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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

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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! . . . and listen to our interview on Coast to Coast am with George Noory and our most recent interview with John B. Wells on Caravan to Midnight on

www.prescottcombatives.com.

Editorial

Confidence

AS we have said often and elsewhere, it is our belief that *real* hand-to-hand combat and self-defense ability is **90% mental**. Techniques are important, to be sure. However, what infuses techniques with effectiveness, and what empowers one to use techniques with total commitment and unhesitant determination is one's mindset. *Mindset* turns chinjabs, handaxe chops, basic kicks, elbow smashes, eye and throat jabbing and clawing attacks, and all combinations into weapons. It is easily possible for a fearful, hesitant attitude (usually stemming from no solid confidence in oneself *or* in one's techniques) to diminish the spirit and force and destructive quality of even the finest techniques of unarmed close combat.

Confidence — both in the skills that you are developing, *and* in **yourself, and your ability to apply them against any foe** — is vital. Consider the following statement of a highly accomplished Western boxer:

"I'M ALWAYS GOING TO COME IN OVERCONFIDENT AND I HAVE A REASON TO. I ALWAYS COME IN OVERCONFIDENT BECAUSE I TRAIN SO HARD THAT I LEAVE NO ROOM FOR DOUBT IN MY MIND. I NEVER GO IN THERE TO LOSE. THE WORD IS NOT EVEN IN MY DICTIONARY. I TRAIN CONFIDENT, AND I TRAIN TO THINK OVER-CONFIDENTLY. IF I DIDN'T, I'D BE A FOOL."

BERNARD HOPKINS (A NOTED BOXER)

Confidence in your skills and in the effectiveness of the techniques that you acquire is relatively easy to secure. We *know* what methods work and what methods do not work in *real combat*. This has all been wrung out and proven in war and in peacetime. The greatest teachers of *that which works* — Applegate, Fairbairn, Sykes, Biddle, O'Neill, Styers, Nelson, Brown, Martone, Feldenkrais, etc. — have left behind written works in which their

techniques have been recorded and well-described.. We have personally been fortunate enough to have actually trained under and learned from some WWII era experts, and we have incorporated all of their effective combatives into a comprehensive, modern combat art. Our thorough study of *all* of the written and filmed works in which the WWII systems are presented, in addition to our personal training in those methods has enabled us to combine elements of the Asian martial arts that we have studied (that meet the WWII systems' criteria) into a powerful, reliable, modern combat Art. Others also have studied the works of the WWII teachers and by focusing on those war-proven methods have enabled people who want 100% reliable skills for self-defense to obtain them.

If you'll train hard in war-proven skills that are backed by time-honored principles of martial arts dating back hundreds and even thousands of years, and you either work under a qualified teacher, or utilize his written and recorded methods of mental conditioning you *will* have the confidence that you need in a crisis.

Remember that “confidence” does not mean that you are guaranteed of victory or that you have no fears of being injured. It means that, *despite whatever fears you may have* you also possess the knowledge that you are ready, willing, and well able to make an account of yourself — to go after your enemy with absolute resolve and ferocity, and that you *will not relent* until he is defeated. Knowing yourself and that which you are capable of doing, and having — through good training and education in the realities of violence — a deep understanding of your foe, will imbue you with as **near** a certainty of victory as anyone could ever hope to have.

Have **confidence** in yourself, your skills, and your knowledge, and you need fear no one.

Bradley J. Steiner

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Be sure to visit www.seattlecombatives.com for over 400 articles OF FREE INSTRUCTION, COMMENTARY, and BOOK REVIEWS! Check each section on this web site, and when you've scrolled down to the bottom of each page don't miss clicking on the previous (archived) pages containing many articles! There is a lot of free material on here that is solid close-combat and self-defense oriented. No B.S., no sport, no nonsense, and all FREE; with new articles and instructional pieces added EVERY MONTH!

Always Encourage Your Enemy's Arrogance

MUSASHI'S *The Book of Five Rings* is one of the required readings that formally enrolled, rank-seeking students of *American Combato* (*Jen•Do•Tao*) must complete. It is a brilliant work on close combat by Japan's greatest swordfighter, Miyamoto Musashi. Musashi was, to the 17th century something like Fairbairn was to the 20th: Just about the most knowledgeable and experienced combat expert with the personal weapons (and unarmed combat methods) of the day. The fact that Musashi's work does not per se teach the mechanics of sword fighting is irrelevant. Even if you could learn them, the techniques of using a samurai sword (or two swords — or two *boken* — as Musashi eventually carried) would be of little value to you in this 21st century. *That* skill — like the use of the *nunchucks*, *sai*, *tonfa*, *manriki-gusari*, *nine foot staff*, *sythe ball-and-*

chain, shuriken and shaken, etc. belongs today to the study of **classical/traditional** *not* to **combat/defensive** martial studies. Nevertheless, the critical principles, strategies, attitudes, and admonitions for the self-education of a warrior that Musashi's work contains, are priceless and timeless. *Any student of self-defense and close combat today will gain down-to-earth, real wisdom by reading and absorbing what Musashi has to say.* This is a man who killed his first enemy in close combat while he was in his early teens (that enemy was in fact a professional swordsman!), and who died peacefully in his sleep in his 80's, following a **lifetime** of doing little else but fighting in deadly conflicts and training in martial arts. Combatives students have a lot to learn from such a "been there, done that" master of close-in battle skills — even if he'd "been there" with a sword, and even if he'd "done that" with a sword! His instruction is no less relevant to those who employ bare hands, a stick, a knife, a tomahawk, a handgun, or a shoulder weapon today.

Do yourself a **big** favor: Get a copy of *The Book of Five Rings* and study it assiduously. Like Sun Tzu's *The Art of War*, you will want to retain this volume in your library for reference and frequent study. There are several good translations of the original Japanese edition available. Perhaps the best is the one by William Scott Wilson, a highly respected translator of Japanese martial works, and a recognized expert on the Japanese warrior philosophy of *Bushido*.

One of Musashi's great principles is one that we teach and emphasize strongly for self-defense: *Always encourage the enemy's arrogance.* Applied to self-defense:

Scene: On any street in urban America in YOUR home town:—
You are walking along, possibly with your wife or girlfriend, and suddenly some piece of gutter manure steps in front of you, while at the same moment you perceive his associate lump of s—t stepping toward you from your side.

"Hold it man," the scumbag orders. Gimme your f-ing money!"

"Oh God, please don't hurt us," you mumble. "You can have my money." you

assure him. You reach into your pocket and pull out some bills and hand it to him. The ten or twenty dollars you give him is money you keep in your shirt pocket — for small purchases and for just such an occasion as this. You've got about fifty dollars in your wallet. The scum grabs the bills.

“F-k man, you must have more than this,” he growls. “Gimme your wallet or we'll f-k up you and your bitch real bad!”

“Please,” you moan (while finalizing your decision regarding what you're going to do next). “Please. I just got out of the hospital. I'm not well. Please don't hurt us. I'll give you my wallet and my credit cards, okay?” And you make a gesture indicating that you are about to do exactly that. *What you have done is, in effect, let these two blobs of filth think that they are not only going to get what they want, but they also are dealing with an essentially helpless and scared victim who can't possibly fight back even half-heartedly.*

Without warning you emit a piercing shout and grimace like a lunatic as you chop the beast in front of you in his throat with every ounce of your strength and speed — dispatching him instantly. In the next half-second you lash out with a low, powerful side kick and break scumbag #2's knee, sending him reeling to the ground in agony. When he falls you stomp once again on his broken knee for good measure, and to insure as complicated and agonizing an injury to the bastard as you can possibly inflict, and performing a social service by insuring that he won't be back on the street for a *long* time — if ever again.



LET YOUR ENEMY SEE YOU LIKE THIS.



BEFORE YOU TURN INTO THIS!

You depart the scene with your companion as fast as possible. You do *not* waste time retrieving the few dollars you handed bastard #1.

That is but one example of “encouraging the enemy’s arrogance” in a real life emergency situation. Variations and specific techniques are unlimited . . . but the example given should be sufficient to enable you to understand and see how a principle of close combat articulated by a 17th century warrior is as

relevant today as it was then.

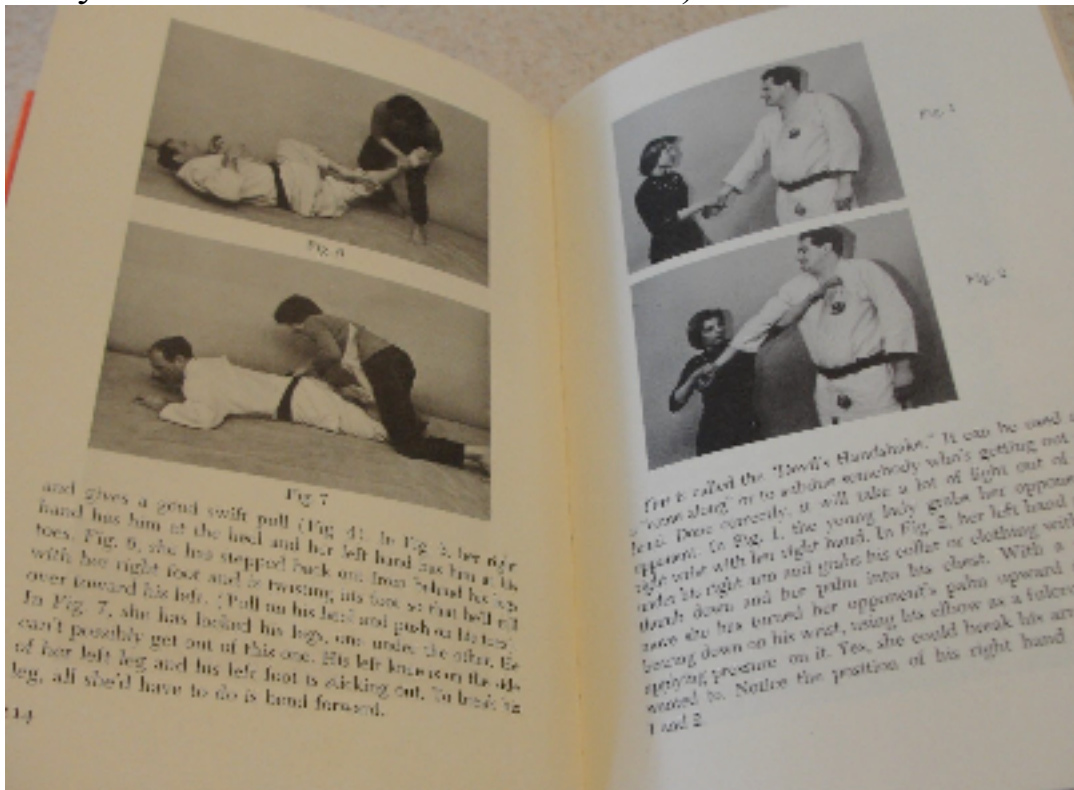
Let the bully or troublemaker or holdup man believe that you're no big deal. *Let* his arrogance and overconfidence in his inevitable victory swell up inside him and fill his head with the assurance that he's "got you". Then **EXPLODE!** **Drive into him and crush him! Get his eyes, his throat, his knee, his solar plexus, etc. and *followup like a wild animal until he is harmless and helpless.*** Make no physical gesture or verbal comment that even remotely suggests anything but your submission and fear and compliance with whatever he says. Act scared, weak, helpless, sick, incompetent. *Let him feel superior and in no need of concern regarding what you might do.*

Using this tactic enables you, whenever there is an interactive phase in any confrontation, to completely set your enemy up and destroy him. It's akin to walking into a tiger's cage when the animal is angry, hungry, and viewing you as his next meal, with you believing he is a domesticated creature, used to human contact, and you are confident, smiling, thinking that you'll pet the "cute kitty"! Not a thing to worry about or to fear! When he lunges you'll never know what hit you (or ate you).

Authentic — But Not Practical

WE are grateful to *every one of our teachers*. Although much of the classical/traditional training that we had in our earlier years did not satisfy our quest for serious combat and self-defense skills, we nonetheless respect all of those who taught us whatever it was that they personally believed in. Discussion sometimes arises about which system or method of martial art is or is not "authentic". By this is meant . . . ? It would be interesting to hear what people believe the definition of "authentic martial art" is! *It certainly is **not** a martial art that "works in real combat"*.

One of our own teachers back in the dark ages was a wonderful native Japanese expert in ju-jutsu by the name of Kiyose Nakae (pronounced **Kee yo' shi Nah Kai'**). Interestingly, Prof Nakae — who, incidentally, authored the book *Jiu-Jitsu Complete*, published by Lyle Stuart in NYC — taught at the Sigward Sports Academy. We also took Bob Sigward's own course in ju-jutsu. Sigward was *not* an exponent of “authentic Japanese ju-jutsu”. Prof. Nakae was. For real world self-defense **the course that Sigward taught was superior to Nakae's!** (This is in no way intended as a slam on Nakae; we have great affection for his memory, and we did learn a few useful things from him. Rather, we simply wish to make the point that simply because a method or system is “authentic” — as Nakae's was — it is not necessarily a completely reliable one for actual close combat.)



A COUPLE OF PAGES FROM “JU-JITSU: SELF-DEFENSE FOR TEENAGERS”, BY ROBERT LICHELLO. THIS BOOK PRESENTS AUTHENTIC JU-JITSU AS TAUGHT BY CLIFF FREELAND — A WELL-RESPECTED JU-JITSU SENSEI FROM THE 40’S, 50’S, AND 60’S. THERE IS NO WAY THAT THE YOUNG LADY PICTURED COULD APPLY THE LEGLOCK (LEFT) OR THE ARMLOCK (RIGHT) THAT IS ILLUSTRATED AGAINST THE GENTLEMAN ASSISTING HER. THE MAN ON THE GROUND IS ONE OF THE “JUDO TWINS” (I.E. BERNIE AND BOB LEFKOCKER - I HOPE I SPELLED THAT CORRECTLY). HE IS COOPERATING WITH THE LADY, OTHERWISE HE WOULD EASILY HAVE THROWN HER THREW THE WALL HAD SHE TRIED TO THROW HIM TO THE GROUND! THE JU-JITSU IN THIS LITTLE BOOK IS 100% “AUTHENTIC” — AND OF HIGHLY QUESTIONABLE PRACTICAL VALUE, IN OUR OPINION.

At *The Jiu-Jitsu School Of India* we took the full-length training course that was offered in **Varmannie** (Indian ju-jitsu). The teacher, a short, stout, very strong gentleman who went by the name (and title) “Swami Vrygyananda” certainly knew his ju-jitsu! His course was authentic and quite good; but *some* of what the good Indian Professor taught left students — or at least our self — wondering. For example (reminiscent of the Chinese “delayed death touch”) Vrygyananda would sometimes claim for a particular strike that it would result in some kind of dread disease. Happily, we never used any of those strikes on anyone and took the time to follow up on their health history — so we never could verify or discredit that claim. Nor were we too enthusiastic about learning how to cause a troublemaker to become sick *weeks after* he had attacked us! We wanted to be able to drop our assailant when he attacked us! But that was part of Varmannie. A good program. Very authentic. But it paled in effectiveness compared to what we began to study under Charlie Nelson.

Charlie’s training — which we stayed with for just under three years, remaining his student after completing his “basic course” (20 one hour lessons) was the best **live** instruction that we were able to obtain in New York. He called it, simply, “ju-jitsu and karate”. And guess what: *it was completely unconventional training and could not have been considered “authentic” ju-jitsu and karate by any standard!* During WWII, when Charlie began training under Col. Anthony J.D. Biddle, Biddle referred to his material as “ju-jitsu”, but Biddle’s program was also unconventional and did not qualify as an “authentic” ju-jitsu style. The USMC, in which Charlie eventually served as a “**combat judo**” instructor (the Corps’ alternate designation for its own brand of hand-to-hand, which it sometimes called ju-jitsu) trained marines in both the Fleet Marine Force *and* their justifiably famous “Raider Battalions” in very **nonauthentic** stuff. However, when we look at the Corps’ record in the Pacific, when marines fought hand-to-hand with “authentic” judo/ju-utsu trained Japanese soldiers, we can see that the unconventional material with which it trained America’s “sea soldiers” was **by far superior to the “authentic” judo/ju-jitsu which the Japanese had learned in their high schools** (where it was a ^{required} *subject*).

In his early years Charlie Nelson taught a much, much rougher, more aggressive, and military-type hand-to-hand than he was teaching in his late 60's and until he retired in his 70's. Nothing "authentic" as far as the classical/traditional styles go; just **EFFECTIVE in the extreme**, which some, like ourself, preferred.

The "authentic" taekwon-do that we trained in for eight years was enjoyable and certainly gave us a good front and side kick; but eventually we learned to **drastically lower** those kicks, and to deliver them as Fairbairn, Applegate, and Nelson advocated. **In**authentically, that gave use far greater real world self-defense kicking ability!

The classical/traditional ju-jutsu that we studied taught us some terrible — if authentic — habits for close combat, and an awful lot of superfluous (but "authentic"!) defenses.

What we found was that, aside from three live sources in our early years of training (i.e. Robert Sigward, Caesar Bujosa, and Charlie Nelson), the authentic material we trained in (including kenpo-karate, in NYC's Chinatown) was largely ineffective for *real world self-defense and hand-to-hand combat*. This is why the war-proven methods of WWII — learned from Sigward, Nelson, and Applegate; as well as from a hard-to-obtain collection of books by unconventional wartime teachers form the base and foundation — along with the principles and fundamentals of Chinese *ch'uan fa* — of our *American Combato (Jen•Do•Tao)* System.

We say it plainly today, and we teach it and write about it: **WHAT COUNTS FOR CLOSE COMBAT AND SELF-DEFENSE IS THAT WHICH WORKS!**

Kids Who Attack

LAST month we discussed the matter of being attacked by females (if you

are a male). *This* month ——— inspired by news stories about “youngsters” who never should have been born ——— we want to discuss defending against young people, i.e. teenagers; *misfit “children” who presume to attack, terrorize, maim, kill, and rob human beings* ——— and other children, and adults as well.

Most of you doubtless are not aware that, decades ago in the South Bronx, children aged nine to eleven years were employed to carry out **contract killings**. This is *not* open to question. It is a fact that was well known to the NYPD at the time, as well as to persons living in that part of New York. And we knew about it personally because *we taught in the South Bronx at the time*.

The reason why such young children were selected for the local wet work that gang leaders deemed necessary to carry out is because, at that age, *these little bastards were* ——— a) *unlikely suspects*, b) *stupid*, and *utterly without conscience*, c) *able to get close to their intended victim without arousing suspicion*, and d) *immune from prosecution as “adults”*.

We mention the above not because we wish to make a case for executing children who commit cold-blooded murder (something we certainly believe should be done, and something that we *would* like to see happen), but because we wish to make a case for students and teachers of self-defense **taking attacks by youngsters** ——— **teenagers or younger** ——— **with deadly seriousness**. Regrettably, too many who believe that they are prepared to defend themselves do *not* do so.

Decades ago in San Francisco the resident of an apartment building heard a loud, smashing sound from outside, in the street. He went to his window and looked out, and saw a youngster break into his truck. Immediately he ran downstairs and into the street in front of his apartment building. The truck owner was a black belt in *aikido* and was certain that he could handle this “kid”. When he yanked open the passenger side door of his truck, the little animal was frozen. He stared at the black belt, saying nothing. He also **held a knife in his hand, poised**. Still convinced that a “kid” whom he had caught

and who was scared would be no problem for him —— even if that kid had a knife in his hand —— the black belt told the little scumbag to put the knife down and come out of the truck. He even spoke softly and reassuringly to him. Fearing nothing the black belt hoisted himself into the truck's cab and non- aggressively extended his hand. "Come on, you have to get out of the . . ."

And he never finished the sentence. The crazy little freak stabbed the man viciously in the chest. As the black belt lay dying in the street his last words to a samaritan who stooped to help him were: "*He was only a kid!*"

City of Tacoma, Washington State. Some years ago. A large group of approximately a dozen predatory, feral, underaged beasts jumped a young man because the young man was gay. They beat him mercilessly, stomping him into the sidewalk. *But the coup de grace was administered by the youngest beast in the pack —— an **eleven year old bastard***. This rotten little illegitimate mistake repeatedly administered knee drops to the downed victim (if we recall correctly the worthless little evil bastard boasted of knee dropping on the victim's head 25 times). The victim died. The dirty little blob of feral garbage who participated in the attack, and whose own contribution to the effort resulted in the victim's death, is probably out in society as these words are being written. As a little eleven year old the murderer could never be tried as an adult; and as we understand it he would have to be released upon reaching the age of 21. That attack occurred more than ten years ago, so . . . welcome back to civilization you despicable little piece of s—t.

Children can be and, today, **are in many instances**, as or more dangerous than adult assailants. You'd be a fool to think otherwise. Just follow the news.

An attacker is an attacker is an attacker. Do not cut youngsters any slack because they've embarked on their career as predators early in life. When they attack, **DEFEND**. Just exactly as you would if you were dealing with adults.

A twelve year old with a gun or knife in his hands can kill you just as easily as a 25 or 30 year old with a gun or knife in his hand. Youngsters who attack

most often do so in packs, like feral dogs or jackals. *And they deserve the same treatment you'd give the jackals.* In any case, when youngsters attack they **mean it**. Too stupid or indifferent to consider consequences — but well aware (likely from the sewage that produced them) that they will receive lenient treatment by the law and likely *cannot* face life in prison or a death sentence — these botched scum have no conscience, but regard tormenting, beating, crippling, and killing as “*fun*”. A recent news report told of **50** feral animals (all children) jumping and nearly beating a man to death. One of the scum got video footage with his cell phone, and the sheer joy and laughter of these monsters as they beat the man could be heard throughout the recording.

A year or so ago there was a delightful news report about about a savage attempting to “knockout punch” a man who was standing and waiting for his daughter at a bus stop. *The would-be victim caught the scumbag's intention, drew a handgun, and shot him! B R A V O!!* The sad part of the story is that the knockout puncher lived. People have ***died*** as a result of these lumps of s—t “doin’ their thang”. Thus, such attacks must be regarded as **deadly attacks**. React accordingly if you are ever targetted for such an onslaught. And don’t give a millisecond’s thought to the *age* of the attacker. Just **save your life!**

You will doubtless find our thesis politically unacceptable. That ought to vouch for and substantiate its inherent **truth**.

DVD Course NOW AVAILABLE!



(You Can Learn Self-Defense and

Close Combat At Home!

Here are a few comments about us and what and how we teach, from a handful of the many *genuine* authorities in the field of close combat and self-defense who are familiar with us and with our work:

“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”

— James R. Jarrett,

Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”

— Greg Anderson,

Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.

“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is

incredible!”

— Detective Ralph Friedman (NYPD Retired),
Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student *and* teacher”

— Maurice (“Maury”) Geier,
Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”

— Grandmaster Jim Harrison,
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim

Harrison's accomplishments and contributions to the combat arts in America.

**“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”
— Grandmaster John McSweeney,**

The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis’ contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis’ works.

“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”

— George Kalishevich,

Former USMC Sergeant and combat veteran of Southeast

Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960's. He was also an experienced bouncer. He passed away several years ago.

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner's writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner's vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner's”.

— Grandmaster John Perkins,

The brilliant innovator of ‘Guided Chaos’, John Perkins’ background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived

directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

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

Each DVD contains the equivalent instruction normally given in four to eight private

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

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

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

combinations” in *American Combato*.

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental ploys applicable to these situations is

emphasized. Technically, you will be taught

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

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

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

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

DVD#11 KNIFEWORK

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

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

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Holds That Work In Deadly Combat

THE application of “holds” (i.e. armlocks, wristlocks, arm bars, etc.) such as those taught in the many ju-jitsu styles are normally completely unsuited for all-out combat and self-defense. They are necessary for police officers, and for those in related security type occupations, but are not desirable for private

citizens or for armed services personnel (except perhaps military police). Ground submission holds are for sport. Still, there are some holds — very few — that do have a place in advanced close combat and self-defense training. They are **choke holds** and **strangles**. Correctly applied these types of holds will eliminate all resistance within **seconds**.

The reason why these holds are unsuited for short-term trainees and for those just acquiring the fundamentals of unarmed combat is because they are a little more complicated than blows of the hands and feet. However, their effectiveness — like the effectiveness of certain combat throwing methods — makes them a viable part of advanced hand-to-hand combat.

The difference between “choking” and “strangling” an adversary:

Choking involves cutting off the *breathing* by attacking the windpipe — the breathing apparatus of the opponent.

Strangling involves cutting off the blood supply to the brain by attacking the adversary’s carotid arteries.

It is important to note that, in reality, the two actions are difficult to separate. When in a violent encounter you slam on a “choke” or a “strangle” you will almost certainly *both* choke and strangle your adversary because of the strength and desperation with which you will apply the technique. All to the good! We are disinclined to get too technical here, as our focus is not on the use of a choke or strangle in any sort of “sporting contest”. So, with utter disregard for the precise outcome of any choke or strangle that you employ ***in order to save your life*** (so long as it results in the speedy and complete neutralization of your foe) we’ll just say that a good chokehold or strangle can be a good technique to employ in serious combat.

WARNING and CAUTION!: Chokes and strangles *can be lethal*. This makes them justifiable in order to stop a deadly adversary. These holds are not to be played with. They need to be learned carefully and correctly and — like many of the blows of unarmed combat — employed ***only*** in

cases of legitimate, unavoidable self-defense where the use of deadly force is deemed lawful.

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