hand-to-hand combat unaware that he himself *will need to exert every ounce of power that he can muster* is almost surely doomed to defeat.

Power in individual combat comes from four sources:

- 1. Inherent, genetically provided strength (of muscles, ligaments, tendons, etc.)**
- 2. Developed — as a result of arduous progressive resistance exercise**
- 3. Driven — by fanatical mental concentration and determination**
- 4. Skill-rendered — as a result of correctly coordinating and utilizing one’s entire body when executing combative actions.**

Nothing can be done about #1. Proper training with weights takes care of #2. Understanding what is at stake and mastering one’s mental capacity to drive oneself to one’s limit takes care of #3. *Proper training to employ one’s body as a unit of destructive force when executing one’s techniques* is the key to #4.

When you train, do so in a manner that conditions you to employ your entire body every time you act or react. Observe a jungle cat when it fights. Its entire body is utilized to make every move the creature undertakes. It is the same with other animals when they are engaged in combat. Consider a dog. *What makes a 90 pound attack dog capable of bringing a 250 pound man to the ground — and scaring the living hell out of the man when he does so?* Yes, the dog has a degree of inherent strength. Yes, the dog has been trained and developed through systematic drills so that he attacks correctly. Yes, the attack dog is mentally set for battle. *But it is the attack dog's incredible use of his entire body as a unit of destructive force* that permits him to crash into his target and bring him down. The attack dog does not merely “bite with his mouth”; he sinks his teeth into his opponent while utilizing his perfectly coordinated body movement to bolster the impact and controlling force of his bite.

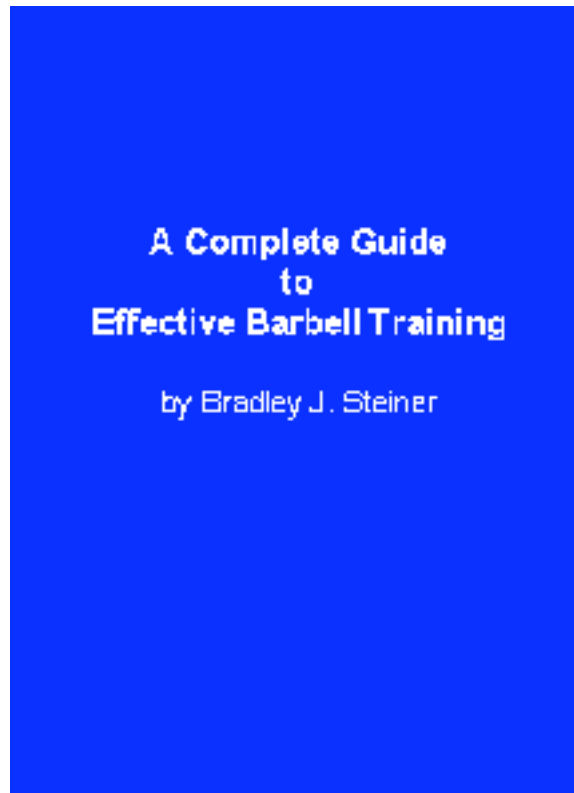
There have been instances where several large men — angry, aggressive, and completely prepared to fight anyone in their path — have jumped meekly back, and retreated shamelessly, when confronted by a snarling, lurching, clearly murderous guard dog whose weight was less than any one of the men. Why? Because that dog clearly was a single, coordinated, explosive *unit* of utterly committed violence. Every inch of that creature was as prepared to bolster the animal's physical attack as every part of a .45 automatic operates to facilitate the delivery of a big, lethal bullet into whoever is shot with it! Nothing held back. Nothing irrelevant. Nothing wasted. ***All business!***

Therein lies a critical principle and rule for you to keep always in mind when preparing for personal defense: **Train to utilize your entire body — your entire *being* — whenever you must contend with an enemy in hand-to-hand battle.** Advance. Attack. *Commit yourself totally.* Get everything from the tips of your toes to the top of your head into those blows that you drive into your enemy. Train to use the *falling step*. Train to rotate your central body axis *into* your actions. Get your *hips* into it!

Forget all about “trading blows”. That's sparring; that's for sport. ***Drive in when you go after your enemy, like a torpedo.*** If reacting to a sudden attack, perhaps from behind, ***get your entire body into your ferocious counterattacking action. Commit yourself! Like a shark in a feeding frenzy, go berserk with rage and coordinated, aggressive action.***

Nothing can guarantee success to anyone in real combat. But the individual who has developed himself and his skills to the maximum, and who *employs that development and skill in a well-coordinated, optimally powerful, fanatically-driven onslaught against his foe*, is not one that it would be wise to bet against.

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Nothing Works “Easily” In Hand-to-Hand

Combat

KEEP this in mind when you study and train in combat skills and self-defense: *In any real engagement with a dangerous, determined adversary you are going to need every ounce of strength, determination, speed, tenacity, will power, rage, and combined mental/physical focus that you can muster.* It matters a great deal that you learn and develop quality skills that are reliable. However, even the finest techniques ever developed will do you

little good against an enraged, experienced, tenacious, determined would-be killer who is *really after you*, unless you are prepared to put 100% of your body, mind, and spirit into employing those techniques, when the critical moment arrives.

A lot of so-called self-defense and martial arts teachers fail to mention this fact (possibly, because they themselves are unaware that it *is* a **fact**). But aside from those who train for competition or for the satisfaction of the “art’s” sake, everyone and anyone who trains for practical use of their skills against bona fide criminal attackers who mean business, ***must appreciate that every encounter for REAL is an encounter of DESPERATION!***

This applies to experts and to novices and to all whose ability and experience lies somewhere between those two extremes. It matters not who you are, what you have learned, and what you are able to do. *When an actual emergency explodes in your face, and when you must deal with a fanatical killer who is out to “get you” the predicament will demand all you’ve got — plus some!*

The internet “forums” that pollute cyberspace are replete with the bellowings of morons, malcontents, ignoramuses, and assorted other neurotics and unbalanced crackpots. One can read scathing criticisms of excellent teachers and their **100% valid combat doctrine**, as well as the most ridiculous extolling of pure, unadulterated nonsense as being the last word on “combat gospel” . . . authored by persons who snipe, yap, bellow, sneer, howl, and criticize in the company of their fellow a—holes, ***IMPRESSING EACH OTHER WITH THEIR CAPACITY FOR DISRESPECTING EXPERTS WHO TOWER OVER THEM, WHILE LENDING THEIR OWN WORTHLESS “ENDORSEMENTS” TO CRAP THAT, IN THEIR IGNORANCE, THEY HAVE ACCEPTED AS THE REAL STUFF.*** Often, such botched excuses for “human beings” flagrantly misinform others who know no better. Urging not merely garbage techniques and methods, but also *drastically inferior ideas and attitudes*, as valid instruction and advice. Recently one of our students showed us a statement made by some fool saying, in effect, that *if you train and become*

a champion MMA man you'll never have a problem defending yourself. Oh yeah? **B-U-L-L-S-H-I-T**. Frankly, we have too much respect for those who actually do participate in MMA to believe that any one of them would ever, himself, endorse such a belief. Nor would any legitimate practitioner of *anything*; or any professor who teaches classical/traditional **or** sporting/competitive **or** combat/defensive methods believe such an unrealistic, ridiculous idea about what he trains in or teaches. ***Not unless he hasn't a clue what actual close combat involves.*** Unfortunately, we can see that there are indeed some who haven't a clue.

Don't be fooled by nonsense. Don't be tempted by wishful thinking. Don't abandon **facts** for a fantasy that you *want* to believe.

Real combat — not *sporting* “*combat*”, or fanciful, classical pseudo “*combat*”, or customary martial arts of any style or form merely *renamed* “close combat and self-defense” — is a dangerous, damaging, harmful thing that all sane people strive to **avoid**. The energy-draining, strength and emotion-depleting activity that is *real combat* demands **100%** of anyone who is determined to survive — let alone *prevail*. If you ever do need to go toe to toe with a would-be killer you will understand how absolutely true what we say really is.

For now just *please* — for your own sake — understand and train with the realization that your skills will need to be employed with everything in you, if you ever need to use them for real. Be ready for this. Learn and practice good, war-proven combat skills. And establish the mindset that is prerequisite to victory in real battle. ***Be ready to get hit, get hurt, and experience the most punishing and painful event of your life, should defending yourself or your loved ones ever become an unfortunate necessity.*** Even if you become an expert, you'll never be able to apply the skills that you are expert in “*easily*” in a real encounter. To expect the opposite is to prime yourself for a shock that you do not wish to experience!

Finally, ponder this: *The toughest and most expert war fighters in the world — i.e. men of the British SAS and Royal Marines Commando, the*

*American Special Forces, Rangers, and SEALs, etc. — are sometimes killed, maimed, or otherwise injured **when in real combat**. Only a genuine fool would claim that these warriors lack the skills and knowledge needed to win in battle. But despite that fact, casualties among these magnificent fighting men still occur. Casualties, we will remind you, that are often inflicted by radically *inferior* fighters. **That's the nature of real***

combat — in the military, in law enforcement, in the private sector, in the street or on the battlefield, or ANYWHERE ON EARTH.

Remember also: These very warriors — the world's finest — are never arrogant or smugly superior in their attitude. They *know* the risks involved in what they do; and one conspicuous characteristic of every man who is among the world's fighting elite is that ***WHILE BEING A SUPERBLY TRAINED AND CONDITIONED WARRIOR, HE NONETHELESS UNDERSTANDS THAT WHEREVER AND WHENEVER HE IS CALLED UPON TO PLY HIS TRADE HE MUST DO SO WITH 100% TOTAL COMMITMENT, EXPECTING NOTHING TO BE EASY AND KNOWING THAT IN COMBAT THE FULLEST MEASURE OF CONCENTRATION, RESOLVE, AND EXERTION WILL BE DEMANDED OF HIM.***

Make sure that the same can be said about **your** expectations.

As we receive numerous requests to quote items and passages that appear here in *SWORD & PEN* and on our other web site, www.seattlecombatives.com, from the various sections there, we will again state the terms by which our material may be used **and used only non-commercially**:

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