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# ***SWORD and PEN***

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

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

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

**DON'T FORGET! WHEN YOU'RE FINISHED READING THIS EDITION OF SWORD & PEN, CHECK OUT OUR OTHER SITE: [WWW.SEATTLECOMBATIVES.COM](http://WWW.SEATTLECOMBATIVES.COM). THERE'S A TON OF EXCELLENT INFORMATIVE AND INSTRUCTIVE MATERIAL THERE, PLUS **NEW ARTICLES ADDED EVERY MONTH** THAT YOU WON'T WANT TO MISS!**

*E d i t o r i a l*

*Prepare While You Have The Opportunity!*

**THE** second week of last month saw **two** hideously violent home invasions

take place in Seattle. Two were reported, in any case. There likely were more. And street violence is soaring — in Seattle (a relatively safe and good place to live) and in every major metropolitan area of the Country.

When a fresh story about some atrocity is first read it often prompts the citizen to tell himself that “I really have to learn some effective self-defense”. The feeling lasts for an afternoon, perhaps. Then complacency and plain laziness takes over, and the person’s feeling of urgency about learning self-defense abates. Until the next atrocity occurs. Then the cycle repeats itself.

Violence may come at any time - and it may come to *you* and to *yours*. When and if it does *it is too late to learn what to do in order to protect yourself and those you love*. The time to prepare is **NOW**, while you have the opportunity; *before* danger threatens.

Remember that you need not train for years before you acquire some solid, working ability with serious defense skills. Even a few months of training can put sufficient mastery in your hands to enable you to handle an emergency. But *get started now*.

If you cannot attend a professionally taught program of authentic close combat and self-defense under a qualified teacher, then order our DVD Course. It will teach you *way more* than the “fundamentals”; and yes, you *can* self-teach with the aid of this program. The DVDs are not arranged to show off, to demonstrate spectacular (and irrelevant) skills, or to dazzle the lazy dilettante. The skills are **war-proven**, and they are demonstrated systematically and slowly so that you can follow them clearly and closely. Certainly, you will need to *practice regularly*, but that is an inescapable precondition regardless of where, from whom, or how you choose to learn. Physical skills are developed through serious, regular, hard practice. Period. There is no magic or pseudo-superhuman nonsense in either the live *or* the DVD instruction that we offer. But **IF** you apply yourself we promise that you will be much better able to deal with any dangerous situation, should one arise, than you were, previously.

Get started training — via *some* means — **T O D A Y**.

Start on a physical training program. Weight training is the best way, but don't wait until you can join a gym or purchase a barbell set. Start doing pushups, situps, chinups, squat thrusts *now*. Twenty minutes of intensive daily exercise (gradually building, if you've the incentive and ambition, to perhaps two hours or more of hard weight training two or three times a week) will begin to toughen, harden, and develop you. You will *feel* differently about yourself. Combine this with a schedule of training in quality combative skills and you will soon find that you are much, much less intimidating, and that you gain a sense of personal power so that you *will not shrink* in any unavoidable emergency.

We may well be old fashioned (in fact, we **proudly** are!), but is not the ability to fight back when attacked, to defend those you love, and to stand tall without an unnecessary fear of being physically beaten **immensely worthwhile**? It is, in our opinion, a most necessary part of every decent man's general education.

By definition an emergency is a *surprise* event. It can strike when you are at home in bed. It can come when you are at a picnic with your family. It can happen when you are recovering from the flu. You can find yourself confronting more than one street lout, and/or you may face some insane monster who is armed with a knife. You can be attacked at home, at work, or while in school. There's no predicting just what may occur; *but it is easy to predict that if you're in shape, strong, and conditioned to draw upon the same combat skills that professional fighting men used in world war two and that have been perfected solely with survival under the worst conditions imaginable in mind, you will be better off than any typically helpless victim!*

We can teach you. But **you** must do the learning. We can show you the right techniques to employ when a situation turns life-threatening. But **you have to work hard to develop and perfect and "internalize" those techniques**. And the sooner you get started, the sooner you will enjoy a state of readiness. and the self-confidence and poise that comes with such preparedness.

Make no mistake about this. You may never encounter a dangerous felon, or become the target of a group of punks, **but someone always does find himself in this type of predicament today, and the chances of YOU being next are the same as anyone else's.** Be ready. *Get* ready. And don't procrastinate any longer.

One of the greatest investments you can make is an investment in your own development of confidence and skill. And Heaven knows, such an investment is all but essential for every rational individual to make, who is living in these precarious, hostile times.

You have the opportunity **now** to get started. Make the most of it. Remember what is at stake, and remind yourself daily why you're doing it. Determine that, should trouble come to you or ever threaten your family, you **WILL** be prepared to handle it — physically, mentally, and tactically. **PREPARE BEFORE THAT TROUBLE STRIKES.**

**Bradley J. Steiner**

### **Knife Fighting As Taught By**

**Dermot ("Pat") O'Neill In His O'Neill**

**System Of Hand-To-Hand Combat**

**THE** O'Neill System of Hand-to-Hand Combat is among the numerous things we learned in our years with the late Charles Nelson. Nelson himself did not learn the O'Neill System directly from O'Neill, but instead had learned it from a marine who had studied under O'Neill. In addition to being the justifiably famous close combat instructor for the combined American-Canadian *First Special Service Force* (The "Devil's Brigade") during the war, Pat O'Neill taught U.S. marines, army troops, lawmen, and airmen

following WWII. The news clipping that appears below shows O'Neill himself applying his *pivot kick* (clearly a derivative of the "roundhouse" type kick which is common to just about every classical/traditional karate style in the world) during a training session with police from all over the world.

O'Neill was one of the "big names" among the revered world war two close combat teachers. He was a student of Fairbairn's original prewar *Defendu* when, as a detective with the Shanghai Municipal Police, he served under Fairbairn. O'Neill was also at the time the highest ranked caucasian *Kodokan judo* black belt in the world, holding the 5th degree. When WWII erupted and O'Neill — on Fairbairn's recommendation — was called into service he was directed from our OSS to the newly formed *FSSF* as that Unit's hand-to-hand combat instructor. Interestingly, O'Neill ditched just about everything taught in judo, and constructed the course which he used to train the "*Forcemen*" using the atemi of ju-jutsu (O'Neill used Chinese *chi chi shu* — which he maintained was the Chinese forerunner of ju-jutsu), some of the material from *Defendu*, and what likely was what he had observed and was able to adopt from the karate of Japan, which he had seen while in Japan, prior to the war. It is unclear exactly which style or styles of karate O'Neill had been able to observe closely, but it is known that he visited Hironori Otsuka's *Wado-Ryu* School, so possibly he drew much from there. It must be remembered, however, that while in Shanghai he was able to dabble in the various *ch'uan fa* arts ("Chinese boxing" or *kenpo*), and this may be why he elected to refer to the basis of his method as "Chinese foot fighting" — or *cheena adi*.

In any case O'Neill was a first class fighting man, and a deservedly popular and deeply respected instructor. His System also reflected several of his own personal innovations.

Very little written material exists describing the O'Neill System. Visitors are referred to the 1971 edition of the U.S. Army Field Manual 21-150, titled *Combatives*. The hand-to-hand combat presented there is 90% O'Neill System influenced. It *had been modified*, however, and not all of that which is presented therein is strict O'Neill doctrine. Another document in which the O'Neill System is presented (and this material is 100% O'Neill System, but

does not include his entire method) is the *proposed* USMC Fleet Marine Force Manual 1-4. The manuscript draft was published in November of 1966.

Whatever the venerable WWII masters of close combat may have disagreed on — and it was next to nothing, actually — they all *ardently* espoused *simplicity* as one of the essential virtues of all of that which they taught and that which any soldier or marine could expect to practically employ in real combat.

One of the real gems to be mined from O'Neill's wartime doctrine is his knife technique. The *FSSF* was trained to use the *V-42* combat stiletto.



Below is a photograph of the *V-42 Stiletto*, which was designed specifically



for the *FSSF*. This is the knife that O'Neill taught his men to employ in hand-to-hand close combat. A beautiful reproduction of this knife may be obtained from the well known *Boker Knife Company*. Personally, we prefer the Fairbairn-Sykes Commando Knife (with which the O'Neill technique can readily be utilized, also). Remember, virtually *any* knife will do in an emergency, and while the professionally designed fighting knives are of course preferable for hand-to-hand combat, they are hardly “*necessary*”.



O'Neill's knife technique is simplicity (brilliant simplicity!) itself. It can be learned in only a few minutes by anyone versed in basic unarmed close combat, and although we would expect what O'Neill taught to come more-or-less automatically to persons trained in our own knifework, soldiers needing to be taught the nuts and bolts in a great hurry could do a lot worse than to learn O'Neill's method.

### ***The O'Neill Knife Technique:—***

One assumes a side-on stance facing the opponent. Feet are about shoulder width or slightly more apart, bodyweight evenly distributed over both feet. *You are literally **side facing** the opponent*, your rearmost foot directly in line with your foremost foot. This stance is basic to the O'Neill Method and is the stance assumed when *unarmed*. The lead hand is held approximately face height (palm in), and the rearmost hand is held approximately chest height (palm facing chest). This **identical** stance is assumed with the knife, but when armed with a knife the *lead hand* holds the weapon in a firm grip, pointing at the face of the adversary.

Without warning and with the speed of a cobra's strike, the lead hand *thrusts straight out at the adversary's throat/facial area*. This thrust, whether it is successful or not in stabbing into the enemy, is immediately followed by what O'Neill referred to as "side kick". This kick, as O'Neill taught it, was actually a *front kick action*, but delivered with the lead leg while side-on to the enemy. Target for the kick is normally the groin.

**VARIATION:** — In the event that the opponent is facing you in a side-on type stance himself, then the kick would be the *pivot kick* — which would almost certainly land a telling blow to the enemy's groin, given the angle of delivery.

If the stab connects, then the kick further sets up the enemy for closing and dispatching with further stabs to vital areas.

If the stab *fails* to connect, then the kick automatically disorients the enemy so that additional stabbing is possible, followed by another kick, etc.

Not what we'd regard as a "system" of knifework, but a helluva brilliant quick-learn method of using a knife, wouldn't you say? And O'Neill's genius is partly demonstrated by the natural manner in which he laced this knife action into the *unarmed* skills. When **unarmed**, the combatant uses the lead hand to thrust fingers to eyes or throat, then he kicks. Thus, when O'Neill taught the *FSSF* troops there was minimum complexity and a very natural connection between armed and unarmed hand-to-hand work.

Below is a page from the proposed USMC FMFM 1-4.

For the student wanting a good, complete knifework *system*, we cannot do better than to recommend our DVD #11 - "**Knifework**". But we do not want to overlook sharing what we believe is another first-class gem drawn from one of the best of WWII era hand-to-hand combat systems.

**P.S.** For our students who wish to experiment with this O'Neill technique, the



stance taken can just as well be a *semi*-sideways position (our Relaxed-Ready Stance). The technique will work just as well from that position, *and* we do not actually recommend a full *side-on* stance, per se, as lateral stability is nil in such a position.

SECTION 10

CLUB OR KNIFE ATTACKS

1001. GENERAL

a. When armed with the knife or club always strike for the opponent's face. This will force the opponent to raise his weapon to parry or block the blow. Then deliver a side or pivot kick to his groin, pit of stomach, or knee with either foot.

b. When unarmed and defending against the knife or club, some object must be thrown or thrust into the opponent's eyes such as a helmet or dirt. If the object requires both hands to hold, such as a chair, entrenching tool, or board, thrust these into the opponent's eyes. Immediately follow with a hard fast kick. Do not close with an opponent armed with a knife, because the knife in one hand can be moved quickly and normally cannot be parried. The steel helmet can be used as a shield or aggressive weapon when held by the inside liner straps.

1002. ATTACK AGAINST AN ARMED OPPONENT

If armed with a knife, from the on guard position strike quickly into the opponent's eyes. The opponent will attempt to parry or block the blow. Deliver a fast kick to the opponent's stomach, groin, or knee. The striking movement is similar to the finger jab. The knife should be held close to the body in a comfortable position until attacking. (See figs. 59 and 59a.)



Figures 59 and 59a. --ATTACK AGAINST AN ARMED OPPONENT.

## “No Rules” Means *No Rules* . . . Do You *Get That*?

CAN you remember hearing or reading a news report that described a mugging, gang attack, beating, kidnapping, rape, incidence of bullying, carjacking, or home invasion, taking place in a carefully cleared, well lighted gym, at an appointed hour, on a mat, with an experienced referee officiating, and an ironclad list of rules strictly forbidding either the attacker(s) or the victim(s) from undertaking actions that were life-threatening, extremely harmful, or “foul” — according to standards of fairplay and good sportsmanship? And on top of that, do you recall ever hearing of a physical attack in which the intended victim was given a half hour or more to limber, stretch, and warmup, before donning a suitably comfortable outfit that permitted his execution of elaborate and complex movements by which he could attempt to defend himself?

Probably not.

Yet, implied in anyone’s assertion that competition or sparring is “preparation for self-defense” is the idea that competition or sparring somehow replicates the tactical, technical, and mental/emotional/attitudinal, as well as the *environmental* phenomena that actual combat imposes. This simply is *not true*. And the fact that many either may not *want* to understand this, or lack the intellectual acumen to grasp it, hardly changes anything. A **fact** is a **fact**.

The second that competition is arranged or that sparring is agreed upon an enormous change takes place in the nature of whatever “martial” skills the participants will be competing or sparring with. In hand-to-hand combat *anything* goes . . . in a match only *that which is allowed according to the agreed-upon rules goes*.

Check into the UFC rules (and there are plenty). The lie that there are contests now in which “no rules” apply is one of the most misleading falsehoods in popular martial arts. So-called “mixed” martial arts hardly means “anything goes”. It simply means that *anything from any martial art that the **rules allow*** goes. But inevitably, regardless of the technique’s

source, if the technique is clearly intended to maim or if it might potentially kill, **IT IS NOT PERMITTED IN THE MATCH.**

What every student of self-defense and/or warlike combat skills must understand is that when an actual combative predicament erupts there are **no** rules *whatever*. And the first to fight foulest generally wins.

But, properly, “foul” is **strictly forbidden** — and needs to be — in every competitive event. Thus those who participate regularly in and who train seriously for competitive events become well conditioned to employing *permissible, sporting actions*, and to deliberately avoiding any and all *fouls*. Well and good. Problems arise only when and if sport and combat become confused, and one begins to think of participation in or preparation for one is equivalent to participation in and preparation for the other.

Under stress people are almost invariably inclined to revert to that which has become most natural, automatic, and “wired into” their motor nerves through the habit of repetition. This is why a boxer will immediately start whacking away on a street attacker with his fists, or a wrestler will strive for a takedown or tackle against an actual physical assailant, and a karate man will shoot high or fancy kicks at his opponent . . . etc. *Habit. Conditioned reflex.*

When training for actual self-defense (which of course *is* combat) or for military type close-in hand-to-hand engagements with enemies in war, *it is imperative that all sportsmanlike actions, techniques, tactics, and skills be ruthlessly excised from the program!* The last thing anyone wants to do when targeted for a mugging is to attempt to defeat the mugger in some kind of “sporting” fashion. True enough, true *master competitors* in any of the combat sports (judo, boxing, kick boxing, wrestling, etc.) are generally able to handle themselves **if** they are attacked by a single, unarmed individual, and they *seem him coming*. But this does not gainsay the fact that what the “master competitor” can do is — **a)** Not what novices normally can do, and **b)** Nor necessarily what is *recommended* or *ideally suitable* for the venue — i.e. real combat — in which the master competitor is able to apply what he knows. No one stays in hard competition shape for very long. But self-

defense skills may be required at any time . . . even when the individual is in his 70's or 80's — or older! Nor do all youngsters necessarily have the interest or the desire to train in competition skills. ***AND NO ONE NEEDS SUCH SKILLS FOR PRACTICAL COMBAT/SELF-DEFENSE PURPOSES.*** Three months of serious training in practical combatives such as what is taught in *American Combato* and in those methods advanced by our **ICMAF Associate Teachers**, can provide most people with the techniques with which they can more than adequately defend themselves — ***because the techniques are without peer for foul, vicious ruthlessness, and merciless destructiveness.*** The only “rule” that we recognize in *American Combato* is: “Win”. Win by the filthiest, foulest, most underhandedly dirty and obscenely unsporting actions that the human mind can conceive; but ***WIN. WIN, BECAUSE LOSING IN REAL COMBAT CANNOT EVER BE A VIABLE OPTION.*** And violent offenders neither hesitate nor give a damn when it comes to savaging any innocent person whom they wish to victimize.

No system of close combat and self-defense can be honestly represented as complete, modern, and suitable for private citizens, military and intelligence, and security people ***unless modern weapons and all sorts of unconventional weapons*** are integrated into the curriculum. Firearms, knives, the stick, the tomahawk, the garrotte, etc. etc., and the way to use just about anything at home or in the office, or even in the street, that *comes to hand*, is part and parcel of true close combat training. And in regard to all of those weapons and improvised weapons, the same applies: the only rule is ***WIN.*** There is no “stick match” or “knife duel”, etc. ***This is sport.*** Self-defense is no sport. No game. And there is never a rematch or a second round. Once the critical moment arrives and the enemy (be he a mugger, gang member, enemy soldier, secret police officer, assassin, etc.) moves on you, it is ***kill or get killed!*** You win, or you are maimed or killed. No rules. The attacker will acknowledge no limitations on what he does to you, and it is not his intention to defeat you for points or trophies. You had better be able to return the attention in the same spirit of all-out total **war**, or only luck will save you. And it is best not to trust to luck when your life or the life of a loved one hangs in the balance.

Whenever you train, whenever you even *THINK ABOUT* self-defense and close combat, keep reminding yourself of what the activity really is, what its purpose is, and *why* you are training in it.

Your unarmed combat is never employed because you “don’t want to maim or kill” a deadly attacker by using a deadly weapon; it is employed because ***at the moment you do not have a deadly weapon at hand with which to save innocent life, and you need to make do with the weapons given you by Nature.*** That’s the idea. That’s the spirit. Are you getting it?

The competitive forms and styles of martial art will doubtless always remain more popular than the combative methods. That is fine, and we have nothing but respect for fair-minded, ethical, decent sporting fighters who enjoy hard match events, and who, while they are young, find the challenge of physical contests in a sporting venue to be meaningful, rewarding, and stimulating. Our purpose here and now, however, is to clear the cobwebs from the eyes of those who want self-defense and who can’t seem to see that *real* self-defense has nothing to do with defeating a competitor. It has to do with **surviving**; with knocking out, maiming, or killing when that is unavoidable for legitimate, moral, lawful self and family defense.

And when the ugly hour arrives and you find yourself confronting a would-be killer, you will be hampered by ***nothing*** in what you undertake to stop him. No rules. None. No rules except ***neutralize the enemy — totally, mercilessly, efficiently, right away, and by using the most unsporting combatives with speed, strength, accuracy, balance, and relentless drive.***

That’s true self-defense training. It isn’t pretty. But it damn sure works!

***DVD Course NOW AVAILABLE!***  
***(You Can Learn Self-Defense and Close  
Combat At Home!)***

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense *realistic* and *war-proven* unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the *American Combato (Jen•Do•Tao)*<sup>TM</sup> all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the *original and authentic System* — and *the only authorized presentation of American Combato* — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

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

**IMPORTANT NOTICE!:**—

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

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

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

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

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

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

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

## **Contents:—**

### *DVD #1 FUNDAMENTALS*

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness
- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

### *DVD#2 BASIC BLOWS*

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.



- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

### DVD#3 *ATTACK COMBINATIONS - FIRST SERIES*

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

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

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

### DVD#4 *ATTACK COMBINATIONS - SECOND SERIES*

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

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

## DVD#5 *COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT*

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

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

## DVD#6 *COUNTERING THE UNARMED REAR ATTACK*

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

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

## DVD#7 *COUNTERING KNIFE AND CLUB ATTACKS*

- The proper tactics and mental 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.

**CAUTION AND WARNING!:**

These DVDs have been prepared in high quality and are protected by a COPY GUARD that prevents illegal duplication! These DVDs will play on DVD players and not on computers. Any attempt at unauthorized and illegal duplication may result in damage to the equipment employed.

**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!

**If It's Not *Mixed* It's Not *Martial*!**

**ANYONE** who believes that “mixed martial arts” is something new is greatly mistaken. The *sport* that has been dubbed *mixed martial arts* (or **MMA**) may be a new sport, but frankly it is *not* really **MARTIAL**, at all. “Martial” means “of or pertaining to *war*” please note. And no sport is “of or pertaining to *war*”. A sport is of and pertaining to athleticism and competition. All well and good, of course; but there is a clear, definite, and very sharp distinction between a *sport* and a *combat* activity.

Martial arts have *always* been arts in which a wide variety of skills are *mixed* or combined in order to provide comprehensive preparedness and capability

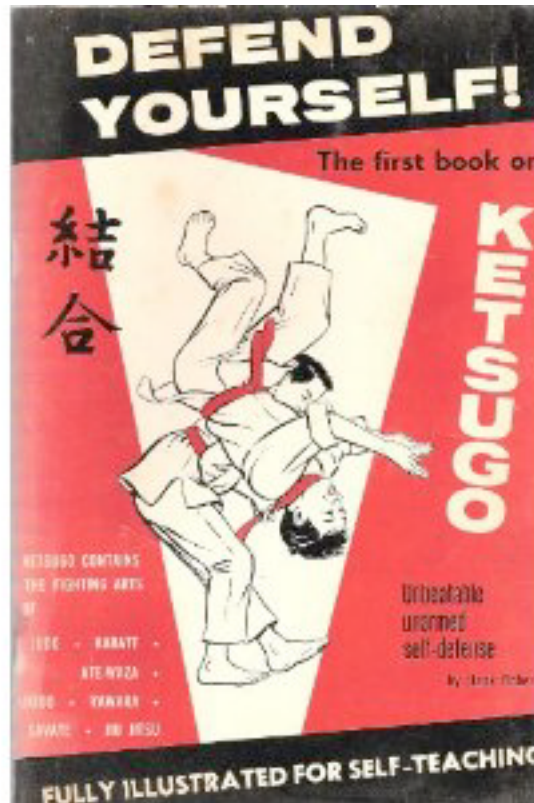
in the practitioner. Real combat is of course chaotic and unpredictable. The ability to vary techniques according to opportunities presented, strengths and/or weaknesses in the individual combatant, terrain, state of health, degree of armament (or lack thereof), etc. is a fundamental requirement in any combatives curriculum. The core and basis of serious combatives is of course **blows**. But these are always supplemented by special throwing and takedown actions, strangulations, and gougings, biting, and clawing. In American Combato, for example, we lace all of these things together, because, for those who are willing to train for an expert level of expertise, these all may be deemed *necessary* for comprehensive and reliable skill in real combat.

But there is a huge difference between the kind of “mixed” martial doctrine that we teach (and that, formerly, Fairbairn, Sykes, O’Neill, Biddle, Applegate, Nelson, Brown, etc. taught) and the so-called MMA (or martial *sport*, really) doctrine that has become a recent phenomenon. The sportsmen are tough, strong, hard competitive fighters, no doubt. But their doctrine revolves around the contest and around winning in contests. They follow rules, and that which is employed in a MMA event is *not* analogous to that which combat teachers espouse for employment in a hand-to-hand battle. The combatant “mixes” blows with throws, to be sure. But his blows and throws do not earn him points, and they do not permit recovery or survival — when done properly — for the foe.

Mixed martial arts, per se is as old as the first fight between prehistoric men! And its concept has *always* been present in the combat arts.

**BELOW IS A PICTURE OF A POPULAR (ADMITTEDLY NOT REALLY ALL THAT GREAT) BOOK THAT WAS PUBLISHED IN THE 1960’S FOR THE GROWING AUDIENCE OF MARTIAL ARTS ENTHUSIASTS. THE TITLE, *KETSUGO*, MEANS “COMBINATION” IN JAPANESE. AND THIS EARLY WORK PLAINLY OFFERED ITSELF AS A PRESENTATION OF “MIXED MARTIAL ARTS” FOR SELF-DEFENSE.**

**WE BELIEVE THAT THERE IS ONE OR MORE FORMAL *JU-JUTSU* SCHOOLS THAT REFER TO THEIR TEACHINGS AS “KETSUGO”. IN FACT, OF COURSE, *JU-JUTSU* (NOT THE SO-CALLED “SPORT” OF JU-JUTSU, BUT THE REAL, HONEST-TO-GOODNESS JAPANESE *COMBAT* JU-JUTSU OF THE BUGEI (SAMURAI WARRIOR) WAS ALWAYS A “MIXED” MARTIAL ART! JU-JUTSU SYSTEMS VARIED IN THE EMPHASIS WHICH EACH GAVE TO EACH CATEGORY OF COMBAT SKILL, BUT *ALL* TAUGHT THROWS, HOLDS, LOCKS, BLOWS, RELEASES, COUNTERS TO BLOWS, AND WEAPON DEFENSES (THE WEAPONS OF THE DAY). IN ADDITION, TRUE JAPANESE JU-JUTSU OF THE BUGEI *INCLUDED* WEAPON ARTS.**



If there is one individual in America who deserves to be given credit for developing the concept of “mixing” martial arts and of coming up with a unique, practical modern *system* of mixed martial arts it is the late Bruce Tegnér. Tegnér, to his immense great credit, *always clearly distinguished between self-defense and competition approaches to training.*

We have a few points of disagreement with Bruce Tegnér’s philosophy of self-defense and the techniques that he was inclined to advocate for self-protection (not in all cases, just in some instances), but we truly bow to this fine teacher and to his memory. Tegnér’s works on practical self-defense are today — deservedly — classics. In the truest and most accurate meaning of the term “**martial art**”, Tegnér pioneered mixed *martial* arts, long before the modern (and we opine, quite underwhelming) *sport* of so-called “mixed martial arts” came about.

Greek Pankration was a *mixed* martial art. Charlie Nelson taught a *mixed* martial art. We teach a *mixed* martial art. *There is no **combat** system, we repeat, that is not a mixed martial art!*

Our only reason for making this point so strongly is because we want those looking for serious combat and personal defense instruction and methods to be able to distinguish the wheat from the chaff. The *sport* of MMA is fine if that's what you want (i.e. a **sport**); but if you want to be able to cope with a dangerous assailant in hand-to-hand combat, then **hand-to-hand combat** is what you need. And *all* good systems of modern hand-to-hand combat lace together a healthy “mix” of whatever works, from wherever it may be derived!

It has always been this way, too.

The term “mixed martial arts” — strictly speaking — is a redundancy. None of us who *do it for real* are clannish or childishly exclusive!

## 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-jitsu, 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 Should Always Be Armed**

**WHEN** we say that you should always be armed we do *not* mean necessarily that you should always be carrying a handgun. Handguns are the supreme weapon of self-defense, and if you do so lawfully then we would say that, whenever possible, you should be armed with a handgun that you have learned to maintain, carry and use safely and correctly. Few if any cities

permit the carrying of a fighting knife — or even a knife that exceeds a certain blade length. However, fighting knives can usually be owned legally and kept in the home. Hardwood baton type sticks are not a feasible carry weapon unless you are a uniformed police officer, but stout walking sticks are okay. And don't forget the value of *unconventional* and *improvised* “weapons”.

You can send your twelve year old to *Home Depot* and he can purchase a utility knife. So can you. These excellent tools are also fearsome **weapons**. The small but razor sharp blade and the large often ergonomic handle combine to provide a leverage when cutting that can rip open a man's throat and neck! Obviously, such a weapon must be employed only to save human life.

One inch diameter steel tubing can be cut into six inch sections that make great *yawara* hand sticks. Or, as we did in the late 60's when we lived in the *Deadly Apple* (i.e. New York City), you can cut a five or six inch length of solid steel off an inexpensive cold rolled steel barbell bar. Tape it and you have a yawara stick that will easily penetrate the skull.

Engineers' steel rulers (six inches long, cork backed, that clip into a shirt or jacket pocket) can easily slash out an eye or rip open a throat. **Do not** modify these in *any* way. Just carry one, and you're armed. And you're “armed” without — technically — carrying a “weapon”.

Bic and Papermate pens make wonderful little daggers! If you are old enough you may remember those TV commercials that showed a Bic pen being fired by a crossbow through a plank of wood. Buy 'em by the dozen!

Sharpened pencils (preferably the #2 Eberhardt) are legal — and deadly.

Remember that almost anything you have at hand can be employed as a weapon in an emergency. Or, it can be tossed in someone's face to distract him momentarily for a solid kick to the testicles or knee.

One very unpopular thing that every student of personal defense and close combat must understand, is that the rule is always: ***“Use your weapon(s)”***

***first! Only when you are without recourse to anything that can assist your efforts should you fall back on strictly unarmed combat.***

If you are about to say, “But wait a minute. That’s not what I was taught in *ju-jitsu* (or *karate*, or *hapkido*, or *aikido*, or you-name-it)”, then ***that’s the point!*** This is a vital rule that every real world veteran of close combat understands and relies upon, intuitively. *Make sure that you do, too!*

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As we receive numerous requests to quote items and passages that appear here in *WORD & PEN* and on our other web site, [www.seattlecombatives.com](http://www.seattlecombatives.com), from the various sections there, we will again state the terms by which our material may be used and used ***only non-commercially***:

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**PLEASE** be sure to tell others about this site and about our other web site. *We would like as many as possible to benefit from the information and instruction that we provide!*

***YOURS IN DEFENSE,***

*Professor Bradley J. Steiner*

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