

©Copyright 2014 by Bradley J. Steiner - ALL RIGHTS RESERVED.

# ***SWORD and PEN***

Official Newsletter of the International Combat Martial  
Arts Federation (ICMAF) and the Academy of  
Self-Defense

**MAY 2014 EDITION**

**[www.americancombato.com](http://www.americancombato.com)**

**[www.seattlecombatives.com](http://www.seattlecombatives.com)**

**[www.prescottcombatives.com](http://www.prescottcombatives.com)**

**LISTEN TO OUR RECENT RADIO  
INTERVIEWS!** Prof. Bryans and I each did a 1-  
hour interview on the Rick Barnabo Show in  
Phoenix, Arizona. If you go to  
[prescottcombatives.com](http://prescottcombatives.com), click on “home”. When  
“news media” drops down, click on that — — and  
there’re the full interviews! We hope that you enjoy  
our discussions with Rick Barnabo

***EDITORIAL***

# Self-Defense And Guerrilla Warfare

**DECADES** ago we wrote that “Self-defense is war in microcosm” We think that this is a valid concept, and we often emphasize it when teaching, today.

In an effort to make this comparison —— i.e. the comparison between self-defense and war —— as clear as possible, we thought that narrowing it down a bit, and very specifically indicating that *guerrilla* warfare most closely approximates self-defense, would assist students’ understanding. Here is why:

- Guerrilla war is fought against a **superior** enemy force. The assumption in self-defense is that the attacker will be superior to the defender.
- Guerrilla war depends upon *surprise* —— hit and run —— tactics. The adversary in a self-defense emergency is not to be engaged by squaring off and fighting him on an equal footing.
- Guerrilla war abides by no rules, save one: *win*. It is exactly the same in self-defense.
- Guerrilla war utilizes deceit and deception. (I.e. “*When you are strong, feign weakness. When you are weak, feign strength.*”) The adversary in a self-defense emergency is similarly to be misled and deceived, and then *attacked* when convinced of the opposite of the truth.
- Guerrilla war is ruthless, sneaky, and as foul in its methods as can be imagined. (“*When the enemy advances, retreat. When the enemy retreats, advance*”.) Self-defense, similarly, abides by foul tactics and revels in them. One does not ask to be attacked, and so whatever one does to destroy one’s attacker is acceptable and should be used.
- Guerrilla war is unconventional. The normal tactics and approaches to mass combat are abandoned so as to give the lesser force every advantage. In self-

defense there is no predictable, set, final, or “required” actions. One does what works. In self-defense *everything* is unconventional. One does the unexpected. And one *never* gives the assailant a break or an opportunity to recover.

- Guerrilla war is fought against occupation and oppression. It is not fought for conquest. Self-defense is fought against an aggressor. One does not employ self-defense against the nonviolent.

- Guerrilla war is not conducted by formally trained *classical* military types. Often the greatest guerrilla leaders and fighters are **not** military persons. Self-defense is not fought by employing classical/traditional martial systems. It is fought by employing *whatever works*, with savagery and brutal toughness combined with any sort of technique that produces victory over the attacker.

Please . . . throw away all concepts and ideas of fairness, sportsmanship, formalized methods or ritualistic and “classical” skills. The *last* thing you want is to engage a violent offender on an equal footing, when both he and yourself are ready.

Let foul, underhanded gutter tactics and the most savage actions be your forte when preparing for self-defense. A violent attacker does *not* fight by rules or fairness. (That is evident ***because he is attacking you.***) But he is convinced that you *will* do so; or that you will not fight, at all.

**Shock** the violent scum! Sink below him in brutality and merciless ferocity! Deceive him in every way possible. Smash him when and where he anticipates your surrender. *And keep on smashing him until he is unable and unwilling to make a single additional threatening movement against you!*

Do the unexpected! Smile nervously and, while pleading him not to hurt you, kick him suddenly in the knee or in the testicles; then rip his ears off, knock him to the ground, and kick his head in.

It's **guerrilla warfare**. It's **self-defense**. Just **WIN!**

## **Bradley J. Steiner**

**NOTE:**— *It is interesting to observe that one of the key skills in which all guerrilla type fighting men are trained intensively is **hand-to-hand** and **close** combat. During the Vietnam era our Army's Special Forces were noted for the very high level of ability in hand-to-hand that their soldiers were trained to. During WWII both SOE and OSS operatives received a lot of training in unarmed and armed close combat; and much of their work in the occupied countries was of a "guerrilla warfare" kind.*

## ***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)<sup>™</sup> all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the

second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

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

**IMPORTANT NOTICE!:**—

**The system of martial arts presented in these DVDs is not a "traditional" or "classical" martial art. These DVDs, and the information, and techniques contained within should not be taught, shown, or divulged to anyone under 18 years of**

age.

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

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

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

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

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

## **Contents:—**

### **DVD #1 *FUNDAMENTALS***

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

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

### **DVD#2 *BASIC BLOWS***

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

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

### **DVD#3 ATTACK COMBINATIONS - FIRST SERIES**

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

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

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

### **DVD#4 ATTACK COMBINATIONS - SECOND SERIES**

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

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

### **DVD#5 COUNTERATTACKING THE UNARMED FRONTAL**



## ***ASSAILANT***

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

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

## ***DVD#6 COUNTERING THE UNARMED REAR ATTACK***

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

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

## ***DVD#7 COUNTERING KNIFE AND CLUB ATTACKS***

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

## ***DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS***

- Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats

- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

### **DVD#9 COUNTERING MULTIPLE ATTACKERS**

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

### **DVD#10 HOW TO USE THE STICK FOR SELF-DEFENSE**

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC's Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

### **DVD#11 KNIFEWORK**

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*
- Defending yourself with a knife

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!

---

## **Essential Physical Principles**

**THIS** is what makes techniques work. This is what enables you to adapt to the variables of chaotic combat and prevail . . . and not be dependent upon preconceived movements by your attacker in order to be able to “come up with” a suitable defensive or ——— better still ——— *offensive* protective measure. Learn the techniques: but in the process of learning techniques, learn also the underlying principles of effective physical action in close combat and self-defense.

Let’s take a look at them. There are five: 1. Balance, 2. Leverage, 3. Momentum, 4. Maximum force, and 5. Distance.

### **Balance**

At one time or another as a child at play ——— and perhaps more recently as

well, as an adult — we all have experienced losing our physical balance. We can remember the result, too! We stumbled (perhaps even fell). We dropped what was in our hands. We knocked something over. *We lost control and instantly failed to continue doing that which we were doing as we desperately tried to regain the balance that we had lost.*

Then there is psychological balance. All of a sudden, confronted by an unfamiliar situation, we come to an abrupt halt in our thinking; we *stop* a second in order to gather our thoughts and decide how to cope. A sudden, loud noise can offset our balance. So can someone bumping into us unexpectedly. Or a bit of dust hitting us in our eye. Or getting a flat tire.

In personal combat it is essential to maintain your physical and mental balance. The two are related. It is difficult to imagine losing your physical balance and not being unable, for the moment, to retain your psychological or mental balance.



**A TECHNIQUE THAT WAS TAUGHT TO BRITISH COMMANDOS. DIVING INTO THE ENEMY'S**

**LEGS FROM BEHIND WILL CERTAINLY DESTROY HIS MENTAL AND PHYSICAL BALANCE.**

Just as it is essential to maintain your physical and mental balance, so it is imperative that you strive to destroy your attacker's physical and mental balance. This is done, primarily, by *doing the unexpected*. Preemptive attacks will almost always and certainly destroy an enemy's physical and mental balance. When someone is attacking you it is because he believes that he has the opportunity to *land his attack*. When, unexpectedly, his attack is defeated (or at least substantially weakened) by an attack of your own that lands full force, he is both physically and mentally unable to cope. Assuming you followup instantly and *do not stop attacking*, your adversary will be unable to regain his mental and physical balance, and often may very easily then be defeated.

Physically, your best *line of attack* is directly into your enemy, exploding all of the force of your onslaught directly on a line that travels straight *between his feet* and to his rear. This idea, from ju-jutsu, always forces the recipient of the attack to be slammed off-balance and to try to catch his balance by stepping back. The ideal technique to employ in order to do this, would be a direct fingertips thrust to the eyes, a handaxe chop to the facial/throat area, a direct slamming blow with the heel of your hand to the nose, or to the jaw, etc. *Driving the adversary backward, off balance* now shifts the advantage, and enables him to be speedily overcome, *if* followup is employed.



**FROM THE WWII TRAINING FILM, "HAND-TO-HAND COMBAT". THAT'S WESLEY BROWN SHOWN EMPLOYING AN ATTACK THAT DESTROYS HIS ADVERSARY'S BALANCE. IN THE POSITION INTO WHICH HE HAS BEEN PLACED, THE ADVERSARY CANNOT APPLY ANY ACTIONS OF HIS OWN. FOLLOWUP MUST CONCLUDE THE ENCOUNTER.**

Any sharp, powerful, *unexpected* blow to an adversary's head, face, neck, or throat, *or* to his testicle/bladder/pubis region, knees, shins, or insteps will set him up perfectly to be completely off-balance and helpless to counter a barrage of destructive, followup actions.

Always intentionally act to shock, upset, surprise, and bewilder an enemy. Growling and grimacing as you attack him, after appearing at first to be scared, submissive, and helpless; tossing a handkerchief, magazine, handful of dirt or gravel or coins into his face; shouting like a madman at the top of your lungs as you attack; appearing to reach for your wallet with one hand in compliance with his demand for money, while chopping him in the neck with your opposite hand . . . all of these are examples of how an enemy may be thrown off-balance, psychologically. There are others.

## Leverage

In personal combat leverage is what enables one to take down or to throw an adversary — even an adversary who is considerably larger than oneself. Often this is most effectively employed after off-balancing has been accomplished, if the combatant is oriented toward ju-jutsu type skills.

Applying great force against an easily damaged hinge joint (such as the neck) with all of one's arm and torso strength, and the power of one's rotating hips, is another example of leverage employed effectively in hand-to-hand combat. The illustration below is taken from Kawaishi's classic, *My Method Of Self-Defence*, and shows a very dangerous ju-jutsu throw, very similar to the head-twist takedown, taught and employed by Pat O'Neill during WWII.



As a man attempts to step in a particular direction, his foot is swept aside just as he is about to place it down and is shifting his weight onto it. As a man is shoved violently backward and to one side, the leg on the side toward which he is being shoved is powerfully swept out from under him. Suddenly stepping to the rear of one's opponent, one seizes him high at his upper arms or

shoulders and drives him backward over one's hip; using the hip as a fulcrum over which he is "*leveraged*". (This is a "hip throw"). And so on.

You sweep one part of the enemy's body in one direction, while sweeping or slamming another part of his body in another. You never simply try to pick up or lift your adversary off the ground with brute strength in order to throw him. His balance is effectively destroyed first by employing *effective leveraging*; **then** he is thrown. Using brute strength is ill-advised *even if you are much stronger than your opponent*. This is because he will still be able to strike you or resist effectively when proper leveraging has not been employed, *since he will still retain his equilibrium*.



ABOVE: ONE OF THE FEW REALLY PRACTICAL COMBAT THROWS (ILLUSTRATION TAKEN FROM *KILL OR GET KILLED*). USING LEVERAGE AN OPPONENT IS EASILY THROWN TO THE GROUND. THIS IS NOT JUDO. A BLOW DRIVES THE ENEMY BACKWARD, AND THIS —  
COMBINED WITH A TRIPPING ACTION, TAKES HIM TO THE GROUND.

### Momentum

Once an action is started and is fully underway in combat, it is all but

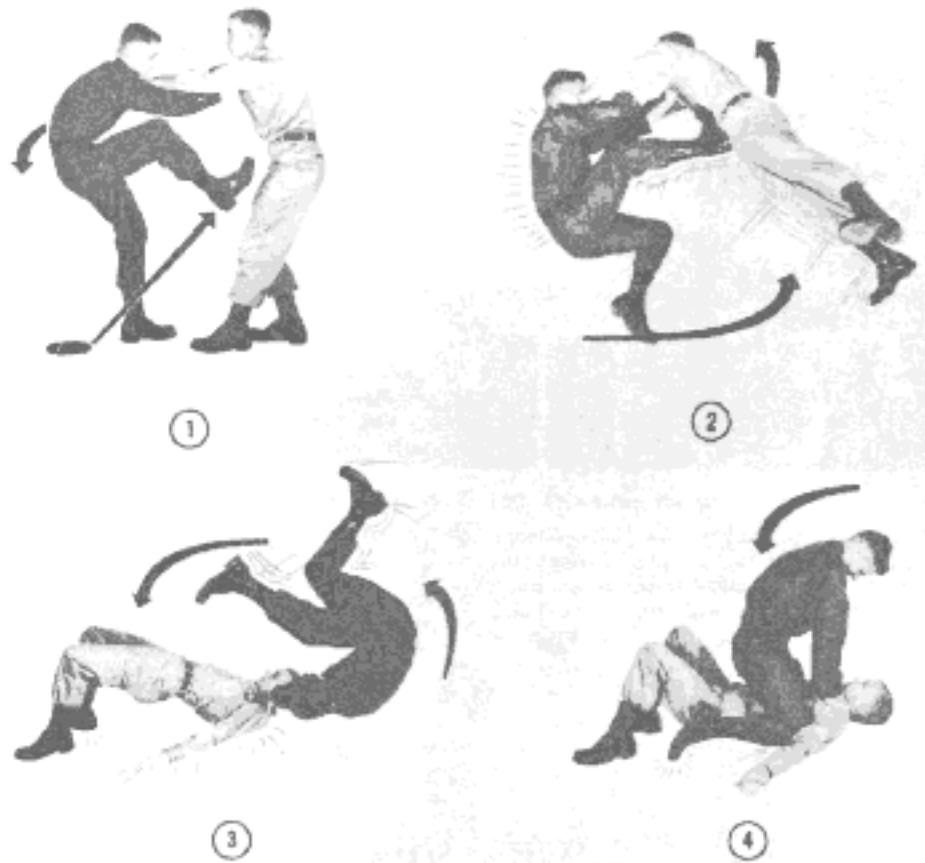


impossible to stop. For example: Imagine someone approaching a door that he believes to be stuck. He applies full bodyweight against the door and *pushes with total commitment* in order to force the door open. *But the door is not stuck!* What will happen? Obviously, the individual's **momentum** will drive him fully in the direction where he has exerted himself. He will likely go right through to easily opened doorway, lose his balance, and maybe fall. *He won't be able to stop his committed action in time, once it is underway.*

Against a clear and present opening that the enemy (or yourself) create in the enemy's position, drive into that opening with all of your force and momentum so as to destroy the target he has exposed. *Then keep on attacking.* Use your momentum correctly. But never overcommit, giving your enemy a chance to overcome you. Your momentum must carry your attack into the enemy's targeted vital area.

Always use an enemy's momentum against him. *Never* directly resist an attacker's momentum. **Sidestep** it. Seize him as he drives toward you, while moving aside and smashing him into a wall. Press down on his head and shoulder area as he attempts a full force tackle, and drop your legs back, letting him drive himself head first into the ground.

Although *not* recommended in the manner in which it is taught in judo for actual combat, the judo throw *tomoenage* is a beautiful example of how, in *sport judo*, momentum can be employed against a fellow player. You've seen this throw in movies and on TV. The attacker commits his momentum in a forward attack. The defender merely seizes the attacker at his shoulder area, *falls back* and drops to the ground, giving way to the attacker's momentum, and ——— planting a foot in the attacker's midsection ——— lands on his back and hurls the incoming attacker overhead. *That's using the attacker's momentum.* When you attack you must use actions in a manner that prevents your momentum from being used against you. When dealing with an assailant, you want to master the art of using *his* momentum against him.



THE STOMACH THROW (TOMOENAGE) AS TAUGHT IN THE U.S. ARMY. WE DO NOT THINK THIS IS A VERY GOOD TECHNIQUE FOR ACTUAL COMBAT, ALTHOUGH IT HAS BEEN TAUGHT TO ARMED SERVICES PERSONNEL. THIS THROW DEPENDS ALMOST ENTIRELY ON THE CORRECT USE OF THE ENEMY'S MOMENTUM IN ORDER TO BE EFFECTIVE. PHOTO SEQUENCE FORM THE 1971 EDITION OF FM-21-150 - COMBATIVES.

### **Maximum force**

Plainly put this means that you focus your *entire body* into the attacking actions that you make; and you do so in attacking your enemy *where he is weakest*.

Using proper form for total power and destructive delivery, you drive your fingers into an enemy's eyes. *That's* a proper use of "maximum force".



A PERFECT EXAMPLE OF THE “MAXIMUM FORCE” PRINCIPLE: THE STOMPING SIDE KICK TO THE ENEMY’S KNEE. THIS BLOW USES ONE OF THE STRONGEST NATURAL WEAPONS AGAINST ONE OF THE BODY’S WEAKEST POINTS. IT TAKES 80 POUNDS OF FORCE TO BREAK THE HUMAN KNEE. A PROPERLY TRAINED MAN IN GOOD CONDITION CAN *EASILY* DELIVER 400-600 POUNDS OR MORE OF FORCE WHEN CORRECTLY EMPLOYING THE TECHNIQUE.

We believe that Western boxers, much more so than karate exponents, master the principle of maximum force most effectively for combat. The karate man certainly learns the best natural weapons to employ, and he exploits many more vital target areas than does the boxer. **But the boxer learns and applies the correct method of using his body to generate maximum power in his blows.** If we look at a karate exponent’s “punch” for example, it would seem very clear to us that it is the *boxer’s method of punching* that is by far superior to the karate man’s. So, we’d urge the adoption of a boxer’s method of striking with the natural weapons selection of karate and ju-jitsu’s *atemi* blows. We also strongly advocate the avoidance of even *considering* “one blow stops” in self-defense. **Do deliver every blow to every vital target with maximum force; but keep on attacking, and never rely upon a single blow to drop an enemy in real combat.**

The proper employment of the maximum force principle can enable a weak person to strike a stronger and larger person more effectively than the stronger and larger person may be able to strike the weaker person!

## **Distance**

Always strive to keep a stranger at a distance *outside* arm's reach. While doing so, remain *inconspicuously* in a well-balanced, off-angled ready position.

Obviously, it is not always possible to control distance from an adversary (i.e. attacked from behind, on line somewhere, in a cramped area, etc.) but **try to do so whenever and wherever possible.**

*Do not allow a stranger to stand directly in front of you. YOU stand directly in front of HIM, but step, move, and pivot so that he must stand outside arm's reach of you, and —— if possible —— so that you are always directly in front of him* (reread our discussion of “balance”). Now you are tactically prepared not only to **attack preemptively if it becomes necessary**, but also to **attack directly into his center, driving him back, off-balance.**

When distance unavoidably degenerates or takes place close in during an approach, stay off-angled, and drop your glance to the individual's *upper chest/shoulder area*, where you will now be able to anticipate any aggression. Also, you **must at least be in orange when anyone not known to you is within arm's reach.**

## **Conclusion**

You need these principles. They will assist your development as an effective combatant in any and all self-defense situations.

Think about them. Apply them in training. Master their application.  
*Understand* them.

**Now You Can Train Your  
Mind As Well As Your Body, With Our ...  
New And Exclusive Self-Hypnosis Programs!**

(The *Perfect* Compliment to Our DVD Training Course!)

***“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”***

**— General George S. Patton, Jr.**

**Mental Conditioning** is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority in the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

There are **20 Complete Self-Hypnosis Programs** available:

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat**
- 005 - Tapping Into Your Vital Reserves**
- 006 - Building The Determination to Prevail In Close Combat**
- 007 - Become Attack Minded**
- 008 - Develop An Instant-Violent-Response Capability**
- 009 - Develop Ruthlessness For Self-Defense**
- 010 - Sharpening Your Situational Awareness**
- 011 - The Anticipatory Attitude - Overcoming Astonishment**
- 012 - Developing Real Courage**

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

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

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

**Lecture 1 - Rules of Self-Defense**

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

**This Lecture Is \$30. Plus a \$5. Shipping and Handling Fee. \$12 for foreign orders.**

**Lecture 2 - Differences in Training For Combat Vs. Training For Competition Or Classical Art Performance**

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

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

**Send cash or money order (payable to Brad Steiner) to:**

**Brad Steiner**

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

## Clarifying An Important Point (Or Two)

### [ABOUT PRACTICAL, REAL WORLD USE OF THE HANDGUN IN CLOSE COMBAT]

**POINT** shooting is combat shooting. The myth that a “new technique” has replaced the war-proven method of combat shooting has permeated and *brainwashed* the shooting public’s fancy since it caught on as a **sport** in the 1950’s. Although this “method’s” chief promulgator, the late Col. Jeff Cooper, certainly helped to create a fine *competition* form of handgunning, his considerable wartime experience (during which, in the Pacific, we are told, he killed two enemy soldiers using the **point firing** technique, himself) and his knowledge of Fairbairn’s work, and the outstanding work of the wartime and post-wartime FBI, should have enabled him to see that **point shooting** is the method to be used *for real*. But, although Cooper’s early books on guns and shooting *did* espouse point shooting for combat (and, interestingly, Cooper provided an excellent explanation of *why* point shooting is effective in combat, in those books!) it is possible that a combination of ego and commercial interest overshadowed his understanding and realization of the method’s superiority for real world close combat use of the pistol. As to why so many fell (and continue to fall) for his “new technique”, well, we’d conjecture that it was/is due to the enjoyable sport and recreational approach to handgun shooting that it offers. Folks like it. Plus — let’s fact it — most shooters are no more savvy about close combat with firearms than are members of *Handgun Control, Inc.* They “like” handguns. They like to own and fire handguns — at the range. But the majority of them know only that which they

are told or that which they read in magazines that cater to the shooting public, about lethal close combat. And *that* material is largely commercial gibberish. The gun magazines want to sell to subscribers and readers, and they want to be on every commercial bandwagon so as to keep advertisers and the reading public happy. They want to be on the side of that which is most popular, because you won't sell to people by telling them what they **don't** want to hear.

One of the great falsehoods regarding point shooting, which amounts to a straw-man objection to the method, is that point shooting and *hip* shooting are synonymous. ***They most certainly are not.*** However, we have heard law enforcement trainers actually use the observation that hip shooting is not a very effective combat shooting technique as an argument against point shooting. In point of **fact** a very clear distinction was made ***by those who knew and presented point shooting to law enforcement, military, and intelligence personnel before, during, and following the close of the second world war*** that point shooting and hip shooting are not only two different shooting techniques, but also ***that hip shooting is not recommended, save in very special circumstances!*** Read the quote below, taken directly from a wartime article written by Applegate for the *Infantry Journal*.

**“Let's consider the difference between instinctive "pointing" shooting and hip shooting. In hip shooting, the weapon is fired from a locked wrist resting on either the right or the left hip. The slightest movement of the wrist from this firm position moves the gun through a decided arc which -makes big changes in elevation and deflection even at close range. When a gun is resting on the hip, the shooter is looking at the target on a line from his eyes to the object at a point roughly twelve inches from that to which the barrel of the gun points if the two lines of sight are parallel. Hip shooting is not practical from a crouching position for obvious reasons. It will do in**



**man-to-man combat at extremely short ranges, but does not have the advantages of firing with the arm fully extended.”**

***From: HANDGUN OFFENSE, by Captain Rex Applegate — Infantry Journal, August 1943.***

It is true that the wartime and post-wartime FBI did include *some* hip shooting for very close range situations. However, **point shooting** was their predominant and mainstay “style” of shooting out to seven yards, and — what is also significant — FBI agents of that era spent *every day* of their sixteen week training at Quantico **hours on end**, drilling in combat shooting. Agents easily spent **500 hours** (almost certainly more) on mastering quick draw and combat use of their .38 Special Colts or Smith and Wessons before they graduated. These men became true *experts* with their firearms; and in the limited context wherein they were taught to use hip shooting as a supplement to point shooting, they certainly put in the time and effort to assure that it was **learned**.



**ABOVE: 1950'S ERA FBI TRAINEES PRACTICE A KIND OF HIP SHOOTING/POINT SHOOTING HYBRID — FOR DISTANCES THAT ARE VERY CLOSE; PERHAPS THREE YARDS. IF YOU'RE AT THE RANGE FIVE HOURS A DAY, SIX TO SEVEN DAYS A WEEK, THIS "LESS PERFECT"**

TYPE OF FIRING CAN BE MASTERED. BUT IT IS NOT “POINT SHOOTING.

If anyone *prefers* to continue training in such methods as are taught in the “new technique” (i.e. using the Fitzgerald — or “*Weaver*” stance — striving to get that “front sight”, and working on competitive events that entail distances, challenges, and shooting conditions *wholly unrelated* to actual combat use of the handgun, and doing so in preparation for combat use, so be it. But it behooves those with more sense to avoid this route *if* they want to be able to handle a close quarters deadly engagement. And the truth of what effective doctrine for close combat **truly is**, should be understood. Anyone advising against **point shooting** because **hip shooting** is not very effective as a shooting method, per se, is either misinformed or being less than honest.



THIS IS POINT SHOOTING (OR “POINT SHOULDER” SHOOTING. THIS IS COMBAT HANDGUN SHOOTING. HELL . . . YOU CAN’T EVEN *SEE* THIS GUY’S HIPS!

Ah . . . we almost forgot. Here's something from the pen of Jeff Cooper ——— and it makes sense. Of course he wrote it *prior* to becoming steadfast in his insistence that the new **sport** that he and his friends created at Big Bear Lake had replaced *actual combat shooting*. . . .

“It’s an axiom that hitting your target is your main concern, and the best way to hit is to use your sights, but circumstances do arise in which the need for speed is so great, and the range so short, that you must hit by pointing alone, without seeing your gun at all.

“Pointer fire is not as hard to learn as sighting, once you realize it’s range limitations. using the 1911 auto-pistol I have found that I can teach the average infantryman to stay on a silhouette at 10 yards – using pointer fire in two shot bursts – more easily that I can get him into that 25 yard bullseye using slow fire and sights.

“Of course this sort of shooting is strictly a way of obtaining body hits at essentially indoor ranges ( 30 feet and under) .... But up close pointer fire can be murderously effective, and it’s mastery is often the difference between life and death.”

Jeff Cooper – Fighting Handguns, pages 97-98

---

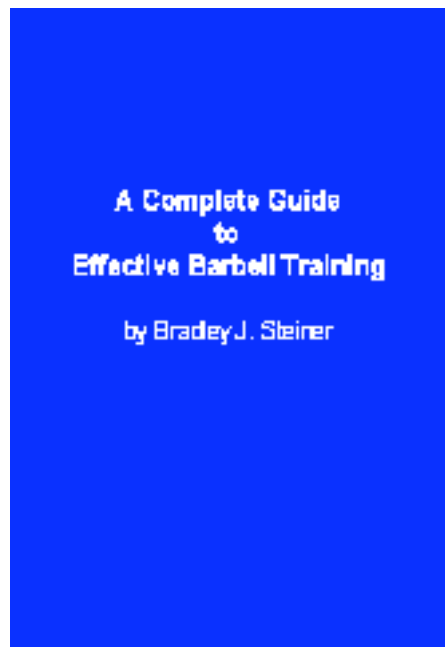
**BACK IN PRINT! A CLASSIC THAT**

**WILL TEACH YOU THE RIGHT WAY TO USE**

**WEIGHTS FOR COMBATIVES AND GENERAL**

**ALL-ROUND DEVELOPMENT!**

***New Release!***



***In Stock and Ready to Ship!***

**A beautiful 6 x 9 softcover book with 112 pages, 15 chapters, including 73 photographs of the author posing for each exercise!**

**ALTHOUGH** written decades ago this book, originally published by Peary Rader in the *original* Iron Man Magazine, contains everything you need to know to use weights sensibly and effectively to develop strength, muscularity, and the kind of solid, all-round condition you need for self-defense and close combat.

“You can order a copy directly from us. If you order this book from us, I will

autograph it personally to you.” ***Bradley J. Steiner***

Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign orders*** total cost is \$35. (in U.S. funds) to:

Brad Steiner  
P.O. Box 15929  
Seattle, WA. 98115  
U.S.A.

## Unintended Presentations Of Realism

**JAMES** Cagney was one of our favorite actors. He didn’t always play a “bad guy”.

In *G-Men* he played an FBI agent. And there is one scene in *G-Men* that unintentionally provides a solid lesson in self-defense. Specifically in regard to defense against a firearm (or knife) threat. The still below, from *G-Men*, illustrates beautifully the essence of what that scene teaches: **It is entirely possible that when you are threatened by someone who holds a deadly weapon on you, there will be more than one opponents present. CAN YOU NOW SEE ONE OF THE REASONS WHY IT IS SUICIDAL TO GRAPPLE WITH A WEAPON-BEARING ADVERSARY AND/OR TO ATTEMPT TO WREST THE WEAPON AWAY FROM HIM.**



SCENES LIKE THE ONE ABOVE FROM THE MOVIE *G-MEN* PRESENT A VERY REALISTIC SCENARIO THAT FAR TOO MANY “INSTRUCTORS” OF SELF-DEFENSE COULD LEARN FROM. GRAPPLING WITH A GUNMAN IS WRONG FOR MANY REASONS — BUT ONE OF THEM (IE WHEN THERE IS MORE THAN A SINGLE ADVERSARY PRESENT — SHOULD BE UNDENIABLE. *ONLY BLOWS AND FAST MANEUVERING CAN WORK IN A SITUATION LIKE THIS.*

There obviously was no intention of providing instruction in close combat in this great old black and white movie; but the lesson is there, nonetheless.

---

### Flaws Inherent In Most “Self-Defense Techniques

**WHEN** a martial art offers itself as a “combat” or “non-sporting self-defense” system, the fact that it includes many so-called self-defense techniques is invariably touted as a selling point. *However, the truth is that most such systems offer impractical, unrealistic (even absurd and literally*

*undoable*) *self-defense techniques*. The techniques work in training, with a cooperative, nonresisting, predictable “attacker”; but under **combat conditions** when attacked by a dangerous, determined enemy who is tough, experienced in violence, and set upon injuring or killing the defender, they simply don’t hold up. Certainly this does not mean — nor is it intended to imply — that *everything* taught in such systems is no good. However, we have observed that the lack of practicality which is clearly obvious to an experienced eye, and which is definitely inherent in the majority of popularly taught defense skills, presents a real danger to those who unwittingly might stake their lives upon them in a crisis!

Consider the following which is our assessment of precisely what is wrong with many of the so-called *self-defense* techniques (of ju-jitsu, kenpo-karate, hapkido, and similar systems):

1. They require the defender to know precisely how the attacker will come at him.
2. They are too complicated.
3. They often lack sufficient followup. (**Note:** While this is *not* true in kenpo-karate, the followup actions — like the initial defensive stroke — are quite “artsy” and acrobatic, and are based on the assumption that the attacker will react in a predictable manner).
4. They are insufficiently **destructive**.
5. They frequently include fine motor moves.
6. They frequently become as dangerous to the defender as they are to the attacker when mats and sufficient training hall space and clearance is not available — **as it never is in real combat**.
7. They are taught with the absence of advocating that *ferocious effort* and *raw, brute strength* will not be required.

8. They are taught without the frank acknowledgment that being injured oneself, *even when the “defense” is successful, is all but inevitable.*

9. They are taught, all-too-often, with the idea that they are the best way to handle an attack. **Specific defenses are not!** And instead of stressing extreme offense and **preempting** as the best way to stop a dangerous attacker, trainees are encouraged to *rely primarily* upon **reactive** defense actions in an emergency.

**Simplicity, Retainability, Ease of Application, Adaptability and Versatility, Destructiveness, Efficiency, and Learnability coupled with Naturalness . . .** constitute the essential characteristics of **really practical** and **genuinely effective** personal combat and self-defense techniques.

The techniques contained in *American Combato* meet **all** of these standards; as will the techniques that are taught in any worthwhile martial art that you study for **self-defense** and **close-combat** purposes.

For your benefit please keep these things uppermost in mind when commencing or continuing a study of martial arts *for practical use.*

## **A Hero And Pioneer Of Tough And Reliable**

### **Combatives**

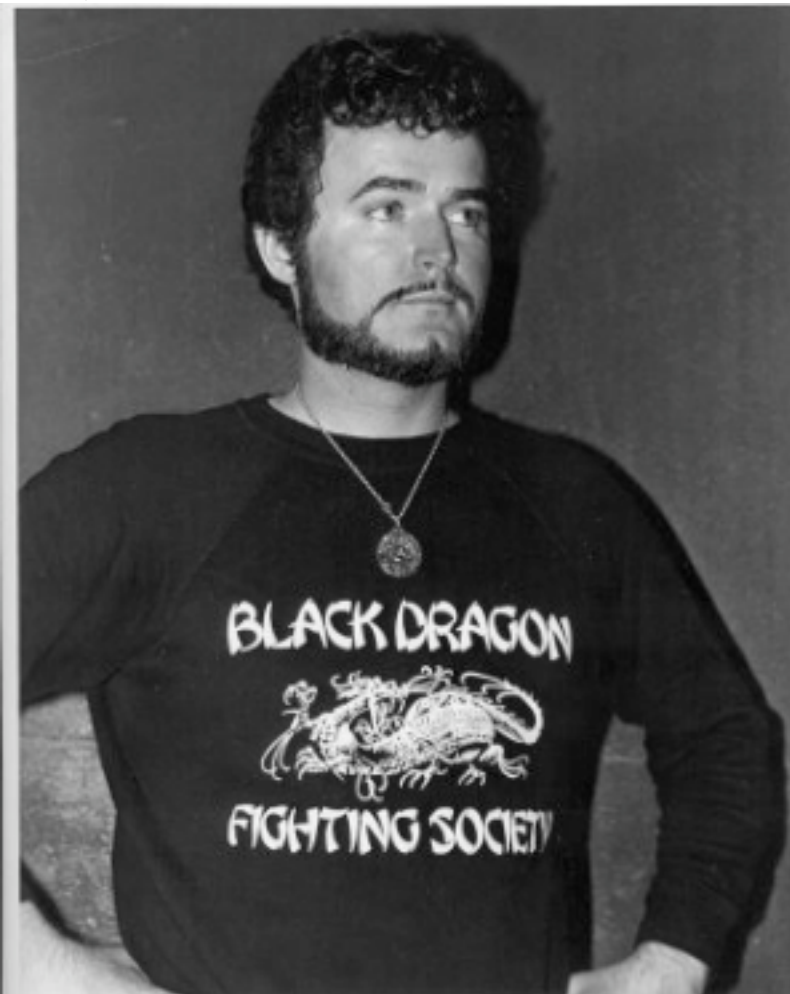
**WHILE** many today have never heard of him, **John Keehan** (AKA “**Count Dante**”) was a *fabulous* pioneer of ruthless, genuinely reliable close combat fighting skills.

Like Bruce Tegnér, Keehan discarded tradition and classicism for its own sake. He was, however, very *unlike* Tegnér in his advocacy of the most extreme and ruthless techniques — with **and** without weapons — of self-defense. In this regard, his philosophy was much more like our own, than it was like Tegnér’s. Although we have *always* appreciated and liked Bruce Tegnér.



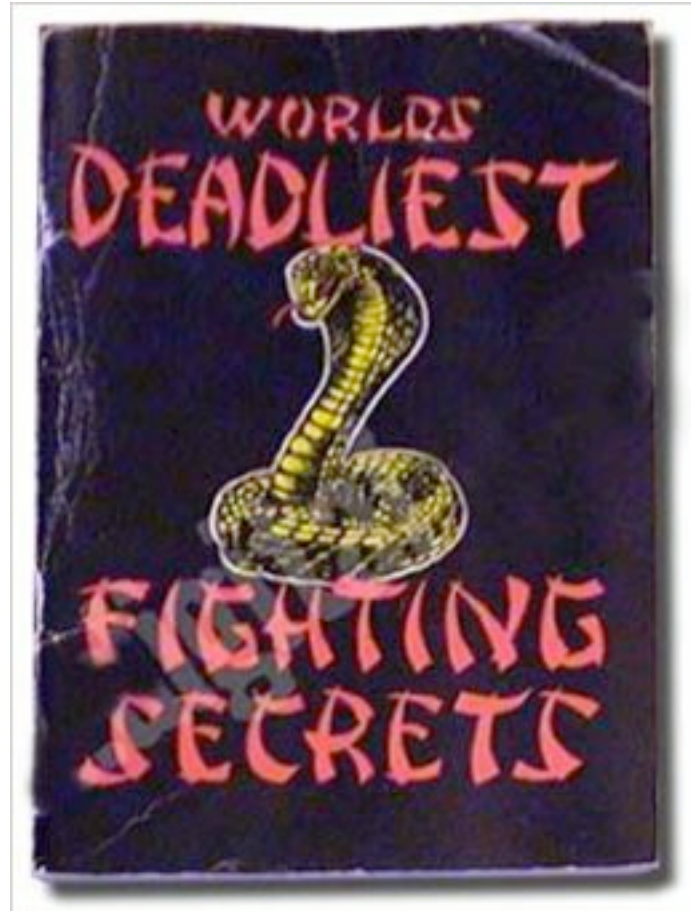
We never had the pleasure of actually meeting and knowing this late professor of combat skills, but we did know John Keehan's protégé, the late Frank Ryan. We thought that Keehan's approach was *excellent*.

There were a few things that Keehan is alleged to have done and been involved in that we wonder about. However, that really is not important now. Our purpose is simply to give credit where it is due to a great American combatives practitioner and innovator. His advertisements may have been over the top — *but so was his ability and his thinking in regard to hand-to-hand combat*. Considering the time (1960's) when Keehan flourished, his contributions to real self-defense were incredibly sensible and ahead of their time,.



**A PHOTO OF JOHN KEEHAN WHEN HE WAS IN HIS PRIME. KEEHAN WAS SOMEWHAT BLUNT AND QUITE DIRECT ABOUT HIS DISDAIN FOR MUCH OF WHAT CLASSICAL/TRADITIONAL MARTIAL ARTS TAUGHT (HE ONCE WROTE AN ARTICLE TITLED**

**“KARATE IS FOR SISSIES”). YET, HE WAS SPOT ON IN HIS SELF-DEFENSE AND HAND-TO-HAND COMBAT DOCTRINE, AND DESPITE THE LACK OF APPRECIATION HE RECEIVED FROM TRADITIONALISTS, KEEHAN COULD BACK UP EVERYTHING HE CLAIMED. HE WAS AN OUTSTANDING PRACTITIONER OF JUDO, JU-JUTSU, KARATE, AND MANY COGNATE DISCIPLINES. HE WAS ALSO A FINE TEACHER.**



**KEEHAN DID NOT WRITE ANY FULL LENGTH BOOKS ON HIS SYSTEM. THE ABOVE WAS WRITTEN BY HIM AND MARKETED THROUGH THE NEWSSTAND MAGAZINES IN THE 1960'S. IT IS A VERY BRIEF PRESENTATION OF KEEHAN'S THEORIES, PLUS A DEMONSTRATION OF SOME OF THE TECHNIQUES WHICH HE ADVOCATED — ALL VICIOUS AND DEADLY. THIS LITTLE PUBLICATION IS A SUPER COLLECTOR'S ITEM TODAY.**

We wished to acknowledge a man who fully deserves a place of great honor in Western martial arts. We'd like all who visit our sites to be aware of John Keehan — **“Count Dante”**.

---

***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.

**RECORDED IN THE HIGHEST QUALITY  
SPEED, AND ON THE FINEST QUALITY CD  
DISCS IN "PDF" FORMAT FOR YOUR  
CONVENIENCE AND LIFETIME  
LEARNING.**

**\$30. + \$3. Postage, cash or money order, payable  
to Brad Steiner. Send order to:**

**Brad Steiner**

**P.O. Box 15929**

**Seattle. WA. 98115  
USA**

## **Here's Something You May Not Have Known**

### **About Knife Fighting**

**KNIFE** fighting (or “knifework” as we normally refer to it) was of course thoroughly developed by such world war two notables as Fairbairn, Sykes, O’Neill, Applegate, and Biddle. Following WWII John Styers (protégé of Biddle) continued emphasizing the Bowie-type fighting knife in his unique close combat course for USMC officers. However, among the preeminent experts in *knifework* were the American Apache Indians. These fierce and valiant warriors were true experts —— having had plenty of experience —— in using the knife as a weapon in combat. Because of the fact that the Apaches relied upon knives, spears, war clubs, and bows and arrows before the white man brought firearms onto the scene it is interesting to speculate whether Apache warriors **actually had knife vs. knife encounters**. We would assume that they did, given the fact that Apaches were *always* armed with their knives, that they did battle with other tribes, and that the knife was commonly carried by other indians, as well, thus increasing the likelihood that a hand-to-hand knife vs. knife battle might not have been an uncommon occurrence. (With the possible exception of knife vs. knife brawls between brainless drunken scum inside and out of taverns, bars, and other unsavory hangouts where lowlives gather in bunches like rats and roaches, we remember Rex Applegate advising us that, as far as he knew, *no knife vs. knife* encounter ever occurred between *any* Allied soldier vs. Axis soldier during WWII). In all of our researches we find *no* record of knife vs. knife encounters (except of course in certain training contexts). For the American

Apache Indian the knife was more of a **basic** and **standard** weapon, than a special purpose commando or raider type weapon, which it certainly was (and is) to the firearm-bearing combatant — either of yesteryear, or of today.

Our friend and colleague John Perkins (although of Native American heritage, is *not* Apache) might know more about this. But we thought that this fact about a great warrior culture of bygone days would be of interest. In fact we have been told that certain Apache knife experts today — men who keep alive the heritage of their past — have actually been contracted to train our U.S. Navy SEALs in knifework. We do not know this for certain, but it has been suggested to us by a reasonably reliable source.



**ABOVE: THIS IS AN *AUTHENTIC* APACHE KNIFE — DATING BACK TO PRE-CIVIL WAR DAYS. ALTHOUGH CLEARLY THE WORSE FOR WEAR, IT WOULD APPEAR OBVIOUS THAT THIS KNIFE WAS *NOT* DESIGNED FOR “WHITTILING”! NOTE THE BLADE’S STRIKING SIMILARITY TO THE FAMOUS “BOWIE” TYPE KNIFE BLADE.**

We like to pass on these tidbits of information, and hope that you enjoy reading them.

The word **APACHE** comes from the Yuma word meaning “fighting men” or “enemy”. The Apache were greatly feared by other tribes. Today, there are

thirteen Apache tribes in the USA. They are divided among the states of Arizona, Oklahoma, and New Mexico. Apache men of the past were **hunters, warriors, and political leaders**. The Apaches were *tough*. Even the women normally aided in defense of their villages when an attack came.

---

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](http://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**:

- 1. We must be quoted in context.**
- 2. Credit must be given for that which is quoted/referenced.**
- 3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal approval or agreement.**

**PLEASE** be sure to tell others about this site and about our other web site.

*We would like as many as possible to benefit from the information and instruction that we provide!*

*YOURS IN DEFENSE,*

*Professor Bradley J. Steiner*

**[www.americancombato.com](http://www.americancombato.com)**

**[www.seattlecombatives.com](http://www.seattlecombatives.com)**

**[www.prescottcombatives.com](http://www.prescottcombatives.com)**

*—end—*