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# ***SWORD and PEN***

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

**MAY 2016 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 RADIO INTERVIEWS!**

Prof. Bryans and ourself each did 1-hour interviews 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! . . . and listen to our interview on Coast to Coast am with George Noory and our most recent interview with John B. Wells on Caravan to Midnight on

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

# Editorial

## *We Agree With The Japanese Distinction*

**OUR** view of Japanese martial arts culture is both favorable and unfavorable. First, the *favorable*:

- The Japanese *for the most part* teach their karate and ju-jitsu arts responsibly. There are exceptions to this, but nowhere near the number that we are plagued with in the West! For example: We know of “teachers” who actually encourage their students to go to bars where fights occur frequently in order to “gain experience” in applying their skills! There are also “teachers” who advise their students to get jobs as bouncers (euphemistically referred to as “doormen”) so that they can legally get into fights with people and gain “experience”.

Like the Koreans and the Chinese, the Japanese teachers normally will not tolerate a student becoming embroiled in a fight. If the student is relatively new, he is thrown out of the school. If he is, perhaps a black belt, he may find himself getting a final lesson in combat from his *sensei*, before being thrown out, in disgrace. (Naturally, a student who defends himself against an attack that he could not avoid is *praised*. That is an entirely different matter.)

- The Japanese have traditionally regarded the person who loses his temper and lacks impulse control as crazy. While this is admittedly carried to what can only be described as extremes *in certain instances in their society in general*, it is a **necessity** in our opinion that students permitted to train in combat arts be regulated and monitored to assure that they are persons of stable character, and not emotion-driven, uncivilized crackpots who look to settle whatever gets them momentarily miffed, by “throwing down” (what a repulsive term).

- The Japanese believe wholeheartedly in **sincere, unrelenting, persistent effort and loyalty to whatever system they undertake to study**. They have no problem with someone who is an expert in one art commencing the study of another; but “become an expert in whatever you’re training in *right now*” **first!** Like the Chinese and the Koreans, the Japanese do not “dabble”, and they certainly are not dilettantes.

Now for the *unfavorable*:

- The Japanese are in many instances fanatically nationalistic and closed-minded. For example, despite its having become a world-recognized and respected style of karate, the *Kyokushinkai* System of the late Mas Oyama (a man who loved, respected, and settled in Japan) was not regarded as one of the “major” karate styles in that Country. Unlike the *Shotokan*, *Shudokan*, *Shitoryu*, *Wadoryu*, and *Gojuryu* (the “main” and “official” styles of karate) **which in some instances have far fewer devotees in Japan and worldwide** than the *Kyokushinkai*, the *Shinan* (i.e. Founder) of the System was not Japanese. Mas Oyama was Korean. Sadly, we must say that we have found racism to be rampant in much Japanese thinking (by no means *all*).
- Japanese martial arts are fixed, set, rigid, and uncompromising in their insistence upon what constitutes the “right” way and the “necessary” way to do — *anything*. For example: Observe a black belt Shotokan stylist perform the kata “Heian #1”, and then observe a Korean stylist perform “Pyong-An #1” (the same basic kata or form). Never mind the “Is kata worthwhile or not?” controversy. You will see the Korean stand higher, move with less rigidity, and be more flexible in how he renders the form. The Japanese will do his movements with the rigidity of a robot, and “lock” himself into the lowest possible stances. This **looks** more impressive, but provides no more benefit from the kata practice than one derives from the less rigid Korean version. And when and where put to the test in **combat and self-defense**, both Japanese and Korean stylists are equal in their successes. Amusingly, the Japanese must “loosen up” and the Koreans must kick lower and less exotically (among other adjustments) or *both* may be dropped by the first experienced and trouble making streetfighter with whom they have a violent confrontation!
- Japanese martial arts are inundated with tradition and ancestral actions. Dodging arrows, defenses from the traditional floor sitting position (which we have ***never in our life*** seen anyone actually assume — not even native Japanese people!), and sword defenses, are just a few examples of what one studies in a *classical* ju-jutsu or karate-jutsu ryu, or school.

Where we agree with the Japanese wholeheartedly is in the **distinction** that they make between martial **ARTS** and martial **WAYS**. A very ***necessary***

distinction in our opinion, and one which many of the more mentally challenged who train today in the U.S., Europe, and Canada just cannot seem to stretch their “true believing” minds to grasp.

A martial **ART**, according to the Japanese philosophy (**with which we are in 100% agreement**) is a combat/self-defense system. It does not utilize sparring, and it has no competitive or sporting aspect. It espouses a real warlike attitude, and trains in weapons no less than unarmed skills. It is a ***military*** art, in the truest sense.

A martial **WAY** (i.e. *judo, kendo, aikido, karatedo*, etc.) is a derivative of martial art, and has as its objective a combination of character training, physical fitness, discipline, and esthetic satisfaction, as well as ——— over time ——— deep familiarization with the *cultural influences* which led to and have become the cultural underpinnings of the system. The Shotokan karate System ——— a *karatedo* form (which has only a small “self-defense” component ——— advocates **character, sincerity, effort, etiquette, and self-control** as its *core* values. Other martial ways are similar.

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**(IMPORTANT NOTE: When we created *American Combato (Jen•Do•Tao)* we were well aware of the *Japanese* distinction that the suffix “Do” signifies. Nevertheless, we used *Combat-Do* ——— i.e. *Combato when contracted* ——— as the name of our all-combat/defense System. *We are not Japanese. We are American.* The literal meaning of the word “Do” is “path” or “way”. And we believe strongly that our System ——— which is the comprehensive *path* or *way* of all-in close combat with and without weapons ——— is well designated as “The Way of Combat”.**

***“Why the English word ‘combat’ and the Japanese word ‘do’ ”?***

***Answer: “Because American Combato owes a great deal to the Asian arts as well as to the American WWII systems ——— a little to the Japanese, a great deal to the Chinese; hence the “Jen•Do•Tao”, which is Mandarin Chinese for ‘way of combat’ ”.***

**We are just anticipating here the ignorant and contentious fool who**

snivels: “So how come your System is titled *Combato* ? And how come you use ‘*Jen•Do•Tao*’ if yours is an American System?” In Japan the Japanese’ reason for their “jitsu” and “do” designation is as we have explained. *Our* reason —— as an American, in America, naming an American System —— is as we have explained.)

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Martial *ways* can be applied in self-defense or close combat to a degree, **after** the student has acquired a significant level of solid skill (usually at a minimum, black belt, 1st or 2nd degree), however the sport techniques are being *adapted* to individual combat as best the participant is able to adapt what he has learned. This is just as true, by the way, of Western boxing and of catch-as-catch can wrestling. Yes, they may be effective for the highly proficient, in real combat; but they are not “combat methods” per se.

Martial *arts* are ***immediately*** adaptable to combat. *That’s their raison d’etre; it’s what they are for.* In a matter of weeks or a few months a beginner will have learned some pretty practical skills that he can use to thwart aggression.

**In the United States, Europe, and Canada we would —— in our opinion, if we were wise —— very, very deliberately and clearly distinguish between martial SPORT and combat ART , following the example set for generations now, by the Japanese.** This would clarify the matter for many, and avoid misleading seekers-after-championship-ability into thinking that they should train in a **combat** system, as it would avoid misleading those seeking self-defense and close combat into thinking that they were well-advised to train for combat and defense in a **sport** system. Doubtless this would have a somewhat negative effect *commercially* on both those who teach *combat* and those who teach *sport*. We are nonetheless all for it, and always have been all for it —— as it will protect the integrity of martial training, teaching, and philosophy regardless of which venue one elects to pursue.

**Bradley J. Steiner**

# *DVD Course NOW AVAILABLE!*



*(You Can Learn Self-Defense and*

# *Close Combat At Home!*

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.

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 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**)

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:

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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!

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**For Those Who Believe Our Approach  
To Self-Defense — Physically and Philosophically —  
Is “Too Violent And Aggressive”**

**WE** have some really wonderful people amongst our student body. They are our dear friends as well as our most devoted and outstanding pupils. And very often we receive input from them that is marveously helpful in carrying out our mission to provide the best in self-defense and close combat instruction to our web sites' visitors. (Our personal students get the full blast directly from us, and our web site postings serve —— for them —— merely as reminders!) Recently Dave Smith (3rd Degree Black Belt in *American Combato*) made a suggestion to us regarding how to reach any of our visitors who are, we would say, *naive* regarding the problem of violent attacks and defense against them. Those who, perhaps, cannot understand why we refuse to entertain the notion that less than war-proven, all-out combative skills and tactics are required for serious, real world self-defense. **“Why not put some photos in an article on one of the web sites *showing* the nature of the danger people face? Post some actual photographs of violent attack victims.”** Thank you, **DAVE SMITH!**  
OK. Here goes:



**THIS IS THE RESULT OF A KNIFE ATTACK. THE VICTIM IS DEAD. THIS PICTURE, LIKE THE REST, IS REAL.**



**ANOTHER REAL WORLD *FATAL* KNIFE WOUND. IN THIS AND IN THE PREVIOUS PHOTO NOTE HOW DEEPLY THE BLADES WERE THRUST INTO THE VICTIMS' BODIES.**



**BEATEN, BLEEDING, UNABLE TO STAND OR WALK, AND COMPLETELY DAZED BY A MINDLESS ATTACK.**



**THE ABOVE PHOTO SPEAKS FOR ITSELF. SHOT IN THE HEAD — CLOSE-UP. FROM BESTGORE.COM. CHECK THAT SITE OUT FOR FOR AN ENLIGHTENING EXPERIENCE!**

Any of those victims of violence could be **YOU** or **someone that you love**. If you still believe that instead of maiming and killing techniques, and modern weapons, you should be training in rolling around on the sidewalk, applying armlocks and leglocks, and trying for a “submission hold”, then you go and do whatever you wish. As for *us*, we see martial arts as **MARTIAL** (i.e. “Of or pertaining to war”) and we strive to avoid real violence whenever possible, while retaining an attitude and technical/tactical capacity to wage war when and if necessary, against potentially or actually lethal attackers.

We leave “lesser measures” to others. And we leave sport and competition skills to the *arena*; making no attempt to adopt them to the street or to the battlefield.



**“I have a high art: I hurt with  
cruelty those who wound me.”**

— Archilochus, 650 B.C.



**NOTE:** We posted two photos of knife killings because knives are the **number one** violent felon attack weapon. You are *likely* to be attacked by a scumbag armed with a knife, if ever, may God forbid, you are attacked.

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## The Terrific Elbow

**ONE** of our old teachers was a gentleman by the name of Caesar Bujosa. His studio was in NYC and Mr. Bujosa was an early (i.e. 1950's—'60's) martial arts teacher who gave short term courses in practical self-defense. His program was good, and was based upon key moves taken from Mr. Bujosa's primary martial art System: *Goshindo Kempo*.

Caesar Bujosa was fond of describing the elbow and the knee, when used in self-defense, as **“double trouble for any attacker”**. Boy, was he ever right! Both these natural weapons can deliver close-in, powerful blows to vital target areas; yet, unfortunately, neither one is heavily emphasized in classical/traditional karate or ju-jutsu. They are certainly *taught*, but the extent to which they are *practiced* and *pushed* as vital for self-defense is drastically insufficient.

Right now we want to discuss the *elbow* as a weapon. If you are in training for self-defense **the elbow should become a priority natural weapon.**



**THE ELBOW WAS TAUGHT DURING WWII AS A WEAPON. THE PHOTO ABOVE IS TAKEN FROM *FM 21-150 UNARMED DEFENSE FOR THE AMERICAN SOLDIER* . ALTHOUGH NOT ONE OF THE BEST MANUALS ON UNARMED COMBAT, THIS WWII EDITION DESCRIBED SOME GOOD TECHNIQUES — AND THE ELBOW SMASH TO THE HEAD OF AN OPPONENT SEIZING FROM BEHIND UNDER THE ARMS IS ONE OF THEM.**



**FROM A RECENT U.S. ARMY MANUAL THE ELBOW STRIKE IS, ONCE AGAIN DESCRIBED. UNFORTUNATELY, PRESENT ARMY TRAINING EMPHASIZES GROUND WORK, WHICH IS AS *IRRELEVANT* TO REAL HAND-TO-HAND COMBAT AS ELBOW SMASHES AND OTHER *COMBATIVE BLOWS* ARE RELEVANT. WE DO NOT RECOMMEND AN OPEN HAND WHEN DELIVERING THIS ELBOW STRIKE.**



ANOTHER ILLUSTRATION FROM AN ARMY MANUAL SHOWING A VARIANT OF THE ELBOW STRIKE. AGAIN, WE SUGGEST *NOT* HAVING AN OPEN HAND WHEN DELIVERING THIS ELBOW STRIKE.

*Forward*, sideward, straight backward, and downward are all viable, powerful, destructive striking directions for this blow.

Note that the Army's photographs above illustrate the elbow blow being delivered with the **open** hand. *We do not recommend this delivery except when using the high backward or straight backward versions of the blow.* The reason is that with your hand open the fingers become exposed to getting caught in clothing or jammed against the adversary's body. The forearm muscle when tensed upon impact (only possible with a **closed fist**) is a harder, stronger weapon than when relaxed (hand open). Open hand elbow striking derives from Muay Thai (*Thai boxing*); but Thai boxers do their fighting with **bare torsos**. Most adversaries in the real world will be wearing a shirt or jacket.

We are saying nothing new when we advocate elbow blows for self-defense. However, what we are pushing here is the idea that **the elbow ought properly to receive a lion's share of emphasis in combat training**; an emphasis sufficient to make slamming elbow smashes into an adversary the moment an opening for them arises, without hesitation ——— just like open

hand chops and chinjabs and tiger claws, and the other most viable blows of close combat.

Train the elbow smashes on heavy bags and striking posts. You might pad a strong workbench, or lay a heavy bag across a chair, in order to practice the downward elbow blow.

Best targets for the elbow: **side of the head/neck; face; solar plexus; sternum; hypogastrium/bladder; liver and spleen; kidneys.**

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## **Live In The Seattle Area?**

Call Us About Our Standard Course, Or About Short-Term Intensive Training. Group Classes And/Or Private Lessons. Complete Beginners Always Welcome.

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**We customize courses for anyone with special personal or professional requirements.**



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**Don't put it off. Start building lifesaving skills and self-confidence before you need it.**

**An absolute must for city living!**

## **A Very Interesting Thought to Ponder**

**SINCE** the introduction of so-called “Brazilian Jiu-Jitsu” to the United States and elsewhere, the accomplished practitioners of this **ground-grappling** based art (really **judo ne-waza** based system, recast as something unique by its practitioners) have managed to convince an awful lot of people that their **SPORT** reflects the realities of close combat and self-defense, and that anyone who fails to buy into their approach will be unable to fully defend himself if called upon to do so.

*Long before* this (in our personal opinion grossly incorrect and drastically misleading) school of thought infected the martial arts community, students of ju-jutsu (i.e. **combat** ju-jutsu *not* “judo-renamed-as-jiu-jitsu” thus becoming “ju-jutsu as a competitive sport”), the numerous schools of *karate, kenpo, ch'uan fa (“kung fu”), kick boxing, varmannie, hapkido, aikijutsu, Western boxing,* etc. produced numerous pupils who were **very well able to defend themselves (and often DID SO) in the REAL WORLD against REAL ATTACKERS.** And ——— here is the corker: *we (and others) have knowledge of many, many, many more incidents of classical karate, “kung fu” and ju-jutsu, etc. students (and even Western boxers(!) SUCCESSFULLY DEFENDING THEMSELVES AGAINST SINGLE AND MULTIPLE REAL-WORLD ARMED AND UNARMED ATTACKERS than we have ever heard of “BJJ”*

*people ever doing so! And as for the “combatives” systems — such as AMERICAN COMBATO, The McSWEENEY SYSTEM, GUIDED CHAOS, John Kuhl’s COMBAT KARATE, Visitacion’s VEE-ARNI JITSU approach. and a few others — we have all had students successfully use our training and succeed completely in defending themselves.* And quite often these people have been beginning students, after only a few month’s training.

Someone brought the subject up to us the other day and mentioned that a serious change is taking place in how the touters of the most popular school of “BJJ” are presenting their rhetoric. *They appear to be emphasizing, our friend told us, that **combat** and **sport** must not be confused, and that for **real world self-defense** you remain on your feet.* Ahem. we wonder where these once true believers in the gospel of groundfighting ever could have gotten this insight? *And we also wonder “**Why this sudden ‘coming to reality?’**”* It couldn’t possibly be because the false rhetoric denying what **real combat** is like is starting to wear thin, could it?

We have no quarrel with anyone regarding that which he chooses to train in, and that which he enjoys, and *for what purpose* he studies martial arts. But the **truth** is that real hand-ti-hand close combat and self-defense is **not** to be confused with that which “wins matches”, and what enables one to attain superiority in ground fighting (i.e. ne waza). The art of groundwork as seen today goes back to the origins of Kodokan Judo, itself. And just as Kano and his top black belts have always known: **1.** Ground grappling is a young man’s game (and it **is** a **game!**), as is competition generally. In fact Kodokan Judo masters retire from the full power ground grappling game usually long before they reach the age of 45 or 50. **2.** For *combat* and *defense* **ATEMIWAZA** (i.e. striking, kicking, punching) is essential — as is the **combat** (i.e. *true*) ju-jutsu that predates “judo”; *not* the “sport ju-jutsu”(?) concocted recently, and — we suspect — largely for pure commercial reasons.

Just something to think about.

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## When NOT To Shoot!



**ON** the 26th of March 2016 the NY Daily News ran a story on their web site about a woman drawing her handgun and opening fire(!) on a vehicle in which shoplifters were escaping from Walmart. The woman was a CCW holder.

Here is a textbook example of someone **misusing** a firearm. We'd say: "***recklessly and criminally and stupidly***" using a firearm, in fact. Her behavior was **worse** than that of the criminals she shot at!

After correctly pointing out the illegality of this woman's action, and *why* what she had done would have been a crime if the police had done it, a commentator who we heard speak of the event concluded (**rather idiotically**, in our opinion) something to the effect that "this is what happens when everyone has guns". **What nonsense.**

***This is what happens when someone has a gun and has no idea of***

*how or when to use it, and displays a lack of the common sense normally found in a gnat.* Millions of private citizens in our Country who possess self-defense firearms would never act in such a dangerous and irresponsible manner, and would be the first to condemn the behavior of this (possibly addled) woman.

If you own a firearm — specifically a handgun — and carry it legally, then, so far, we support you 100%. **We are an unequivocal supporter of the second amendment, and we see quality handguns of adequate caliber as *the ultimate* weapons of self-defense.** But for the love of sweet sanity and the continuance of civilization, human well-being, justice, and safety ***RECOGNIZE YOUR RESPONSIBILITY TO CARRY AND TO USE YOUR WEAPON PROPERLY!***

You might want to check the archived articles in our web site: [www.seattlecombatives.com](http://www.seattlecombatives.com), for a rather extensive one we wrote years ago on “*Guidelines For The use of Deadly Force*” which covers the matter rather well.

You use a firearm **ONLY** to save or to protect human life. You do not produce a firearm to “threaten”, to “scare”, to facilitate a “bluff”, or “in hopes that the presence of the weapon in your hand will prevent an attack”. **You produce your firearm *only* when you are fully convinced that your life or the life of another innocent person is in *direct peril*, and you are prepared to shoot the individual or individuals posing the danger of maiming or death. *IF*, upon drawing and pointing your weapon the person(s) against whom you have drawn it *stops and turns and runs or otherwise clearly abandons his attack, you do not fire.* *That’s the right way to use a firearm in self-defense.* As for playing at being a cop, **don’t do it.** Don’t do it either in a truly insane and unlawful manner — as the trigger-happy woman outside Walmart did — or in a stupid and ill-advised manner, as Zimmerman did. In the woman’s case not only was deadly force ***not*** justified by the criminal’s action, **but completely innocent people could have been hit by the rounds that were fired!** Had Zimmerman had the brains to listen to the police dispatcher — who gave him excellent advice**

(i.e. **do not** follow the guy, let the police take care of it) — then the need to fire in self-defense, as Zimmerman eventually needed to do thanks to his moronicness, would never have occurred, and the young man who was shot would still be alive.


Your brains were given to you to be used. Use them.

Armed or unarmed, the unnecessary or excessive use of **force** is despicable and should be understood to be so by anyone training in self-defense. In fact, *training in self-defense when properly undertaken has as its purpose becoming able to **stop** and to **defend against** monsters who do use force unnecessarily and unjustifiably, and **always** excessively.*

Learn this lesson well . . . or join the ranks of those a—holes who will eventually and deservedly **END UP IN PRISON**.

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**Practice Environments**

**MARTIAL** arts schools, self-defense studios, gyms that sponsor classes in defense tactics, police academies, etc. are places as far removed from the environments where actual attacks or —— in warfare —— real engagements in hand-to-hand combat occur.

Naturally, safety considerations are vital whenever learning, teaching, and practicing dangerous techniques, so we are not arguing for students of close combat to carry out their formalized classes and private lessons in the lobbies of office buildings, in elevators, on public park walking areas, in phone booths, in hotel or other parking lots, in restaurants, in offices, in school



classrooms or hallways, aboard public conveyances, in department stores, in movie theaters, on stairways or stairway landings, on a vessel or inside a commercial aircraft, or in any other typically normal, daily locations where pretty much everyone normally goes to or passes through — if not daily, then from time to time. What we **are** saying is that students of close combat and defense should . . .

° Appreciate that *only sporting contests* occur in sanitized, specially prepared environments. **Real attacks** can and do occur *anywhere*. Because of this, all students and teachers of the art of combat are well advised to . . .

° Scrutinize the curricula they present to students (if they are teachers), or carefully weigh the *general, all-terrain and environment feasibility* of whatever they are being taught (if they are students). No one can do any better than applying the marvelous “Applegate Standard” of evaluation:

**“Will this work so that I can use it instinctively in vital combat against an opponent who is determined to prevent me from doing so, and who is striving to eliminate me by fair means or foul?”**

Such techniques and tactics that meet this standard *will* be readily adaptable to all types of environment where *real* violence occurs.

° If possible do practice on your own in the clothing that you wear daily, both when at work, and when on your own time. Do this practice in areas where the ground is uneven, rocky, debris-strewn, unstable, crowded, etc. You can practice alone or with one or more partners. The difficulty will be in locating a place where you will not be the object of attention by uninvolved passers-by. You may, if you cannot find actual locations, set up similar environments at home. The idea is make sure that you are challenged to render your skills under **REAL WORLD** adverse conditions. *Do not warmup* before practicing. You’re sure to get an education in the **UN**desirability of attempting high kicks in a cluttered apartment or office or classroom or store, with **no**

time to stretch out, normal restrictive clothing, and very little space to move about in! Try ground grappling in a typical office environment, when trying to take a determined adversary to the floor results in you smashing your own head on the corner of a desk, etc.

The techniques that have been included in the *American Combato* System are geared precisely to the real world. They are taught in a safe, cleared area that is set up for *practice*, not combat. **However, these techniques are readily adaptable to all types of environmental conditions.** If the skills that you are being taught *require* a mat, practice clothing, “squaring off”, lots of space, warming up, elaborate actions, fine motor articulations, being in your physical prime and in hard training, etc. look elsewhere for instruction. Such requirements cannot be met in hand-to-hand combat, and only a fool believes that they will be present in a dangerous situation.

We all suffer from a poverty of time, energy, and physical capacity — even the greatest athletes on earth. *If you are interested in combat and self-defense* the study will demand your full attention and dedication. To mix the practical with the impractical is to *dilute* the practical.

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