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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

www.seattlecombatives.com

www.prescottcombatives.com

LISTEN TO OUR RADIO INTERVIEWS!

Prof. Bryans and ourself each did 1-hour interviews on the Rick Barnabo Show in Phoenix, Arizona. If you go to prescottcombatives.com, click on “home”. When “news media” drops down, click on that — — and there’re the full interviews!

E D I T O R I A L

What About “Dirty Fighting”?

IN simplest terms “dirty fighting” is any “*actual*”, “*real*”, or “*non-sporting*” combat. In other words, by any rational definition, ***all*** and ***any*** real instances when physical self-defense is required, and/or ***all*** and ***any*** real instances of military or other hand-to-hand close combat may be referred correctly to as **dirty fighting**. “Clean” fighting applies only to **sport**.

It is incredible how many “experts” and “black belts” seem oblivious to this fact. It is evident that they are by the way they train personally, and by the manner in which they teach others. One can only assume that they have little comprehension of what real individual combat is like — how *dangerous* it is — and **what is required to defeat one’s adversary(ies) should one find oneself embroiled in such a predicament**.

There is no “nice” or “sanitized” way to defeat an enemy in close combat. Whether that enemy is some misfit scum who launches an unprovoked attack against a defender in the street, or an enemy soldier in battle, *one needs to use the most ruthless and foul measures against him*, because that is exactly what the adversary will be mobilizing, himself!

Some people find that what we teach and advocate appears “unnecessarily aggressive” or “too violent”. These individuals simply fail to appreciate that our approach is intended to prepare people for handling **real violence**; we are not concerned about competitive contests, and we are not worried about the occasional harmless drunk, or the loudmouth at a party who becomes a little physical in some stupid attempt to show off. *We are concerned with decent people being able to save themselves from murder, kidnapping, gang beatings, rape, serious bullies and troublemakers, home invaders, terrorists, and all other assorted antisocial bacteria which we may have neglected to mention, but who torment, kill, violate, and terrorize the innocent.*

Real self-defense is a **deadly** serious matter. We speak from a lifetime of deep research into and study of the subject, and some personal experience. You would do well to pay close attention to what we have to say and teach, as we **know** very well that of which we **speak!**

The foolish objection to the advocacy of brutal and speedy destructive action in self-defense that goes “Well, suppose your attacker *doesn't* want to kill you or maim you, but is either bluffing —— trying to scare you —— or merely wanting to push you around a little?” is **offensive**.

The vicim(!?) is supposed to shoulder the responsibility of accurately “analyzing” and correctly evaluating the true intentions of some piece of street s—t or troublemaker? There is somehow an obligation upon the *victim* of violence to gauge and to measure his reaction to an attack so that the *attacker* is not injured “too badly”? ***Come on moron! That's not only impossible, it's unjust and insane.*** By any rational standard the victim of a violent attack has only one responsibility: i.e. **to defend himself**. Any civilized human being knows very well, because he has been taught it since earliest childhood, that he has an obligation to keep his hands off others, respect their person, dignity, and property. And anyone who has *not* been specifically *taught* that, and who hasn't figured it out for himself by the age of six or seven is a potentially dangerous **savage**. He deserves zero consideration, and is entitled to no forbearance or mercy whatever when he chooses to violate another individual.

No one has the right to be protected by those standards of civilized, decent human conduct that he himself chooses to violate when dealing with others.

So-called “dirty” tactics of close combat and self-defense are completely justified, necessary, and we would add ***commendable***, when used against violent offenders. These are the most effective tactics and skills, and there is no more reason for limiting oneself in a physical self-defense emergency to the use of “only certain techniques” than there would be limiting one's choices of care when endeavoring to deal with a serious medical problem.

While fully respecting the immense benefits that it offers, we must hold the art of aikido (as well as many ju-jutsu systems that are taught today) up for severe criticism when it comes to **self-defense**. Physical, mental, and spiritual benefits? *Yes*. Enjoyable interaction with others, and esthetic satisfaction?

Absolutely. Self protection in dangerous predicaments and survival in military hand-to-hand combat? **FORGET IT!**

It is sheer fantasy and wishful thinking to believe that beautiful, flowing movements, fine motor articulations, a desire *not* to injure but merely to “control” or to “discourage” a foe, and complicated throwing and holding movements can be utilized under **actual combat conditions**. He who believes this is setting himself up to be maimed or killed in a genuine violent encounter. **Period.**

It must be remembered, when speaking of “dirty fighting” that ***any violent attack or unjustifiable physical encroachment upon another that is intended to intimidate, terrorize, scare, or coerce is DIRTY AS HELL!*** ***And any action, be it a boxing punch, a hold on one’s sleeve or wrist, or a simple push, when employed offensively is “dirty fighting”.*** The defender who, quite appropriately in fear of his life or his safety, reacts to such (or worse) actions taken against himself by kicking, eye gouging, chopping a vital target, spitting, using an object-at-hand as a weapon, throwing dirt in the attacker’s face, kneeling him, head butting him, or ***doing whatever comes to mind in the instant in order to protect himself***, is *always* morally (if in certain idiotically judged cases, he may not be “legally”) justified in doing whatever he does.

The student of self-defense should *embrace*, cultivate, nurture, and develop dirty, unfair, foul, underhanded, and unscrupulous methods. More: he should develop the proper mindset and degree of mental conditioning for personal defense that will enable him to *use* that which he has learned to best effect if, God forbid, he ever must use it ——— to save himself or a loved one from being maimed or killed.

You will have **one, single opportunity to stop an aggressor** if you are ever attacked. You will need every filthy, underhanded and merciless tactic of the gutterfighter to do so successfully. **So make certain that you *have* it.**

Bradley J. Steiner

Real World Vs. Dojo

THE “dojo” (i.e. *training hall*, or *gymnasium*, or *practice studio*) is, when you think about it, a quite **artificial** environment. It is set up and arranged so that safe, formal practice of techniques can be undertaken. This is of course necessary . . . or else formal training would become extremely risky, and few would be foolish enough to practice in an unsafe environment. However, the very thing that makes a practice area **safe** also makes it very unrealistic. And that can cause problems. *Most particularly when teachers and students of the martial arts begin to confuse **that which they are able to practice and perform in a “sanitized” environment with that which will be possible to them in the real world.*** Remember, we are speaking now of **self-defense** and **close combat**. We acknowledge that all forms of *competitive* or *sporting* “martial” activities **must** be learned, practiced, and participated in, in a very safe area that has been arranged for the purpose. *And* we certainly agree with the idea of making any training area as safe as possible, **so long as the techniques and tactical skills that are developed in that safe environment can be transferred to and applied in ACTUAL COMBAT, in REAL WORLD environments.**

It is a very serious, potentially fatal error, to work on the development of techniques that one can employ in the training or competition area, but that *cannot be effectively relied upon in the street or on the field of battle*, if the objective is **actual, real** hand-to-hand close-in **combat**.



ALWAYS BE CERTAIN THAT WHATEVER SELF-DEFENSE AND CLOSE COMBAT TECHNIQUES YOU LEARN AND PRACTICE *HERE* (ABOVE) ARE TRANSFERABLE TO REAL WORLD ENVIRONMENTS LIKE *THESE*...



Consider these points:

- One may be attacked in a severely enclosed area (i.e. inside a vehicle, on public transportation, in a phone booth, inside an elevator, etc.) where many popularly taught and practiced skills **will not work**, and in fact cannot and should not even be attempted.
- There is not going to be a mat or an area cleared of broken glass, rocks, or other debris in real combat. City streets are strewn with all sorts of hazardous garbage — items that are never present in a training hall. Parks and rural areas offer irregular ground, and sharp rocks, twigs, and branches are frequently distributed everywhere. Objects upon and against which a combatant may slam his head during a combat engagement may be assumed to be **anywhere** an individual engagement might take place: i.e. these objects include parked cars, store windows, drinking fountains, benches, fire hydrants, mail boxes, telephone poles, and so on. *These obstacles need never concern a classicist who wishes to practice elaborate throws and submission holds, high kicks, jumping actions, acrobatic “defenses”, etc. for “art’s sake”*. Nor need such impediments to safety ever concern a competitor who engages in **sport**.
- In training and in the practice of skills one need not fear that a loved one may be present and in danger of injury during the battle, also.
- One need never be concerned with dim lighting, poor visibility, rain, icy ground, snow, etc. when training for classical or sporting “combat”. However, these are very real factors that might impinge on one’s **real world efforts** to stop an actual attacker, or to destroy a military foe in hand-to-hand combat.
- Related to the aforementioned: One’s *attire* in real combat will not allow the kind of actions that are popularly done in many classical arts, and that are in some circles the **mainstay** of sport! We cannot help but shake our head when we see the absurdity of ground-grappling and submission nonsense being practiced by soldiers and marines on mats — when the attire and environment in which these fighting men function will simply **never allow any**

of this stuff to be done for real!

Are you fully exploiting
your *fast kicks*? Go to the
“Articles” section on
www.seattlecombatives.com
and learn exactly how to do
it!

Once again, we wish to emphasize that we **STRONGLY BELIEVE AND ADVOCATE** that even the deadliest combat skills, and *all* serious self-defense techniques be practiced in a safe environment. No practice area should be allowed that offers impediments to movements or hazards to participants in training. **However, our message is this:**

IF THAT WHICH IS BEING PRACTICED AND LEARNED CANNOT BE APPLIED SPEEDILY AND NATURALLY IN *ANY* REAL WORLD ENVIRONMENT, AND *REGARDLESS OF ONE’S STATE OF FITNESS AT THE TIME, AND ONE’S CLOTHING AND/OR GEAR AND EQUIPMENT, IT IS NOT RELIABLE AND PRACTICAL FOR REAL WORLD, ACTUAL APPLICATION AGAINST DANGEROUS ADVERSARIES.*

There are many more inevitable differences between that which not only may be *learned* in a dojo, and also **done** in the dojo environment, and that which may be learned in a dojo, **and which is also applicable in real hand-to-hand combat.** We have discussed and described a few. If you think about it,

we are confident that you will come up with a few more.

Do think long and hard about this *if* your concern is self-defense and close combat.

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

doctrine.

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

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

IMPORTANT NOTICE!:—

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

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

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

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

Minors lack the proper judgment and emotional restraint and discipline

and should not be entrusted with the techniques contained herein. Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

DVD#2 BASIC BLOWS

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

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash

- The basic straight punch
- The ear box
- The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

- How to immediately react with devastating and decisive force against any grabbing type attack from the front

- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

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

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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

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

DVD#11 KNIFEWORK

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

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

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders)**. That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

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

**Brad Steiner
P.O. Box 15929**

Seattle, Washington 98115
U.S.A.

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

Hypnosis For Mental Conditioning — It's Not "Magic";

It Only *Seems* Like It Is!

THE human mind operates on two levels: **conscious** and **subconscious**. Under nearly all conditions of private and class instruction (in combat arts or in anything else) it is the *conscious* mind that is primarily affected. The conscious mind is the critical, questioning, thinking, *rational* mind, if you will. The subconscious mind is the "storehouse" and repository of every bit of knowledge and information, every observation, all conclusions drawn from experiences, all ideas, beliefs, convictions, and so forth that have been accumulated since you were born. As any properly educated psychologist or psychiatrist — and, doubtless, as *you* yourself — can attest, there is quite a bit of inappropriate material stored in your subconscious. In point of fact, some of that which is stored in the subconscious is self-destructive and just plain *nutty*! *Just because something seems to be "true" or "false" to you, or "right" or "wrong", or "correct" or "incorrect" at the subconscious level, hardly means that it is as you believe it to be.* The subconscious has no will or reasoning power of its own; it simply **accepts** what is fed into it. And, very similar to the manner in which a computer's memory *kicks to the surface* whatever is triggered at a key stroke, so the subconscious *kicks to conscious awareness* upon being stimulated by a thought, whatever conclusions (right, wrong, sane, insane, etc.) reside in the subconscious. The **conscious** mind is the critical **thinking** mind; the **subconscious** mind is the **uncritical "accepting"** mind.

As an adult your conscious mind, to the extent that it is functioning healthfully

and appropriately, stands as a “watchman at the gate” before the subconscious mind, insuring that (unlike what may have happened throughout your formative years) destructive, negative, self-defeating conclusions and ideas *are not permitted entry into your subconscious “storehouse”*.

The process of hypnotizing a subject (i.e. of placing him in a *trance state*) puts his conscious mind in a temporary state of abeyance, allowing entry into his subconscious and placement therein of whatever life-enhancing, positive, self-serving, healing, beneficial ideas, convictions, thoughts, etc. are needed or desired. More: *When in the hypnotic trance state the subject’s subconscious can be divested and freed of any inappropriate, undesired, self-defeating ideas, convictions, or thoughts, etc.*

All of this has tremendous implications for mentally conditioning the combat arts student, and we began to consider this, many years ago. Our credentials in hypnosis include state licensing for more than a quarter century, recognition as a *Fellow in Clinical Hypnotherapy* (FCH) by the *American Association of Professional Hypnotherapists*, and thousands of hours of research into the workings of the mind — especially as it relates to close combat, physical training, and survival matters. This has resulted in two important contributions to the field of close combat and self-defense:

1. We originated a method of conducting group classes in our System in a manner that greatly facilitates the inculcation of proper combat mindset and conditioning *while students drill in techniques.*

2. We developed an entire series of twenty (20) Self-Hypnosis Programs that any serious student of our or of another System can use with speedy and great effect to become totally conditioned mentally for self-defense and close combat.

It isn’t magic and it isn’t mysterious. And it isn’t harmful in any way. What self hypnosis enables the individual to do is accomplish — at home, on his own — deep, permanent, powerful, *life-changing* mental conditioning for violent combat, defense emergencies, and dangerous situations where the

presence of imminent danger from human predators, criminal elements, troublemakers, bullies, and terrorists exists.

The only requirement is that the programs be used as instructed. And instructions are included with every program.

We understand, because we have studied it for decades, the seemingly “*fantastic*” results that are possible with properly administered hypnotic suggestion. We have used self-hypnosis on ourself — with very gratifying results.

It is important that a professional with whom you work be qualified in **three** areas:

1. He must be skilled in trance induction. (This is the relatively easy part.)
2. He must be professionally qualified to effectively plan and use well-constructed suggestive “patter” regarding the subject for which the individual is being hypnotized. (I.e. He should be a qualified psychologist or psychiatrist if he is using hypnosis to assist in the treatment of mental health issues)
3. He must be an engaging, effective *teacher* and *speaker* (Placing suggestions in the subconscious and/or *replacing undesired beliefs* in the subconscious with desired beliefs, requires the right kind of **teaching** while the individual is in trance).

This constellation of qualifications is not produced merely by “learning how to hypnotize” or by taking a course in hypnotherapy. In our case, for example, we have professional hypnotist’s credentials — ***which we employ using a background of more than 50 years experience as both a qualified professional in the fields in which we work and as a teacher of the subject matter of those fields of endeavor.*** This we combine with well over a quarter of a century’s experience as a hypnotist.

In a professionally run school of close combat and self-defense, proper mental conditioning will begin to take place, assuming the student trains

correctly, within a matter of months. However, very, very few schools are run by teachers who understand how to accomplish this process with their students. Thus, in most **good schools** of self-defense, the process may take *years . . . if in fact it ever occurs at all. **With the use of hypnosis proper mental conditioning can be achieved within a matter of days or weeks — depending upon the receptivity of the individual, and the quality of the hypnotic process, and it can be retained and enhanced throughout one's life!***

Hypnosis is safe. It works. It is simple. It is fast. *You* can benefit from it enormously. It is the **fast track** to a mentally conditioned, prepared mind; a mind properly set to deal with close combat engagements effectively, and to face the prospect of defending yourself with confidence, courage, resolve, and the correct state of attack mindedness!

Want to learn more about hypnosis? We recommend these books:

- *The Complete Guide to Hypnosis*, by Leslie M. Lecron
 - *Self-Hypnotism*, by Leslie M Lecron
 - *Experiencing Hypnosis*, Dr. Milton H. Erickson
 - *The Practice of Hypnotism*, by André M. Weitzenhoffer
 - *Hypnotherapy*, by Dave Elman
 - *Hypnosis and Other Mind Expanding Techniques*, by Charles Tebbets
 - *The Best of Harry Arons*, by National Guild of Hypnotists, Inc.
-

**Now You Can Train Your
Mind As Well As Your Body, With Our ...
New And Exclusive Self-Hypnosis Programs!
(The *Perfect* Compliment to Our DVD Training Course!)**

“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”

— **General George S. Patton, Jr.**

Mental Conditioning is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority in the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

There are **20 Complete Self-Hypnosis Programs** available:

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat**
- 005 - Tapping Into Your Vital Reserves**
- 006 - Building The Determination to Prevail In Close Combat**
- 007 - Become Attack Minded**
- 008 - Develop An Instant-Violent-Response Capability**
- 009 - Develop Ruthlessness For Self-Defense**
- 010 - Sharpening Your Situational Awareness**
- 011 - The Anticipatory Attitude - Overcoming Astonishment**
- 012 - Developing Real Courage**
- 013 - Build Confidence When Facing A “Tough Guy”**
- 014 - Develop Coolness And Nerve in the Face of Danger**
- 015 - Mastering the Ability to Take an Enemy by Surprise**
- 016 - Becoming Convinced That it Really Can Happen to You!**
- 017 - Banishing The Fear of Bullies *Forever***

**018 - Become Ready, Willing, and Able to Do *Anything* In
Self-Defense**

019 - Eliminating Hesitation and Becoming Decisive

020 - Raising Your Threshold of Pain

**Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for
foreign orders.**

And we are also making available a series of **Combat Training Lectures**, which enable you to gain information, insight, tips, suggestions, guidance, encouragement, and valuable instruction listening to professionally presented lectures on all subjects pertaining to close combat and self-defense.

Lecture 1 - Rules of Self-Defense

Complete on *two* quality CDs. One and a half hours you'll want to listen to again and again for reference and inspiration in training!

**This Lecture Is \$30. Plus a \$5. Shipping and Handling Fee. \$12 for
foreign orders.**

**Lecture 2 - Differences in Training For Combat Vs. Training For
Competition Or Classical Art Performance**

One hour in length, this talk provides a complete clarification for students (and possibly some teachers, as well) of the crucial differences between training for competition, tradition, and *combat*.

**This Lecture Is \$20. Plus a \$4. Shipping and Handling Fee. \$10. for
foreign orders.**

Send cash or money order (payable to Brad Steiner) to:

Brad Steiner

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

A Very Useful Exercise For The Combat Trainee

THE best all-round exercise for the close combat/self-defense trainee is weight training; sensibly done ——— *without* drugs, without a fanatical “size above all” and purely cosmetic objective ——— for strength, health, condition, confidence, well being, and the enhancement of all armed and unarmed combat activities and techniques.

But weights and weight training facilities are not always available. Sometimes you may be traveling, perhaps on vacation, or for whatever reason unable to workout with weights. Possibly you are recovering from an injury and need a remedial kind of milder training, until you recover, to *help* you recover.

Rubber strand “chest expanders” are highly recommended for use when traveling or for whenever the customary weight training routine is temporarily suspended.

There are also alternate uses for other devices in supplementary physical training.

One of our longtime students, 3rd degree Black Belt Dave Smith, recently started on a training regimen we suggested to assist in the combined recovery from an injury *and* the enhancement of striking techniques: i.e. the use of either surgical tubing or some other type of stretch material to provide resistance when performing combat strikes. You simply attach one end of the tubing to an immovable object and then loop the other end around your wrist or hand, or your ankle if working on kicks, and go through the technique that you wish to develop.



DAVE SMITH (3RD DEGREE BLACK BELT IN AMERICAN COMBATO) WORKING ON THE EXERCISE DESCRIBED IN THE ARTICLE. BUILDING A POWERFUL “EAR BOX” BLOW.



ALTHOUGH CLENCHED FIST PUNCHING IS PLAYED DOWN IN FAVOR OF OPEN HAND BLOWS, A FAST THRUSTING PUNCH TO THE NOSE IS A GREAT SETUP. HERE DAVE

DEMONSTRATES HOW THE POWER FOR DELIVERING THIS BLOW CAN BE DEVELOPED.



BUILDING A FAST, POWERFUL HAMMERFIST BLOW TO THE GROIN OF AN ATTACKER WHO APPROACHES AND GRABS FROM THE REAR.



BUILDING GREATER POWER INTO THE CHINJAB SMASH — ONE OF THE MOST IMPORTANT AND VALUABLE UNARMED COMBAT/SELF-DEFENSE BLOWS.

Repetitions will vary. We'd normally suggest between 12 and 15 — done for one or two sets — no more.

Before using this exercise for remedial purposes we recommend checking with your physician first, and getting his okay. As an aid to technical development we'd use this type of training twice a week, spacing the sessions by three or four days.

Another Training Suggestion

WANT to get real good with your combat stick techniques? Use a training method derived from the training used by ancient Roman warriors when developing their sword fighting abilities: *Train with a weapon that is heavier than the one you'll actually be wielding.*

Get a length of steel that is the approximate size (length and width) of your walking stick (private citizen) or baton (police officer). If you carry a six inch *yawara* hand stick, get a bar the size of that.

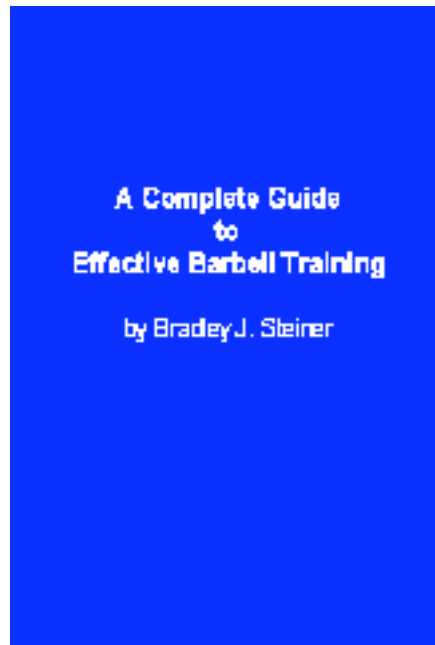
Twice a week on spaced days train in your stick work using your heavier stick substitute. A 20-minute workout is **plenty**. Then train for another five to ten minutes with your actual stick. *On at least two other training days train solely with your real stick* — perhaps 20-30 minutes.

Considering the simplicity of **real world** stick skills (not the classical martial arts stuff) you should become *very* formidable after but a month's worth of regular practice.

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Weapon Weight And Individual Hardihood, Etc.

IN WWII the American soldier and marine carried the M1 Garand rifle into combat. At nine and a half pounds the rifle wasn't “light”, but it certainly wasn't —— and was not generally considered to be —— *heavy*. The improved and upgraded M14 weighed in at about the same weight, and very few if any balked about any “burden” presented by carrying that magnificent battle rifle in the field. *This was all a couple of generations ago.*

Today (when you'd expect that America's fighting men would be bigger, stronger, and hardier than those who saved the world from fascism about 70 years ago) there appears to be some problem with a *decline* in the individual strength and hardihood of our fighting men! They seem to have found the “heavy” M14 to be too much of a challenge, and prefer the (in our opinion) **grossly inferior** M-16. The M-16 is definitely light and convenient to tote around. However it is also delicate, and it fires a nice round for a **carbine**, but a very poor one for a **battle rifle**. And soldiers and marines should be equipped with *battle rifles* when they go to war. More: soldiers and marines

should be fit, strong, and hardy enough to *carry* a real battle rifle. And that is a rifle that sends the powerful .308 NATO round ripping through and destroying whatever it hits at 1,000 yards — regardless of foliage or weather conditions. *Anyone who understands rifle ballistics (and **all** fighting men should) and who possesses adequate physical prowess to **be** fielded as a combatant (and **all** fighting men certainly should be) will find a nine and a half pound rifle a **pleasure to carry** — because he will appreciate the lifesaving value of such a weapon!* So it's a few pounds heavier than the breakomatic; *so what?*

We personally believe that the military recruit who has a “problem” carrying and firing the M14 (or the FN-Fal, if you prefer) **should not be considered fit and strong enough to be a member of the armed forces.** (Yeah, we know. And we won't hold our breath. However, we just wish to make the point.)

Love the 1911 .45 automatic but have problems with jams? Learn why (it's not a faulty pistol!), and correct the problem easily. Check the monthly instruction section on our www.seattlecombatives.com site.

Physical prowess is a **critical** requirement for fighting men. And sufficient

physical strength to carry **adequate** arms and ammunition for warfighting is certainly part of the overall fitness package for the soldier.

Our Special Forces and Rangers (army), SEALs (navy), Air Commandos (air force), and Force Recon (marine corps) troops are, without doubt or question, *paragons* of physical readiness. But these are our services' *elites*. What about the majority of soldiers, sailors, airmen, and marines who are *not* part of their respective service's "elite unit"? It is largely upon **these** members of the armed forces that victory in war depends. *And, by and large, this majority of our armed and uniformed national protectors are **not adequately strong and fit***. They are not up to the standards of North Korean and Russian troops who are not only pushed relentlessly to become hard and tough; but who also come from what are frequently *deprived*, immensely challenging living conditions. They are not soft.

We bow our head in reverence, gratitude, and respect to the men of our fighting forces. By no means are we trying to put them down. **To the contrary! We would like to see them considerably elevated — in their levels of mental and physical readiness. And we would like to see their weaponry upgraded!**

We realize that no one in the DoD gives a damn about what we have to say. But as a citizen we have an opinion, and we simply wish to express it. *Arm the troops with real battle rifles and see to it that every one of them is fit and ready to carry his battle rifle 24/7!*

We also believe that the 92-S pistol should be tossed, and the 1911 .45 automatic should be reinstated as the official sidearm of the military.

We also believe that *every* fighting man should be equipped with a razor sharp fighting knife, with which he should be trained to be lethally proficient.

We also believe that *every* fighting man should be developed and hardened so that he is **fighting fit** before he is graduated from basic training.

One last thing —

We further believe that this “Department of Defense” should revert to the “**War Department**” . . . the War Department that existed when we won the second world war.

Okay, we’ll keep dreaming.

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This Ought To Help Your Mental

Preparation For Self-Defense

BACK in New York City, around 1970, we taught a variety of classes and seminars specifically for women, in addition to the instruction that we gave on an ongoing class basis, for men. We noticed something during our time spent teaching those women that made a lasting impression on us, and that suggested — there and then — something we frequently point out to our students.

Occasionally a women would appear to be somewhat reluctant to apply the techniques that we advocated, and that we insisted (and still do insist) are completely valid and justifiable for defending against forcible rape, abduction, and other violent attacks by what would normally be much stronger male assailants. If you follow our articles here and on the

www.seattlecombatives.com site, you have a good idea of what those self-defense actions are: i.e. **throat crushing and tearing, eye gouging, ripping ears off, crushing testicles, biting chunks out of an attacker's face or neck**, and similarly brutal and ruthless techniques. *Don't like the idea of having this done to you? Fine! Then don't brutalize a woman.*

Anyway . . . whenever a female student came to us and confessed that she “didn't think that she could do” the sort of things that we taught, we invariably asked if she had any children. Most of the ladies were in fact mothers; and in the few instances when they were not, we asked them to imagine that they had a newborn baby. Then we asked them something like this: **“If someone were to enter your home forcibly, with a knife in his hand, and tell you that he intended to cut your baby up ——— and then turned and headed for the room in which your baby lay sleeping ——— would you then be hesitant about using the techniques I advocate?”**

With not *one single exception* every single woman there reacted to my question viscerally, and was in many instances *shaking* as she spoke: **“I'd kill that bastard any way I could! I'd mutilate him. I'd die killing him. I would tear him apart. I would do anything with all my might to stop him!”** Just so.

“Well,” we would say calmly and in a deliberately quiet tone, **“anyone who attacks you is attacking your baby. What happens to your baby if he loses you?”** And once again, with not *one single exception* every single woman there got the point, composed herself, and settled into an attitude of complete willingness to defend herself using the effective and proven techniques that we were teaching.

Now, we would like to address a similar question to **YOU** ——— whether you happen to be male *or* female:

If some piece of sewer garbage were about to murder, rape, beat, stab, kidnap, or otherwise violate and injure the person you loved and cared most about, COULD YOU AND WOULD YOU FIGHT LIKE A

DEMON FROM HELL TO PROTECT THAT PERSON? Or would you hesitate, and be reluctant to mutilate, maim, or if necessary kill the predatory beast immediately, by whatever conceivable means were available to you?

Well, dear reader, think long and think hard, and remind yourself **often** of this: *Anyone who attacks you **is attacking anyone you love and anyone who loves you!*** You not only act in defense of yourself when you decisively neutralize an aggressor, you act in defense of **anyone** and **everyone** near and dear to you. Your parents. Your spouse. Your brother. Your sister. Your close friends. Your girlfriend or boyfriend (or fiancé). etc. **The scumbag who intends to harm you *also* intends to harm your loved ones! GET THAT STRAIGHT AND KEEP IT UPPERMOST IN YOUR MIND, AND IF A HOME INVADER, GANG MEMBER, MUGGER, TROUBLEMAKER, BULLY, OR OTHER SERIOUS ATTACKER EVER INTRUDES UPON YOUR LIFE AND PERSON, ATTACK HIM LIKE A WILD JUNGLE CAT!** Rip and beat him limb from limb. Show no mercy. Exercise no forbearance. Have no regrets, remorse, or hesitation. Use any object at hand to assist you. **Destroy his throat, eyes, knees, kidneys, etc. And keep on attacking and attacking and attacking and attacking!** Stop **only** when your attacker has been rendered harmless and is unable and unwilling to endanger you further. You're not merely "defending yourself". You are defending all whom you love and who love you!



AN ATTACK ON ANY ONE OF THE MEMBERS OF THIS LOVING FAMILY IS AN ATTACK AGAINST ALL OF THEM. SHOULD THIS FATHER BE CRIPPLED OR KILLED, WHAT WILL HAPPEN TO HIS WIFE AND CHILDREN? IF THIS MOTHER IS CRIPPLED OR KILLED, WHAT WILL HAPPEN TO HER HUSBAND AND HER CHILDREN? IF EITHER OF THESE BEAUTIFUL CHILDREN ARE HARMED, WHAT WILL THAT DO TO THIS FATHER AND MOTHER?

The toll taken by violent criminals is at once sickening, heartbreaking, and inexcusable. Not merely for the immediate victims . . . but for all of those who care for and who love the victims.

Set your mind and set it now! *If your life is ever threatened by any piece-of-s—t physical assailant, you will identify it as an attack upon your loved ones. Your attacker and not you will be the one left mangled on the sidewalk. YOU WILL PREVAIL! You will not hesitate to use the most foul and underhanded “dirty tactics” and unsporting methods imaginable, because you will not permit tragedy to strike those dear to you! TO F—G HELL WITH THE VIOLENT PUNKS, BULLIES, TROUBLEMAKERS, AND OTHER PREDATORY SCUM. WHEN THEY CHOOSE YOU THEY CHOOSE THEIR OWN DESTRUCTION!*

Got it?

Some Necessary Redefining

OXFORD dictionary defines the word “coward” as “**A person who lacks the courage to do or endure dangerous or unpleasant things.**”

We suggest that this definition is stupid, inaccurate, and extremely misleading. A better one might be: *A person who lacks the courage or will to do or to endure dangerous or unpleasant things when he understands those things to be necessary.* **That**, we submit, although doubtless imperfect, is much, much closer to accurately defining the word “cowardice”. The popular definition is stupid because any person who chooses to do unnecessary “dangerous” or “unpleasant” things is almost certainly a *fool*. Why the hell *would* any sane person do something that he did *not* believe to be necessary, if it was dangerous or unpleasant? The popular definition is inaccurate because it does not **QUALIFY** and **DEFINE** or **STATE** *why* the person does not do that which is dangerous and unpleasant, and fails to recognize that “**why**” is not necessarily attributable to a “*lack of courage*”. The popular definition is misleading because it encourages those who accept it to accept *precisely the opposite of what they need to understand in order to identify real cowardice, no less than legitimate courage.*

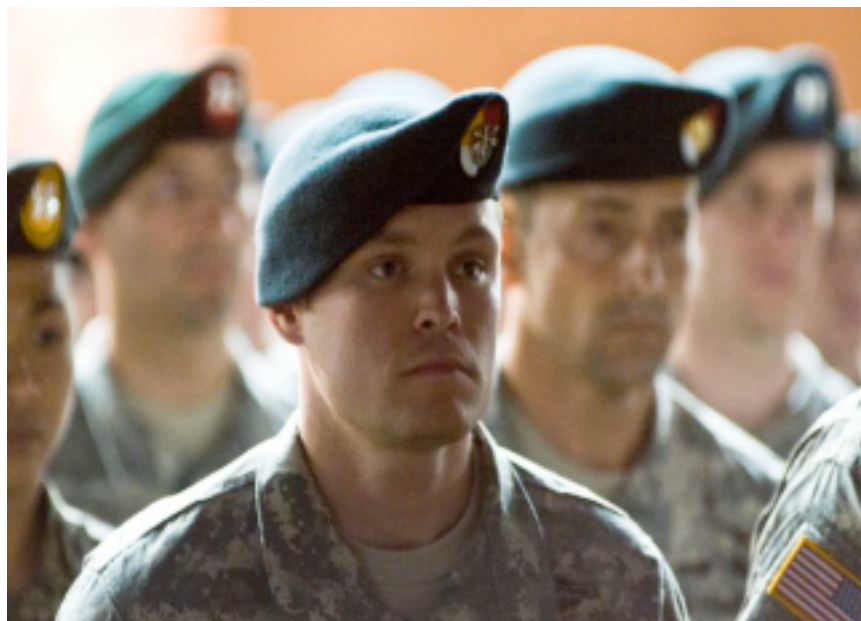
Would you say that lions are “cowardly”? Well, you can (unless it has been removed) go to YouTube and see a video of a **PACK** of lions backing away and retreating from a honey badger. Why? Not because these fearless jungle cats are “cowardly”, but because they apparently possess more brains than

many human beings do. Since they obviously perceive no great gains to be had from taking on a vicious little honey badger (they are uninfluenced by such stupid concepts as being labeled “cowardly” for disregarding a battle that, in addition to presenting —— for lions —— merely a modicum of danger, is also unpleasant. Lions save their strength and savagery for enduring those **dangers** and **unpleasantries** that are demanded of them for securing meals, and protecting their cubs and themselves. A high-powered rifle round is **lethal**. There is another (we found amusing) video on YouTube in which a lion charges with the intent to kill, some jackass “hunter” whose idea of “sport” is to shoot and kill the beautiful creature. Sadly, the “hunter” is saved by his guide, who proves to be a far better marksman. *But in the face of death, that lion charged full bore with the intent to destroy what he felt was a lethal danger!* The lion showed great courage. The “hunter” showed cowardice (believing no real threat existed to himself, and all he needed to kill his victim at long range —— without risk —— was his high-powered rifle. And hell, if *that* failed, his guide would save him!). **Don’t tell us that hunting jungle cats is courageous. Defending oneself against an unprovoked attack by a jungle cat might be regarded as courageous. But hunting them with back up armed assistance and a rifle that can drop anything on the planet IS NOT.**

Bullies and troublemakers are very similar to those hunters who hunt merely for **sport**. **We have no quarrel with anyone who hunts for food, survival, and sustenance, or who kills an animal in self-defense.** Bullies and troublemakers —— **all** violent, predatory offenders, and not their victims —— are **miserable, shameful C-O-W-A-R-D-S**. They are despicable, contemptible, subhuman **GARBAGE**. *But note how so often bullies and other **real** cowards contemptuously think of and refer to those they victimize as “cowards” or “weaklings” or “candy-asses”, etc.*



THE S—T ON THE LEFT IS A MISERABLE COWARD



THIS MAN IS A HERO. HE WOULD NOT BE CAUGHT DEAD VICTIMIZING A SMALLER, HELPLESS PERSON. IN FACT HIS MOTTO IS: *"TO LIBERATE FROM OPPRESSION."*

The person who refuses to risk the danger and unpleasantness of violent

combat **when such violent combat can be avoided and is not necessary** is *exactly* the kind of person a true and honorable **warrior** is. **It is what YOU should be (or become) after becoming highly skilled in combat arts.**

The word “cowardice” is a highly emotive one. It has been used to provoke, insult, denigrate, discredit, demean, hold up to contempt, and harass, since time immemorial — in virtually every language spoken on earth. **Certainly cowardice exists and certainly the world is chock full of miserable COWARDS.** But there has always been a helluva lot of confusion about *what* cowardice is, and *who* the **real** cowards are.

Think on this. Think on this and free yourself from the possibility of being manipulated by scum and scoundrels and users, and punks, and lice, and human trash of every ilk!

By *all* means . . . ***when necessary*** , take vigorous, totally committed, courageous action — no matter *how* dangerous or unpleasant, in order to fight and to destroy evil. But do not be a fool or another’s pawn. The person who willingly undertakes unnecessary dangers and unpleasantness is **not** a “hero”. He is a moronic, self-defeating a-hole.

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**, from the various sections there, we will again state the terms by which our material may be used **and used *only non-commercially***:

- 1. We must be quoted in context.**
- 2. Credit must be given for that which is quoted/referenced.**

3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. **ONLY** that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal approval or agreement.

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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—end—

