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SWORD and PEN

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E d i t o r i a l

The Gentleman Warrior: The Goal Of Quality Combat Arts Training

OF late we have seen emerge in the martial arts the “competitive champion” as representative of the be all and end all of what is the goal of personal training and development in martial skills. The sportsman (*not* combatant) who prevails in UFC, MMA, “cage fighting”, and other variants of blood sport is, sadly, now widely held to be the epitome of what serious training in the martial arts is all about. Young men coming to the martial arts are enjoined

not to train to be genuine combatants and warriors, but rather to be — and to openly flaunt the demeanor of — aggressive, brutal, and arrogant competition fighters who relish brawling. “Tough guys”, in other words.

Things were much better, although in our opinion, still misguided to a degree, back in the 60’s and 70’s, when competition *judo*, *karate*, and competitive “*kung fu*” champions were held up as the ideal to be sought in martial training. Genuine gentlemen and superb experts such as Chuck Norris were the heroes . . . and no young man ever went wrong modeling himself after *that* kind of fabulous Champion and true martial *artist*. Gene Le Bell, a *judo* and *wrestling* Champion **par excellence** was also a hero at the time . . . and again, any young man who sought to emulate the character and capabilities of Gene Le Bell was on solid ground.

Our contention is that **combat** training, and the pursuit of hand-to-hand battle and self-defense skills *exclusively*, although having less of an appeal to the martial arts seeking public than classical/traditional or sporting/competitive martial arts have, is nevertheless a sphere of training complete unto itself, and wholly legitimate as a stand alone discipline. It ought properly to posit its own “*ideal*”, and the pursuit of training in that venue should hold up its own version of the kind of individual — character *and* technique-wise — that the training seeks to produce.

That ideal, we suggest, is the “**gentleman warrior**”; the person who, being always courteous, friendly, self-controlled, respectful, non-aggressive, civilized, and disciplined in conduct and character, as well as well-rounded and able to discuss subjects other than “kicking ass”, is nevertheless prepared (without boasting, braying, or displaying absurd body art or ostentatious and provocative clothing that proclaims his “attitude” and his “toughness”) to use whatever force may be necessary to defend himself and others who may be helpless to act in their own defense. This type of man treats combat as serious business. He doesn’t *play*. When he takes action it is for *keeps*.

But this type of genuine warrior, being also a *gentleman*, strives mightily to avoid violence and to resolve conflict and trouble *without* violence, whenever possible.

Oddly enough this kind of “warrior” was exemplified in the character of a television hero who first made his appearance on 14 September 1957. He was played by the late actor Richard Boone: *Paladin*. The TV Show was *Have Gun Will Travel*. (The entire series is available on DVD for anyone who is interested)



PALADIN IN ACTION. RICHARD BOONE STARRED AS *PALADIN* AND HIS DEPICTION OF THE “GENTLEMAN WARRIOR” WAS SUPERB. CLOTHING AND WEAPONS CHANGE, AND WE DO NOT RIDE HORSES THROUGH THE STREETS ANY LONGER. BUT *CHARACTER* AND *HUMAN VALUES* REMAIN CONSTANT AND TIMELESS, AND PALADIN’S CHARACTER AND VALUES STAND OUT IN THE 21ST CENTURY AS BEING AS DESIRABLE AND COMMENDABLE AS THEY WERE IN THE 19TH CENTURY.

The character *Paladin* was presented as a former military officer. He lived a refined and civilized life as a resident of a high class hotel in San Francisco. His occupation was that of a gunfighter . . . but not the kind of violent type that the Westerns normally portrayed. Paladin charged a hefty fee to work for persons needing his help. He would travel virtually anywhere throughout the West. Upon being hired by a client, Paladin donned his “business attire” (i.e.

black trousers, boots, shirt, and hat, and a finely tuned, custom-made 7-1/2” barrel Colt single action army revolver in a distinctive black leather holster which was adorned with a pure silver chessman knight) and rode off.

Once “on assignment” Paladin used tact, diplomacy, careful strategy, and often, compassion and restraint, as well as his fists and his weapons — both of which he was outstanding and highly proficient with — to save the day. He was as able to confront an angry mob or a town’s renegade gunslinger as he was able to quote the Bible, Tacitus, or Shakespeare. *Never* did Paladin prefer or start the use of force. *Never* did Paladin boast or push his weight around. Always the calm, civilized, well-spoken *gentleman warrior*, Paladin set a new standard for Western heroes. In a dangerous or threatening situation his expression was deadpan and serious, but when not confronting trouble he would often smile warmly and speak softly. He was our all-time favorite Western character when we were a boy. He is, we believe, a valuable role model for boys and young men today; especially those who wish to be proficient in fighting arts. Far better, in our opinion, to emulate the character of Paladin, than to strive to be like that which we feel can only be described as the degenerate character of a tough guy who relishes fighting and who wants to be the adult equivalent of the toughest kid on the block.

American history is packed with real life examples of *gentlemen warriors*; although these heroes are rarely given the accolades they deserve, and few youngsters today know who they are. But reading up on men such as Davy Crockett, William Travis, Audie Murphy, Sergeant York, and others, will enlighten those who are interested.

As we have said, taught and written previously: Being genuinely tough and truly combatively competent does *not* equate with being a “tough guy” or a chip-on-the-shoulder “fighter” who constantly feels the need to prove himself by beating someone else.

Combat skills are for personal protection, the defense of loved ones, and for use in war. They are *not* skills to be used in a competitive, sporting venue, and they are certainly not to be treated as a springboard to ego aggrandizement and the cultivation of a “tough guy rep”.

By all means train to be a *warrior*, and train **hard, incessantly**, and **seriously**. But do not forget that becoming and remaining at all times a *gentleman* too, is important.

Bradley J. Steiner

The Result Of Mindless Violence

GOD Bless the 20 Los Angeles Police Department detectives who, after *6,000 hours* of relentless effort, *finally* arrested a suspect in the mindless and unforgivably evil three-man attack on Bryan Snow, last 31 March at the Dodgers/Giants baseball game in Los Angeles. Two of the bacteria who participated in the attack remain at large, but they will be caught. So too, we hope and pray, will the female getaway car driver who scooped up the three pieces of s—t after their vicious attack on Mr. Snow and sped the despicable, miserable cowards from the scene of the outrage they had just perpetrated.

Obviously, all **FOUR** of these brainless, worthless beasts should be put down like rabid dogs for what they did; but they doubtless will not be. No civilized society should suffer the existence and presence of **SCUM** such as these four gutter savages. But we fear that our society will.

Poor Mr. Snow was nearly killed — literally *beaten into unconsciousness* — by the three cowardly scumbags who attacked him. Why? Because Bryan Snow is a Giants fan, and the sewer rats were Dodgers fans. **That** is the reason for the attempted murder of this completely innocent, worthwhile human being. We understand that Mr. Snow is a paramedic. He *saves* lives; living filth like his attackers revel in the act of endeavoring to *take* lives. May his assailants be executed and damned!

We bring this subject up here and now to emphasize our points that —

- You do not need to look for trouble in order for troublemakers to come to *you*

- Living garbage that *should not be alive* may initiate lethal violence against you for entirely incomprehensible or utterly specious reason (the *actual* reasons being, of course, mindless “thrills”, and their being dominated by insane impulses which such beasts do not care to control)

- **Multiple** attackers is the norm today, in violent attacks against innocent victims

- Mindless violence results in real human tragedy. It is literally a *social disease* for which the permanent cure is not even considered in our society

- **Immediate lethal violence unleashed with the ferocity of a wild animal is the *only* appropriate way to react if, God forbid *you* are ever confronted by two or more swine who fancy using you as their target. (Read last month’s piece in *Sword & Pen* about “multiple attackers”).**

It is news stories and occurrences such as this one that underscore that which poses the greatest threat to decent human beings in the *real* (as opposed to the “competition” or “martial arts demonstration”) world.

Do some research yourself. Check the crime sections in our Nation’s largest city newspapers — all available *on line*. Read about what subhuman members of our species now do to *human* members.



BRYAN SNOW, THE VICTIM OF AN ATTACK THAT MERITS, IN OUR OPINION, THE DEATH PENALTY FOR ALL THREE ASSAILANTS AND THE SWINE WHO DROVE THE GETAWAY CAR. JUST IMAGINE IF THIS HAD BEEN YOU; OR YOUR FRIEND, BROTHER, FATHER, GRANDFATHER, ETC.

Normally we are appalled and sickened at the thought of lynch mobs. However, in cases such as this, we confess to being tempted to change our mind. The thought of those four pieces of s—t swinging from tree limbs is, we confess, very, very appealing. We would hope that a fully recovered Mr. Snow, and his mother who witnessed the attack, would enjoy front row seats at such a lynching. We'll buy the hot dogs!

We pray for Bryan Snow's full and complete recovery.

(Find out when initiating the first strike is necessary and justifiable, and *how* to strike first most effectively! New article in the "Monthly Instruction" Section of www.seattlecombatives.com!)

Training Injuries

THERE are, unfortunately, many so-called teachers of martial arts who enjoy inflicting pain and sometimes injury when teaching students. “Makes you tough,” is their lie and rationalization . . . and predictably those who stick with such “teachers” become, as they advance under the misguidance of those teachers, physically abusive and sadistic, also. This is a problem and a disgraceful one. *Any* individual who teaches martial arts and who routinely hurts those who are paying him for instruction is a menace. If you encounter such a teacher, *avoid him*. And *refuse* to train with any “higher belt” who finds hurting you during training irresistible.

How well we remember leaving ju-jitsu classes with sprains and bruises. “Makes you tough” was the B.S. that the black and brown belt clucks would babble. *And, as a kid determined to learn self-defense (and ignorant at that time of what learning combat and defense actually required) we believed that crap!*

Not until we were in our late teens did we finally begin to fully appreciate that quality combatives and defense skills *never* demanded injuries of those wishing to learn them. First among the **REAL** teachers who brought that realization home to us was Charles Nelson. “Charlie”, a WWII USMC combat judo instructor and veteran of Guadalcanal, was our first live teacher who actually instructed us in **viable, authentic, practically usable** self-defense techniques. And never once, in the years we were with Charlie, did we sustain even the mildest of injuries or bruises. ***Charlie taught stuff that worked, so naturally carrying it to conclusion during lessons was impossible.***

Later on we learned considerably more from Maury Geier — a former FBI counterintelligence agent who had trained personally during WWII under William E. Fairbairn and Eric Anthony Sykes. Geier, whose nickname believe it or not was “*Deathhouse*”, and who had been in numerous deadly hand-to-hand *and* gun battles, *never once caused us the slightest injury or pain*

while teaching us. Yet the skills that he imparted were warlike and intended and designed to put a permanent end to hostilities. And we remember what Geier told us about how Fairbairn — “Dangerous Dan” — taught OSS, FBI, and commando personnel: “Fairbairn was always patient, gentle, and took time to see that you understood and really got the moves. He never hurt anyone.”

Then there was Col. Rex Applegate. We were *never* injured and we never suffered the slightest discomfort learning what that marvelous man taught us. There was never a need. Like Applegate’s hand-to-hand and gunfighting mentor, Fairbairn, Applegate taught only *war-worthy skills*, and being such there was no need to apply those skills fully in order to appreciate their awesome effectiveness.

We understood fully and completely by the time we were 20 that *the only reason certain “martial arts” skills could be carried through to the point of injuring trainees was because those skills were SECOND-RATE at best, or complete B.S. at worst.*

We also saw clearly that those “teachers” who delighted in twisting and bending students’ limbs more aggressively than necessary, or throwing them harder than learning required, or connecting with blows directed against those students that rightfully *should have been controlled*, were incompetent, thoughtless, borderline sadistic jackasses. Their motive was self-aggrandizement, ego-inflation, and the smirking delight of hurting someone whose abilities were below their own. These bastards *did not care* about exercising caution and restraint in training.

The quality combat skills, the “kill or get killed” stuff, the actions that you’d use to drop a mugger or handle a dangerous troublemaker, could be learned with no need to sustain injuries and find yourself limping out of the dojo every second or third practice session.

Now it is true that *rare* and *exceptional* inadvertent injuries can and do occur even in the finest of schools. After all, the subject being studied is serious

physical violence, and if — over a five to eight year period, on the way to black belt — a student is *mildly* injured once or possibly twice, well, that's unfortunate, but it happens.

Never fall for the line that rough and painful training must be done, and injuries are all a part of it, *if* you want to be truly prepared to handle violence.

Bullshit! This is simply not true, and to the extent that any school policy reflecting this hogwash is in place at a given training center, you can assume that that particular school is a poor choice.

Any teacher who cannot do his job without hurting his students is incompetent. Never mind his machismo crap or any of the stories he may tell you about how being roughed up “helps” you.

We (Mark Bryans and our self) have been training people of all backgrounds, ages, and levels of physical ability for a grand total of about **70 years** between us. *Never* has a student trained by either of us who brought his skills into play as he had been taught to do when an emergency required it failed to successfully defend him (or *her*) self. And *never* have either of us ever injured any student — nor has reckless roughhousing or pointless contact and aggressive interaction during practice *ever* been permitted. ***It is only when a student is actually attacked that full, unrestrained contact and all-out aggressive, relentless force is used; and then NO holding back, mercy, hesitation, compassion, or reluctance to neutralize the aggressor is permitted to get in the way of decisive self-defense. Students never exceed the force necessary to stop an assailant, but they never think twice about USING whatever degree of force is required when circumstances compel it.***

Contact practice of serious unarmed combat blows *must* be restricted to striking posts, dummies, and other suitable training aids. It is reckless insanity to permit the practice of such techniques against live training partners. To do so would be the equivalent of training to use a handgun by having students actually shoot each other with live ammunition in order to acquire proficiency.

Remember that combat actions are calculated to knockout, maim, or kill. Actions that fall short of those outcomes when applied fully are unreliable for use in life-threatening emergencies. Determined and dangerous violent felons must not be underestimated; they are *difficult* not easy to stop, and when your life is threatened by such assailants you **must employ decisive skills that are frankly dangerous and destructive**. You cannot “sanitize” self-defense.

Techniques that cause injuries to students may result in some of those students being deluded into thinking that they are becoming “tough” and “conditioned for combat”, but nothing could be further from the truth. *Those kinds of injuries that are sustained from the use of wishy-washy skills will never stand up in hand-to-hand combat for real.*

The teacher who causes you injury in class by inflicting pain and bruises is merely demonstrating that *even when he applies the skills that he teaches by using excessive force, those skills fall short of providing the decisive injury required in real combat*.

The point is: The finest close combat training in the world can be given and taken without being injured during the process; and that is how it *should* be taught and studied.

We suggest:

- Make certain that your teacher knows what the difference between combat and “art” or sport is, and if you are after self-defense make certain that he teaches ***combat***
- If the teacher injures students he is incompetent
- If the students injure each other, the instruction being given is inadequately supervised, and the students have acquired a **terrible** attitude
- If you find yourself working with someone whose control is poor or

indifferent, ***STOP WORKING WITH THAT INDIVIDUAL.***

- Insist on safety when training, and be sure that those with whom you practice similarly insist upon it.

Students And Customers

FOR every *student* that a professional instructor has, he likely has had at least several hundred or even a thousand or more *customers*. We are speaking of teaches with ten or more years full-time teaching experience. In some cases, this includes teachers who have been teaching (as we have been) for nearly half a century.

Unquestionable personal loyalty, dedication to the system being studied, and commitment to ongoing development and perfection of one's abilities in the system constitute that which we personally regard as the cornerstone criteria for being a *student* in any given system of martial art. Our standard is not entirely dissimilar to that of the classical/traditional Asian standards, although we are a little less stringent in some regards.

“*Customer*” is certainly not in the slightest way a derogatory designation for any individual. It simply indicates someone whose personal devotion to the system that he is studying is strictly limited, and whose goals in no way extend to the attainment of any level of expert proficiency or professional competence in the art under consideration.

Most who come to train with us and with our colleague Mark Bryans are purely and simply *customers*. They want to be able to defend themselves, perhaps become proficient with one or two hand-held weapons, and that is that. They may train for anywhere from a year to two or three years (occasionally longer) but they have no sense of the art that they are training in being anything more to them than a method of self-defense — period.

And we appreciate and we respect that.

No one should be made to feel that he must devote himself totally to any fighting art when he enrolls for training in it. He certainly needs to apply himself sufficiently to acquire whatever level of proficiency he wishes to acquire; but once he has acquired that level of proficiency it is understandable that he may wish to discontinue his training, or even to study another system, elsewhere.

From the *teacher's* perspective his greatest reward is the development of *students*. These individuals are the ones who fully appreciate and who wish to delve permanently into the richness of the system being taught. Invariably, true students become — over the years — friends. Such is inevitable. One cannot share one's values so intensively and for so long with another human being without there arising great mutual respect, affection, and genuine friendship.

Customers on the other hand are always respected and appreciated. They take with them from their training that which they wish to achieve, and we always feel delighted to have been instrumental in assisting these people to live with greater confidence, and to enjoy a working knowledge of physical self-defense that improves every aspect of their lives.

Sometimes it is the happy experience of a teacher to enroll a customer and to see that customer, in time, become a *student*. In fact we have found that our most serious students have generally been individuals who, interested in acquiring basic self-defense ability, enrolled “just to get a good grounding in close combat”, at first. Then, as their training progressed, their interest in the method they were being taught grew significantly. “There's an awful lot to this System!” we recall one of our Black Belts telling us years ago. He told us this as a green belt novice, after enrolling “just to learn some self-defense”. Within his first year it became evident that *this System* (i.e. American Combato) was “*it*” for him! We were both delighted.

We ourselves got started in the martial arts in the late 1950's. We became a customer in a variety of schools, and studied different systems and methods. We *loved* self-defense and close combat, and when we discovered, years

after we began to study, the all-combat and defense systems of those upon whose techniques and philosophies and methods we systematically developed what became in 1975 our own System, *we were hooked*. We had found that which *we* decided to become a *student* of.

And we consider ourself, in addition to being a teacher today, *also* to be a student for life.

That's the other criteria for defining a true student: **He is in it *for life***.

Get REAL In Your Training, Now!

REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You'll learn what the blows are, how to execute them, which

targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

3. *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* — \$30.

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and

Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. *RULES OF SELF-DEFENSE* — \$17.

Perhaps the most politically INCORRECT presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. THREE MONOGRAPHS — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

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***The Tactical Skills of Hand-to-Hand Combat* — \$14.**

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Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

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The Right Way To Train In Counterattacks

“Much of the close combat being taught our troops today is ineffective and impractical. This is because we do not teach a system that is simple, one that a man can execute with great speed and practice intensively until he instinctively reacts with the few blows, kicks and releases that are necessary. Then too, many of the tricks taught our men are neither practical from the standpoint of their quickness of application, nor

feasible as a means of finishing an opponent permanently. They are useful only as a means of restraint. Too many instructors teach a system that implies that an opponent will remain completely passive, enabling the student to apply any hold.” —

Capt. Rex Applegate - *Unarmed Offense* -Part 1

(Written during WWII for the March 1943 Infantry Journal)

“**COUNTERATTACK**” is the term that we use and prefer in *American Combato*, as opposed to “self-defense technique”, which is the customary designation for techniques that one employs to handle an attack that one has not been able to avoid or preempt. Examples of *counterattacks*: breaking choke holds, defeating a side headlock, dealing with a fist attack, reacting to a sudden confrontation by two or three punks who are bent on attacking you, breaking a full nelson or a hammerlock, countering encumbering body holds, etc. etc.

Ju-jutsu type arts deal very, very extensively with these types of skills, while *karate* type arts (with the exception of *kenpo-karate*) include some *defense* actions, but do not stress them.

The type of defense or *counterattacking* techniques that we have developed and teach in *American Combato* are characterized by the following:

- They are *generalized*. That is, we do not attempt to teach “one specific ‘defense’ against every individual, specific attack. Once an *American Combato* counterattack has been learned and developed, it can be employed in *numerous* situations. It can even be utilized *offensively*.
- They include a lot of followup. And brutal followup, at that. In this aspect our counterattacks employ a similar (but not identical) tactical imperative that the self-defense techniques of *kenpo-karate* employ. The difference with *American Combato*

techniques is that they de-emphasize blocking and punching, avoid *all* “artsy” and complex actions, and ***they do not depend in the least upon any predictable reaction to what the student does by the attacker, in order to enable the student to followup smoothly and ferociously.*** They are geared to to *unpredictability* and the chaos of real world battle.

- They are not really “defensive” but rather are extremely ***offensive.*** They carry the attack right into the enemy’s camp, as Fairbairn put it. In *American Combato* we **never** start trouble or agree to fight. However, despite the fact that our *motive* is always defense, our *means* is fierce **offense.** We train, as we have been saying since 1970, to “***ATTACK THE ATTACKER!***”
- They coordinate and blend beautifully with the core of our System, which is ***attacking and preempting with effective blows of the hands, feet, and other natural weapons, and with the carefully developed attack combinations integral to our System.***
- They are developed to efficiently enable the defender to neutralize the attacker, himself; not to focus on simply defeating the hold or avoiding the blow, or evading the advance, etc. They proactively turn the tables on the attacker, making *him* the recipient of his intended victim’s onslaught.
- They stress, teach, and employ tactics that are truly foul and underhanded, and that *deliberately* break every rule of fair play, sportsmanship, ethics, and decency. They carry the Fairbairn concept of “*gutterfighting*” to new extremes, and lace reactions to unprovoked attack with conduct that can normally be counted upon to *shock*, and even terrify any would-be assailant. This is not done out of cruelty or out of vindictiveness; rather we regard it as essential because of the psychological and morale edge that it gives the victim of any violent criminal attack.

We have elaborated our approach to counterattacking in order to introduce the reader to our basic theory of “self-defense techniques” so to speak. We realize that many visitors to this site practice systems and styles that are different from ours, and it is our desire and hope to assist them in polishing that which they do so that it serves them maximally in any real emergencies that they might encounter.

We offer these suggestions to students of *ju-jutsu*, *hapkido*, *kuk sool won*, and even *kenpo-karate* and related systems in which a great deal of attention is given to training for practical self-defense:

1. Instead of trying to develop as many “self-defense” techniques as possible (some systems have, literally, *thousands*) try to boil down your repertoire to as *few* as possible. Carefully consider what particular actions taught in the system you are studying *fit you best*, and zero in on practicing those, for each general type of attack you are working against. For example: There are dozens of variations of counters to the common one-hand frontal clothing grab. Instead of endeavoring to acquire encyclopedic knowledge of all of them, *focus on the few best moves that you can do* when confronted by that kind of attack. Instead of spending two ours practicing six to ten variations, spend that to hours *drilling in your personal best reaction sequence*. Then, in a real crisis, you’ll actually have something that you can use.

2. Always favor the *simplest* actions over the more complex.

No matter how intensely you practice and regardless of your level of expertise, the combined *chaos* and *stress* of an actual encounter makes attempting to replicate anything that is acrobatic or “artsy” either wholly impossible or dangerously risky, *even if you can do the technique flawlessly in practice*. A simple, straight-to-the-target **blow** that is calculated to disable is superior to anything elaborate. Of course no *single* blow ought ever be expected to conclude the encounter, but the idea is — no matter how many blows or other actions you lace together in your response to the attack, *keep it all simple*.

Remember that a real attacker who is at all formidable will *not* stand still and allow you to carry out your counterattack. He may have fast reflexes and be considerably tougher than you might think. Therefore your action against his initial attacking move must be lightning fast, simple, and as destructive as possible. *Followup* must consist of further fast, simple, and destructive actions — all done so efficiently and automatically that the assailant simply cannot act fast enough to thwart that which you do to him.

3. Your “self-defense” technique must cause **INJURY**, not “pain”.

Pain is subjective. Injury is objective. Some men can rather easily ignore the kind of “pain compliance” and “pressure point” nonsense that has fellow students reeling in class when the teacher demonstrates them. But serious injuries reliable stop almost everyone almost 100% of the time. *Break an attacker’s leg and he drops*. That’s because the injury of a broken leg makes him unable to stand, regardless of how well his mind is able to ignore the attendant pain.

Destructive, dangerous, debilitating injuries *must* be inflicted in serious self-defense emergencies, simply because we cannot afford to risk being crippled or killed, or having a loved one maimed or killed, by an attacker who is so determined (perhaps on drugs, insane, under the influence of liquor, etc.) that he simply blocks out the pain of lesser measures.

We appreciate that many who train in classical/traditional martial arts may find this thesis difficult to accept (having been impressed in class by the “effectiveness” of holds and restraining grips). However, we remind these individuals that real attacks do not take place in the sanitized dojo environment, and *real attackers*, unlike training partners, do not cooperate in the execution of defense measures that are taken against them.

Violent offenders may be psychopathically motivated. They *do not wish to be apprehended by the police*. They want to get away. Often they will ignore minor injuries and completely block out pain simply to make a desperate effort to drop their target-victim and escape arrest. If you want your counterattack to be effective is must **injure** your attacker — and injure him **badly**.

4. Never wait to take counterattacking action. If you are able to do so, commence your counterattack *before* your enemy’s hands close on your

throat; *before* that body hold is securely taken; *before* that fist begins to travel forward toward your face; *before* your limb has been secured in a powerful grip — etc. Quality counterattacks are *offensive* in nature to a large degree. That is, they do not aim merely to stop what the attacker is doing or attempting to do, they throw the attacker into a defensive role by the defender ferociously attacking the attacker. Your counterattacks should facilitate this proactive, aggressive reaction.

5. Learn to react to pain and lesser injuries by becoming *enraged* and *murderous* — just like a wild animal who has been wounded. In real combat you will get hurt. Accept it. Let it make you desperate and determined to *get your attacker as soon as possible*, rather than cause you to worry about “avoiding contact”.

6. Whenever possible your opening action against any attack that has caught you unaware should be **go for the eyes go for the throat, go for the testicles, break the knee or shinbone, rip the ears off, bite, and *followup like an insane beast of prey***. This doesn't sound very pleasant, but it *works*. And as unpleasant as this strategy may be, it is a lot better than what will happen to you if your attacker is successful and you are defeated!

We hope that the above will enable any visitor who is a student of whatever system of martial art he prefers to improve drastically his capacity to handle attacks against himself in any unavoidable situation.

Now What Are You (Still) Waiting

For?

WE are always amazed at the number of people who *know* how important it is to possess the ability to defend themselves, and who *want* to do so, but who somehow never get around to simply **DOING IT**.

Every teacher, including ourself, experiences that amazing phenomenon of having people e-mail or telephone, *expressing a “serious”* desire and

intention to learn, yet who lack the resolve to move themselves to the point of *enrolling and learning*. And of doing so, we might add, *before* it's too late.

Our society is not safe. Violent crime is rampant virtually everywhere, and things are not showing any signs of improving. Violent criminals get away with murder, maimings, beatings, robberies, rapes, and assorted other horrific acts of evil. The police do what they can, but these criminals do not attack when the police are around. So, if you are to have any degree of real safety and protection — for yourself and for your loved ones — it ***must be established by YOU***. You will have to take steps to learn how to defend yourself.

Do this *before* you end up the victim of an attack. And before you scoff at the possibility of becoming the victim of an attack, remember that every few minutes, every day, 365 days a year, ***someone*** is being brutalized and violated mercilessly by human predators, somewhere. Gang members, muggers, home invaders, rapists, punks, troublemakers, “tough guys”, bullies, and other variants of bipedal lice and scum are incessantly targeting and violating people just like **you and your family**.

Our teachings have now proven their worth internationally, and for well over **35 years**. No one can give you a guarantee, but we can assure you that, if you train seriously in *American Combato* you ***will*** be able to defend yourself, and you ***will*** have the odds on your side if you ever find yourself in a dangerous situation.

Why not stop “planning” and “intending” and “wanting to do”, and simply ***GET STARTED NOW***. Acquire the mental, physical, technical, and tactical training that you may very well one day need to save yourself and possibly those you love from tragic violence?

Investing in training with us is like purchasing an insurance policy — a policy that pays huge benefits to the policy holder, and to everyone whom he loves.

Violence is coming to someone every few minutes. If it comes to *you*, are you confident that you possess the skills and the mindset with which to effectively

deal with it?

Contact ourself or Mark Bryans and start building your confidence and your ability to defend yourself.

As we receive numerous requests to quote items that appear here in *Sword & Pen* and on our other site, www.seattlecombatives.com, from the various sections there, we will again state the terms by which our material may be used **and used only non-commercially**:

- 1. We must be quoted in context.**
- 2. Credit must be given for that which is quoted/referenced.**
- 3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, or school may be made with our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal agreement.**

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

Until next month, we wish you good training!
Stay combat ready!

YOURS IN DEFENSE,

Prof. Bradley J. Steiner

www.americancombato.com

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