

# Sword and Pen

## Official Newsletter Of The International Combat Martial Arts Federation (ICMAF)

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

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### June 2018 Edition

#### *Editorial*

#### The Statistically “Average” Person

**OBVIOUSLY** there is no *average* person. Every human being is unique and thus we can only say that a person may be *statistically* average. For example: The statistically average person in the United States likes pizza. There may be nothing much in common between person “A” and person “B”, except that they *both* like pizza . . . just as most (but not all) people in our Country like pizza . . . and since, *as far as that particular phenomenon goes*, it can be said that the **statistically** average person in the United States likes pizza.

In regard to “martial arts” the *statistically* average person can be said to come to the training . . .

- Looking for practical, realistic self-defense skills that he can learn within a reasonably short period of time

- With no particular interest in adopting the “*way of life*” commitment to the arts that some few devotees have and enjoy
- With not the slightest interest in becoming a competitive fighter or competition “champion” in — *anything*.

The classical/traditional and sporting/competitive martial arts and ways do not and cannot deliver what the statistically average student wishes to obtain, yet unfortunately both venues hold out a misleading appeal and, we must in all honesty say, a **false promise**: I.e. “Train in our method and you will be quite capable of defending yourself. You *don't* need to become an expert or a ‘champion’; within six months to a year you’ll be set for defending yourself.”

Where and when that promise or suggestion has been made it is untrue. No one except perhaps some genetic marvel with incredible natural gifts can hope to acquire an ability with any classical martial art within a year’s worth of training that will translate into readiness for handling any violent emergency. And training in and for competition is largely **irrelevant** if the objective is self-defense and unarmed combat ability. Oh yes, top competitive fighters can normally defend themselves very well; but the *statistically average* person is *not* going to become a “top competitive fighter”; he is going to get fed up, disgusted, disappointed, annoyed, frustrated, and (**unnecessarily**) injured in any competition-oriented course of training if what he wants is self-defense.

We must reiterate a point that we have made time and again, because assorted scum have deliberately and willfully misinterpreted and distorted not only that which we teach, but also our view of those martial art approaches that are different from our own. **We believe that there is great value in the classical/traditional and in the sporting/competitive martial arts (even though we are in strong disagreement with some of the current approaches in the competition sphere). Our position is that self-defense and close combat are very different than either of those venues and must be addressed by completely different methods of training.** And, just as we would never claim to be carrying on any “classical Asian discipline” or preparing anyone for entry into

any form of competition, we would like to see dyed-in-the-wool classicists and avid competition aficionados acknowledge plainly and honestly that their training is **not combat training, and no one who wants and who needs combat and defense training should be encouraged to take up either traditionally-based “art” or competition-oriented “sport”**.

Over the years we have met literally hundreds of people — some who became students, others whom we simply had the opportunity to discuss martial training with us for a bit — who told us of how they *once* had studied this or that martial art *for a while*. The “while” varied from a couple of months to a few years, and generally had occurred when these fellows were in their late teens or in their 20’s. ***To a man these fellows frankly expressed the fact that there was little or none of that which they had studied that they would feel confident using today, were they to be attacked.***

Certainly if training in *anything* is discontinued for ten or more years (or for more than 20 years, in some instances) it is to be expected that whatever had been learned, and whatever level of practical ability had been developed during that time, would have become rusty. But if, as had been the case with these people, virtually *nothing* they had studied had been retained at a functional level, then we’d have to say the time and effort that they had spent in training had been wasted. *Not* wasted if their participation was for sport and recreation, but wasted if (as they had told us) it was their purpose to learn **self-defense**.

Self-defense is a *lifetime* necessity. It is not a sport or game that one “no longer plays” after one loses interest or becomes too old to participate. Practical self-defense and close combat training — if in fact it truly *is practical* — may become a bit rusty over the years, but it will not be lost. We have spoken to former students (people who had trained with us *decades ago*) who excitedly reported how ***“what they learned just saved them in an attack”***. We recall hearing:

“. . . my training just surfaced all of a sudden . . . It really stayed with me . . .”

“What a surprise how the sudden stress brought

what I learned with you right back. It was really almost automatic”

“I started chopping and chin-jabbing, and then I did a side kick . . . it was just like I had practiced yesterday! But Brad, it’s been more than fifteen years! Thanks buddy!” (From a letter).

OK. Our experience with a few of our former students is not unique. Note the occasional news stories about former wartime commandos or S.A.S. soldiers, USMC Raiders, or American Rangers, etc. whose last “training session” to speak of was in the 1940’s when they were in their late teens or early 20’s yet who, *just recently*, effectively thwarted, in some instances **more than one** scummy punk who attacked them. *And these men did this 50 or 60 years after completing what was a relatively short-term course in close combat.* But it **WAS CLOSE COMBAT**. They were not slam-banging around on the ground striving for a submission hold, or leaping around tossing acrobatic kicks at an opponent, between tossing punches at his head. *They had learned practical, effective, realistic skills intended to be employed “for keeps” when the only weapons they had immediate recourse to were those given them by Nature!*

Those kinds of skills, techniques, tactical orientation, strategy, and mindset conditioning are what we teach in *American Combato*. Not for the dedicated classicist who aspires to emulate the ancient warriors in their study of ancient, antiquated unarmed and armed skills; and not for the competition “fighter” who aspires to become a “champion” and to dominate whatever combat sport he participates in. **FOR** the statistically average man or woman who is concerned with and interested *only in* being prepared — for now and for life — to defend him or herself in some god-awful, catastrophic emergency.

**Bradley J. Steiner**



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)<sup>™</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.

**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!

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## The Marvelous Straight Thrust

**THE** shortest distance between two points is a straight line. That truth tells the individual who possesses the common horse sense to understand it, exactly what kind of blow is the fastest in striking its target: i.e. the *untelegraphed* straight-line thrust that takes the attacking hand from where it is at the moment *straight into the adversary's vulnerable target*.

Boxers know that a straight left jab will hit the opponent whenever the opponent is within range, providing the blow is not telegraphed. In unarmed close combat we do not box, but we certainly can make use of much of that which boxing has taught us, like the value of the straight thrust.

In an emergency the straight thrust technique may be used to great effect with the following natural weapons:

- The tiger's claw
- The fingertips
- The half-fist
- The heelpalm
- The single knuckle

Additionally, although not as versatile and effective for most individuals, unless they have had some serious boxing background — or in some instances, *karate* training — is the normal, clenched fist. We teach this and advocate it, but only to the very weakest and softest targets.

Normally we prefer the five key weapons enumerated for the maximum effectiveness when straight thrusting.

We recommend their application as follows:

The *tiger's claw* is extraordinarily practical, reliable, and effective. Although it *may* be sufficient to stop an attack, we would never depend upon it alone (or *any* single, individual blow, alone). It should be driven powerfully into the enemy's face. The hand is formed as though a chinjab smash were going to be executed, but the palm *faces* the assailant's face and is driven directly into it. The fingertips hit the eyes first, and then the palmheel "collapses" into the face, in a very powerful blow. One of the great things about this strike is that it is just about impossible for even a slightly-built woman to injure her hand delivering it. The hand smashes into the attacker's face and the followup entails either a vicious hold and *deep clawing* into the face and eyes, **or** the hand recoils back, and is utilized perhaps for another blow (handaxe chop, kick to testicles or side kick to knee, etc.).

Anyone concerned about practical self-defense should master this speedy, efficient, and almost foolproof way to — at the very, very *least* — disorient an opponent so that whatever followup action is desired may be executed. If you are standing off-angled to your adversary you may use *either the lead or rearmost hand* to deliver the tiger's claw.

The *fingertips thrust* is to be employed against only two very specific targets: the enemy's *eyes*, or the enemy's *throat*.

The hand is formed by extending four fingers **naturally** (holding them in place, but without tensing the fingers or the hand). The finger tips of the index, middle, and fourth finger are positioned together, *but not rigidly*. The thrust is made to the eyes with the objective of **going through the eyes and skull completely**. This is the attitude; obviously this is impossible. But such a powerful, straight thrust into anyone's eyes will cause serious trauma. Drive the thrust as though you were going through a fog bank, forcing the enemy's head itself to cause the thrust to reach a point of termination. **Do not "poke" and withdraw.** Leave shenanigans like that to the Three Stooges.

Same identical idea when thrusting to the throat.

If you have read or been taught that your fingers can be driven into and through the human body, forget it! Attack the body with elbow smashes, heelpalm blows, handaxe chops, and — when going after the sternum, solar plexus, hypogastrium, bladder, or testicles — with the clenched fist.

The lead or rear hand, if you are standing off-angled, may be used with equal effectiveness in fingertips thrusting attacks.

The *half-fist* is one of the best ways to deliver a powerful thrust into the throat. Unlike a clenched fist, the half-fist can't be blocked by the jaw. It passes right under the adversary's chin and — because it presents a hard, powerfully formed impact point — it inflicts serious injury. With less devastating, but nonetheless *effective* results, the half-fist may be driven into the bridge of the nose-and-eyes, also.

The late Prof. William K.S. Chow (Founder of the Hawaiian School of *kenpo-karate*) liked to employ this blow against an attacker's knee. Chow doubtless had hands like steel and could employ this weapon with good results against that target; but we wouldn't try it and we don't recommend it.

The half-fist demands that the fingers be pressed firmly together, and the thumb (to avoid injury) should be kept pressed firmly against the side of the hand, *not* left to dangle loosely.

We'd recommend using this blow with the *rearmost hand* if you are standing off-angled to your foe. **Turn your body powerfully and sharply into the strike.** Use only against the throat in a life-threatening situation.

The *heelpalm* is stupendously versatile! One of its finest uses is in straight thrusting to the eye, the jaw, the nose, the temple, or the sternum.

During WWII this blow to the sternum was referred to as the "*rock crusher*" by Fairbairn.

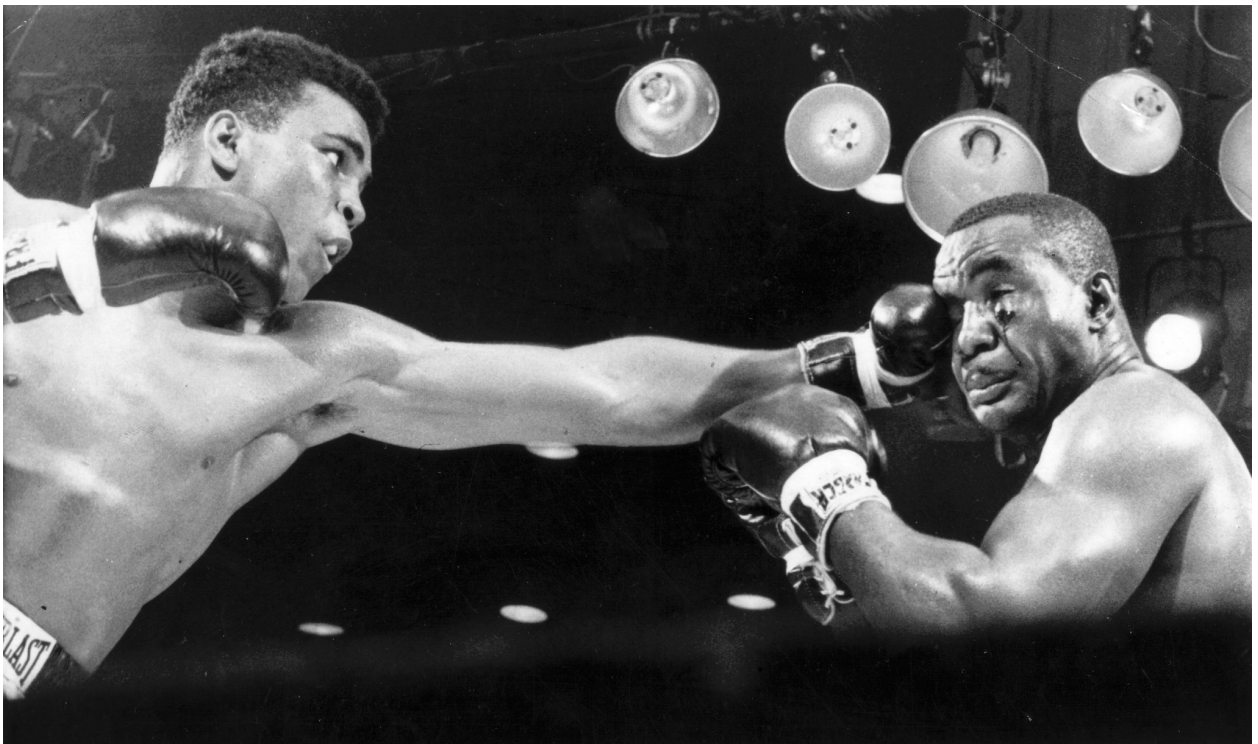
The physics of this blow is phenomenal. It is a **power blow**, to be sure! Unlike a blow with the fist, which requires a locked and braced wrist, the heelpalm has no such weakness. *There is zero possibility of "give"*

*when the blow is delivered.* It is like driving a solid block of wood into your target.

We suggest focusing on the rearmost hand in an off-angled position when delivering the heelpalm. *Get all of your body into this strike, and if you hit the eye or jaw or nose of your enemy, you very well may knock him out!*

The *single knuckle* is an excellent blow, but not everyone likes it. Frankly, we do not find it compatible with how we prefer to attack, **however**, anyone who does find it to his liking can use it to excellent effect.

Deliver the index finger flexed knuckle *or* the middle finger flexed knuckle — hand tightly clenched to support the blow — to the attacker's eye. In some instances where a student's hands are very strong and heavy, driving the knuckle into the solar plexus can be effective, but again we'd limit the blow to the eye. Obviously it can cause very serious eye damage, which, if you are being threatened with serious injury or death should not concern you. But *never* horse around with this or any of the blows described, and if you work with a live partner **do not deliver them with contact**. Stop a few inches short. Make contact with a dummy, heavy bag, striking post, or other training aid — *not* a human practice partner.



**NOT FOR BOXING ONLY! THE STRAIGHT THRUST UTILIZING MORE DESTRUCTIVE NATURAL WEAPONS AND ATTACKING TRULY VULNERABLE “VITAL POINTS” IS INVALUABLE FOR SELF-DEFENSE AND UNARMED COMBAT.**

The *straight punch* is OK when driven into the sternum. We always use a “vertical fist” (i.e. palm facing *in*, not *down* upon impact. This locks the wrist most effectively, and the sternum is easily attacked with little stress to the fist/wrist.

No punching to the bony facial area or head (unless you are wearing “sap gloves”!).

You can be certain that if your enemy is within reach and if you deliver any of these straight blows *without telegraphing*, they will land!

And we’ll close with this: Remember how potentially dangerous these blows are and do **not** abuse your knowledge of them. They are strictly for serious self-protection.

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**8 New Instructional Presentations - AVAILABLE NOW! *Many more . . .***

**COMING VERY  
SOON!**

## **PDF Informational Briefs**

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to

offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons*.

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

- 1. Self-defense and close combat**
- 2. Urban survival and spy tradecraft**
- 3. Physical training**

*Here’s how this works:*

- **Select the PDF Briefs that you want.**
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
- **Send us your list and include \$4. for each PDF Brief on your list. Cash or money order payable to Brad Steiner.**

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You may print out a hard copy of the PDF and/or read it on your computer screen.

*“How can we afford to sell these training briefs for such little cost?”  
Answer: **There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!***

Our *first* PDF Briefs are listed below. **Make your selection!**

**Brief #1: *The Last Speech Given By Col Rex Applegate***

*(Full unedited speech with accompanying commentary)*

**\$4.**

**Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons***

*(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations” {U.S. Pentagon} )*

**\$4.**

**Brief #3: *Fairbairn’s “Silent Killing Course”***

*(Original and full outline as Fairbairn drafted it — with commentary)*

**\$4.**

**Brief #4: *“Stay On Your Feet!”***

*(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives)*

**\$4.**

**Brief #5: *Rules Of Self-Defense***

*(Of course there really are no “rules” in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training)*

**\$4.**

**Brief #6: *Close Range — Quick Reaction!***

*(What you don’t learn in the shooting schools, but what has been proven to be the right way to use a handgun in personal*

*defense and in war)*

**\$4.**

**Brief #7: Remembering Charles Nelson And His Valuable Lessons**

*(We remember our years with “Charlie”;  
including some of the actual self-defense tips he  
taught, and a copy of the Men’s Magazine article  
about Charles Nelson, from 1960)*

**\$4.**

**Brief #8: Most Common Street Attacks - Per Dept. Of Justice And  
Other Studies - And Tips On Defense**

*(Here are the most likely ways in which you may  
expect to be attacked; with powerful tips on how best  
to be prepared to defend against them)*

**\$4.**

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**Making That First Move**

**“Be sober, be vigilant; because your adversary the devil  
walks about like a roaring lion, seeking whom he may  
devour.”**

**1 Peter 5:8**

**FAILING** to *avoid* trouble the next best action is to **preempt** it. That is, **ATTACK THE ATTACKER!** which we first formulated as our basic strategy in *American Combato* in the early 1970’s, for anyone seeking self-defense instruction and training for the real world.

OK . . . *attack the attacker*. Simply and plainly put, and easy to understand. The problem lies in the **doing**. That is, confronted by an obvious threat that will not go away and that you realize must be defended against — the sooner the better — the big question is: **WILL YOU?**



For the typically decent individual it can be a tremendously difficult thing to “trip the wire” and take offensive action in self-defense. Nevertheless it must be done, and if you aspire to be able to handle real world dangerous violence *you* must learn to do it.

Merely learning reliable attacks and attack combinations will not guarantee that you will employ them without hesitation if they are needed. This concept applies to weapons and unarmed combat. There have been people whose *skills* and in some instances whose *armament* was quite adequate to deal with a dangerous threat; but because these people were not sufficiently attack minded their potential for effective management of their crisis proved to be of no use.

So how can you be assured that, should the worst happen, you *will* go into aggressive, ferocious, preemptive action? There is only one way: ***You require a made up mind, and a decision that is settled within you regarding what you will do if it ever happens “for real”.***

“If I am placed in a dangerous situation where violence against me or those I love presents itself, *then I am going to render that threat harmless*. I will attack and keep on attacking until my enemy has lost the will and the capacity to cause me or mine any harm.”

Read that above statement a few times. “Feel” its meaning. **Get with it.** That is what must become your inviolate decision, made well ahead of time — **right now, in fact!** — so that there is no need to argue with yourself, equivocate, hesitate, consider, or otherwise delay a millisecond in a real situation.

This is not a trivial point. Virtually no instructors that we ever had (save three) ever addressed this point — and they did so *indirectly*. We believe that it should be brought out clearly and deliberately, stated firmly, and **PUSHED** to the Nth degree in mentally conditioning our students. It is too vital to be left to chance.

We are confident that our teachings — in person, and via such medium as DVDs and CD publications, etc. — go to essentially good people who have no evil desire to harm anyone, but who merely wish to have a high level of competency in self-defense. Our understanding of such people (whom we have been teaching for well over **50** years) is that their essential decency and reasonable lifestyle makes for a possible mental block against violently harming another human being. **That's simply got to go. When a crisis strikes you cannot see “another human being”, but instead must realize that this scum before you will happily beat you, stab you, shoot you, stomp you, or do whatever its deplorable excuse for a “mind” enjoins it to do. It is not fully human, it is not at all civilized, and when it decided to be a predator it gave up any rights to being treated with anything but ruthless disregard and brutality. *NOW GIVE IT WHAT IT DESERVES AND DO NOT LET YOURSELF OR ANYONE YOU LOVE BE VICTIMIZED BY THIS CRAWLING EXCREMENT!***

These are the things that should be pounded again and again and again into your head by a qualified teacher, or — if you either train in a less-than-fully-adequate combat system, or on your own with DVD and book instruction — by *you, yourself!*

Your goal is simple, legal, honorable, moral, and by any rational standard, reasonable: It is to be 100% prepared to dish out the most fiercely merciless brutality when one or more extralegal pieces of s—t decide that you or someone you love will be their next victim. You want to be prepared always, during your normal daily activities of work, school, recreation, family time, *whatever*, to **turn into a vicious warrior — a merciless savage who is capable of meeting the worst and most dangerous violent garbage that may come at him from amongst the dregs of the society in which he lives.**

We hope that you get this message. In those cases where intended victims of violence *exploded with fierce action and the will to destroy their victimizers*, they did just fine! The sewage does not expect that its intended prey will be able to offer much if any resistance. Otherwise, the

sewage would look for another person to attack. **So, thank God you will have the advantage of *surprise*, which as any military tactician knows is more than half the battle won, if the appropriate use is made of that advantage.** Please . . . for your sake and for the sake of anyone dear to you, take this to heart.

Decide. Decide now and decide with all of your heart, soul, and mind, that *if* you ever find yourself (possibly, if you ever *again* find yourself — because we know that former victims of violence are among those who come to us for training) in a situation where scum has intruded upon your existence and threatens to maim or to kill you, **it will be *you* who makes that vital first, preemptive move — and you will crush that evil bastard like a used paper cup!**

You can do it. Just make up your mind that you **WILL** do it.

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### **The Sure-Fire Knockout/Concussion**

**WE** cannot emphasize too strongly or too frequently that *self-defense and close combat have **NOTHING** to do with sporting competition*. Real combat techniques are dangerous and always harmful. If they were not, then they would be of no value. However, they must be kept in their proper place. Like a holstered handgun that must only be drawn when a threat to innocent life and limb is immediate and apparent and the violent offender absolutely *must* be stopped, and stopped ***right now***, the

techniques of individual combat are to be brought into play only when one is in **danger**.

Knocking someone unconscious can cause death. It is *never* a “safe” thing to do, and any physician will tell you that such repeated occurrences of being knocked out — over time — often account for brain damage in professional boxers. **Practice blows to the head on dummies, striking posts, and heavy bags; *not* on practice partners! And utilize such combat blows that do attack the head in situations where you are subjected to serious criminal violence *only*.**

In *American Combato (Jen•Do•Tao)* we use a variety of rapid one-two hits that can easily knock the biggest man unconscious. They are simple, direct, doable under countless circumstances, easy to learn, and very retainable. Here is how they work:

With a sudden untelegraphed blow that utilizes the individual’s total body power, the side of the adversary’s face and head area is struck. Using a returning twist of the body and the *opposite* limb, a second powerful blow is delivered to the opposite side of the adversary’s head. Some variations of this action utilize the *same* limb for the second blow. (It is possible that blow number one will result in the adversary collapsing unconscious and if so, no further action is required. However, in a dangerous situation you *never* count on one blow, and so you train to automatically followup and follow through — and stop only when sufficient force has been delivered to render your attacker harmless.)

This concept may guide you in delivering a preemptive attack **or** if you are seized and held it often provides an outstanding way to counterattack.

Examples of how you might employ this virtually “guaranteed” knockout/concussion action:

- With a whipping heel-of-the-hand strike smash into the jaw hinge or temple of your opponent with, say, your right hand. Immediately

come back at the opponent with your left hand, striking the side of his face or head with a *reverse* handblade strike (or another heelpalm blow).

- Deliver a direct chinjab smash to your adversary's jaw using your rearmost hand while standing in a relaxed-ready (off-angled) stance. Now drive a *lead* hand chinjab smash into the side of the opponent's jaw. Use plenty of body action so that every ounce of your weight smashes into your opponent.
- Drive a lead arm embow smash across your enemy's temple or jaw, turning your entire body into the blow. Follow through. Now execute a full body power handaxe chop to the enemy's facia/head area using the *same arm* as delivered the elbow smash.

What makes this type of attack so effective in causing concussion and knockout is the fact that initially the head is smashed powerfully and unexpectedly in one direction; then immediately a powerful blow snaps the head in the opposite direction. This causes the brain to be jarred severely, tearing tissue within the skull. Blow number one eliminates any ability of the recipient to resist by neck tensing or bracing against impact.

We apply this concept in some of our stick techniques, as well.

Fuel for thought and experimentation. Just remember: *Not* to be played with. Solely for unavoidable defense of life or limb.

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**A Simple Way To Gain Overall Body**

**Strength**



**IF** we haven't as yet made it perfectly clear to the entire world, we believe strongly in sensible progressive weight training for *everyone* who trains in combat arts of a practical kind, and whose goal is to be able to defend himself. Strength is a great asset. It is not always or necessarily the deciding factor in any close combat situation, but anyone who believes that strength is unimportant or that "if you're a martial arts expert you don't need strength to defend yourself" is mistaken and woefully misguided.

Following a well-planned sensible weight training routine is not very time consuming. Three to five hours *a week* is more than sufficient to develop your strength to its limit, and to improve your overall physical fitness, agility, health, and resilience.

But some people who devote significant time to martial arts technique practice may feel that to spend another three to five hours weekly, in addition to work, school, family, or what-have-you, would be too much, and they will neither cut back on their self-defense training nor neglect other responsibilities and areas of concern in order to train with weights.

We suggest one of two possible solutions.

The first is to consider going to a properly run *Nautilus* Training Facility. We stress "**properly run**". There is a tendency for some to teach the use of Nautilus machines as adjuncts to full weight training programs, or to use the machines like free weights. **WRONG!** A properly run Nautilus facility will have you going through a couple of excellent workouts that consume no more than 20 minutes each (usually more like ten to fifteen minutes each) under a scrupulously careful, professional instructor who will follow you and your progress as you train over the weeks and months.

(Note: Our personal preference is for free weights, but that's because we began that way --- back in 1963, long before Nautilus --- and we dislike going to a gym facility to train. We like home training, which is easily done with free weights and ancillary equipment).

If you happen to be like us and prefer to train at home with free weights then we recommend a very brief, intensive, yet very effective and productive program of training that will increase your strength and build your overall fitness to a significant degree. It consists of but **two** exercises: the **SQUAT**, and the **STANDING PRESS**. If you will set aside three periods during the week — spaced so that at least a day goes by before your next workout — and really **work hard** on these two exercises, you will be stunned at how they build your body's overall power and fitness.

You may do either exercise before working on the other. A starter program would be:

1. Standing press . . . 1 set of 8 repetitions, then 1 set of 4 or 5 repetitions (using a bit more weight for set number two).
2. Squat . . . 1 set of 12-15 repetitions, then 1 set of 6 to 8 repetitions. Add weight for the second set.

Working hard you should be able to handle that inside of 15 to 20 minutes. *And you do have to work hard.*

Start off with weights that you can handle with relative ease if you have had no prior experience and are just starting out. Gradually increase resistances — **small** increases — and train regularly. Follow a good diet. Get enough rest and sleep, and keep a positive, optimistic attitude. **Above all, do not neglect your combat training! Strength is an *additional asset*, it does not “replace” technical practice.**

Stay away from steroid drugs no matter what anyone tells you, and no matter what crap you may read. Those goddamn drugs are potential death traps. In fact they ***ruined*** mainstream bodybuilding.

Lest you think that a “presses and squats” routine is insufficient to build strength, remember this: The late Paul Anderson — at the time recognized as The Strongest Man In The World — followed home training and often worked out on those two basic exercises alone! You may be too young to recall who Paul Anderson was, so you might want

to look him up. Check into some of his record lifts, and get a gander at his huge, powerful body.

We know that only genetics can allow a man to rise to heights such as those reached by Anderson or anyone else whose power or physique is world class. But regardless of *your* particular genetic potential for strength development, a simple presses-and-squats program will certainly help you to actualize it.

Good luck!

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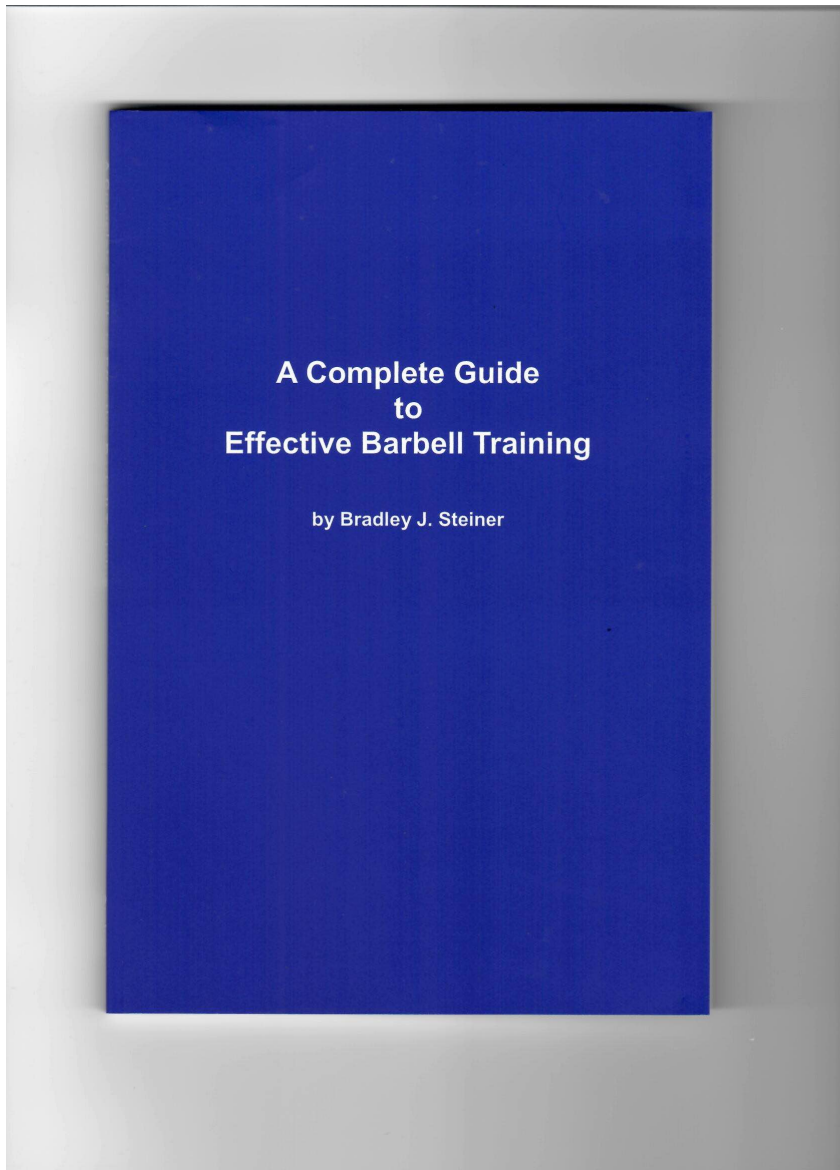
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