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# ***SWORD and PEN***

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

**MAY 2015 EDITION**

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

# *Editorial*

## **The Morality Of Self-Defense**

**“The necessary consequence of man’s right to life is his right to self-defense. In a civilized society, force may be used only in retaliation and only against those who initiate its use. All the reasons which make the initiation of physical force an evil, make the retaliatory use of physical force a moral imperative.” — Ayn Rand**

**MOST** of today’s martial arts enthusiasts participate in their training without giving too much thought, if any at all, to the moral implications of using physical force against others, and to the the very grave responsibility for self-control, restraint, and clarity of situational perception that falls upon **anyone** who trains in the armed and unarmed close combat arts.

To encourage, delight in, provoke, or in any manner sanction the use of violence with or without weapons for any reason other than **legitimate and unavoidable self-defense**, is to be in effect a kind of malevolent monster, rather than a human being. (This of course does not refer to combat **sports** and/or to participation in them. We are referring to force employed for any reason other than necessary personal defense.)

Last March 23rd the NY Daily News online site carried the story of a 68 year old man who was punched in the face and **died** after being taken to a hospital. The “*reason*” that he was punched (read: **murdered**)? Because some fool walking with his two daughters felt that the man was driving “too close” as he parked his car in front of his own house, while the man and his daughters were walking by. Without question we’d want to see any such out-of-control lout such as the murderer who punched and killed this man charged with and tried for ——— *at the least* ——— second degree murder.

Anyone who feels free to use physical violence outside the parameters of necessary self-defense does not deserve to live in human society.

Lesson for self-defense students: As we have been teaching for **decades** ——— *any blow to the head could be fatal!* This is why we believe that those scum who “play” the knockout punch “game” should be executed; and it is why we believe that reacting to an attempt on the part of street garbage to *attack* with this insane action should be dealt with using maximum, all-out force by the targeted individual, assuming he has the skill and ability to so react with defensive force.

The proper attitude that should be instilled in every human being in early childhood, and certainly *every single student of combat arts whenever he trains, regardless of age*, is that physical force is **ONLY** justified in self-defense. One’s “feelings” of anger, frustration, indignation, resentment, disagreement, etc. ***DO NOT AND NEVER WILL*** justify initiating violence against a person. ***And . . .*** the use of physical violence *when self-defense is called for* is unequivocally justified and **MORAL**. Anyone who initiates force for any reason except to preempt a violent action that is directed against himself or another person, is an out-of-control antisocial misfit. The punishment ——— whether or not he injures his victim ——— should be swift, severe, and lasting. And of course, in cases where the victim suffers permanent disabling injury (i.e. Brian Stowe) or death (the gentleman whose murder we alluded to at the beginning of this editorial) the penalty should be death. Failing to treat violent, needless, completely emotion-driven physical acts of attempted murder or murder with less than the most extreme punishment simply encourage violent scum to proceed along the path that they’ve chosen ——— and “*to hell with others*”, which obviously is the way that they see things.

Objection: “*How can you justify putting a person to death for attempted murder? No one has been killed.*”

Our reply: “*Why should a violent monster be rewarded for incompetence?*”

We have been accused from time to time by well-intentioned but we'd say "too softhearted" people of being way too harsh; too severe toward violent offenders. Well, that's their opinion. However, when it comes to the horrific beatings, infliction of awful injuries, and murders of **innocent people**, we maintain that one cannot be "too harsh" in regard to the offenders who commit these acts. Our sympathy is for the victims and the victims alone.

If anything, participating in violence that could have been avoided, and or *initiating* unnecessary violence because of strong emotions on the part of combat arts-trained people, is clearly immoral as well as disgusting and inexcusable. **Combat arts training is for the purpose of preparing people to DEFEND themselves, not to "throw down" with or beat others for less than unavoidably imperative self-protective reasons.** (Once again we will reiterate that we are *not* now speaking of matches, sporting contests, and legitimate competition. Judo people, karate competitors, MMA buffs, wrestlers, boxers, etc. are not victimizing anyone when they engage in mutually voluntary, properly supervised *sports*. We are referring to **real, extralegal violence.**)

When necessary for self-defense, or for use in war, it is moral to employ force and to destroy an adversary who is himself seeking your destruction. But get that straight and keep it clearly in mind at all times.

The combat arts trainee has a supreme obligation to be self-controlled and nonviolent. In fact, until or unless the need for his use of force in legitimate self-defense arises, he should be a pacifist, eschewing violence and belligerence in every way.

Once force is necessary for self-defense, however, *pacifism* becomes immoral, and the individual is justified in doing whatever is required to stop a violent assailant ——— and that most emphatically does mean "**Whatever** is required."

**Bradley J. Steiner**

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## The Problem With Classical

### Karate Blocks

**KARATE** is one of the strongest and most “self-defense adaptable” martial arts. Even when taught as a martial *way* (**karatedo**) a proficient black belt practitioner can prove a very dangerous antagonist in an actual encounter. However, one of karate’s shortcomings for close combat is its reliance upon **blocking** and on the idea that a defender’s responsibility is to permit an adversary to make the first move, and then block (“*Karate begins and ends with blocking*” — a maxim of classical karate, as well as “*In karate never make the first move*”).

Those who love the pure traditional *art* of karate, and whose objective is to become expert in the pure *art* (whether Chinese, Korean, Okinawan, or Japanese, etc.) need not concern themselves with whatever shortcomings for self-defense and hand-to-hand combat we might point out in regard to the strict classical curriculum. Those training in any of the established, formal karate styles *for actual close combat*, however, would do well to understand that, frankly, the classical blocks *and* the classical philosophy of blocking per se would better be drastically revised. Otherwise *practical proficiency* for self-protection in an emergency will be severely compromised — at least until the student becomes a qualified black belt, by ——— a) Developing a blocking method that *cannot* be employed practically, b) by relegating blocking to a *backup* position in one’s repertoire, and c) by shifting to an **offensive tactical strategy, mindset, and manner of using karate’s hand, arm, foot, and knee blows**, karate training will provide an excellent means of self-defense *much earlier on in training* than it could ever provide for those sticking to strict classical methodology.

### The right way to block

One of the few outstanding experts to come out of a classical training program (the late Ed Parker's **original** *kenpo-karate*, as taught to him by Prof. Chow) and recognize and teach the **right** way to block, was our late friend and colleague, John McSweeney — “The Father of Irish Karate”. In many ways John had come to the same conclusions about technique that we did. “The practical value of circle blocking” was one of those conclusions. John was one of Ed Parker's first black belts. He had also studied “*kung fu*” and *judo*, and he had a background in Western boxing. What's more, being a somewhat “pugnacious” fellow, John had plenty of hands on fighting experiences. He had, in the late 1960's and throughout the rest of his life, a total of nearly 20 real fights (every single one of which we will add parenthetically, was dealt with and was **won** quickly by John using **blows of the hands**; not a one “went to the ground”). But that is an aside. The point is John's (like our) approach to self-defense evolved into a personal style of whipping powerful *outward* and *inward* circle blocks to shield against sudden thrusts, stabs, swinging blows, slashes, and pushes. We like to think that the idea that “practical minds think alike” accounts for the congruence between John McSweeney's adoption of circle blocking with our own. We will not attempt to teach circle blocks — inward and outward — here. But our DVD Course teaches it in the first DVD of the series. If you are interested the material is available for you to learn. Once again: *For the purpose of mastering the classical/traditional art, the abrupt, hard, linear blocks are fine.* We are advocating the circle blocks as superior for *self-defense*.

### **The place for blocking**

Effective as circle blocks can be, **no blocking** should ever be regarded as one's front-line strategy. **Preempting** — i.e. “attacking the attacker” as we first introduced the concept in the 1970's — is the correct strategy and tactical imperative when dealing with *real* violence.

Blocking is a *backup*; just like all counterattacks (“self-defense techniques”) are backups to **offensive, aggressive, relentless and fierce attacking**

**actions.** *American Combato (Jen•Do•Tao)* does **NOT** “begin and end with blocking”; it **begins and ends (ideally) with attacking the attacker!**

This is what we teach our students: So long as you are “defending” you are losing. When you are attacking you are winning. Any and every defensive move, whether a block, release, or disengagement, *must* be instantly followed up with overwhelming offense. To paraphrase the late Rex Applegate: *Neither wars nor individual combat is won by defensive tactics.*

### **Overall combat strategy**

*Offense* is king in real combat. **Self-defense can, and for decent people ought to be, the only motive for using injurious physical force against another human being; but *offense* surely is — as proven throughout history — the means.**

Think, train, and focus at all times on the concept of *attacking your attacker*. Ideally, this should be done **preemptively** — jamming and destroying your would-be attacker the very moment it is clear to you that he is initiating an attack against you, and that you are now in danger. *Failing that*, your task is **initially** defensive. That is, break the choke hold, block his attempt to overpower you in an encumbering body hold, defeat his onslaught from behind, deflect the blade, get out of alignment of the firearm, or block the incoming blow of hand or club, etc. Once accomplished, you must instantly transform your mind and body into a coordinated, destructive juggernaut — driving relentlessly into, through, and over your enemy and mercilessly pounding him into helplessness. That’s how to *really* defend yourself.

Mental and emotional conditioning is imperative. Some people are naturally more aggressive than others . . . but everyone training in a combat art *must* receive a very heavy ongoing dose of mental conditioning for violent combat. Few schools address this matter, and of those that do so, fewer still do it correctly. *Encouraging lots of sparring or competition “fighting” won’t do it.* Mental conditioning for **sport** has nothing to do with mental



conditioning for **war**.

Cultivating indignation, rage, even **hatred** (politically unpopular and incorrect as that may be felt to be by many people today) for violent offenders of every type and age is important. When confronted by a dangerous adversary it is not at all difficult to **GO AFTER HIM, ATTACK, AND NEUTRALIZE HIM WITHOUT MERCY OR HESITATION** if you truly resent and **hate him**. You must become *more* aggressive than the individual who attempts to beat, kidnap, or kill you. You must become **attack minded**. Self-defense is war in microcosm, as we wrote in *Tactical Skills of Hand-to-Hand Combat* back in the 1970's.

You need to develop the ability to block and to parry. You need to be able to resist and to break dangerous holds. But you do not want to think or to be “defensive” when dealing with extralegal attackers. You simply want a defensive capability “just in case”. ***Attack***.

*Classical* martial arts and ways are valuable and beautiful activities. They all offer something of value, and people who are interested in a classical study must decide which one best fits their needs and requirements. But certain flaws in traditional ways exist as far as self-defense is concerned. In the many “karate-type arts” one of those conspicuous flaws is a reliance upon blocking and the cultivation of a defensive mindset. So, if being able to deal with emergency situations is your ***only*** technical objective in martial skills training, either go to a **combat system** like *American Combato*, or modify whatever classical art you are training in so that its full *combat* and *self-defense* potential is wrung out fully, and serves you completely.



27a

27. COUNTERING A RIGHT PUNCH

Starting Position: (See 27a) (See 27b) (See 27c)

27a. As the punch is blocked, the defender should immediately counter with a right punch to the attacker's chest.

27b. The defender should immediately counter with a right punch to the attacker's chest.

27c. When the punch is blocked, the defender should immediately counter with a right punch.



27b



27c



28. COUNTER PUNCH

Starting Position: (See 28a) (See 28b) (See 28c)

28a. As the punch is blocked, the defender should immediately counter with a right punch.



**CLASSIC KENPO-KARATE COUNTER TO A PUNCH.** ED PARKER DEMONSTRATES ONE OF W.K.S. CHOW'S ORIGINAL KENPO-KARATE PUNCH DEFENSES. NO ACTUAL ASSAILANT PUNCHES IN SUCH A STIFF, RIGID, STATIC MANNER, AND THE COUNTER WILL NOT WORK AGAINST A FIST-FIGHTER'S OR BOXER'S ONSLAUGHT. NOTE HOW ATTACKER REMAINS STANDING IN THE POSITION WHERE HIS PUNCH IS BLOCKED, AND THEN PARKER PROCEEDS TO USE FOLLOWUP BLOWS — WITH ATTACKER STANDING STILL! THIS IS TYPICAL IN VIRTUALLY EVERY CLASSICAL KARATE STYLE WHEN ONE, TWO, OR THREE STEP SPARRING IS USED (ESSENTIALLY WAZA (IE "TECHNIQUE") INTENDED TO SIMULATE AN ATTACKER AND THE KARATEKA'S "DEFENSE". NOT PRACTICAL. OKAY FOR "ART'S SAKE" BUT WOEFULLY INADEQUATE FOR MEAN URBAN STREETS! (PAGE FROM *KENPO-KARATE: THE LAW OF THE FIST AND THE EMPTY HAND*, PARKER'S FIRST BOOK.

PUBLISHED 1960.

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

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

**— James R. Jarrett,**

**Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.**

**“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”**

**— Greg Anderson,**

**Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.**

**“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is**



**incredible!”**

**— Detective Ralph Friedman (NYPD Retired),**  
Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

**“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”**

**— Maurice (“Maury”) Geier,**  
Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

**“Your American Combato is a very good System”**

**— Charles (“Charlie”) Nelson,**  
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

**“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”**

**— Grandmaster Jim Harrison,**  
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim

**Harrison's accomplishments and contributions to the combat arts in America.**

**“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”  
— Grandmaster John McSweeney,**

**The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.**

**“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”**

**— Dr. Albert Ellis,**

**One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis’ contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis’ works.**

**“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”**

**— George Kalishevich,**

**Former USMC Sergeant and combat veteran of Southeast**

**Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960's. He was also an experienced bouncer. He passed away several years ago.**

**“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.**

**The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner's writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner's vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner's”.**

**— Grandmaster John Perkins,**

**The brilliant innovator of ‘Guided Chaos’, John Perkins’ background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.**

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)<sup>™</sup> all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived



directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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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 plays 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**)

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

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### **What If You Are Attacked By A Female?**

**IT** is an interesting question; one not to be taken lightly. Females ——— increasingly ——— are becoming as dangerously violent and insanely aggressive as male criminals who pose a dangerous threat to decent citizens. We observe this over the years being reported regularly on the NY Daily

News web site (which we recommend that *every* student of self-defense read every day, for stories about violent crime that are educational and that describe attacks from all over the world). There are other news sources as well, but this one's free and quite graphic enough to awaken — or to *keep* awake — those who “find it difficult to believe” that serious self-defense is a **CRITICAL SKILL** for urban living.

To those who would object to that which we are saying here, and insist that “The overwhelming majority of girls and women are ***not at all*** violently inclined, and pose no threat to anyone” we say: “Of course you are correct! *Neither do the overwhelming majority of men* pose any threat of violence to anyone.” One studies and trains in self-defense and security measures in order to be protected against the danger that is posed by that **minority** of antisocial, out-of-control monsters — male **and** female — who do pose a *very real threat* to us all.

Many male students of self-defense, as well as most female students of self-defense, rarely consider the possibility that their attacker might be a female; possibly a group of females, or a female accompanying males. Confronted by attacking females many males would likely be inclined to attempt to hold off or ***restrain*** their attacker, as opposed to employing the level of destructive force that they would unhesitatingly employ if their adversary was male. We spoke to a few men who looked at us oddly when we put the question to them. These men, students in two instances of taekwon-do, and in one instance of Japanese karate — all three with years of training experience behind them — were genuinely shocked. “I never really thought about that.” summarized their replies to us.

The truth is, of course, that a female attacker is no less dangerous than a male. Females know how to use knives and guns, as well as male attackers know how to use such weapons; and females are in some instances quite strong and **very** vicious and determined. Those old late night “Cops” episodes presented a number of on-the-spot true life instances where ***several large, strong male police officers*** had all they could do to subdue a rather petite — but loony and way out of control — violent female. No, *most* females are not

like that. But when you encounter one or more that is “like that”, and who is focused upon attacking you, the statistical unlikelihood of being attacked by a female does you precious little good.

There is no mystery really about defending yourself against a female violent felon. ***Do so with the same amount of force and the same techniques that you would employ if the violent felon was a male.*** (Yeah, we know. But a powerful kick there will cause a similar degree of pain, despite the female’s different “equipment”).

The real problem, and potentially fatal block in effectively dealing with violently felonious females for most men, is *not* “How the hell do I deal with *this*?” but instead comprehending and feeling ***that whether the attacker is male or female is irrelevant! Hesitation to act against a female attacker because she is female and not male*** is the potential problem.

Back in the 1970’s we attended a school of combat handgun shooting. The class consisted of law enforcement officers, with the one exception of ourself. Among the drills that we were given was a number of scenarios in which life-sized color targets suddenly confronted us and we needed to make an instant decision: *Shoot - or don’t shoot?* —or— *Who do you shoot?* In cases where a shoot-don’t-shoot target appeared that was a woman pointing a gun or with a knife in hand most of the men in the class did ***not*** fire, or fired too late for their rounds to have saved their lives. In instances where targets were “hostage” type targets or targets with a male *and* a female, and the **female** was the armed “bad guy”, again the men did not fire soon enough, or fired automatically ***at the male*** in the depicted scenario. Gentlemen to the last. But **dead** gentlemen.

**Do not hesitate to react to a dangerous, violent attack when the attacker is female *exactly* as you would react to a man who attacked you!**

Not every female is made of “sugar and spice, and everything nice”. Some are made of the same lethal mix as some men are made of. And they can maim or



kill you just as effectively as any man can.

Don't forget that.

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## **Bruce Lee: An Objective Look At One Of The Greats In The Martial Arts**

**THOSE** of us who were around and active in the martial arts in the late 1960's and very early 70's will remember the most venerated "martial arts hero" of the time: Bruce Lee. Since his unfortunate premature passing on July 3rd, 1973, Lee's reputation as a premier devotee of the arts and a true master has not only remained intact; it has grown. Sadly, the exploitation of Lee's name and of his approach to martial arts (which he called *Jeet Kune Do*) has made millionaires of many who never even knew him. "Teachers" have popped up claiming to teach Jeet Kune Do ("The way of the intercepting fist") whose knowledge of what that is was obtained by watching Bruce Lee in the movies. Books, videos, and — latterly — DVDs have been produced claiming to reveal Bruce Lee's "secrets" (he had none). Lee's single greatest student, friend, and **true** purveyor of much that Lee espoused was the Late Jesse Glover. Glover taught excellent classes in self-defense here in Seattle until his passing. Glover *never* cashed in on or exploited in any manner his personal friendship with Bruce Lee. Nor did he *ever* claim to be "teaching

Jeet Kune Do” — although if anyone could have legitimately made such a claim it would have been Jesse Glover.

While not wishing to offend any Bruce Lee aficionados who may be reading this, we must say that in our opinion Lee’s incredible martial arts acumen was not even remotely matched by his acting. Personally, we watched *Enter The Dragon*, did not like it, and had not even the slightest desire to see any other of Lee’s cinema performances.

Lee’s combat philosophy and technical doctrine was another thing. After reading the few good books on these subjects that we could find (we never personally met or knew Bruce Lee, unfortunately) we came to some conclusions that self-defense and close combat enthusiasts might find interesting. Purely from the standpoint of **combat** we offer these thoughts on Bruce Lee’s contributions to the furtherance of martial arts:

- Bruce Lee’s personal and overriding concern was never sport or competition. Therefore, considering his level of total devotion to training and developing reliable hand-to-hand combat abilities, his opinions were and are valuable and should be considered seriously by today’s combatives teachers and students. Lee is a historically significant figure in the field of practical, realistic personal defense and combat theory.
- It speaks to Lee’s intellectual acuity and rigor that, despite his coming out of and from a *classical/traditional* Asian martial art milieu, he nevertheless analyzed and scrutinized martial skills and training from a largely fresh perspective and concluded that certain truths (known and accepted, for example, by other non-classical combat masters) had to be accepted for reliable technical value in *real* emergencies.
- Lee knew himself perfectly. His *Jeet Kune Do* was not a “martial arts system” or new “kung fu style”. Rather, when seen objectively, it was **Bruce Lee’s personal style of fighting in close combat engagements**. And one of Lee’s excellent insights was that *every individual student of self-defense must know himself and must develop a “personal style” over and above*

*whatever formal system or style he may be studying.*

- Although Bruce Lee was an amazing physical performer and athlete who (according to some who knew him) could pick up virtually any technique that he was shown instantly, and could do it correctly and with full force and speed within a few minutes after having the technique shown to him, Lee used relatively few techniques in practical application. He relied upon very simple, basic, easily and speedily rendered actions that are fundamental to martial arts. Only in the movies did Lee perform anything acrobatic and for the sake of visual effect.
- Lee knew that **blows** constituted the heart and soul of real combatives, and he perfected his favorites. Lee could strike a man three or four times before the man could possibly secure any hold on him, or apply any throw.
- Lee perfected the **low** side kick since, like just about any legitimate close combat expert, Lee knew this to be the King of Kicks for self-defense. (Lee could of course perform high kicks — as well or better than any taekwondo or Northern ch'uan fa expert. *But he knew that high and/or fancy kicks were for karate sparring (sport) or the silver screen.*



**BRUCE LEE COULD PERFORM VIRTUALLY ANY MARTIAL ARTS TECHNIQUE, BUT FOR REAL**

WORLD USE HE USED ONLY THE SIMPLEST SKILLS. INSTEAD OF HIGH KICKS (WHICH LEE RESERVED FOR MOVIES AND DEMONSTRATIONS, HE USED *LOW* KICKS.

- It is very interesting and instructive to note something that we have always pointed out to our students: One of Bruce Lee's favorite actions was a fast fingertips thrust to the eyes followed by a side kick to the knee. Pat O'Neill (WWII instructor to the *First Special Service Force*) similarly had developed this action, long before Lee, and it was a mainstay in the **O'Neill System of Hand-to-Hand Combat**. We do *not* suggest that Bruce Lee "copied" O'Neill. In fact, he probably never knew about Pat O'Neill. We simply point out that Lee came to adopt a combative action that one of the WWII era's greatest close combat teachers had also thought of and advocated.

Bruce Lee did emphasize the basic *extended fingertips thrust* to the eyes or throat. This was a great thing in his teachings, and should be fully appreciated. Especially since he otherwise focused almost exclusively with the clenched fist as his and his students' *key hand weapon*.

- On the *negative* side: Bruce Lee taught a "fighting stance". This inevitably grew out of the error that he made . . .

- . . . when he insisted on sparring (something that he enjoyed) as the essential tool for developing combat and self-defense ability. *Surprisingly* though, Lee never specifically advocated sparring when addressing the matter of self-defense, per se. This is evident in the types of techniques that he taught for self-defense — available for analysis in Ohara's book on Bruce Lee's self-defense techniques.

- Lee seems to have seriously neglected training for multiple attacker situations (quite possibly another outgrowth of his fondness for sparring).

- Lee was stupendously formidable with classical Asian martial weapons (nunchucks, long bo, etc.). However, he virtually ignored firearms, modern fighting knives, and all **modern** weapons.

- Bruce Lee's **mainstay** unarmed combat blow was the clenched fist punch.

This is *not* the best weapon for serious hand-to-hand combat, and this fact has been proven in **war**.

- Bruce Lee *included* way too much acrobatic type training and skills in his own practice. **These suited himself, but were not in any sense “practical” for most people. Yet, in their efforts to emulate Lee, many adopted the histrionics that they observed Lee doing (in screen and in demonstrations).** Lee gave *lip service* quite often to using simple and direct actions only; but the examples that Lee continued to give was in many — not all — ways encouraging of impractical skills.
- Lee **did** encourage physical training — absolutely essential for optimum performance in close combat. However, his advocacy was for way too much “flexibility” and not enough strength. His weight training consumed a **minor portion of his conditioning program**, whereas for the trainee whose health permits it, *weight training should constitute a **major** ancillary activity for a combatives devotee.*
- In addition to weight training, **comprehensive natural weapons hardening and conditioning** should be a significant aspect of the combat student’s supplementary physical training, not merely punching and kicking the bag. Lee did not emphasize this adequately or, in our opinion, properly. The best example, actually, is from the *original* kenpo-karate of Prof. William Chow, where hardening all of the essential natural weapons was fundamental to the course.
- While Lee was correct about the traditional, solo *karate*-type kata being of no value in readying a student for combat, he completely missed the *tremendous* value — indispensability, in fact — of kata-type training as done in ju-jutsu as being the only safe and proper way to teach **combat skills**. Students may train this way *with* a live partner. By controlling the blows that are practiced there is no actual contact by one student using his natural weapons on his training partner’s vital points. This form of kata practice is valuable in the extreme. Freestyle or all-out “sparring” with *actual combat techniques* is much too dangerous. Hence Bruce Lee’s penchant for

freestyle sparring resulted in **modifying** that which was done in his form of practice. Work on those techniques that would have been done *for real*, in actual combat, had to be left out of Lee's sparring sessions.

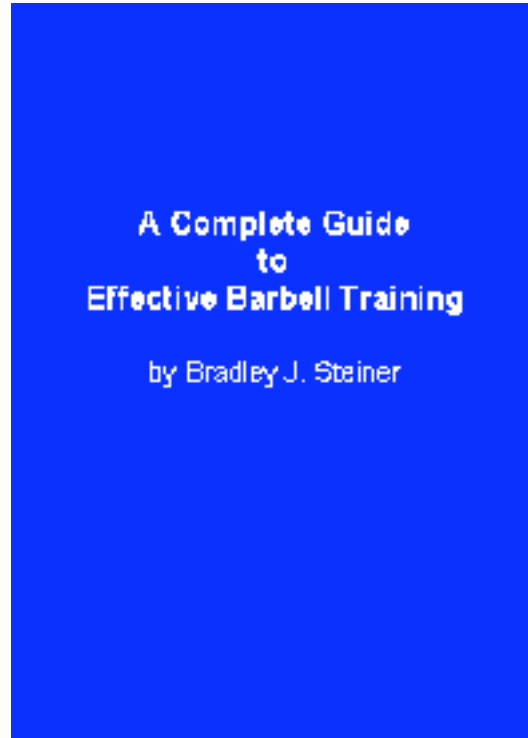
Bruce Lee was a powerfully influential figure in the history of martial arts — especially in the martial arts taught in the United States. But he was certainly not perfect, and just like all of us, he contributed some erroneous (sometimes contradictory) thinking along with his sensible and innovative doctrine. Study that which he taught if you are a serious student of close combat. But do not make of Lee the kind of god that so many have attempted to make of him. He was right about some matters and wrong about others. As you study what he believed and taught strive to separate and appreciate the *good* that he contributed without paying attention to his obvious errors.

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## ***Weapons: Equalizers!***

**WEAPONS** are tools; they are tools that increase a person’s ability to deal with a physical aggressor. There is nothing inherently “evil”, “menacing”, or “wrong” with or about weapons. They are as good or bad as whoever is using them.

In the 1800’s the following inscription was often found on Colt Peacemaker revolvers:

“Fear no man, regardless of his size.  
When trouble threatens call on *me*,  
and I will equalize.”

Implied in that marvelous inscription is that the weapon —— i.e. the handgun —— should be brought into play when a threatening situation arises in which the weapon’s possessor feels himself to be physically outmatched. The

1800's . . . saner, better, more just times in America *by far*. No one winced then, when, rightfully, the victim of an attacker used a **weapon** to assist his defense against a lout who offered him violence. Today, weapons are felt by most who have no idea what self-defense *really* is, to be “unfair” unless an assailant is armed. **To hell with that particular idea!** Keep your damn hands to yourself or suffer **WHATEVER** your victim does to you in self-protection. *That's* sanity and justice.

Regrettably however, weapons — the tools of self-defense, and the equalizers needed by decent people to put those people on a combat parity with violent scum, in many cases — are *demonized*. Thus the spectacle of people actually believing that if they can use unarmed combat skills well, that's enough. They do not need weapons. **Wrong**. While many types of physical attack can certainly be dealt with adequately using quality bare-handed close combat methods, *no one* should exclude modern personal weapons from his training if he trains for self-defense. A so-called “combat arts man” who is expert with hands and feet yet has no recourse to or training in weaponry is like a vehicle that has the capacity to go only up the third gear. No good. (And here we must point out that every close combat authority worth the name — Fairbairn, Sykes, Applegate, O'Neill, Styers, Brown, etc. not only *recognized* the importance of being able to use the “tools of self-defense”, he also recognized that a combatant should ***rely upon those tools first*** and depend upon his bare hands only when that was all he was able to employ in an emergency, because he did not have immediate access to a weapon.

Weapons are not “evil”. They are **tools**. And the definition of a “tool” is:

“. . . a device or implement, esp. one held in the hand, used to carry out a particular function . . .”.

The “**particular function**” that a firearm, edged weapon, stick, tomahawk, or object-at-hand used to improvise a weapon in a crisis serves is: **self-defense**. Plain and simple; and as righteous and decent a particular function as could ever be conceived.

Attacking someone is not the same as entering into a fairly-conducted contest of physical skills with him. Sporting contests involve **willing** participants, not “victims”. The fact that anyone chooses to attack you places him —— no matter how he attacks you —— *in the wrong*. Nothing is fair about any form or kind of physical attack (except of course attacking one’s attacker, in order to preempt the violence that you perceive him to be initiating). Therefore, **ANYTHING GOES** for defense *against* a physical attack. Use whatever you must in order to protect and save your life, or to protect and save the life of another innocent victim. If all you have access to in a deadly encounter is your bare hands, well then that will have to do. But *never* should you feel a reluctance to use a weapon —— manufactured or improvised —— to protect innocent life and limb, just because some extralegal maniac is not apparently armed, himself.

*Weapons are equalizers.* And you have every right, when your life is threatened, to resort to the employment of a weapon to save your life.

Remember this, too: Just about every violent criminal offender carries one or more weapons on his person at all times. **The fact that someone is a violent offender should prompt you to assume that he is armed. He almost certainly is.** The fact that he does not have a weapon *in his hand at the moment he attacks you is by no means proof that he is unarmed!* His not having a weapon in hand might be because he assumes he won’t need it; he just wants to beat you with his hands and feet. But, if he encounters resistance, he *will* draw his weapon. Why take the chance?

Obviously, we are talking about situations now that **you perceive to be deadly or so potentially dangerous that grievous bodily injury appears to be likely unless the attacker is stopped.** This is a judgment call on your part, and you must assume full responsibility for making it. But in reality it’s not all that difficult to make.

**Never agree to fight with another person. Never provoke a fight. Never initiate a fight by words or gestures. Always retreat from any**

*person or situation that appears to be becoming violent if it is feasible to do so. In short, NEVER FIGHT! Use physical combat skills only if you are attacked.* Follow these rules and the only time you will need your training will be when it is **wholly justified**. That means when you are likely facing a deadly threat. In such desperate straits, **do and use whatever you can in order to defend yourself or a loved one from being maimed or killed.**

Weaponry is integral to combative arts. Strict unarmed self-defense is severely **limited** self-defense; and you don't want that.

Violent offenders select their victims by being as careful as possible to target those whom they feel certain *cannot effectively fight back*. They do not want to take any risks. They are perfectly willing to hurt **you** and your loved ones, but they do not want to take any chance of being hurt, themselves. To counter this you need the proper mindset and a repertoire of no-nonsense, destructive techniques. And you also need access to and skill with **weapons**. In a crisis they equalize; and that's an edge you always want to maintain.

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