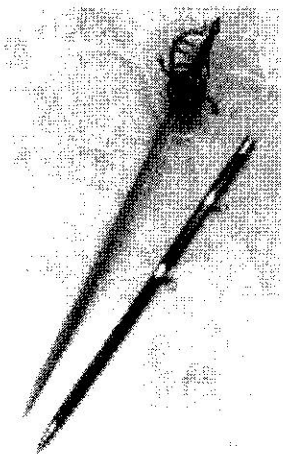
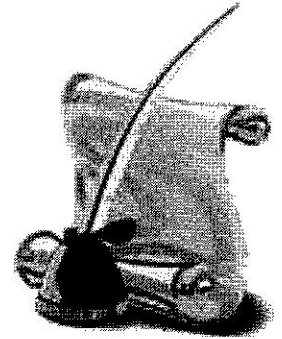


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Sword and

Pen



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*Official Newsletter of the International Combat Martial Arts Federation
and The Academy of Self-Defense*
This is the June 2008 Issue

Editorial

Technique Retention

WHEN you purchase a handgun you can be certain that, provided you do not grossly neglect its maintenance (although, sometimes, as is the case with real quality Colts, S&Ws, Rugers, Brownings, etc., even if you *do* neglect the piece) it will be every bit as reliable 50, 100, or 200 years after you’ve purchased it as it was the day you acquired it. Well made firearms do not come with a “shelf life”. Give them a mere modicum of care and they will last — and *perform flawlessly* — forever. There is little the owner of the weapon needs to do except normal and standard maintenance, which involves hardly anything at all, really, and he may count on that .45 (or .38, or .357, or 9mm, etc.) handgun being *combat ready* whenever and wherever he may need to call upon it — even decades after he’s acquired it.

That attribute — ie the fact that it will *always* and *consistently* provide the capacity to render the protective force for which it was originally purchased — is one of the reasons why a quality handgun is such a fine and valuable weapon of self-defense. At 90 you will be able to shoot down the home invader as reliably as you could have at, say, 25 or 30, when you first got your pistol. The round fired by the fellow in his physical prime does nothing more or better than the round fired by the man or woman 100 years of age who is confined to a wheelchair — so long as we assume the same type and caliber of weapon, and so long as the round fired hits the same mark.

Unfortunately, the *engineered reliability* that is inherent in a quality firearm, is neither normally inherent in **unarmed** self-defense skills that are popularly taught, nor *appreciated as being of enormous importance and desirability* by those who study what are popularly referred to as the “martial arts”.

Not only is 90% of the *karate, taekwon-do, ju-jitsu*, etc. and so on that is taught ridiculously impracticable and absurd for anything-goes, deadly battle with dangerous, physically powerful and determined aggressors, but such skill as may be acquired in those elaborate and “attention-getting” art forms (classical or competitive) **cannot be retained by the participant throughout his entire lifetime!** And anything that one cannot rely upon as being *permanently effective and reliable* — once it has been learned — just will not do for purposes of practical, realistic, reliable, **real world** self-protection.

Effective self-defense techniques are utilized by rational people only when there is a need to protect life and limb — when, if one were fortunate enough to be in possession of it at the moment, a **firearm** would be utilized unhesitantly. One defends oneself with one’s bare hands because that is all that one has available at the time . . . not because any kind of “unarmed combat” can approximate the degree of reliable defense that a well-handled pistol or shotgun will provide.

This will, hopefully, start readers thinking.

*Are the skills and tactics that you are working on to acquire and to perfect actually doable; and **can they in fact be retained once you acquire them so that, long after you have passed your prime, you can still utilize them with a strong probability of success?***

Does this mean that youth, strength, athletic acumen, and being “in training” do not matter at all in self-defense, providing you’ve learned quality skills? **NO!** And we hope that our readers will get this: While being in great shape and in hard training *facilitates greatly* the application of good combat skills, good combat skills **must not rely upon one’s being in great shape and in hard training in order to be effective for the user.** Doubtless *some* who take up close combat and self-defense training will continue to pursue their practice, along with vigorous supplementary physical exercise, for the rest of their lives. But **most** of those who take training at one or another time in their lives will *not*. And this fact needs to be faced — not only by their teachers, but by **them**. All too often we see men in

their 20's or 30's enroll in some classical/traditional or sporting/competitive martial arts program, train for perhaps six months to a year or two, and then never train again. That which they acquired will almost certainly have become totally useless for practical application 20 to 40 or 50 years later.

When is a person a more attractive target for violent criminal attack: When he is in muscular, hard shape at age 20, or when he appears to be out of condition at age 70?

Charlie Nelson could (and in fact once **did!**) defend himself against a strong, young offender while *in his late 70's!* Jack Dempsey knocked two pieces of street filth unconscious *when he was in his 80's!* **THAT'S REAL SELF-DEFENSE ABILITY!** Naturally, boxing (that which Dempsey employed) would need to have been mastered to a level of championship ability — as Dempsey had mastered it — in order to serve a man in his 80's against two young street punks). However, an 80-year old in reasonably good health who had learned how to employ such skills as the **chinjab**, the **handaxe chop**, the **tiger's claw**, the **side kick**, the **fingertips thrust to the eyes**, and so on, could make quick work of some 18 year old narcotics incinerator or some belligerent piece of sewer trash in his 20's or 30's who assaulted him. Why? Because, while being in good shape and strong *facilitates* the ideal performance of such simple, reliable skills, one does not need to be in good shape and strong — once having learned those skills — to bring them effectively into play *at any age, and in almost any context*.

Good combat/self-defense techniques are highly retainable. One need not stretch endlessly, pound a makiwara relentlessly, or drill hour after hour three to five days per week in order to be certain that, *if one's skills were needed, one would be able to use them*.

Virtually all “combative sports” impose a very short “lifetime” on their participants. One does not slam away in the ring in kick boxing, or in competitive karate, or in judo, or in whatever-you-care-to-name throughout one's entire life. Nor is participation in the so-called *self-defense* arts generally possible for many who have passed their 50's. Those brutal, pounding falls that are happily taken by youngsters in the various *ju-jutsu* programs, and the wrenching, jarring wrist and armlocks that all too many psychopathic “teachers” enjoy abusing their charges with (and that **erroneously** leave their charges convinced that they are becoming “tough” and “combat ready” as a result of such doing) just cannot be done once

the people pass middle age. And many realize the pointlessness of this type of “self-defense” that they are doing, and drop out in disgust.

There is a way to acquire solid capabilities for emergency protection. That way entails focusing on effective skills that are **retainable**. “Effective” — from the standpoint of self-defense — does not mean “*effective in winning contests*”. It means effective in enabling the user to knock out, cripple, or kill a violent offender speedily and reliably. That’s it. That’s real world self-defense.

If you train for self-defense take stock of what you are being taught and of what you are actually doing. Are the techniques simple? Can you employ them with relative ease while wearing all types of clothing, and in all sorts of environments? Do you feel confident — once you’ve learned a technique and practiced it for a reasonable length of time — that you won’t either forget the technique or lose the ability to **do** it, should you ever have to? Are the skills you are focusing on dependent upon great dexterity?—Or strength? Could an *elderly* and rather *frail* person who was in good health use that which you are now learning against a young, strong punk?

And finally, ask yourself this:

*“Is my mental attitude being cultivated so that I acquire at the deepest subconscious level true **attack mindedness** (not for the ‘contest arena’, but for **survival**), and the inner conviction that I will — without hesitation, mercy, or the slightest tremor of reluctance — ferociously devastate any would-be killer who I may one day need to stop from harming myself or a loved one?”*

We’re back, as we always are, to simple stuff. If you’re desirous of becoming combat ready then train in simple, basic, destructive and utterly *ruthless* gutter skills. Use the acid test of **simplicity** and **reliability**, and — finally — **retainability** . . . so that, if God forbid you ever do need to save yourself or a person you care about, your skills will be there for you — nearly as reliable as that .45 automatic you’d have *preferred* to use!

Good techniques, like good manufactured weapons, do *not* have a “shelf life”.

BJS

SOME OLD GOLD!

ONE of the better publications to have been written in the field of close combat is *HANDBOOK OF SELF-DEFENSE IN PICTURES AND TEXT*, by John Martone. This excellent little work, published in the early 1960's and long out of print, was authored by a man who is less well known than Applegate, Fairbairn, Sykes, O'Neill, Styers, etc., but whose teachings were every bit as valuable, realistic, and authentic.

John Martone was a physical training/hand-to-hand combat instructor for the U.S. Secret Service and for the U.S. Coast Guard. Additionally, he was an excellent boxer, having worked for a time as one of Jack Dempsey's sparring partners.

In our researches we unearthed an article written by Martone in *MILITARY POLICE MAGAZINE* — June 1952 Issue treating the subject of pistol disarming. We reproduce it in its entirety here for the benefit of our readers. This material was **not** reproduced in Martone's book:—

PISTOL DISARMING NEEDS PRACTICE

By John Martone, DAC 101st MP CI Det

Confronted by an armed enemy, the business end of a revolver pointed your way, can you the MP depend upon yourself to disarm him without suffering injury or death?

Being practical about the question, an MP not trained in correct procedures should never try to disarm an opponent armed with a gun. Pistol disarming remains a technique of time reflexes, coordination of mind and body, steady nerves plus the will to stay alive.

Instructions in the advocated methods and plenty of practice in these fundamentals will create in the MP the necessary confidence and the ability to handle himself properly and successfully in a tight situation.

However, the odds of wresting away your assailant's weapon are never quite the same. Your mental and physical adjustment are the deciding factors which determine the final outcome of the struggle. Obviously, an MP, mentally alert and able to act fast, will disarm a person with less degree of risk than will an MP not so equipped.

Disarming a man with a revolver can be successfully executed when certain factors have been carefully appraised. The distance from you to your foe must be accurately judged to determine the striking distance. To react instinctively in a precarious situation, such as a holdup by a potential assassin, would be the next thing to committing suicide.

Also important is a rapid analysis of your opponent's mental state and its physical manifestations. Such consideration should generally establish the type of character you have encountered.

Is he cool, smart, vicious, experienced? Or is he cowardly, nervous and possibly addicted to drugs? Again, might not he be the more ruthless sort with a quick trigger finger?

The MP must judge best what to do providing if he is allowed time to think and act. Your life is at stake, so conform to or appease the assailant in his every demand. Throw him off guard by pleading, cautioning, feigning fear, falsely pretending or acquiescing.

Keep in mind, though, that an attempt to disarm a person using an automatic weapon involves greater risk because of the single action mechanism of the piece.

Most important of all, however, is to study and then to practice what you have studied. A thorough knowledge of pistol disarming techniques breeds confidence; ignorance and inexperience mean failure.

POSTSCRIPTUAL COMMENTARY:—

We never tire of pointing out that all *good* instruction in close combat and self-defense is *simple*. It is based upon good sense, workable physical actions, practical psychology, and the understanding that practice makes perfect. In his own words John Martone pretty much presents his thesis on pistol disarming in this spirit.

While we ourself have used the term in the past, we do not like "disarming" as the designation best suited for teaching firearm (or other weapon) defenses. One ought never endeavor to "*take the enemy's weapon away from him*" which is, when you think about it, what "dis-arming" actually means. For decades now we have reduced the formula for all counter-weapon action to a two-step process: **1. GET OUT OF THE IMMEDIATE DANGER (LINE OF FIRE, ETC.),** and then **2. KILL THE WEAPON-BEARING ADVERSARY.** "*Kill?*" What we

intend here to convey is that one's attack against any armed enemy must be **unrestrained, all-out, absolutely furious, and unrelentingly savage**. The truth is this: *Legally and morally you are fully justified in using deadly force against a deadly attack. In fact if you **do not** use deadly force you are merely increasing the odds of your own failure — and that (with an armed enemy) will likely mean **YOUR OWN DEATH**; or worse, the death of a loved one.*

You have to be insane to restrain yourself when forced to defend against anyone armed with a deadly weapon. Period.

We wrote a book quite some time ago that has recently been reprinted by Paladin Press: *NO SECOND CHANCE*. It is all about weapon counteraction . . . the techniques, tactics, and psychology. If we were to write a volume on that subject today we would make a few changes. We would *simplify* things even more, and we would more emphatically stress the need for **lethal force** whenever defense against a deadly, armed threat is necessary. Not that we did not emphasize these things. We *did*. But they are so important, we'd try to do it even better if we were doing it today.

Regarding John Martone's excellent little book: It is not that easy to come by, however it is well worth an internet search and — within reason — a fairly high price (since it *is* a collector's item, and its material is first-rate. If Paladin (or anyone else) ever comes around to issuing a reprint of *HANDBOOK OF SELF-DEFENSE*, **BUY IT!**

Have You Noticed . . . ?

WE observe that the newly popularized “all combat/practical/no-nonsense, etc.” field of martial arts (which we are in no small measure responsible for spawning, back in the late 60's-early 70's) has now become, in many *undesirable* ways, like the old classical-traditional martial arts *used to be*, in the 1950's, 60's, and 70's, when they were relatively new, in America. The back-stabbing, the denigration of schools and methods and instructors other than one's own, the claiming to be the “real” purveyor of “the WWII methods”, etc. and so on . . . ad nauseum. It's kind of funny. Youngsters (ie fellows in their 20's, 30's, and 40's) who have recently come aboard (after first training in classical-traditional methods!) now speak and preach as though they had been longtime protégés of Applegate, Fairbairn, O'Neill, and so on! They got hold of the WWII classics (and good for them for

doing so!), but they speak, act, and promote themselves like they had *always been doing that stuff*.

People, it would seem, are always going to remain people; or, as Nietzsche put it: ***“Human, all too human”***.

One very comical thing about the phenomenon is how each of these “experts” bellows loudly about how ***the good stuff is all simple***, and ***“martial arts” are no good because they’re fancy and acrobatic***, etc., etc. Yet . . . for all the simplicity and lack of mystery that real world combat training does indeed reflect, *many of these idiots spend hour after hour on the stupid internet forums, and e-mailing, and braying like the asses they are to other asses that so-and-so is from hunger, and such-and-such hasn’t a clue, and this one can’t do s—t, and that one’s full of crap, and ONLY HE, THE ANOINTED ONE (OR THE “GREAT ONE” THAT HE STUDIES UNDER) knows the “real” scoop, and teaches the “real” thing.*

If this stuff is so simple and straightforward, how come these little connivers and miscreant commercializing johnnie-come-lately’s feel that they are the only ones offering the “real deal”??

Yeah, we know. The question is rhetorical.

When shopping for a good instructor, look for someone who makes sense . . . not someone who spits out venom, slings crap, and revels in the discord and dissent that his psychotic inner turmoils lead him to endeavor to foment!

We are not shy about saying that we are one of those established professionals whom you can go to in confidence. So is our top Black Belt, Mark Bryans. And, so are other terrific teachers, like John Perkins, Jim Harrison, and those who have earned solid credentials *from* these teachers.

No one has a monopoly on good, basic, reliable training in close combat. There are some small differences between what and how even the finest teachers present that which they present. It is something analogous to the major Japanese schools of *karate*. In Japan you have the *Shotokan*, the *Shudokan*, the *Wado-Ryu*, the *Shito-Ryu*, and the *Goju-Ryu* (and, we would add — against the wishes of the Japanese, no doubt! — the *Kyokushin-Kai* of Oyama). Each one is *slightly* different from the others;

but every single one utilizes the core, proven **principles** and **fundamentals** of good, sound *karate*. It's something like that with the modern, fairly recent, schools and systems of all-combat, realistic *martial* "martial arts". There are some second-handers and undesirables out there — but you can avoid them. Select from among the quality teachers. They are *all* offering something practical and very valuable; even if each school has a slightly different "flavor".

What About "Krav Maga"?

ONE new kid on the block in American martial arts is that system known as "*Krav Maga*". Teachers insist that Krav Maga is an "all self-defense" method, and hawk it in that manner — in seminars, books, and DVDs.

Here is something to note: The Israelis certainly **DO** teach and promote tough, no-nonsense, straightforward and quite *excellent* close combat training within their military and intelligence communities. And the **actual** Krav Maga that *is really taught* to those in Shin Bet, Mossad, the IDF, etc. is a great system of personal combat. There may be some who are teaching this to people outside of Israel, but from that which we have seen and heard, *most* (perhaps not all) of those schools and individuals teaching Krav Maga are teaching what amounts merely to *competitive karate (or kick boxing) with a Jewish accent*. They include some self-defense techniques, but we observe high kicks, sparring, **clenched fist punching** (even by female students) and some fairly acrobatic stuff.

Many years ago (in the early 1970's, in New York City) we knew some IDF soldiers. They discussed with us a great deal about their training, and *at that time* they mentioned that there was a heavy *taekwon-do* influence in their hand-to-hand combat, because Korean teachers had been hired to go to Israel and teach Korean karate to the military. Somewhat later on we met individuals involved in Israel's intelligence community. These people actually showed us some of that which they had been taught, and we were very impressed. They called it Krav Maga, **but it bore no resemblance whatever** to the Krav Maga that we see demonstrated in the present-day martial arts media. It consisted of *eye attacks, heel of the hand blows, open hand chops, low kicks, knee attacks*, and some basic *self-defense responses* to common grabs and assaults with fists or feet.

If you are looking for a good self-defense school, check out what the *curriculum* consists of . . . it may be a somewhat "sporterized" or "diluted" Krav Maga, **if**

the school you are considering is teaching Krav Maga. Remember: **The genuine article — ie the Krav Maga that is taught to IDF, Mossad, etc. — is GREAT stuff, and is highly recommended for practical defense.** Just make sure you don't see lots of clenched fist punching, sparring, high kicks, and *karate*-like competitive skills being emphasized. Such would be great exercise, but leave much to be desired for combat purposes.

A “Mini” Strength Training Program

WEIGHT training is all but *essential* in fully preparing the student of hand-to-hand combat for actual battle. Strength *is* important, and the all round conditioning benefits of heavy weight training are not to be garnered from any other activity.

But what do you do when and if you have little time for training? How can you incorporate a weight routine with a combatives training schedule. *Rather easily, in fact!*

If you can set aside **TWO, 20 TO 30 MINUTE PERIODS A WEEK** then you can incorporate an outstanding training program into your martial arts regimen.

Here is what you will train on

1. Standard “military” type barbell presses

- 1 set of 10 repetitions (light warmup)
- 1 set of 8 repetitions (medium-heavy weight)
- 1 set of 5 repetitions (as heavy as possible)

2. Squat

- 1 set of 20 repetitions (light-medium warmup)
- 1 set of 6 repetitions (heavy)
- 1 set of 3-4 repetitions (maximum)

3. Regular-grip (palms facing you) chins

- 1 set (at first bodyweight, gradually adding resistance over time)

of *as many correct, strict*, chins as you are capable of doing, until you can do 20 (then add weight)

Note: Additional resistance is added in chinning by use of a belt that ties the plate(s) around your waist area. These belts may be purchased at any well-equipped gym supply shop.

Permit two days rest between each workout — *at least*.

Think the workout's too short? Not convinced that it "covers enough"? ***Don't knock it until you've tried it!*** Give it a sincere and persistent effort, striving to increase the weight resistance and effort output steadily. After six to eight weeks, take a week off and rest. Then, either resume the routine as-is, or try a modified routine.

You don't need two and three hour workouts to achieve all round strength and conditioning for close combat.

Make sure you get enough sleep and rest, and follow a good, balanced diet.

If You Train To "Defend Yourself" Then You Are

Not Training To Properly Defend Yourself!

EFFECTIVELY stopping a dangerous and determined physical aggressor depends upon a great deal more than merely being able to avoid or to defeat whatever *initial attacking action* that aggressor might make. For example, if some would-be killer initiated a two-hand choke in an effort to murder you it would **NOT** be sufficient simply to break that choke hold, in order to defend yourself. Whether or not it is "politically" or "socially" correct to say it, we will:

You must be ready, willing, and able to knock out, decisively cripple, or *kill* any attacker who is determined to kill you, if you hope to be reliably able to defend yourself against his onslaught.

Put differently: You must be ready, willing, and able to **attack your attacker**, as we first began teaching in the late 1960's, and first wrote in our little Manual, *The Tactical Skills Of Hand-To-Hand Combat*.

Being in the business we receive the industry journals for the "martial arts". Exceedingly popular and appealing today is the "*humane self-defense*" or "*defend yourself without causing injury*" movement. People are gravitating to it like flies to s—. And while we would not equate those people literally with "flies" per se, we have no problem saying, that in our personal opinion, "non injurious self-defense" is certainly a concept that is synonymous with s—.

We have been *immersed* in the arts of self-defense, close combat, weaponry, security, and related matters, as well the psychology of violence and the behavior of violent people since the 1950's. This is considerably longer than the majority of those who teach self-defense (or what they *call* "self-defense") have been alive — let alone training others. ***WE KNOW THAT OF WHICH WE SPEAK***. You must be a realist when you train for personal defense. Violent criminal offenders, troublemakers, bullies, and others of this type and mentality are dangerous, malevolent creatures. They *like* to injure and to kill others; they *enjoy* their activities, and they ***have no mercy or compassion for those whom they target***. Unless an intended victim is fully prepared to dish it out in kind, and *possesses ferocious skills with which such "dishing out" may efficiently be done*, it is absurd to think that any hope exists for a realistic defense against violent criminal scum.

As we tell our students: **Your purpose may, and in fact ought to be, "defense"; however the means by which you achieve this *must be offensive*. You will need to go after your attacker fiercely, injure him badly, and keep on injuring him until he loses the will and the capacity to injure YOU.**

Now here's an unabashed plug for one of our publications:

The reprint edition of **THE TACTICAL SKILLS OF HAND-TO-HAND COMBAT (SELF-DEFENSE)** will be available from Paladin Press this summer. Look for it in their July catalog. *This little pamphlet, which sold out two printings when it was first published by our self in the 1970's, is the historical fountainhead for the "combat martial arts/WWII system/no-nonsense/offense-based, etc." movement that has been gaining momentum during the last 20+ years.* Its message is as current and relevant today (perhaps even more so) than it was

when we first presented it more than 30 years ago. If you are training for realistic self-defense you will benefit enormously from a study of this little work.

When In Doubt, Simplify And Get “Dirty”

STUDENTS who are involved in various martial arts, from *judo* to *boxing* to *varmannie* to *wrestling* to *Chinese ch’uan fa* (ie “kung fu”), etc. and so on, often ask us — since they are unable to personally attend training with either our self or Mark Bryans (who teach *American Combato - Jen•Do•Tao™*), or with other ICMAF Associate Teachers who specialize in equally excellent **real combat training** — **how might they best adopt that which they do train in to the real world demands of close combat?** For those individuals we’ll say:

- a) Narrow down your skills training to those few *simple* and *practical* actions that you have been taught and that suit you well, and ***perfect*** them; learn to apply them as **aggressively** and **offensively** as possible, and to ***keep on attacking*** with them,
- b) Supplement your training by adopting gutter tactics and *incorporating them into what you do*. If/when you are ever pressed to defend against a *real* attacker, decide to: **Bite. Gouge eyes. Stomp kick the knees/shins/insteps. Rip ears off. Claw and grab the face. Seize, crush and twist the testicles. Use *anything* at hand to smash, jab, stab, cut, or distract your enemy.** Lace *that* into what you do in your standard training.

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Thanks much for visiting this month