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# Sword and Pen

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

## EDITORIAL

### *Results From Training Depend Upon Your Input*

**T**HE techniques of close combat and self-defense are fairly simple. They can be easily understood, learned in a reasonable period of time, acquired initially with no tremendous physical prowess or athletic talents, and — once acquired — they can be retained pretty well. However, anyone aspiring to be really good in the art of close combat, to achieve a level of great personal confidence and skill, and to be able to handle just about any adversary under any conceivable conditions, anywhere, must understand that there are no short-cuts. The only path to practical knowledge and reliable skill is through practice, practice, and more practice.

Regularity and persistence, much more than prolonged and extensive all day sessions in the practice hall, are the keys to mastery. This is especially true in practical close combat work, since workouts of two, three, or even more hours duration are quite customary for classical/traditional “martial arts”, while sessions lasting between 30 and 60 minutes are quite sufficient for the combat trainee — but those 30 to 60 minute sessions need to be put in with the regularity of a chronometer and the persistence of a religious fanatic!

We neither kid nor exaggerate. The person who, taking a few lessons in self-defense, now believes — because what he was taught is simple and was easy to physically perform once he was shown how to do it — that “now he’s got it”, is a fool. To use an analogy: A person of average intelligence and average physical ability can be taught the basic boxing punches, how to stand and move, and how to hit using simple combinations, within a few hours — maybe even less time than that. But that doesn’t mean that the individual can box! The hard part comes only after the technique of boxing has been taught and understood by the pupil. Now TRAINING can be done effectively; and if the individual wishes to be able to box, then he must train. And he must train assiduously and hard, even to become a mediocre boxer, let alone a champion.

You get out of something that which you put into it. This applies to the study of any discipline, not merely to the art of close combat.

Most teachers of the martial arts face certain inevitable problems in running their schools. One of these problems is maintaining students by keeping their interest. And “keeping their interest”, as far as most people are concerned, translates into “always teaching them something new — just so they can ‘feel’ that they are getting their money’s worth”. We

KNOW that, with zero “padding” and fluff in our program we give people considerably more than their money’s worth. But we also know that only a small percentage of people have the brains to appreciate that fact, unless the typical industry practice of “teaching them something new all of the time” is followed.

Fine. We’ll settle gladly for those students with the brains to appreciate the right way of training in the combat arts! “Feeling” that you are getting something worthwhile does not always or necessarily mean that in fact you actually are getting anything worthwhile. You are getting something “worthwhile” in a combat arts and self-defense program when the right principles are endlessly pounded into you, and when you are drilled and drilled and drilled, and drilled some more in the proven techniques that work, and not merely in “more and more techniques”.

Is that way not boring? Actually, not for everyone. For dilettantes, probably; but dilettantes become good at NOTHING except prattling to similarly shallow entities such as themselves, at social events and during coffee breaks at the office. Serious minded individuals can appreciate the need for hard and regular practice of fundamentals, and for the thorough mastery (not just “learning how to do”) of core skills.

“I’ve always wanted to learn self-defense!” What teacher of martial arts has not heard that comment? We learned, decades ago, that it is normally a guarantee that the student will — more often than not — be a complete dud (if he enrolls, at all). Unless the person is in his late teens and perhaps has honestly never been given parental consent as a child to train, or had the opportunity to find a school where he could learn, or even possibly not yet found the type of instruction that he has been looking for so far, the obvious thought (not necessarily to be articulated!) in the teacher’s mind

should be: “Hmm. If you’ve ‘always wanted’ to learn self-defense, then why haven’t you taken steps to do so previously?” In other words, the “I’ve always wanted to learn . . .” bleat is most often indicative of a rather weak, impulse-dominated mentality — not of an enthusiastic, no-nonsense, serious student. Oh yes, the impulse-driven do “want to learn self-defense”. They want to learn it today. But tomorrow, after they appreciate that it requires discipline and effort, and that they will need to work at it, they will not want it any longer. Oh, certainly, it will be the “system’s” fault, or the “teacher’s” fault, or “they’ve realized that they can’t afford it”, or that they “don’t have the time”, ad nauseum. The simple truth, which is never faced by these types, is that the fault is their own, and it derives from a serious personal flaw: The unwillingness to face the fact that nothing good in life comes easily, and that if they wish to really learn how to defend themselves, effort is required, and will continue to be required for quite a while, before their desire is realized.

What about boredom? Well, what about it? Who the hell has not experienced boredom in his life? DEAL WITH IT! REFUSE TO GIVE IN TO IT. PERSIST. Remind yourself of the tremendous value of the pursuit in which you are engaged and go back at it with renewed determination and resolve.

Learning the art of close combat and self defense requires an investment of money, time, and energy. People always find the money, time, and energy for that which they want the most. There are people who protest that they “can’t afford” professional level instruction in combat arts. But they manage to afford spending about \$10 a day on cigarettes (that’s \$300. a month! — to kill themselves) and perhaps an equal amount on liquor. Others say they “don’t have the time” to train. But they manage to waste hours every day on pointless gossip or television viewing, or chasing one-

dimensional morons of the opposite sex, for the most pathetically shallow “satisfactions” of meaningless involvements. Still others complain that they “lack the energy” to train. Yet these same people find the energy to fritter away on far less healthful pursuits than disciplined training in combat skills.

Look — people have a right to do as they wish. It is not for us to determine how others should and should not spend their money, their time, and their energy. However, since we are presumably addressing in this Newsletter those who are sufficiently interested in the combat arts to read about them, it is probable that a high percentage of these people also want to acquire genuine proficiency in them. Therefore, please heed our words. If they sound harsh it is not because we are trying to put anyone down. What we are trying to do here is provide, where it is feasible to do so, a much needed “wake up call”.

We know in our heart of hearts from personal experience that there are few things in life that will pay you as well as investing the money and then spending the time and the energy that is required to become skilled in close combat and self-defense. We also know how that project ought to be undertaken. We have spent more than half a century acquiring that knowledge. We are being honest with you, and we have no desire here save to help you to adopt a realistic, self-actualizing, long-range beneficial philosophy and motive to action.

The skills and techniques are simple. But you’ve still got to apply yourself and commit yourself if you want to master them and enjoy the attendant confidence and ability that comes with such mastery.

Give 100%, and you'll get 100% back. And when it comes to being able to defend yourself, protect those you love, walk, talk, and act with poise, self-assurance, and confidence, 100% is a hell of a lot!

**Bradley J. Steiner**

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## **Clarification Regarding W.E. Fairbairn's "Defendu" System**

WE provide this following exposition purely out of a desire to “set the record straight” for visitors to our site who are interested in the various “WWII systems” of close combat in general, and in the method developed and taught by William Ewart Fairbairn, in particular:—

We have news for you: Fairbairn had two different “systems”, and the designation “DEFENDU” is an inappropriate designation for one of them!

Fairbairn's training in martial arts (primarily ju-jutsu, but also in the internal Chinese boxing method of Ba G'ua Ch'ian, and several other methods) began when he was with the Shanghai Municipal Police. It was only after being nearly beaten to death that Fairbairn — as a cop — enrolled for instruction in ju-jutsu. He became a completely dedicated and super-enthusiastic student. As he trained and learned, he began to modify and adapt the strict ju-jutsu that Prof. Okada was teaching him, according to his own ideas and experiences as a street cop. He further blended and combined elements of what other methods he was gaining exposure to. After attaining the (then) incredibly high rank — for a Caucasian — of Nidan (second degree black belt), Fairbairn wrote an excellent book

geared primarily to police officer requirements, and to private citizen self-defense. The book was *Defendu: Scientific Self-Defence*. With a little cleaning up and improvement of the photographic presentation and some irrelevant footnotes omitted, this book was published as *Scientific Self-Defence*. The technical contents of both books are identical. Original copies of either one would almost certainly command prices around \$1,000.at least, if you could locate any! Paladin Press has reprinted the book, and if readers wish to see firsthand what Fairbairn's "Shanghai years" system was, we'd recommend their purchasing the reprint of *Scientific Self-Defence*.

About 75% of *Scientific Self-Defence* is ju-jitsu, plain and simple. Some of the material is clearly the result of Fairbairn's innovative hand, but for the most part *Defendu* was in some ways a somewhat simpler form of ju-jitsu. The System reflected its originator's purpose: To provide line police officers and private citizens with a simple, practical method of self-defense — emphasizing (perhaps more for the police than for that portion of the private sector that would be availing themselves of the System's methodology) control and arresting holds, and methods of defending without maiming or killing.

It was this distinct and specific curriculum of skills that W.E. Fairbairn designated at the time to be his System of *Defendu*. (Note: The word "defendu" was never defined by Fairbairn, and when, many years ago, we asked the two people whom we knew had been personally familiar with Fairbairn — Rex Applegate and Maury Geier — neither had ever heard Fairbairn or anyone else offer a definition of the term. AND NEITHER INDIVIDUAL (BOTH OF WHOM HAD LEARNED AT FAIRBAIRN AND SYKES' OWN HANDS THE METHOD THAT FAIRBAIRN TAUGHT DURING WWII ) RECALLED FAIRBAIRN EVER EVEN

**USING THE TERM, HIMSELF!** Fairbairn called what he taught (during WWII) “his system” (ie Fairbairn’s own), or “foul methods” or “gutterfighting”.

So what’s the point? Understand that when Fairbairn and his partner, Eric Sykes, were called out of retirement for the purpose of training commandos and secret agents and the home guard for the impending war with Germany, Fairbairn completely revised his previous (Shanghai years) thinking, and organized a training method for WAR. HE WAS NO LONGER TRAINING POLICE OFFICERS IN HOW TO REACT WHEN USE OF THEIR SIDEARMS MIGHT HAVE BEEN AN OVERREACTION, AND WHEN SUSPECT CONTROL AND HANDLING WAS NECESSARY. Nor was he concerned about the private citizen putting a punk or wiseguy on his back, or possibly defending himself against a typical street thug.

Fairbairn’s wartime system was deliberately and calculatedly LETHAL. Yes, he did include a couple of simple control actions, but these were hardly 5% of his wartime curriculum. And they were taught with the admonition to KILL, if resistance became apparent and the prisoner failed to submit.

Fortunately, present-day students and teachers and researchers can verify all that we say simply by referring to the works of Fairbairn, himself. We already have referenced *Scientific Self-Defence*. That book represents the Shanghai years, and the System developed and taught then by Fairbairn. During WWII. Fairbairn wrote another Manual — *All-In Fighting* (which was published in the United States with a slight abridgment as *Get Tough!*). This publication reflects Fairbairn’s wartime methodology, and anyone can see clearly the drastic difference between Fairbairn’s two



schools of thought by perusing Scientific Self-Defence and Get Tough!, side by side.

William E Fairbairn and Eric Anthony Sykes (and later Rex Applegate, who became Fairbairn's student at first, and then his opposite number, here in America during the second world war) did not refer to Fairbairn's wartime methods as "Defendu". The designation that appeared in documents reporting on the system is "THE FAIRBAIRN SYSTEM". In a wartime catalog of equipment and weapons issued for our OSS, in which the Fairbairn-Sykes Commando Knife is described and made available, it specifically states, in regard to the method by which that knife is employed, as "The Fairbairn System".

More authoritatively still, in the declassified tome by Kermit Roosevelt (who served in the OSS), the training of OSS operatives is described in great detail. Reference is made to the fact that the hand-to-hand combat method taught to the agents was "The Fairbairn System". Readers can see this for themselves in The Secret War Report of the OSS, by Kermit Roosevelt, if they will acquire a copy.

In Fairbairn's books Hands Off! and Shooting to Live, "Defendu" is never mentioned.

In Fairbairn's limited-circulation documents and films, produced for internal release only, within the British SOE and the American OSS, Fairbairn generally referred to what he was teaching as "gutter tactics" or as "gutterfighting".

"Defendu" was "out" when, called into service from retirement for the purpose of instructing England's warriors to fight in defense of the British

Isles, Fairbairn quite literally took the gloves off and threw out every rule of decency to see that his charges would be prepared for war!

Our own System, American Combato, utilizes all of Fairbairn's wartime teachings, but only a portion of his Shanghai work — for obvious reasons.

We caution readers not to miss these points, if they wish to be historically accurate and correct when discussing the methods of one of history's greatest masters of the art of close combat and self-defense: Fairbairn.

What of “DEFENDO?” Is that just another way of pronouncing Fairbairn's method? No! Defendo is a designation used by a Canadian ju-jitsu teacher named Underwood. Suggestions that Defendo is a wartime system is, in our opinion, nonsense. Underwood did not use the term until the post-WWII years!

What of anyone claiming to be teaching Defendu today? Perhaps he is. However, to be accurate in assessing terminology vs. curriculum we need to point out that if anyone is truly teaching Defendu, then that which he is teaching might not reflect the most effective and efficient methods that Fairbairn espoused. Or, perhaps the individual is misinformed, and is unwittingly teaching Fairbairn's wartime doctrine (or material based upon it) and calling it “Defendu”.

These are all perhaps minor points, and the key question is always (for the majority of those who wish to learn self-defense) “Is this stuff utterly reliable, and can I use it in the most serious emergency to protect myself and my family?” For those of us who are professionally involved in this subject, however, the “minor points” that we have just presented will probably be of major interest.

## **Learning About Correct Physical Training Methods**

IN the 1960's we wrote the first article on weight training for the martial arts practitioner ever to appear in a magazine in this Country: **WEIGHT TRAINING FOR THE BUDO-KA**, in *Strength and Health Magazine*. Then, weight training was frowned upon by most teachers of the martial arts. "Strength isn't necessary" was often the (rather idiotic and unrealistic) attitude that many who taught ju-jitsu and karate took at that time. Or — demonstrating abysmal ignorance of human physiology (something that, unfortunately, a lot of so-called "experts" in the martial arts and in the so-called "bodybuilding" field itself; unfortunately still continue to demonstrate today!) many would embarrass themselves by saying: "Build all that muscle, and eventually it all turns to fat!" That muscle tissue and fat are completely different and that one cannot possibly "turn into" the other(!!) is something that a pathetic few are still conned into believing by ignoramuses who possess no knowledge of either the importance OR of the methodology of developing maximum strength and muscle.

You need to build strength in order to be at your best in the rendering of close combat and self-defense techniques. The idea that "strength is not necessary" is absolute hogwash. Strength may not necessarily be the decisive factor in a physical encounter, but it certainly is a factor — and sometimes it is indeed the crucial factor that determines the outcome of a physical battle.

The problem today is that there are very few sources of quality information and instruction on the proper methods of physical training.

Internet sites in which individuals with very scanty backgrounds in the field tout “their newly devised methods” of superior physical development, and people fall for their commercial schemes. Promises of incredible gains overnight, or for those who lack the genetic potential, to become truly outstanding, lead interested individuals who need quality weight training and related methods of physical culture to discouragement and disillusionment.

The modern newsstand “bodybuilding” and “physical culture” magazines are, in our personal opinion, trash. They condone — or at least fail to criticize severely and to take an unequivocally condemnatory stand against — the use of steroid drugs, the employment of foolish fad diets and harmful supplementation products, and the idea that the main objective of physical training is to acquire the most massively grotesque and outsized muscular proportions that one can acquire.

Do not look to the mainstream bodybuilding periodicals for sound physical training advice and instruction, and for Heaven’s sake be careful about accepting what you read and see on web sites! (A quite excellent source of good information, however, may be gleaned from the old — ie pre-1980 . . . the more “pre”, the better! . . . issues of Iron Man Magazine, Strength and Health Magazine, and Muscular Development Magazine).

Books and courses that were written by Peary Rader, Harry B. Paschall, George F. Jowett, and Bob Hoffman are today not only rich sources of truly valuable information and training advice; they are deservedly collector’s items, in their original editions. Fortunately, a gentleman by the name of William Hinbern has done the world a service by reprinting many of the old, proven classics of physical training. Google

[www.superstrengthbooks.com](http://www.superstrengthbooks.com). This source is where you go for the finest “old and proven school” material available on physical training.

Arthur Jones is the individual who invented the famous Nautilus Machines. Those who neither know nor have ever taken the time to understand the principles that Jones espoused, and the reason why his innovation was so important, feel free to criticize Nautilus machinery as “inferior” to free weights. This is nonsense (although Nautilus machinery is certainly not required in order to build strength and muscle, and although these excellent devices do not replace free weights). Nautilus machinery is in our opinion the one and only meaningful advance in the field of physical training since the invention of the adjustable barbell. Google [arthurjonesexercise.com](http://arthurjonesexercise.com) and find out about what this brilliant man gave us.

Some people have praised our own works on bodybuilding and physical training, and we had (until the field was ruined by the mainstream drivel we have already mentioned) been a contributor to every quality muscle building publication, since the late 1960’s, as well as the author of more than a dozen books and courses on the subject. We will say frankly, however, that we are most proud of the position that we took in favor of weight training for combat arts devotees, at a time in American history when such was denigrated, frowned upon, and discouraged by the overwhelming majority of “teachers” and “experts” in the field.

Today, martial arts teachers who do not acknowledge the value of weight training are the ones who receive the criticism — as they ought to receive it.

We would beg our readers NOT to be influenced by anyone in or outside the martial arts field who advocates to any degree the use of steroid drugs. Please — for your own health and long-term benefit — realize that the use of drugs is not only unnecessary for full, powerful development of your physical capacities, it is dangerous and very harmful. We say this because we have been advised that the use of steroids has been embraced by some who participate in the various types of “challenge events”. Hardly surprising, really. The introduction of this form of “martial art” has been a generally polluting and corrupting element in numerous ways since its inception, in our opinion. It appears sadly logical that now steroid drug use would become “acceptable” to some participants who have gravitated to this particular “scowling, chip-on-the-shoulder, me-a-tough-guy, let’s get out there and fight” form of adolescent, brawling, toughguy infantilism.

**STAY AWAY FROM DRUGS!**

Good, basic weight training, done in the same correct manner that is has been done since it was followed in this Country during the 1920’s, on through the middle 1970’s, is your ticket to enormous benefits and to a super-powerful boost in your combat martial arts abilities!

## **Classical/Traditional Systems Contain Some Real Gold!**

WE note with some irritation that the recent jumpers-onto-the-bandwagon of “WWII methods” advocacy are quick to employ, among their arguments for the validity of their approach to personal combat, the two-pronged proclamation that:—

- “What we teach is not a “martial art”

—and—

- “The WWII methods are the best because they have been proven in actual wartime contexts against dangerous, trained enemies”

The first assertion is doubtless true in nearly every single instance where “quick-learners” have assumed the role of purveyors of the WWII methodologies, and that which they do teach amounts to little more than snatches and bits and pieces which they have gleaned from the now (thanks to Paladin Press!) readily available classics of the WWII era: **KILL OR GET KILLED, GET TOUGH!, V-5 HAND-TO-HAND COMBAT**, etc.

Indeed.

Those who are teaching that which they have extracted from these great books, and whose curriculum extends no further (in regard to technical, tactical, or psychological doctrine, or in regard to additional principles and skills that have been derived from a solid, extensive background in martial arts, per se) are NOT teaching “a martial art”. They are teaching a relatively small batch of good techniques that, unfortunately, due to their lack of knowledge, background, and martial acumen, often are conveyed in a somewhat unrelated, out-of-context fashion. Their unfortunate students, who generally cannot be expected to know any better due to their lack of background and experience, simply learn and try to “remember” a brief list of actions — rarely sufficient to actually serve them all that well in a crisis. (REMEMBER: WILLIAM E. FAIRBAIRN, DERMOT O’NEILL, WESLEY BROWN, JOE BEGALA, MOSHE FELDENKRAIS, and JAMES HIPKISS, all top WWII era teachers and

creators of first-rate mini-systems that were designed to meet the wartime emergency, were experts in judo, ju-jitsu, or wrestling! This enabled them to lace their short-term approaches with a rich helping of quality principles and concepts, all of which require a GOOD TEACHER with a strong general background in close combat methods, to convey. Rex Applegate was fortunate in that, although his pre-WWII background in close combat consisted merely of a lot of brawling and fist-fighting experience and no formal martial arts work, HIS TEACHERS [ie Fairbairn, and several other British commando teachers with whom he worked extensively when he was assigned to the Commando School at Achnacary, as well as to the British School For Assassins] were highly experienced experts, and so he learned a great deal of techniques and principles, and learned it all correctly. His own brilliance and deep interest caused him to go on to do some pretty excellent innovating here and there, and by war's end his method was, in our opinion, superior even to Fairbairn's in some ways.)

No methods better deserve the designation “MARTIAL ARTS” than those — when taught in full and proper context — that are deservedly respected, and referred to today as the “WWII methods”. They were not comprehensive systems, nor were they necessarily “complete arts” (they were not intended to be), but they were MARTIAL ARTS, and this is a point that would only be disputed by those who fail to comprehend the meaning of the word “martial” (i.e ‘OF, OR PERTAINING TO WAR”).

These methods served as the baseline, foundation, and core inspirational underpinning for such arts as our own (American Combato - Jen•Do•Tao), and a very few others, which are most definitely COMPREHENSIVE and COMPLETE arts — martial arts — when properly defined and understood.



The second assertion — ie that the WWII methods were “proven in war” — is absolutely correct. However, in their eagerness to sound as though they are, as they make this claim, in one and the same breath dismissing the classical/traditional arts as sources of valid, modern doctrine in toto, those who make this assertion forget a very important fact: **ALL OF THE MARTIAL ARTS, IN THEIR ORIGINS, WERE PROVEN IN WAR!** The latter day forms and versions of these arts, and the manner in which they are taught and practiced today is usually ill-conducive to effective, practical use; but that the arts of ch’uan fa, taekwon-do, Okinawan karate, ju-jutsu, etc. and so on were “proven in war” is a fact. And the principles and fundamental elements of these classical/traditional arts (as opposed to their modern practice methods and contexts of application) remain valid and **SHOULD BE MINED FOR ALL OF THE GOLD THAT THEY CONTAIN FOR THE MODERN STUDENT!**

For example . . .

**ATEMIWAZA** and the art of karate in its original combat form — ie **KARATE-JUTSU** — contain real gold for the serious devotee of close combat.

“Atemiwaza” is not a martial art, per se; it is a subcategory of skill within those various martial arts that may be categorized as the different styles of ju-jutsu. This includes aikijutsu. Atemiwaza means “body smashing technique”. In many ways the various atemi methods parallel the striking and kicking methods common to many of the various forms of karate. Modern Kodokan Judo includes the art of atemiwaza in its curriculum for advanced (black belt) students. Judo does not teach atemiwaza in any manner near to the extensive and intensive manner in which it was taught in most ju-jutsu systems, for obvious reasons. “Combat” or self-defense is

a secondary consideration in the art of judo. It was the **ONLY** consideration in the original, old schools of combat ju-jutsu that flourished during the era of the samurai. **THE ATEMIWAZA OF OLD JU-JUTSU WAS PROVEN IN WAR; AND THE DIRECT AND SIMPLE APPLICATION OF THIS SKILL MAKES MUCH OF IT RELEVANT TODAY, FOR PERSONAL COMBAT.** (Interestingly enough, some styles of ju-jutsu, like the shin-kage school and the kenpo-ju-jutsu school are so similar to karate that anyone lacking in-depth knowledge of the details would certainly assume, upon watching a demonstration, that these ju-jutsu methods were in fact karate methods. These schools emphasized atemiwaza).

Karate-jutsu (unlike karate-do) was a combat system. The Japanese distinction between “DO” and “JUTSU” forms of martial arts is sharp and absolute. Make no mistake about this: Karate-jutsu was no less “proven in combat” than any of the WWII methods! Much of that which karate-jutsu taught was not the very “best” or the “ideal” way to do things in battle — but karate-jutsu per se was indeed done in battle; and it was, especially for and at the time, an excellent battle worthy system (like many of the old ju-jutsu methods).

We would urge all serious students and teachers of the close combat and self-defense arts to avail themselves not merely, strictly, or exclusively of the (admittedly) excellent WWII methods, but also of the classical/traditional methods (ie ju-jutsu’s atemiwaza, and karate-jutsu’s striking and kicking methods and principles, for one example) and to seek to **BUILD UPON THE WWII SYSTEM METHODOLOGY BY ENHANCING THEIR ABILITY TO USE THOSE SKILLS WITH ADDITIONAL AND COGNATE SKILLS.**

This is what we have done in American Combato, and we have found that we have been able to extract from classical/traditional teachings much more than was extracted by our WWII mentors (NOTE: Do not forget that almost everything in the WWII methods came originally in some form from classical methodology. It was then ADAPTED to the, then, modern requirements of war.)

What the WWII masters did they did with months of effort and preparation — in order to meet the wartime emergency. We have been at this for DECADES, with no “wartime emergency” to inhibit, rush, or press us to completion. And we’re still at it!

We respectfully suggest that you ought to be at it, too if you’re truly serious about this craft.

Elements of the classical/traditional systems are pure gold. But these “elements” must be painstakingly mined, validated, and then integrated with what we readily concede (and have been teaching since the 1960’s) is the **BEST POSSIBLE FOUNDATION FOR SUCCESSFUL, PRACTICAL METHODOLOGY IN REAL COMBAT: ie THE WWII SYSTEMS.**

Study the old school methods of ju-jutsu. Examine all of the atemiwaza as we did, and see if it does not enhance your ability to employ the basic blows of unarmed close combat.

Study the old combat karate (“karate-jutsu”) methods; those techniques, actions, movements, and tactics that were pushed BEFORE the art became diluted with esthetics and with sporting aspects.

**STUDY THE UNDERLYING, CORE PRINCIPLES AND CONCEPTS THAT UNDERLIE AND SUPPORT MODERN VERSIONS OF CLASSICAL/TRADITIONAL METHODOLOGY; THIS IS AN EXCELLENT WAY TO ENRICH AND TO DEEPEN THE QUALITY NOT ONLY OF YOUR UNDERSTANDING OF COMBATIVE METHODS, BUT OF YOUR ABILITY TO EMPLOY THEM, AS WELL.**

For the information of any readers who may wish to know, we made in-depth studies of kenpo-karate (old, Chinese-Hawaiian style), Chinese ch'uan fa, ju-jutsu, Western boxing, and Hindu varmannie, over the years. We found that the formal grounding in these classical/traditional methodologies which we drew upon gave us a greatly enhanced ability to understand, utilize, work with, and employ as a springboard to the evolution of even greater practical methodology all of the 1940's or "WWII methods" that we assimilated.

The relatively recent (i.e. 1940's) WWII methods were and are incredibly marvelous giant steps "ahead" in the development of real world individual combatives. **BUT THEY DO NOT CONSTITUTE THE "LAST WORD" ON THE SUBJECT, AND THOSE WHO EMBRACE THEM DOGMATICALLY — AS THOUGH THEY WERE A RELIGION — DO THEM AND THOSE MEN WHO CREATED THEM NO JUSTICE.**

That field for which we first coined the term "combat martial arts" in the 1970's — ie the non-sporting, non-classical, all combat, real world armed and unarmed method of individual battle — has, at last, come into its own. Let those of us who love this art, craft and discipline not make the error that, unfortunately, so many classicists have made in the past, and continue to make: that of closing ourselves off to considering how that

which we have learned may be utilized in order to improve and to “grow” new concepts and skills, as it were.

By all means, factor in our message here. We most certainly are NOT suggesting that just about anything or any approach to method will do. However, we are suggesting that we today, with more knowledge and information available, more personal training to draw upon, and a LOT more time to spend in the cultivation of the art of combat to use for research and training, can and should draw upon those aspects of traditional method that transcend the times in which those methods were developed. If it was proven in combat “then” we should analyze it now and see if it may be included in our training “now”.

Here are some extremely valuable references for readers who wish to take up our suggestion. Remember: we are NOT recommending the following books as a primary source of “techniques”. The value of these references lies in their exposition of principles, concepts, and underlying core doctrine from which the systems described in these books evolved. These things are as valid today — and as important — when studying close combat and self-defense:—

### **1. DYNAMIC KARATE, by Masatoshi Nakayama**

An incredibly outstanding textbook that delineates and describes the critical factors that make karate techniques effective, and that enable practitioners to work toward the maximum development of these techniques. Applied to the techniques of practical close combat blows and striking/kicking actions, the knowledge contained in this book will catapult your development of the study.

### **2. CHAMPIONSHIP FIGHTING, by Jack Dempsey**

This is where we learned the “falling step”, which we apply in the application of hand and arm blows, and in the employment of attack combinations. Boxing in general teaches the right way to move and to hit (although one must not rely upon clenched fist punching save for rare and specific applications). How better to learn the principles of boxing and to gain a grasp of how to apply them in close combat, than to learn from a former heavyweight world champion who was also a hand-to-hand combat instructor in the U.S. Coast Guard?

### **3. V-5 WRESTLING MANUAL, by the U.S. Naval Institute**

What you’re after in your analysis of wrestling is not “ground-grappling” skills for sporting contests; it is principles of manhandling, which are definitely contained in aspects of the art of catch-as-catch can wrestling — the subject of this excellent wartime classic. What is unique and especially worthwhile about this volume is that it was NOT written and produced to train athletes for wrestling, per se. Rather, it was written and produced to assist in the preparation of Naval aviation cadets who would be combat pilots. This wrestling course supplemented the V-5 program in hand-to-hand combat (and the organizers of this course — i.e. Wesley Brown and Joe Begala) were the primary teachers of the hand-to-hand combat program, and the authors of that particular V-5 Manual, too.

### **4. DYNAMIC JUDO (TWO VOLUMES), by Kazuzo Kudo**

Incredibly excellent presentation of all of the core concepts and principles of judo — which of course are identical to those of ju-jutsu, from which Kodokan judo derives. Kazuzo Kudo was the only living judo master who had trained personally under Jigoro Kano, when this two volume classic set was produced.

### **5. SECRETS OF CHINESE KARATE, by Ed Parker**

We are not an admirer of the late Ed Parker's most recent "American Kenpo", although we certainly are an admirer of the original kenpo-karate (of William Kwai Sun Chow) that he first brought, and taught in the 1950's and 60's, to Americans on the mainland. However, we appreciate enormously what Parker did in this particular work. He of course revealed no "secrets" (there are no secrets), but he did expound seriously on the underlying concepts and principles of Chinese ch'uan fa ("fist way") — erroneously dubbed "kung fu" — in this book. The only time that we have ever seen the "universal pattern" presented, for example (other than when it was shown to us by one of our own teachers many years ago), was in this book, by Parker.

Copies of some of those books may be difficult to locate (we always try ABE BOOKS, on line, when we're searching for a title). Still, in our opinion they are worth the effort. You will need to decide if, when you find them, they are worth the asking price (which we suspect will be fairly steep).

## **NO RULES — WHATEVER!**

IN self-defense the objective is survival and the neutralization of a foe when one has been subjected to a dangerous physical attack; then — usually — escape. In military hand-to-hand combat the objective is to maim or to kill the enemy, often by attacking him first. These objectives can only be achieved by a very special kind of technique, as it were, and by a very special mindset. A technique that knows and abides by no rules, that emphasizes foul, gutter tactics, and the most ferociously ruthless disregard for the adversary imaginable. A mindset that recognizes one's adversary merely as a target to be eliminated at any cost, and that is uninhibited and unrestrained in regard to that which it is ready, willing,

and able to command the trained body of the combatant to accomplish without a moment's hesitation, and without an iota of mercy.

“Human decency” and hand-to-hand combat do not go together. Whether on the mean streets of a city or on some blood spattered battlefield in some Godforsaken corner of the earth, to introduce any rules, restrictions, restraints, or even the subtlest of inhibitions into the training of students is to subvert their ultimate and eventual readiness to engage an enemy and prevail.

This is the unpleasant truth about individual human combat. It is not a sport.

In recent years the phenomenon of “challenge fighting” (expressed by such events as the Ultimate Fighting Challenge, so-called Mixed Martial Arts, and Cage Fighting) has become popular in this Country. Proponents of these events, and their champions, often maintain that what they are doing and how they are doing it constitutes a kind of “litmus test” for the effectiveness and efficiency of martial arts techniques as the use of those techniques pertain to real hand-to-hand combat.

While those who excel in such challenge events are often quite formidable, and doubtless could protect themselves in many instances, it is a dangerous misconception that “that which wins in the UFC (for example) is the best of those combat and self-defense skills that may be studied for practical application”. The fervor with which many tend to adhere to this belief has made it futile to engage in meaningful dialog with them, unfortunately. So, we'll simply say this: If challenge events are your cup of tea, then go for them. If you believe that these events foster the proper attitude, tactics, spirit, technical skills, conditioning, and mindset



for unarmed close combat or armed hand-to-hand engagements in war or peacetime, fine. Hold to your beliefs, practice for those events, and we wish you the best of luck and success in your competitive career.

We are addressing those others who, without a chip on their shoulder, may be honestly wondering if participating in challenge events is indeed some sort of “ultimate” preparation for defending themselves and protecting their families, or for preparing for military combat duty.

While we fully respect everyone’s right to his own opinion, and we respect everyone;s right to participate in and to practice whatever types of skills he wishes (so long as he does so exclusively with others who wish to participate, themselves, and does not bother others who wish to have nothing to do with his particular activity) we insist that challenge events are not a good path to take for learning real world self-defense and close combat.

Please remember this:

- **FOR TECHNIQUES TO BE EFFECTIVE IN ACTUAL COMBAT THEY MUST BE VERY DESTRUCTIVE, AND RELIABLE AGAINST ASSAILANTS THAT ARE YOUR PHYSICAL SUPERIOR, AND WHO ARE DETERMINED TO KILL YOU. (You have absolutely no way on earth of determining any assailant’s abilities, strength level, and/or intentions — so you must always assume the worst, or you will not be adequately prepared to defend yourself.**
- **YOUR RECOURSE TO THESE TECHNIQUES MUST BE IMMEDIATE, DONE WITH TOTAL COMMITMENT, AND**

WITHOUT ANY HESITATION OR MENTAL QUALMS OF DELIBERATION OR DOUBT, WHATEVER.

• YOUR TECHNIQUES MUST BE DOABLE REGARDLESS OF YOUR AGE, WHEN YOU ARE OUT OF SHAPE, AND UNDER ADVERSE TERRAIN AND OTHER CONDITIONS AND CIRCUMSTANCES — INCLUDING (IN THE MILITARY, OR FOR SWAT TYPE POLICE OFFICERS, ETC.) WHEN WEARING CUMBERSOME FIELD SERVICE UNIFORMS AND EQUIPMENT.

Now, if we can agree on the above — and I suspect that those of us who appreciate what home invasions, muggings, gang beatings, holdups, rapes, kidnappings, hand-to-hand combative engagements in war, etc. and so forth really involve can agree on them — then we can be readily able to appreciate why anything goes in such situations.

Please read the following list of “forbidden actions”:—

- Head butting
- Gouging the eyes
- Biting
- Hair pulling
- Hooking the nostrils or the mouth and ripping (“fish hooking”)
- Violently assaulting any obvious injury that an opponent possesses

- Breaking fingers
- Striking the spinal column or smashing into the back of the head or breaking the neck
- Employing downward elbow strikes
- Striking powerfully into the throat, or locking the thyroid cartilage (windpipe) with a finger strangle
- Clawing, pinching or twisting the flesh
- Seizing the clavicle
- Kicking a downed man in the head, kneeing or knee-dropping the head of a downed man, or stomping into a downed adversary
- Picking up an object (stick, rock, piece of glass, etc. etc.) and assaulting the opponent with murderous ferocity with that object
- Feigning surrender or illness or confusion and then attacking the opponent's weakest points with all-out strength and ferocious intensity when he falls for your subterfuge
- Throwing dirt in the opponent's eyes

To the best of our knowledge EVERY SINGLE ITEM ENUMERATED ABOVE IS EXPRESSLY FORBIDDEN AND BANNED FROM THE SO-CALLED “ANYTHING GOES” MATCHES (UFC, MMA, CAGE

FIGHTING, ETC). And we agree wholeheartedly that such actions should be banned and outlawed in any sport. That's the point.

All of those enumerated items are advocated as frontline, immediate, first resort tactical imperatives for our students, when and if they are ever forced to defend their lives against attack, or when or if they ever find themselves needing to defend their loved ones.

“Okay,” someone might ask, “I can see your point about a real, life-threatening emergency requiring that such foul measures and ruthless gutter tactics be employed without compunction. However, don't you believe that the ‘champions’ and other participants in, for instance, the UFC, could easily add those skills to that which they do, if and when they ever found themselves in a real situation?”

No, we do not believe that.

People do under great stress that which has either been programmed into their motor memory or/and that which comes most naturally and reflexively, absent specific training and conditioning.

What we teach in American Combato is an INSTANT and IMMEDIATE all-out attack the moment one perceives that one is in imminent danger of injury or death. That attack must be of the most ruthlessly foul and aggressively brutal nature possible. We want to DEVASTATE the enemy — right away! We are not interested in playing around and in trying to progress through some insane “force continuum”: that can only result in providing an attacker with additional time and further opportunity to gain his objective of destroying US.

WE DO NOT “SQUARE OFF” WITH ANY ATTACKER, NOR IS IT EVER OUR AIM TO WAIT FOR THE “STARTING SIGNAL” AFTER WHICH WE COMMENCE TO ENGAGE THE ADVERSARY! This is SPORT, not combat — and self-defense is combat.

Competitors meet each other by mutual agreement and contest according to mutually agreed upon rules, and at a previously determined time and place. Neither can suddenly attack the other from behind, unexpectedly; nor is there the possibility of one man pulling a lethal weapon (or of attacking with a weapon at the outset), or of one encountering two or more adversaries rather than one. The terrain will be neither an “octagon” nor a “cage” — and it’s floor will not be padded with a mat and cleared of rocks, broken glass, etc. One will not find oneself with a family member (spouse, child, etc.) whose safety one will be concerned with, in addition to one’s own (and quite probably, over and above one’s own). A physical attack is ILLEGAL; a contest is not. There will be no round two, and no rematch. THE INTENDED VICTIM OF AN ATTACK MUST ACT DECISIVELY AND VICIOUSLY AND RUTHLESSLY OR HE IS A GONER. And neither the law nor sporting regulations enjoin him to worry about anything except defending against his attacker.

If the above does not assist in clarifying some of the major and irreconcilable differences between sport and combat, then we cannot be of further help in assisting anyone to see the light.

To be prepared for self-defense (or for military hand-to-hand combat) one must be focused upon DISABLING and DESTROYING — and doing it right away; and that of course means knocking out, maiming, crippling, or killing, in order to prevent this from being done to oneself or to a loved

one. ONE DOES NOT ATTEMPT TO PREPARE FOR THIS BY ALLOWING NONDESTRUCTIVE ACTIONS TO DILUTE THE EFFICIENCY OF ONE'S SKILLS REPERTOIRE.

In all forms of combat simplicity is a powerful asset. A simpler firearm mechanism (such as that of the proven Colt 1911 semiautomatic .45 pistol) has been proven to be superior to more complex mechanisms (such as that of the double action 92S which, doubtless for some inane bureaucratic reasons, has been selected over the old warhorse — and has accounted for experienced fighting men purchasing their own .45's! But this is an aside.)

Hand-to-hand combat is the same. The simplest crippling, maiming, and killing actions work best. These skills are not intended to put a wiseguy on his back or to discourage some other nuisance from pestering one at a social gathering. **THEY ARE INTENDED TO BE THERE FOR THEIR POSSESSOR WHEN NEEDED, AND WHEN A FIREARM OR OTHER ACTUAL WEAPON IS UNAVAILABLE.**

Why do we continue to reiterate and to hammer away incessantly at the “combat is not the same as sport” theme? Simply because it is TRUE... and because too many in the martial arts field still fail to appreciate this simple fact. What is more, the recent advent of the “challenge” fights, and of the the groundgrappling thing has actually been aggressively misinforming the self-defense seeking public. **WE HAVE ABSOLUTELY NOTHING AGAINST THE COMBATIVE SPORTS.** Our only contention is that sporting events are not combative engagements, and that which is appropriate in one venue is NOT (regardless of who makes the claim, otherwise) appropriate in the other venue.

Combat is distinguished from contest in many ways; but perhaps the most significant is that in combat there are NO rules. None. Ever.

The individual who aspires to a level of genuine preparedness to be able to cope with extralegal violence at any time must appreciate this critical difference, and train accordingly.

Being ready to explode and destroy an attacker — in the split second that it takes to realize that one is in fact being attacked — is paramount.

You can have a competitive or a combat system. But do not deceive yourself. You cannot have both.

## **WHAT ABOUT “JUKADO”?**

THE late Bruce Tegnér was, unfortunately, not at all sufficiently appreciated or respected by those who fancied themselves “martial arts instructors”, during Mr. Tegnér’s lifetime. Because (like any innovator) Tegnér disagreed with the way things were being done (and with the way they had been done for hundreds if not thousands of years) he was excoriated and ridiculed. **IN POINT OF FACT IT IS NOW MR. TEGNER — AND NOT HIS COLLECTION OF MINDLESS DETRACTORS — WHO IS REMEMBERED AND RESPECTED; AND WE ARE DELIGHTED TO SEE THAT SOME OF THE EXCELLENT BOOKS THAT HE WROTE ARE NOW PRIZED COLLECTOR’S ITEMS, AND GO FOR A CONSIDERABLE SUM, IF YOU CAN FIND COPIES!**

We first wrote in recommendation and in defense of Bruce Tegnér in one of our now long out-of-print books, **MANUALS ON MAYHEM**, which is a bibliographic study of the combat-oriented books in the martial arts that

we, personally, recommend and see valuable — at least to a significant extent — by modern students of self-defense and close combat. (We may do an expanded and revised edition of this book, and we will — if we do such an edition — be recommending even more of Tegnér’s works than we did in the first edition.)

While in all honesty we must confess that we have some differences with Tegnér’s ideas regarding the techniques and the philosophy of personal combat (ie he did not advocate firearms, and he seemed to regard many kinds of apparently “mild” attacks as warranting rather mild responses — which of course can get someone injured or killed if in fact that initial “mild attack” is a prelude to attempted rape, murder, kidnapping, or a serious beating, etc.) but that is unimportant. What is important is that a great deal of Tegnér’s material on practical self-defense is precisely that: **PRACTICAL**. It is good stuff, intelligently planned, and sensibly presented. No mystical garbage. No false claims, No nonsense. **OUR KIND OF GUY!**

In his later years Tegnér synthesized his own System. He called it “**JUKADO**” (“ju” for judo/ju-jitsu, “ka” for karate, and “do” for aikido, according to that which we recall having read, by Mr. Tegnér, himself). We seriously urge anyone interested in practical self-defense to obtain as many of Bruce Tegnér’s books that deal with unarmed self-defense and with the employment of the stick in self-defense as possible. The material is valuable and well worth considering for one’s own repertoire. Tegnér wrote some titles on sport judo, sport karate, and a sporting type of stick training that we do not feel are even close in merit to his other works.

Here are those books that we would urge as most valuable, among the Tegnér collection:—



1. BRUCE TEGNER'S METHOD OF SELF-DEFENSE (An old an excellent softcover title that followed on the heels of “. . . Open Hand and Foot Fighting”)
2. KARATE: THE OPEN HAND AND FOOT FIGHTING (Tegnér's first book)
3. BRUCE TEGNER'S COMPLETE BOOK OF SELF-DEFENSE (Available in a mass circulation paperback edition)
4. BRUCE TEGNER'S COMPLETE BOOK OF JUKADO (His latest title that comprehensively details the System he finally organized as his own)
5. INSTANT SELF-DEFENSE (Do not be misled by this title! This is a terrific work on the nuts and bolts of practical self-defense.)
6. STICK FIGHTING SELF-DEFENSE (Not the sport stick fighting book, but the one on self-defense use of the stick)
7. THE BRUCE TEGNER METHOD OF SELF-DEFENSE (An excellent 21 day course in all round self-defense methods)

With a little patience and the investment of a modest sum you should be able to acquire most if not all of those excellent references for study.

## **NEW WEB SITE IN THE WORKS!**

PLEASE do look forward — as we are looking forward — to our new, second web site. We will of course be linking the two sites, and we think

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you'll find the material on the new site as interesting and, we sincerely hope, helpful, as these monthly issues of SWORD & PEN.

We ask only one thing: Please tell others about our site, and encourage them to read SWORD & PEN. We are trying hard to spread the truth about serious close combat training and realistic self-defense. You can help us.

If you are interested in actually getting started in learning how to defend yourself, protect those you love, and be confident in any emergency, then **PLEASE CALL US FOR INFORMATION ABOUT OUR TRAINING!**

It is too late to learn anything once trouble strikes. Stop putting it off and stop finding excuses not to get started.

**AS TIMES GET TOUGH, YOU HAD BETTER, TOO!**

Learning how to **REALLY** protect yourself using proven, workable, realistic, and reliable techniques will change your entire outlook on life, and enhance your confidence in all areas.

How about it?

Until next month, we remain

Yours in Self-Defense and Preparedness,

Prof. Bradley J. Steiner

— E N D —