

Sword and Pen

Official Newsletter Of The International
Combat Martial Arts Federation (ICMAF)

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May 2018 Edition

Editorial

Low Profile "Defensive" Living

(Note: Visitors really appreciated our piece regarding "tradecraft" in last month's Edition. Here we address another aspect of intelligence tradecraft — as it relates to personal security and defense.

"GOING gray" is the way it is referred to in professional intelligence training. And despite the wonderful entertainment provided by the James Bond films. *real* secret agents would not be able to function for five minutes in the field if they permitted themselves the flamboyance of 007; they all must adhere to a very low-profile existence. They **go gray** when on assignment.

It's a pretty well-known "secret" that CIA trains members of its *clandestine services* division at a location near Williamsburg, Virginia known affectionately as "The Farm". The motion picture "The Recruit" starring Al Pacino gave a somewhat dramatized picture of the course given to those operatives of CIA who will be attached to the Agency's clandestine services. The movie's depiction of the training given was not 100% accurate. The truth is that the *major portions* of training at The Farm involve **surveillance, countersurveillance, interrogation (and counterinterrogation), methods of agent recruitment and management, secret methods of communication and meeting, diplomacy, and — very important — clandestinity**. This last entails learning how to live, work, behave, and carry out whatever secret actions may be required *without attracting attention, appearing unusual, or even being "interesting"* to others. No tuxedos and attendance at ritzy gambling establishments, gourmet meals, special ("shaken not stirred") noticeable and memorable tastes in liquor, high speed driving, unarmed (or armed!) engagements on an almost daily basis . . . in short ***no James Bond stuff whatever!*** Intelligence personnel in the clandestine services do learn how to use firearms and they are taught unarmed combat . . . but by no means is *combat* training emphasized to any great extent. And rarely if ever does an operative carry *any* weapons. To do so would be incontrovertible proof that he or she was a foreign operative. *Intelligence ends when the individual reaches for a weapon, employs unarmed combat skills, or effects some dramatic high speed escape in a motor vehicle!*

The greatest spies just steal secrets or run agents, and are never identified, caught, or even *noticed* while they go about their secret work. (Sorry James Bond fans. But don't let this stop you from loving those old movies with Connery, and the terrific novels by Bond's creator, Ian Fleming. Pure entertainment; exactly what Fleming intended them to be.)

In fact there are some things that secret intelligence officers learn before being assigned clandestine missions — usually in what are referred to as “denied areas”; i.e. countries where they have no business or permission from the country's government being — that are of immense value (and that we teach) to students of self-defense.

One of these things is low profile living.

“Living without attracting unwanted attention” is what we urge our students to learn. Our society has become increasingly threatening to what, for want of a better word, we would call **normal people**. It appears that we are in a sense living in the Age of the Freak . . . or the odd number; the misfits now “fit”, and the normal man or woman who has and who lives by simple, sane values and ideas is *“odd person out”*.

There's no point in arguing, for example, with the individual who sees nothing wrong with having a sexual affair with a dolphin. **(There were two news stories about this a couple of years ago, in which a man and a woman — both apparently engaged in a “scientific study”(?) of those beautiful and marvelous sea creatures — spoke openly about his-or-her**

sexual contact with — yes!— dolphins.) Chances are in today's upside-down culture you would be regarded as "intolerant" or "fascistic" or "narrow minded" if you took exception to this (ahem!) "kind of love affair". **We certainly are** narrow-minded as far as bestiality is concerned, and we hope that you are, too. But *if* you are, and if someone at work proclaims an inability to contain his joy when he thinks about his upcoming marriage with his German Shepard, we advise that you just smile and wish them a happy life. Saying what you *really* feel could easily get you accused by this animal lover of "creating a hostile work environment" . . . and then you'd be fired! (**Don't think that we are exaggerating here.**)

For these difficult and irrational times we offer the following suggestions about how you can "go gray" whenever you must deal with all who are *not* your close and trusted friends.

From the standpoint of physical self-defense it is very wise to remain "uninteresting". You don't want to attract the wrong kind of attention; and in today's lunatic society you can do that easily if you aren't careful. We suggest that you think of applying the following suggestions as **going with the flow of traffic when you are driving**. You do not attract attention by either lagging behind the other vehicles or by speeding ahead of them. Add to this, if you're wise, not driving a conspicuous vehicle, and the odds of your going from where you are to where you wish to go **uneventfully** are excellent. You do not stand out. You are of no particular interest. There is nothing controversial about your behavior.

1. **Act** like you belong and “fit in normally” wherever you go. Whatever the people around you are doing, do the same thing. If in a library, check out a few books and peruse them at one of the tables provided. If in a tavern, order a drink. If you appear to be where you are for the same reason everyone else is, you fade into the group. And that’s the objective.

2. **Look** like you belong and “fit in normally”. Dress so that no one notices anything unusual about your attire. **Fit in.**

3. **Guard against triggering your neighbors’ interest in you.**

Your neighbors are potentially very dangerous. Do not ever become involved in any sort of conflict with them. If some minor disagreements arise, be sure to graciously and amicably resolve them — if necessary by giving in to your neighbor. You do not want snoopy, meddlesome, complaining neighbors! Keep anything unusual that you own or do **away from your neighbors’ attention**. Do so without acting furtive and secretive. You don’t want your home to appear unusual, or for there to be anything out of the ordinary apparent. No loud music at night. No crazy signs or notices on your door (i.e. “Is there life after death? Trespass here and find out!”), etc.).

If you have unusual interests or hobbies pursue them a significant distance from where you live. And keep your mouth shut about them.

Remember this: **The art of keeping a secret is to do so in a way that *no one suspects that any secret is being kept.***

4. Keep any special skills or knowledge that you possess to yourself. No one needs to know that you are a black belt expert

in some martial art. Your ability to speak Urdu is nothing you need to mention.

Apply this to what you *own*, as well.

No one need be told that you possess a couple of firearms and that you're a pretty confident combat shooter. And the fact that you have a survival food supply should be **your and your family's business** — no one else's.

5. Lying and deceiving are legitimate and very important survival skills. *No one has any "right" to being told or to knowing the truth about you except as relevant in business transactions with honorable tradesmen.* Or, as privileged information to friends. Lying and deceiving amount to a kind of "camouflage". **These things are legitimate and moral whenever you employ them to protect that which is yours and to defend yourself against impositions, violations, and exploitations or illegitimate controls over yourself by others.**

This is very much akin to the use of force. Totally moral, legitimate, commendable, and necessary when done for **defense**; but inexcusable when done to intimidate, exploit, or in any way injure another for ego satisfaction or unjustifiable gains.

6. Do not tempt fate.

Walking in public while listening to music via your earphones or while "texting" is being as dumb and stupid as one could possibly be. Keep alert and ***never do things in public that might attract unwanted attention by predators!***

Do not wear expensive jewelry, or distinctive clothing. And don't drive a vehicle that stands out.

Be very, very careful about "confiding" anything to anyone!

Who has not had the experience of (stupidly!) telling someone that “you’re going to tell him something, but he must *never* repeat it to *anyone*” and then finding out ——— days or weeks or months later ——— that this bastard blabbed what you confided to him to another or to others? Hopefully you discovered this in childhood as the way in which you can expect most people to keep a confidence entrusted to them, and you’ve learned your lesson. If not, ***learn it now!***

7. Should it ever be necessary for you to disguise yourself, remember the basic rule taught at CIA:
Consider carefully what your most noticeable and memorable physical attributes are. *These are the things that must be altered.* And very, very rarely need this be done with makeup. Changing the way you normally dress; placing something (usually a small leather piece) inside your shoe in order to change your gait; using contacts that also change your eye color (if you normally wear glasses); wearing non-prescription glasses (if you normally do not wear glasses; applying a fake beard, moustache, or hairpiece (or shaving your beard, or your moustache off, if you normally wear a beard or moustache); placing a small amount of tissue inside your mouth to change your voice and facial structure (remember *The Godfather?*); trimming bushy eyebrows (or using false bushy eyebrows; wearing a reversable jacket; changing from shoes to sneakers (or from sneakers to shoes); wearing a baseball cap (or some other hat or type of cap) or *removing* your headwear; wearing sunglasses; carrying an umbrella or walking stick (or possibly a cane if you can expertly feign a leg injury or disability); *discarding* a cane or walking stick if you were seen carrying/using one. ***And so on.***

Fake moles and scars and tatoos have their place. Their possible use must not be discounted. But hopefully you can appreciate how much can be done — if necessary — to disguise who you are for a brief while, so as not to be identified by those who know how you look.

Note: By carrying a few of the above simple aids with you in a shopping bag or other inconspicuous carry case you can simply retreat into a public restroom and in moments effect a pretty good, misleading alteration in your appearance. Tip: Carry a shopping bag inside a soft carry bag, where you keep your disguise items. Change in a restroom stall. Place all of those items you *take off* inside the shopping bag, along with your soft carry bag. Now you and what you are carrying are completely different appearing than they were when you entered the restroom!

Bradley J. Steiner

Thanks to one of Prof. Bryan's Black Belts for forwarding the following quote, which reflects our thinking 100%:

"I fear not the man who has practiced 10,000 kicks once, but I fear the man who has practiced one kick 10,000 times."* ——— *Bruce Lee

**AMERICAN COMBATO
JEN-DO-TAO™**



**"The Way of Combat"
Academy of Self Defense
DVD # 1 Fundamentals
and Introduction**

"ATTACK THE ATTACKER" - Bradley J. Steiner - 1972

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This DVD Sold to Adults Only! Viewers Must be 21 Years Old.

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Here are a few comments
about us and what and how
we teach, from a handful of
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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)™ all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

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

IMPORTANT NOTICE!—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness

- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

DVD#2 BASIC BLOWS

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

improvise limitless sequences and applications of ferocious attacks of your own.

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

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

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

- Key principles and tactics of countering more than a single aggressor

- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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

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

DVD#11 KNIFEWORK

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

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

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE.

Add \$20. for postage and handling (\$40. for foreign orders).

That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

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

Brad Steiner

**P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

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

Never Underestimate Your Assailant . . .

Or Yourself!

STUDENTS of self-defense tend in their early months of training to make one of two potentially serious mistakes. They become so enthusiastic about their new found skills and confidence in their ability to defend themselves, that they tend to underestimate their would-be attackers; i.e. the scum and filth in the street or elsewhere who live with violence, and who might attack them. Or, failing to appreciate how terribly violent and destructively effective they themselves can be (i.e. not really believing it, and not yet “feeling it in their gut”, so to speak) with the techniques of combative that they are learning, they tend to underestimate themselves.

Either mistake is serious, and must be corrected as soon as possible.

From the scummy little bastard in elementary school who bullies other second and third graders to the professionally trained international terrorist — every single individual who initiates violence for any reason other than self-defense is potentially dangerous (even lethal) and must be respected.

“Respected” certainly does not mean that such living garbage must be respected as a human being. It means that any and every unjustifiably violent person must be respected for the capacity for potential injury and harm that he may inflict upon an innocent person. If you are smart you respect a hornets’ nest, a rattlesnake, a black widow spider, and a mako shark. In that sense you respect a violent individual. (And lest some fool out there objects to our inclusion of children who bully and attack other children in our cautions, we point out that the victims of these little school age bastards are often injured severely, and on occasion even fatally.)

Violent types are often very formidable. True enough it is rare for a serious violent felon to also possess skills in combat methods per se; but they have in many instances grown up with violence, possibly in the form of physical abuse at home; often with extensive experience in street fighting and brawling. Their actions when they prey upon the innocent are certainly cowardly in the extreme; but these scum are not necessarily cowards. Some of them literally thrive on violence. Many are mentally disturbed, psychopathic, brain damaged (through the use of drugs, liquor, or both) and/or plainly malcontented, hateful monsters. They do not care in the least about how badly they injure their victims; in fact they could not care less if they kill them. In such instances their only concern is to avoid punishment for their crime. We insist that to attribute humanity to violent offenders and fail to condemn them as wild animals who deserve destruction, is to make a terribly serious mistake.

The admonition of that great warrior-sage Sun Tzu, “Know your enemy and know yourself . . .” bears mentioning here. Do not deceive yourself or allow the soft-hearted (and soft-headed) to deceive you about the core and nature of the violent offender no matter who the hell he (or she) is. For the potential harm that they may bring you, for the threat that they pose, for the despicable attitude of malice and irresponsibility for their actions that they live by, for intruding upon the innocent to indulge some of basest drives of the human species, serious respect for the violent offender is due. And the student of self-defense — no less than the

expert! — who remembers this, will be better prepared to handle any situation in which dealing with a violent offender becomes necessary.

While fully acknowledging that a violent type must be respected and never underestimated for his/her potential for inflicting injury, it must be pointed out with equal emphasis, that students of self-defense must never underestimate themselves! They possess physical strength and the capacity to do harm, also! And as they acquire quality skills in close combat, they possess a growing advantage over the scum, if with their skill comes proper mental conditioning and tactical orientation in which their willingness and readiness to brutalize and savage their attacker equals (or, preferably, exceeds) that of the violent types!

Students of self-defense must appreciate that the techniques of combat work only when they are applied with spirit, vigor, and relentless aggression. Doubting himself — i.e. underestimating himself — will only hamstring and block off the otherwise perfectly capable student from hammering his tormentor into the pavement. The student can do it. HE REALLY CAN. But he must never underestimate himself when confronting scum, and as a result “shut down” his capacity to utilize what he has acquired through his training.

Even when facing attack by a larger and stronger foe, the advantage of possessing war-proven combat skills, a vicious attack-minded attitude, and the utter indifference to brutalizing and destroying the enemy right now and without mercy gives the defender/student a huge advantage. But he must realize that he has this advantage, and he must never doubt that he is 100% capable of fully exploiting it when and if he ever must do so.

Please absorb the message here. In a sense it can make a dangerous tiger out of a startled pussycat. Once you know your enemy and yourself, as Sun Tzu said, “Know your enemy and know yourself; and in a thousand battles you will not be defeated”.

6 New Instructional Presentations - **AVAILABLE NOW!** *Many more . . .*

**COMING VERY
SOON!**

PDF Informational Briefs

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons*.

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

- 1. Self-defense and close combat**
- 2. Urban survival and spy tradecraft**
- 3. Physical training**

Here's how this works:

- **Select the PDF Briefs that you want.**
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
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You may print out a hard copy of the PDF and/or read it on your computer screen.

“How can we afford to sell these training briefs for such little cost?”
Answer: *There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!*

Our *first* PDF Briefs are listed below. **Make your selection!**

Brief #1: *The Last Speech Given By Col Rex Applegate*
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Finally . . . It's Up To YOU

WHEN that awful moment arrives and it's time to trip the wire and go after your assailant (either preemptively, or after he's seized, grabbed, shoved, or menacingly moved in on you, etc.) *there can be no success, no matter how hard you've trained, and no matter how excellent the*

*quality of skills may be that you have trained in, **unless YOU make the decision to GO!***

Re-read the above paragraph. Re-read is several times. Make sure that the message “sinks in”.

We have been teaching now for more than **50 years**. We have been teaching our own System, since 1975, when it was developed — so we’ve been teaching *American Combato for 43 years*. Since imparting the basics and principles and core techniques of *American Combato* (and, for the last 20+ years having had the great privilege of having our top student Prof. Mark Bryans imparting this to students, also) we have had **many** students use their skills successfully against all sort of dangerous, violent attackers. Some of these students have been males, some females; some relatively young, some older; some very well-conditioned athletes, others typical working people with no particular or outstanding physical prowess; but ***all*** shared this single factor that enabled them to use the high-quality battle-tested techniques which had been taught to them: *WHEN THAT CRITICAL MOMENT ARRIVED AND THEY NEEDED TO COMMAND THEMSELVES INTO DECISIVE, AGGRESSIVE, FURIOUS SELF-PROTECTIVE ACTION, **THEY DID SO!*** In many cases the skill level of the student who successfully used our methods to defend him or herself was quite fundamental . . . not even approaching the halfway point toward first degree black belt . . . but they ***acted fast and ferociously, and it worked.***

We can, through teaching, insure that any student in normal good health and possessing serious interest and average, or possibly even below-average strength, learns exactly how to handle an attacker. We can (and we do) encourage, counsel, and work with any sincere and serious student until they know exactly what to do, how to do it, and understand the factors necessary to enable them to do it well. But when it comes down to the critical moment, we cannot make that all-important decision *for* any student. And that decision is the very simple one to ***go after their***

attacker(s) with wild animal fury, and to save their lives by rendering their extra-legal threat KAPUT!

Whether we teach you personally, or you study and train in our skills via our DVD Home Study Course, you need to understand that your made up mind is all-important, and that — when the time comes — it presses you into appropriate action, should you be so unfortunate as to be attacked and endangered by violent scum.

No techniques or system of close combat and self-defense can do its job unless the individual *actually uses it, and uses it will all-out force*, when the time and the need arises. **Just having the skill is not, by itself, enough.**

Quite some years ago studies were undertaken of American soldiers in military combat (**war**). It was discovered that *very few of them actually used the marksmanship skills that they had proven they possessed in basic training to actually shoot enemy soldiers in battle*. These men has demonstrated very clearly at the rifle range that they qualified (sometimes so well they were awarded “expert marksman” badges after training) to use their rifles to hit enemies in combat. ***The problem was, when it came down to it, these men could not muster what it took to use their skills for real; to fire those rifles with which they had proven themselves to be qualified, when and where it really and finally counted.***

This has happened with law enforcement people as well, and there are *many* instances of it happening with people possessing black belt level skill in one or another “martial art”.

SET YOUR MENTAL TRIGGER! Do so finally and absolutely *before* any crisis hits.

We offer several self-hypnosis programs that can assist anyone in doing this; but many serious students can work it out on their own. **The important thing is that it finally, definitely, unequivocally, and**

absolutely must be worked out. By so doing you can rest easy in the knowledge that, should the need arise, your attacker will —— by his own despicable actions —— trigger his own destruction. Knowing that your techniques are the best **and** that you are without doubt prepared to *use them all-out* if necessary, provides a settled self-confidence that is priceless, and that very few people enjoy.

Some Important Advice On Interfacing With The Police

THE climate in our Nation's cities is very foreboding. Anti-law enforcement sentiment is being fomented by malicious types with a malevolent agenda. And while no one can deny that some police officers in some departments *do* overstep the mark and abuse their authority, it is absolute rubbish to suggest that “cops push their weight around”, or that “you can't trust the police”, etc. *The overwhelming majority of sworn law enforcement officers are decent, courageous, professional people.* It is not merely wrong and unfair to fan the flames of belief to the contrary, it amounts to a damn *lie*.

One problem that exists is a complete lack of understanding of and appreciation for the police officer's position in society. He is there to enforce the law. He is there to protect the citizenry whenever he can, and to apprehend predators who violate innocent people. This is a difficult job, and is often a dangerous job, as well. No police officer in any city of any size can know each citizen personally, and relate individually to each person according to that person's history, personality, and known mode of conduct. The police must approach *strangers* (not necessarily bad guys, or even people who have just done anything wrong) and their presence at any scene is just about never, ever pleasant. Who the hell wants to have to *call* the police, be *stopped* by the police, or have the police appear at their door —— on official business? Aside from the fact that 99.9% of all interactions for the private citizen with police are

somewhat stressful, *there is a definite element of stress that the police experience, themselves* in these instances. After all, aside from interfacing with complete strangers under unpleasant conditions, **a cop doesn't know ahead of time who is nuts, who is violent, and who — very possibly — just might try to kill him at an unexpected moment! This happens. It is a reality of the law enforcement officer's job, and it really behooves the decent private citizen to appreciate this and to do what he can to relate sensibly and correctly whenever interfacing with the police is necessary.**

We have always been of the opinion that private citizens and police officers should mix in friendly contexts, as often as possible. There tends to develop in cops an “**us versus them**” mentality when their contacts (save unpleasant ones) with citizens dwindle, and their association on and off the job is solely with other cops.

In any case, we remember something that our colleague and close friend James Jarrett told us once, about his experience with a man who was no doubt a marvelous field training officer with the LAPD, which James had joined. James said, “He told me that we would be encountering three types of people on the job. Good guys, bad guys, and good guys who are having a bad day.” What a terrific way to introduce a patrol officer to the general categories of people he can expect to meet! “**Good guys having a bad day.**” Yes . . . we believe that every single law enforcement organization that exists can and should inculcate that wisdom in its recruits. Unfortunately, young officers just finished with their training and supervisory period with an FTO, see only *good guys and bad guys*; and they sometimes tend to have a somewhat excessively harsh demeanor with those good guys who *are* in fact “having a bad day”. And, regrettably, the asinine attitudes that are today *urged on good guys* causes them to invite antagonism and severity from police officers who would otherwise have no problem with them, following the initial contact.

We're sure that some will disagree with us about the advice that we are about to offer, and that's their privilege. However, our personal

experience *and* the personal experiences of others who have followed our advice tempts us to repond to our critics by telling them to go fly a kite.

1. When driving and becoming aware that a police vehicle is signalling you to pull over, *pull over at once*. Maybe you really didn't do anything wrong. So what? That doesn't mean that the officer has no good reason for pulling you over. Failing to pull over promptly or — worse! — attempting to flee, is and should always be regarded as a **serious felony**. The idiots who force police into a chase situation are jeopardizing innocent lives.
2. Place your hands on the wheel. *Keep them there* until or unless instructed to do otherwise by the officer.
3. Speak politely, clearly, and be cooperative. *Do not make demands or display outrage, disgust, sarcasm, anger, or indignation*. Just cooperate with the demand for whatever paperwork the officer requests; or answer him truthfully, completely, and courteously.
4. Do not make any sudden physical move. Comply with the officer totally and at once. Keep your hands down, and let them hang relaxed by your sides.
5. If you have a concealed weapons permit and are carrying a firearm, advise the officer in the following way: "Officer, I want to tell you as a courtesy that I have a concealed carry permit for the weapon that is on my person." *Do not say the word "gun" before saying clearly that you **have a permit!*** (If you say to an officer, "Officer, I have a gun . . ." he very well may become *instantly* alarmed and draw down on you before you finish the sentence.) Do whatever he tells you to do peacefully and compliantly with your weapon, *if* he gives you instructions regarding your gun.
6. Resisting a police officer physically is stupid, dangerous, and you will not be able to justify your action. If you are advised that you are under arrest, cooperate. The matter can and will be straightened out later, if in fact some mistake has been made. But the more cooperative and respectful you are the better you will be treated, and the more likely the officer will become convinced that you aren't a bad guy.

7. If you are advised that you are under arrest, **keep your mouth shut after being told, and after replying: “I understand, Officer, so at this point I have no more to say and want to speak with a lawyer”**. And then do keep your damn big mouth shut! Nothing you say after that will help you. You will need a lawyer. Period.

The ruling principle is to be **polite, cooperative, respectful, and compliant**. If you look into most (not all) of those instances when claims are made of police abuses of power, etc., you will see that *discourtesy, lack of cooperation, a bad, disrespectful attitude, and noncompliance with officer commands* got the ball rolling in the wrong direction and accounted for the police ratcheting up their attitude and conduct, more often than not.

Remember this, too:

While only a very small percentage of sworn police officers are unreasonable, needlessly violent, and abusive of their authority, **if you ever encounter a rogue cop your polite manners, cooperative behavior, respectful attitude, and compliant actions will minimize the damage you suffer, and might even “disarm” this individual and rid him of the desire to target you.**

And please . . . make a real effort to see it from the cop’s point of view. These people are sworn to protect the citizenry even at the cost of their own lives. They deal with unknowables every day, and they are, nevertheless **human**, just like you. Twenty-four hours a day, seven days a week, in every hamlet, town, village, city, and nation, countless numbers of good cops save lives, rescue people from tragic accidents, and do lots of fine things for the people they serve.

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— General George S. Patton, Jr.

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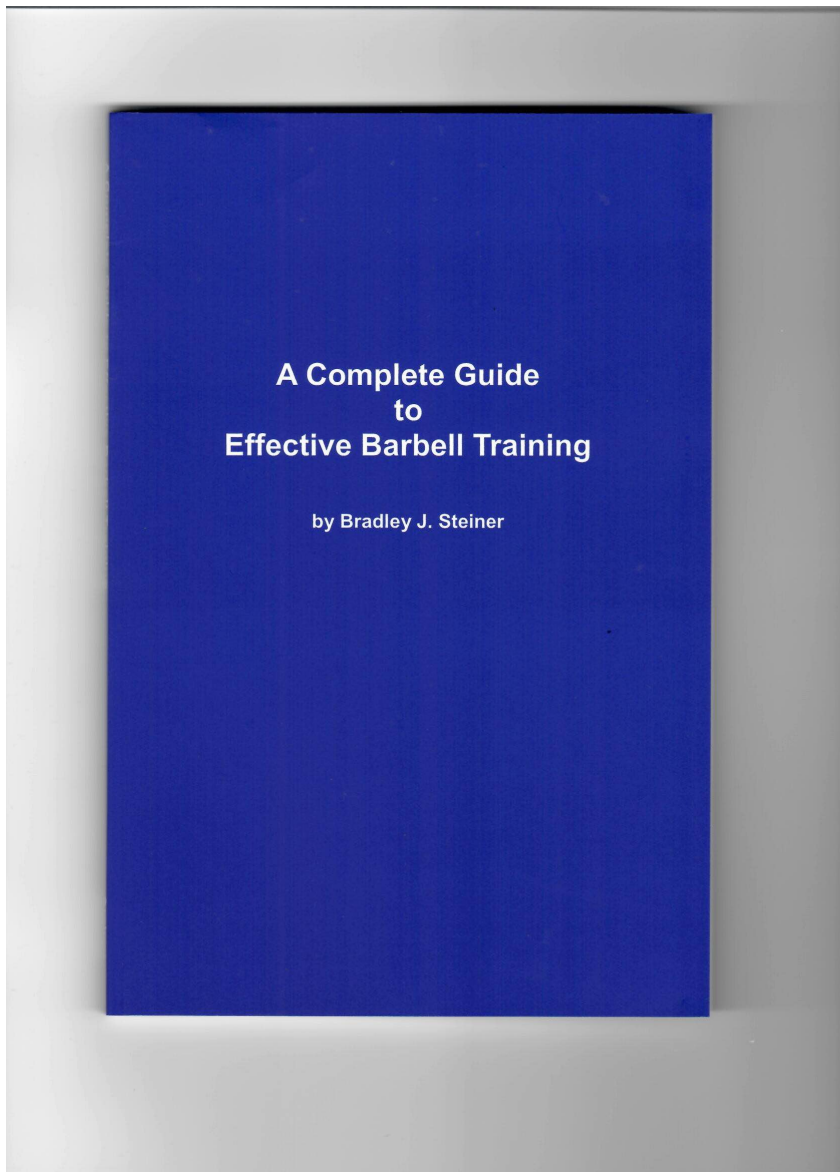
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Thought You'd Like To See This!

BY far the most enigmatic of the WWII close combat masters and system innovators was Dermot (“Pat”) O’Neill who was the hand-to-hand combat instructor for the Canadian-American *First Special Service Force* (alternately referred to by the Nazis as the “Black Devils”, and by historians who’ve written about them as the *supercommandos*).

We learned the O’Neill System (as taught to the FSSF) from Charles Nelson. Nelson had learned it from a sericeman who had trained under O’Neill, personally.

O’Neill was at the time the highest ranking Caucasian black belt **in the world**, in Kodokan Judo. He held the Black Belt, 5th Degree. It is very

Police of 11 Nations Study Here

The folks over at the International Police Academy aren't interested in ploughshares, but they would like to turn swords into nightsticks.

The Academy, housed in the old trolley-car barn in Georgetown, was established to give police leaders throughout the free world an orientation to humane law enforcement practices and administration.

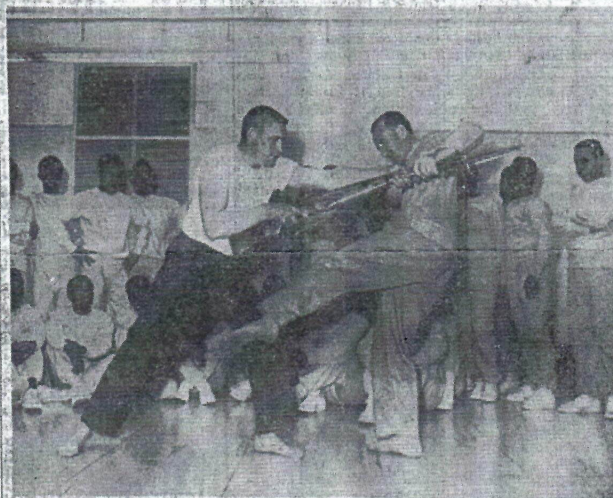
Each day, the 34 foreign police officers from 11 countries now enrolled in the Academy take part in seminar discussions, listen to lectures, read in the Academy's library, see demonstrations and relax in the small gymnasium.

The instruction emphasis is on less violent means of police organization and control.

Through seminar discussion with police officers from different areas of the world, the men seek solutions to common problems, such as police relations with the public.

By living and eating where they wish in the city, they gain a first-hand knowledge of the American citizen and some of the problems which our police forces face.

During the eighth week of the 12-week course the class will take a 10-day bus trip to observe nearby police forces in action.



Dr. Joe Heberker, staff photographer
Glen T. Baldwin and Pat O'Neill show foreign police officials how to parry attacks.

interesting that O'Neill's forte was *ne-waza* (ground techniques). Yet, when tasked with developing a true hand-to-hand **combat** system for the FSSF he *threw out all ground-grappling* and emphasized (as all close combat teachers who deal in reality do emphasize!) **blows of the hands and feet**.

Pat O'Neill had been a detective with the Shanghai Municipal Police, and had learned Fairbairn's pre-war-time Method, *Defendu*. O'Neill had also done intelligence work in Japan prior to WWII and observed *karate*. We believe that it was the triple influence of

experience in actual close combat with the SMP, quality training under and association with W.E. Fairbairn, and observation of the superiority of *karate* for actual combat while in Japan, that led him to develop the top-quality, practical "O'Neill System" of WWII, from which competition, strict judo-ju-jitsu, and ground action were tossed in favor of kicking, striking, strangling, and a series of workable counterattacks.

Here is a super-rare (and, unfortunately, difficult to read) news article that appeared following WWII, when O'Neill continued to teach his combat System to law enforcement officers. The photo is clear enough and shows O'Neill defending against a bayoneted rifle, and using what

is obviously an adaptation of the **roundhouse kick** (renamed in his version as the *pivot kick*).

We thought you'd enjoy seeing this bit of close combat history.

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