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SWORD and PEN

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E d i t o r i a l

Beware Halfway Self-Defense

Measures

DECENT human beings find violence repugnant. The idea of physically maiming or even killing another individual is, to a rational, moral mind, *distasteful* and very, very undesirable. Personally, we would never knowingly accept as a student anyone who did *not* find this to be so. Matters are bad enough in our rapidly decaying urban (and suburban) jungles, without making them worse by equipping psychopaths with savage combat skills.

Two problems arise because of that reluctance to inflict serious injury — and to do so swiftly, relentlessly, and unhesitantly — that exists in the minds of typically

decent, responsible citizens:

1. It has given rise to a most “accommodating” approach to self-defense. Called alternatively “*humane*” or “*non injurious*” self-defense, this approach appeals to the wishful, unrealistic, innocent thinking of the decent soul who wants to be able to defend himself, but who likes to believe that such can be accomplished in some “nice”, “sanitized” way.
2. It presents an enormously important challenge to professional teachers of armed and unarmed self-defense everywhere to *effectively work to condition the minds of their students so that, in a crisis, they will not be held back by inappropriate inclinations to restraint or forbearance.*

Problem number one can only be dealt with by recognizing its fallacy and by avoiding whatever temptation to accept the thesis of such systems of defense that offer it may arise. No matter how “good” it sounds, training to defend yourself by developing “humane”, “non injurious” skills merely conditions you to commit inadvertent suicide in any dangerous situation.

We do not wish to speak antagonistically about other theories of self-defense or about other teachers. We must, however, take strong exception to any concept of self-defense preparation that advocates cautious and respectful treatment of physical assailants. Let’s say that proponents of this school of thought mean well. Okay. But meaning well does not translate into being correct. The jungle witch doctor who dances over a sick member of the tribe in order to cure him of some awful illness surely *means well*. It is his intention and plan to cure the afflicted individual, not to neglect him, or to make his malady worse. Nevertheless, the *fact* remains that a sick person requires medical care. Chanting and dancing contribute little or nothing to the actual cure.

The private citizen who, being a generally peaceful, non violent person therefore assumes that he is better off learning a “less aggressive” or “less brutal” approach to personal defense because that is what he presently finds most palatable is making a huge mistake. *The demands of the dangerous predicament in which the violent offender places you, and **not** how you happen to feel about how you’d “like” to be able to deal with that situation, must guide your preparation and training.* Finding yourself under physical attack places you in an abnormal predicament, and unless you are able to employ *that which actually works* in such a predicament, you might not survive the encounter.

Halfway self-defense measures do not work.



LIKE IT OR NOT, ***THIS*** IS THE KIND OF TECHNIQUE THAT REALLY WORKS WHEN A DESPERATE, DANGEROUS SELF-DEFENSE EMERGENCY OCCURS. THE PERSON WHO IS RELUCTANT TO GOUGE AN ASSAILANT'S EYES (AND TO CARRY OUT SIMILARLY VICIOUS AND RUTHLESSLY UNSCRUPULOUS ACTIONS) SHOULD ***NOT*** MAKE THE MISTAKE OF SEARCHING FOR A “SELF-DEFENSE COURSE” THAT TEACHES LESSER, MORE GENTLE METHODS. THE RESULT OF ***THAT*** APPROACH WILL BE NOTHING MORE OR LESS THAN LIVING IN A FOOL’S PARADISE — UNTIL A CRISIS STRIKES, AND THEN YOU MIGHT NOT BE ALIVE, AT ALL!

It is a fact that there are an awful lot of “martial arts teachers” who have had ***zero*** actual experience with physical violence. They may have competed, they may have sparred, they may have engaged in contests and tournaments galore — but they never faced a cold-blooded killer in an unanticipated attack emergency. They were never jumped by a group of street punks. They were never the victim of attempted kidnap, rape, or murder. They were never confronted by a violent enemy armed with a club, knife, gun, or broken bottle. These teachers may be quite excellent instructors of their ***art***; but they are woefully lacking in the tactical knowledge, experience, and researches into combat that might enable them to

adopt their art to real world requirements. In cases where they adopt that which they know to suit *wishful thinking* or that which is *politically correct* and *in vogue*, they unwittingly contribute to the most unrealistic preparation of their students for what may well be a once-in-a-lifetime deadly conflict.

Over the years some have criticized us for our “too brutal” approach to personal defense. The truth is that we wish that it *was* possible to defend oneself without causing injury to others. We detest violence. However, we must be guided by reality. And the reality is that people who attack and physically violate, terrorize, and murder others ***cannot*** be dealt with by using anything less than extreme force. When someone attacks you there is no way to determine his motives, capabilities, armament, or past criminal history. *Common sense mandates that you assume the worst, and that you take no chances with your life or with the lives of loved ones who may be dependent upon you for protection.* It is irrational to place an onus of responsibility to do “minimum damage” upon the victim of any physical attack.

Nor does our philosophy and method lead to excessive violence. Quite to the contrary.

We have had students over the years who, confronted with the need to use the skills that we had taught them, did so — and then, upon realizing that they had stopped their attacker in his tracks or caused him to retreat, *employed no further force against him.* The confidence that our students had gained, and the decisive and destructive ***first action*** that they had been taught to generate when attacked, placed them in the command position. Being essentially decent and good people with no desire for unnecessary violence, these students *exercised automatic and natural self-restraint.* However, had they not exploded with extreme violence at the outset of the attack, they would never have been in any position to handle their crisis at all.

Remember our basic strategy: **First**, do everything possible to *avoid* trouble. **Second**, if there is no alternative but to deal with a violent offender, *preempt* his attack by *attacking him*, and neutralize him before he realizes what has happened. **Third**, if you are ever taken or caught off-guard *counterattack ferociously*, and turn the situation as quickly as possible into one in which *you* are the attacker, and your assailant must cope with *your* onslaught.



ANOTHER “MUST” TECHNIQUE: THE THROAT LOCK. WHEN YOU ARE FORCED TO DEFEND YOURSELF AGAINST A WOULD-BE KILLER OR OTHER VIOLENT LUNATIC *DO NOT THINK TWICE* ABOUT CALLING UPON REAL WORLD NO-NONSENSE WARLIKE SKILLS THAT *WORK!* THE ONLY ONE WHO GAINS ANYTHING FROM YOUR RELUCTANCE TO “GET TOUGH” IS YOUR ATTACKER.

In other words: Never, ever start, look for, agree to, or contribute in any slight way to interpersonal violence. However, if you are attacked, *win the war*. You are in serious trouble, and the only thing that matters is stopping the assailant.

Serious, determined physical attackers are hard to stop. You need tough, war-proven skills, a proper mindset, good tactics, and an immediate, merciless, decisive reaction to the emergency.

Halfway self-defense measures will not due. Don’t kid yourself about this, and don’t believe what you see in choreographed demonstrations, or what you are told in schools where fantasy actions have replaced the hardcore, no-nonsense manhandling skills that *work*.

If, God forbid, you are ever in a position where you need to take action in self-defense, you must go *all out* — and you must do so with savage, reliable combat techniques. Nothing less will do. We speak with a background in this field that spans about 50 years.

Bradley J. Steiner

√ Want some assistance in understanding how to sift through the deluge of “martial arts” schools and teachers out there, in order to find a qualified *combat* and *defense* instructor? Read the latest article in the “Articles” section of our other web site: **www.seattlecombatives.com**.

There Are No “Good Neighborhoods”

WHAT we mean by this is that, regardless of where you go or when you may go there, there is *always* some risk of encountering trouble. Human predators drive vehicles, utilize bus and subway systems, and — by all sorts of ways — manage to intrude upon so-called “nice areas” of any city. Yes, certainly, there are neighborhoods in every major city that are generally known, by police and private citizens alike, to be *very* undesirable places to visit; while on the other hand, there are neighborhoods considered to be “good” — usually “upper class” — and that are regarded as most unlikely places where criminal violence would occur.

But *unlikely* does not mean *impossible*.

The wise student of close combat and self-defense is *always* ready. This does not mean that he is jumping around in a state of alarm, twitching at every sound and anticipating a knife attack at every turn. It *does* mean that he is **alert** . . . *situationally aware*. It means that he never allows himself to be lulled into a false sense of security, and that he appreciates that wherever there may be human

beings there also may be trouble. He realizes that the world is not a safe place, and that there are predatory types wandering incessantly about, and that *he may have to confront and deal with one*, unexpectedly, in an environment in which one would normally feel oneself to be safe from such forms of trouble.

A proper mindset for self-defense preparedness is analogous to an eternal flame. It burns incessantly. It never dims, fades, or goes out. The self-defense mindset may also be thought of as being something like a radar screen — always turned on.

A radar screen constantly scans, checks, and scans and checks, etc., regardless of whether or not there is anything within its purview at any given moment. *Because*



NEW YORK CITY'S PARK AVENUE. LITERALLY WREAKING OF AFFLUENCE AND "UPPER CLASS" RESIDENTS — MANY OF WHOM ARE MULTIMILLIONAIRES — THIS "GOOD AREA" OF NEW YORK CITY NEVERTHELESS HAS SEEN ITS SHARE OF VIOLENT CRIME. ENJOY A STROLL THROUGH SUCH NEIGHBORHOODS AS THIS IF YOU WISH; BUT STAY IN CONDITION YELLOW AT ALL TIMES.

of this, nothing can come within the purview of the radar apparatus without being

instantly picked up on the screen. Nothing goes unnoticed. And — when the blip on that radar screen is not identified as “friend” — *readiness to take counteraction is instituted at once.* The blip must be identified (literally, when radar is involved, by sending up fighter aircraft to ascertain *friend* or *foe*) and until positive identification of the cause of the alarm has been made, readiness to neutralize is maintained at a peak.

Even in neighborhoods known for high crime and violence, the majority of residents are *not* criminals or troublemakers. Genuine violent predation is, even today, thank God, *the work of a minority of antisocial types.* And that’s what makes the threat so dangerous, and the need for proper mental preparation so critical. There is no sure way to tell who may or who may not be intending you harm when he approaches. *If the individual is not known to you, be alert and be careful.*



THE SOUTH BRONX. ALTHOUGH THIS AREA OF THE CITY HAS ALWAYS HAD A REPUTATION AS A “BAD NEIGHBORHOOD” THE MAJORITY OF RESIDENTS HERE ARE DECENT BUT RELATIVELY POOR. IT IS CERTAINLY IMPORTANT TO BE SITUATIONALLY AWARE WHENEVER WALKING THROUGH THE SOUTH BRONX — AS IT IS WHEN WALKING ANYWHERE IN ANY PART OF ANY CITY, TOWN, OR HAMLET!

A three piece suit and a friendly smile is no evidence that a stranger is friendly. Nor is slovenly dress and an unkempt demeanor proof that a stranger means trouble. *Your standard is: **If I know who the person is, then I can decide how to***

react to his approach. But if I do not know him — not matter what he looks like, or how he behaves — I must remain in a basic cautionary, aware, mistrusting, alert mental state.

And you never foolishly reduce or abandon caution and wariness because you're in a "nice" neighborhood.

Unfortunately, social events and social gatherings tend to be places where violence frequently erupts. Once again, if you are in attendance at any social gathering *do not drop your mental guard.* Enjoy yourself. Be friendly. Circulate courteously and respectfully, and engage in whatever friendly discourse you wish, with whomever you please. **But** — do not become lulled into a state of complete inattentiveness. Like it or not, violence can explode anywhere and at any time.

The motive that anyone might have for physically attacking you is irrelevant. It makes no sense to argue that "you did nothing to provoke him". *In the "mind" of the violent offender he has sufficient reason to justify whatever he does.* Being sane and normal you will of course not be able to comprehend why anyone would attack you out of hand. *That's not important.* It **IS** important to be ready.

Be prepared. Be ever ready. Always.

Having a high level of physical ability with the techniques of self-defense is **not** enough to insure that you will be ready for an emergency. Anyone — even an expert — who is taken completely by surprise, *can be effectively taken.* Skill and physical prowess is not enough.

Do not set your mind when going to a "suspicious" or "bad" part of town. **Set your mind — period.** And keep it set — everywhere and for all times; no matter where you go and no matter whom you may be amongst.

There may be some who will (foolishly) regard this advice as overreacting and as near "paranoiac" concern. It is nothing of the sort. It is merely *realism.* The facts show that violence can and does erupt *anywhere* — even in the "nicest" of places. And *paranoia* is a medical term. It refers to a state of delusion and imagined persecution. **We are not speaking of "delusions" when we speak of violence in human society, are we?** We are speaking of *facts*; facts that appear in the news every day and in every city in the nation.

Train hard. Master good, effective skills. *And keep your mindset properly tuned so*

that you *never* fall victim to laxity and complacency in your daily life . . . no matter how apparently “safe” or “good” the environment may be where you find yourself at any given time.

Multiple Attackers

THE news reports of violent attacks on citizens everywhere keep confirming: *It is more likely than not that if you are attacked you will be attacked by **more than one** violent offender.*

Is it impossible to defend yourself against two or more assailants? Some have emphasized (we insist *very incorrectly*) that it is impossible. These tend to be advocates of the competition/grappling/groundfighting school of thought. They respond, when asked — quite logically — by those who are skeptical about the ground-grappling approach, “What do you do if two or more individuals attack you?”, by saying, “You can’t defend yourself against multiple attackers” and leave it at that. As though they have stated an immutable fact that requires no further discussion.

The truth is, of course that if you rely upon competition type grappling, groundwork, and submission type techniques then **no**, you *cannot* handle two or more attackers. How could you possibly do so? When you tie yourself up with one man, drop to the deck with him, wrestle for a finishing hold, and regard bringing him to a point of submission as the whole purpose of your endeavor, it *is* in fact impossible to protect yourself against the onslaught of a second, third, and possibly a fourth aggressor, as well.

However, when you recognize that **BLOWS** must constitute the core of close combat and self-defense work; and when you further abandon all thoughts of “squaring off”, meeting an adversary on equal terms, and omitting from immediate use and consideration *throat, eye, testicle, knee*, and other truly disabling and maiming target area attacks, the picture changes. Self-defense is no sport. Acquire the right *warlike* mindset, and prepare to go all-out at once, capitalizing upon the element of surprise, the use of deceit, deception, and the foulest gutter tactics imaginable — *as well as weapons, if at all possible* — and we assure you ***MOST EMPHATICALLY YES, YOU CAN DEFEND YOURSELF AGAINST MULTIPLE ATTACKERS!***

Before we proceed to discuss some tactics and techniques that you need to acquire and develop, let us pause and state very clearly that, while defense against

multiple attackers is quite possible, *it is difficult, and the prospect of handling two or more violent offenders is **always** a deadly one.* Just as is the case when a weapon is used against you, whenever you find yourself outnumbered *you must recognize the situation to be life-threatening, and you must be immediately prepared to employ the most extreme measures — without a moment's hesitation — in order to save yourself, or to save someone who you are striving to protect.*

Some surprising advantages a lone defender potentially possesses:

Although it may seem odd to say this, there are in fact some definite possible advantages that a defender who finds himself attacked by multiple adversaries may often have and be able to exploit. Consider them . . .

- Although not true 100% of the time, it is certainly *almost* always true, that any two or more individuals who band together to target someone they believe they can readily victimize are **cowards**. When you think about it, it is so unmanly, undignified, and shameful to “gang up” on a solitary person, that pretty much only *cowards* are capable of doing so. Any self-respecting person would recoil at the mere thought of undertaking such a despicable action; and no one with genuine courage and dignity could be persuaded to act in such a way.

Because of the near-certainty that multiple attackers will in fact be cowards the mere implementation of a violent, spirited defense is often sufficient — by itself — to startle them sufficiently so that effective actions can be undertaken, and escape can be effected. *Drop one of the multiples with a vicious blow to the throat, for instance, and the shock to his companion(s) will often be such, that continued defensive action will be rather easy.*

- Whenever two or more attackers move on an intended victim *they believe that they will be successful.* If they anticipated attacking someone whose response would be murderous force and unrelenting aggression that likely would result in one or more of them (i.e. the attackers) being maimed or killed, they would not move on that particular victim. This really would seem to be quite obvious.

Because of this fact, the all-important ***element of surprise*** — so crucial in all warfare and conflict — is entirely with the defender, *if he will only understand that it is so, and if he will only use it.*

By suddenly exploding into a fierce offensive the person who has been set upon by more than one attacker *shocks* his victimizers. If only for a second or two (all

that is really necessary to turn the tide of battle) the defender can literally *freeze* his assailants — mentally and physically. By then capitalizing upon the moment's opportunity to lash out with leg-breaking kicks, crushing blows to the neck and throat, jabs to the eyes, etc., the defender can generally prevail against the odds.

- Violent offenders who attack in pairs or packs generally are dangerous because of their attitude and willingness to damage and to kill — *not* because they are per se “expert” in moving in and using good group maneuvering tactics to overwhelm their victim. Their approach in fact is often awkward and demonstrative of *poor* tactics.

The defender whose maneuvering (footwork) and tactical readiness has been drilled properly into him will *know* what he is doing. The attackers cannot guess and anticipate alternate “game plans” that they will use upon discovering that their intended victim does *not* stand or move as they expected he would. In fact, as soon as a defender proceeds to violently undertake a powerful counteraction of his own *that the attackers never anticipated*, they are “stuck”. They cannot pause to consult with each other, but must instead — and individually — try to adjust to the unexpected. And if that which hits them *unexpectedly* is effective, those attackers may well be out of luck!

Once again, we do not wish to minimize the very real danger of a multiple assailant predicament. **These are deadly attacks, and any defender should without question be ready to react to them as such.** However, they are not hopeless situations, and no one should believe that they are. One final point that we feel is a great advantage *simply to know*:

- In instances when trained (and sometimes even *untrained*) individuals have fought back hard against multiple attackers they have overwhelmingly been **successful!** We researched this years ago and discovered, to our delight, that **the odds certainly appear to be with the defender rather than with the multiple attackers when and if the defender reacts correctly using good tactics, attitude, and techniques.**

Some fundamentals to acquire in order to be able to defend against multiple attackers:

1. **ATTACK!** The last thing the cowards expect, and the first thing to do! Do not make a show of getting ready or of being willing to attack when the multiples approach or move in — **suddenly explode!** Combine your physical attack with the

most bloodcurdling yell you can generate, and grimace like a madman — contorting your face and snarling like a wild animal. The more drastic and extreme the transition from your facial expression and physical demeanor at the moment of the multiples' approach to the growling, yelling, grimacing madman/wild animal when you attack, the better. ***Shock them! Surprise them! Overwhelm them!***

2. In general the best “first strike” to initiate is one that kills or blinds one of the attackers. That is: A vicious, fully focused chop to the throat *or* a driving stab of your fingers into the eyes of one of the attackers. A side kick to the knee, breaking one man's leg, is also good, but the action of shifting bodyweight to one leg in order to execute the kick makes it a technique that must be selected as a first strike judiciously. Make sure you're not being severely crowded when you lash out with this kick. You do not want to lose your balance.

When you strike, ***YELL!*** Grimace, snarl, growl!

3. Do not stop attacking. Once you propel yourself into action, ***keep on going!*** You want to be in constant motion. Turn, bob, weave, strike out, kick, slash, jab, etc. ***Do not stand still, pause, or attempt to position yourself specifically.*** Just keep on turning, moving, attacking, and growling like a wild animal. ***Anything goes.*** If you have anything in your hand, use it as a weapon. Gouge out an eye, jab a throat, smash a knee, etc. ***Keep on attacking and keep on moving!***

(Note: If you are wearing a sidearm do *not* attempt to access it until you have **distance**, **time**, and **space** in which to do so. Otherwise, your reaching for your weapon when the multiples are upon you will enable them to disarm you. Obviously, if you are able to access your weapon and *if* your attackers are still coming at you with lethal intent, shoot them.)

4. It is inevitable that you are going to sustain some injuries — perhaps some very serious injuries — during the course of defending yourself against multiple attackers. The idea is to beat yourself into a killing frenzy in such a predicament so that you become an attacking dervish — adrenaline preventing you from succumbing to pain and injuries for the time being — and you ignore anything but securing your safety by defeating the attack. Injuries can be tended to later. Do **not** react to any injury during the attack save by becoming more frenzied in your commitment to destroy your attackers.

5. Cultivate the strategy of going from one attacker to another — rapidly,

aggressively, and without hesitation — when two or more attack you. Slam into one, then slam into the other . . . and so on. By constantly shifting position, attacking each assailant in succession, you become more difficult for any of your attackers to focus on you and to land a telling blow. You are in constant motion, and you are attacking *them*.

We believe that the finest training exercise for developing this realistic strategy of multiple attacker defense is the one employed during WWII by Fairbairn and Applegate in which dummies were hung in a cluster, inside a boxing ring. The student entered the ring and dove into the dummies (hung in a circle around him) smashing and hitting and kicking and striking in all directions, as he bobbed, weaved, and maneuvered against the “gang”. This action was kept up for one solid minute, and then the student exited the ring.

If you have the facilities you might wish to emulate this WWII training method.

Answering some frequently asked questions about multiple attacker defense:

We have been advised that in some circles instructors have offered particular items of advice for coping with the threat of multiple assailants. Visitors have forwarded the following questions regarding this advice, which we will answer.

Q1: “I was told that the leader is the one to attack first when defending against a group. Do you agree?”

A: Assuming that it is very clear at the time who exactly the leader is, and assuming that accessibility to him is feasible at the moment, we would have to say that’s a good idea. It would tend to demoralize the pack, at least momentarily.

Remember, however, that anyone “leading” a group attack is no less (and perhaps more) of a coward than his followers; and we’d advise *going after the nearest and most expediently available member of the attacking force, as a general rule*. This makes the initial counterforce strike optimally fast and efficient. The main idea is to **blind** or to **kill** one of the gang members *immediately*, and then go on a frenzied rampage against the remaining attackers.

Q2: “What do you think about challenging the leader of a group to a one-on-one fight — in essence trying to shame him into an individual confrontation — as a strategy against a gang?”

A: This might work when dealing with school kids who gang up on someone they wish to bully. However, we don't like the idea at all as a strategy to use against a gang attack.

More than one attacker is life-threatening. You need and want every edge that you can get. If you voice such a "challenge" then you warn the attackers that you may be ready to resist. Besides, if you somehow did manage to arrange for a fight between yourself and "the leader", what assurance do you have that — a) You could defeat the leader in a face-off, or b) You would not be jumped and stomped to death even if you *defeated* the leader?

Multiple attackers are deadly, murderous foes. Do not try psychological manipulations to "shame" them, "persuade" or "reason" with them, etc. We'd say that such is a complete and total waste of time and energy, and that it would merely increase the risk of death or maiming to you.

Q3: "If I have a handgun on my person, would I be justified in drawing it immediately if I were attacked by more than one assailant?"

A: If you are lawfully armed and if you have sufficient time, distance, and warning to see two or more obviously violent offenders advancing on you, we certainly would think that *that* would be the right moment to access your sidearm! As we said previously, however, *you must be careful not to attempt to go for a concealed weapon when doing so would likely warn your attackers that you are armed*, and give them a chance to disarm you and use your weapon against you. We must also emphasize that we are not now dispensing *legal* advice; but rather *personal* advice. Only a lawyer can provide reliable legal counsel regarding the particulars of when and where the drawing of a firearm or any other deadly weapon would be legally justified.

We hope that we have shed some practical light on this most serious aspect of self-defense preparation and that you will benefit by what we have presented.

Get REAL In Your Training, Now!

REGARDLESS of what you may be studying or

training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique

attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

3. MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE — \$30.

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. RULES OF SELF-DEFENSE — \$17.

Perhaps the most politically INcorrect presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so

that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

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You Need An Exercise Program

WHILE it is certainly true that regular participation in vigorous close combat and self-defense training sessions provides excellent exercise, it is nevertheless also true that the most serious students and aspiring teachers/experts in this art do need to augment their practical training in techniques with a well-balanced, sensible program of progressive-resistance exercise — i.e. *weight training*.

Weight training is the single finest means of providing health-building, muscular development, and strength cultivation. Proper weight training produces fitness, internal vigor, well-being, increased confidence and poise, a higher threshold of pain, greater physical resilience, increased capability to perform virtually *any* physical activity, and flexibility. (Do not be surprised at this last mentioned item. Full range basic weight training exercises practiced regularly and by employing reasonable increases in resistance, will safely enhance anyone's flexibility. We note that injuries abound in arts such as *taekwondo* and certain of the Northern Chinese ch'uan fa arts, where all students — including those with very limited natural capacity for flexibility — are driven to practice extremes of flexibility exercises. *This is detrimental and should be avoided. It not only is irrelevant for practical self-defense and close combat, it often produces strains and injuries that decrease the student's physical ability to do battle, should he need to do so.*)

When we speak of weight training we are not speaking of weight *lifting*. Weight lifting is a sport, practiced either in what is referred to as *Olympic* or *Power* lifting form. The objective in either version of weight lifting is to achieve the maximum amount of poundage for a single *lift* in one of the prescribed moves recognized during competition. Nor are we speaking of that which has become the modern activity of *bodybuilding*. Bodybuilding *used to be* a healthful and reasonable activity. However, the absolutely *insane* use of steroid drugs, coupled with crazy dietary practices and fanatical approaches to working out (which do *not*

produce all of the benefits enumerated in the second paragraph above) has, regrettably, turned the practice of modern bodybuilding as promulgated in the newsstand magazines into what is in our opinion an unhealthy, ridiculous, unrealistic, and counterproductive practice.

The weight training that we advocate is the kind that was advocated in the 1930's, 40's, and 50's. It entails the use of a well balanced routine of basic exercises that work all of the major muscle groups well, and that can be accomplished with three sessions of vigorous work lasting no more than two hours per session (for *extremely* advanced men), and generally between 40 and 60 to 90 minutes for most people.

A good workout will consist of a routine of exercises something like the following:

- **An overhead press exercise**
- **A basic curling exercise**
- **A prone bench pressing exercise**
- **A bent-over rowing exercise**
- **A heavy squat (or “deep knee bend”) exercise**
- **A breathing pullover lying prone using light weight, following the squats**
- **A calf exercise**
- **A dead lifting exercise**
- **A basic abdominal exercise**

Good routines can be boiled down to fewer exercises than that; and in fact an excellent workout can be accomplished with as few as five or six well chosen basic exercises.

So-called “split” training (i.e. working different parts of the body on different days) should be avoided. Three (and in some cases as few as *two*) all round body

workouts each week is the best plan — especially for the combatives trainee who devotes at least two or three sessions each week to training in combat techniques.

How many sets? A “set” is a specific series of repetitions done in a given exercise before setting the weight down. It is customary to stick with one set per each exercise for the first couple of months of training, and concentrate on gradually increasing the resistance with which you do each individual set. After a couple of months, two sets may be employed . . . and eventually you can work on three per exercise. However, it is almost never necessary for general exercise, strength-building, and all round development purposes, to exceed three sets per exercise.

How many repetitions per set? We have always preferred six to eight repetitions, ourself. However, people are different. You can and should experiment as you progress and try ten repetitions. In leg exercises and in *upper* (not lower) back training, as many as fifteen or even 20 repetitions has been found to be effective for some. Only time and experience and experimentation will acquaint you with that which you, personally, gain and feel best with.

Here are some tips for training effectively with weights:

- Work through full range motions when doing an exercise. Full extension to full contraction. You will always be handling less weight this way than you could ever employ if you “cheated” or aborted the range of motion so as to be able to handle more weight . . . but the results in beneficial development are always best when full range movements are done.
- If you train following a combatives practice session you need no warmup. However, in cold weather or whenever approaching your workout after being sedentary, take a few minutes to warmup before beginning your routine. Wearing a sweat suit is smart.
- Try to maintain a vigorous, steady pace between exercises. Sitting down or waiting a long time between exercises (or between sets, if you’ve progressed to using more than a single set per exercise) detracts considerably from the conditioning benefits that you should be after from your workouts.
- Obviously if you are tired, take a workout easier. Try not to miss or skip workouts, however, unless you are ill. Regularity is what really produces the often startling benefits of weight training.

- Never mind what others lift or workout with. You should be concerned exclusively with developing and accommodating **YOU**. The great thing about weight training is that it is an individual activity and will build anyone up. Some people who possess greater genetic potential will develop much more quickly, and enjoy enormous strength and muscular development gains. *But weight training is an activity where there are no losers!* Don't compare yourself to others, train steadily, monitor your incremental gains until — usually after a couple of years — you reach your genetic limit, and then just keep training sensibly with reasonable resistance for the rest of your life.

- Training in a good, professionally run gym can be very beneficial. However, we urge everyone to avoid “health clubs” and those highly commercialized “gyms” where there is scant personal instruction, lots of fancy (but wholly unnecessary) equipment, and a great deal of encouragement to enjoy the steam bath, Jacuzzi, and juice bar. These places depend upon constant enrollments and are a waste of money and time, in our opinion. ***Buy a good set of weights, a squat rack and a sturdy bench with supports for bench pressing.*** Truly, that is *all* you really need. Training at home offers tons of advantages over gym training, and you should enroll in a gym ***only*** when you are assured of professional guidance and instruction, and when the objective of the establishment is to get you to exercise *hard, sensibly, and regularly*. Go sit in a steam bath or jacuzzi at home . . . and drink all the “health drinks” you like when you're not training.

Remember this:

You *need* all of the strength that you can muster in any hand-to-hand engagement. Do not be misled by what some may tell you about “strength is unnecessary”, “science not size” is what counts, and “if you're an expert you can handle the strongest attacker with ease”. Yes, certainly, an expert can often defeat a much larger and stronger adversary. However, that expert needs all of the strength that he's got to do it, and his techniques are greatly enhanced when bolstered by sheer power.

If you have never trained with weights, or if you've not touched a barbell for years, and are practicing close combat skills, I assure you that a most pleasant surprise awaits you when you commence a weight training routine. After two months of regular training — assuming that you continue to work at your combatives — you will experience a boost in the power, speed, efficiency, and formidability of all of your hand-to-hand techniques.

Good luck to you in pursuing this most rewarding form of exercise, both as a supplement to your combatives training and as a general, all round strength and fitness builder!



THE LEGENDARY FOUNDER OF THE *KYOKUSHINKAI* KARATE SYSTEM, MASUTATSU OYAMA. OYAMA, UNLIKE HIS KARATE CONTEMPORARIES, TRAINED HARD WITH WEIGHTS. THE RESULTS — ABOVE — ARE OBVIOUS. TAKEN IN HIS PRIME THIS PHOTOGRAPH SHOWS

OYAMA WITH A PHYSIQUE THAT IS STARTLING IN ITS RUGGEDNESS AND MUSCULARITY. BEAR IN MIND THAT OYAMA KILLED *BULLS* WITH HIS BARE HANDS. HE NEEDED STRENGTH AS WELL AS KARATE SKILL FOR THIS!



IT IS PROBABLE THAT YOU DO NOT RECOGNIZE THE INCREDIBLY WELL BUILT MAN ABOVE. HE IS HAROLD SAKATA. SAKATA WAS A WRESTLER, KARATE EXPERT AND ACTOR. HE PLAYED "ODDJOB" IN THE MOTION PICTURE *GOLDFINGER*, STARRING SEAN CONNERY. SAKATA WAS FAST, DEADLY, AND — WEIGHT TRAINED!



ABOVE: HAROLD SAKATA AS ODDJOB IN THE MOVIE *GOLDFINGER*. THIS MAN WAS FOR *REAL*. HE NOT ONLY PLAYED THE PART OF A DEADLY FIGHTER, HE *WAS* A DEADLY FIGHTER (ALTHOUGH, AS ALL WHO KNEW HIM ATTEST, A PERFECT GENTLEMEN AND A FRIENDLY FELLOW IN HIS EVERYDAY LIFE).

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Until next month, we wish you good training!
Stay combat ready!

YOURS IN DEFENSE,

Prof. Bradley J. Steiner

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