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SWORD and PEN

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

JULY 2013 EDITION

**www.americancombato.com
www.seattlecombatives.com**

E D I T O R I A L

Always Assume The Worst!

WE live in a dangerous world. And while some people go through their entire lives without ever being physically attacked, *many* people — people who mean and who cause no harm whatever to others — are attacked; many *horribly so*. It only takes a perusal of the daily news for any major city on any given day to verify this. *The threat of violation exists everywhere and at all times for all of us*. We do what is sensible to avoid trouble, if we are smart. We avoid places and behavior that is questionable, and we strive to steer clear of troublemakers and assorted human scum who enjoy mindless, antisocial, destructive conduct. **But that is not enough to guarantee our safety and the well being of those dear to us. We MUST be prepared to defend ourselves.** You probably would not be reading this if you did not at least *substantially* agree with our thesis.

But being prepared to defend yourself is not something that most “martial artists” truly understand. Enroll in a typical martial arts school in which either the classical/traditional or sporting/competitive approaches to “self-defense” are taught and you will **NOT** receive the tuition that you need for the extreme emergency of having to cope with a would-be killer. Classicism and competition are fine and worthy endeavors . . . but they are ***not*** related to the kind of close combat training that is required for survival and victory in a real world encounter.

Fundamental to **quality** training in **real world** self-defense and close combat is the mandate to ***ALWAYS TRAIN, CONDITION, AND PREPARE YOURSELF FOR THE WORST.*** In fact, ***expect the worst*** in any situation where an unknown offender targets you and initiates physical violence against you. Consider this:

If you do not expect the worst and react to an attack as if your life were immediately being threatened, ***and if it becomes apparent that your life is in jeopardy*** once the encounter is underway, **you very well may not have the opportunity to ratchet up your reaction and successfully defend your life!** On the other hand if you *do* react with absolute fury and aggression, and with your most determined and vicious response, and if the attack proves *not* to have been undertaken by a serious assailant, then you can easily pull back, ratchet *down*, and let the offender retreat. But play no games and cut no sudden assailant any slack. ***If and when you are ever attacked react like a wild animal and bring your skills into play without restraint or forbearance.*** You will *not* get a second chance if the situation is in fact lethal.

Many people do not understand this concept. Some do not *want* to understand it. Nevertheless, it is this concept that will provide you with the greatest possible chance of coming out of a dangerous situation with life and limb intact.

Physical violence is a very, very serious matter. Used unjustifiably (i.e. in any

manner other than for self-defense or the defense of other innocents) it is an egregious crime. Merciless punishment is appropriate in *all* instances of unjustifiable physical attack — whether the perpetrator is a scummy little brat who enjoys bullying other children who he believes are helpless to defend themselves, or a grown person who lacks impulse control or who is plainly a criminal predator. It is the *absence* of the attitude that we espouse that in large measure accounts for the reason why we have such problems with violence in our society today.

Neither you nor ourself can alter the prevailing societal nonsense, and its endless “understanding” of hideous felons, and the leniency that is extended to these unconscionable beasts. **However**, we certainly can alter our own personal attitudes and beliefs regarding violent predators and how we, personally, will deal with them if they intrude upon *our personal* lives. And this we had better do! All of this is integral to *American Combato* training, and we suggest that it become integral to *your* training, also; if you happen not to be one of our students and are enrolled in a school where these truths are not promulgated.(or *worse* — where they are denied or ignored).

The filth that attacks you or yours *for real* bears no relation to the fellow with whom you enjoy your workouts at the dojo, or with whom you have a friendly competitive match. **The violent predator is and must be regarded as a dangerous, wild animal. And just like any dangerous wild animal, the violent predator must and ought to be destroyed if and when he ever comes to you.**

Harsh words? Extreme philosophy? Unusual attitude to adopt? ***You’re goddamned right!*** And that’s because only harshness, extremism, and the unusual ability to cope with violent predation via the employment of ***even greater violence*** will give you a fighting chance when and if, God forbid, the moment of truth ever arrives, and it’s “you or the mugger” (or *home invader*, or *rapist*, or *kidnapper*, or *thrill-killer*, or *gang member*, or *troublemaker*, or *bully*, or *terrorist*, or you-name-it!).

Train with ***saving your life*** and ***saving the lives of those you love*** in mind.

Self-defense is not a sport and it has nothing whatever to do with competition or with antiquated formalities. **It has to do with life and death; with survival. It can mean the difference between you being able to leave the scene of an attack whole and in reasonably good shape, versus ending up brain-damaged for life, physically crippled, and unable to function without a nurse attendant.**

Train with the idea that any attack against you, or any attack against those you love may well be **lethal** — if not in deliberate intent, then in outcome (which will of course have the same results for *you*). Cut no assailant any slack. Have no mercy. Do not hesitate. Do not restrain yourself or hold back once it is clear that only violence will stop some living bacterial mistake who has decided it will be fun to maim or kill you or your family.

If you will take that which we say to heart and ***APPLY*** it; really *make it your own*, and prepare yourself so that anyone offering you violence will be committing inadvertent suicide (if not literally, then figuratively), you will be a lap and a half ahead of that execrable scum that rears its head and presumes to victimize the innocent, *if* it ever targets **you**.

In any violent attack *always* assume the worst, and react accordingly!

Bradley J. Steiner

Simultaneous Strikes — Effective Or Not?

IN close combat there are some pretty steadfast rules or principles for effective fighting — *any one of which might, just might, be violated under special circumstances*. Real combat is just that unpredictable and chaotic.

One fairly set rule for striking a man is: ***Always drive into him with a barrage of blows, rapidly and with total body commitment; but land each blow solidly and well. Almost never is it desirable to land blows simultaneously.***



AN OLD AND VERY RARE PHOTO OF PROF. WILLIAM K. S. CHOW, FOUNDER OF THE *KENPO-KARATE* SYSTEM TAUGHT TO ED PARKER. CHOW ORIGINALLY WAS A STUDENT OF PROF. JAMES MITOSE. HERE WE SEE CHOW *SIMULTANEOUSLY BLOCKING TWO BLOWS*. THIS IS FINE IN A CHOREOGRAPHED DEMONSTRATION (NOTICE THE STYLIZED “ATTACKS”) BUT IS ABSURD IN AN ACTUAL SITUATION. DOUBTLESS CHOW, WHO WAS A HARD, TOUGH FIGHTER, KNEW THIS.

The reason for this generally being true is because one ought normally to get one's *entire body* into every blow that one delivers. Total force commitment when hitting. However, when you deliver *simultaneous* blows to two targets you *divide* and *reduce* the power being applied in each blow. If you doubt what we are saying, try this experiment:

Stand between two dummies, heavy bags, or striking posts. Now . . . using every ounce of force and body-committment you are capable of, drive a

chinjab smash (or a handaxe chop) into one of your targets. *Immediately* after delivering that strike to one target, shift direction and deliver the same identical blow to the *other* target — full body commitment, total force, etc. Rest for three minutes.

Now stand in the same position between the two targets that you were in a few minutes ago. Suddenly deliver *two* chinjabs *or* handaxe chops *simultaneously* to the two targets.
See?

Now, this does not mean that you ought *never* deliver simultaneous blows to two targets — or adversaries, or even the *same* adversary — at once. Sometimes (rarely) this might make sense. For example, if you are being followed by two men, turning suddenly and driving two chops or chinjabs (as Fairbairn advocated) into both pursuers *might* be a good opening action. Or, if you were cornered by two men close-in, and both of your hands were free, you *might* — if you were certain they'd land well — strike out *simultaneously* to both attackers' throats or carotid arteries. Simultaneous blows are not “**absolutely always**” contraindicated. But *in general* it is best to blast one target (or enemy) and *then* blast the other.

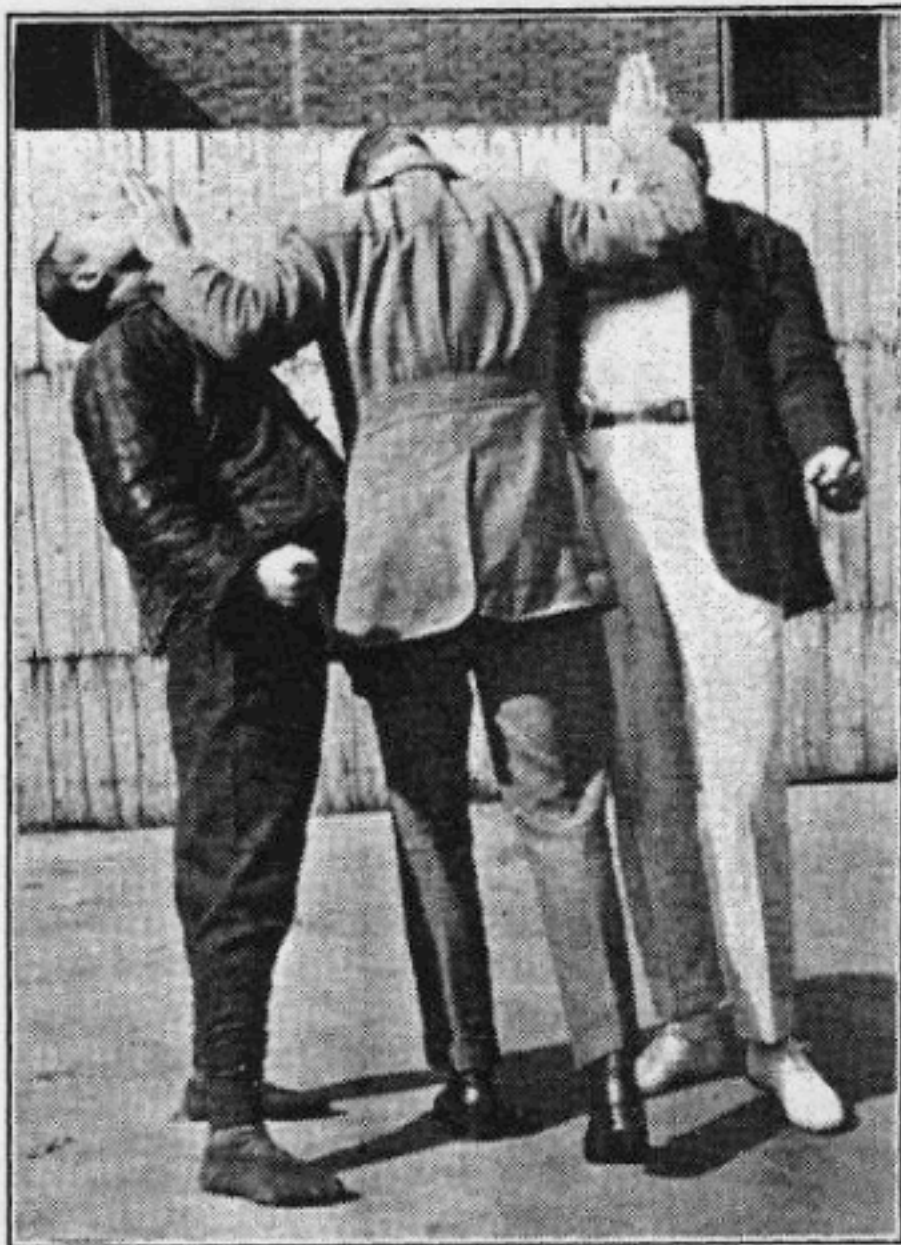


FIG. 175

ABOVE IS A PHOTO FROM FAIRBAIRN'S CLASSIC *SCIENTIFIC SELF-DEFENCE* SHOWING A SIMULTANEOUS ATTACK USING CHINJABS TO TWO ADVERSARIES WHO WERE FOLLOWING THE DEFENDER. THE DEFENDER TURNS AND DRIVES THESE BLOWS INTO BOTH MEN. ONE MIGHT *OCCASIONALLY* HAVE USE FOR THIS TYPE OF ATTACK.

Classical *karate* teaches a simultaneous two-fist attack called *yama-tsuki* (a U-shaped double punch to an adversary's facial and mid-section target areas. We think this is extremely impractical; but of course, if you like it, are in a classical system and *insist* . . . go ahead. We'd caution against it, however.

In dealing with two opponents there is another very important reason for *not* attempting simultaneous blows that hit each man at the same moment. It pertains to the fact that doing so *positions you rigidly to a fixed position stance*. In dealing with two or more attackers you must **MOVE**. By committing to a blow against one of the attackers, and *moving in against him*, you are **moving somewhat away from** the other attacker; thus making his effort to strike, stab, or grab you more difficult. Then, when you turn on attacker number two, you are able to *fully commit force and bodyweight against him*.

When you train for self-defense, consider what we've said here.

Note: We once had an even better photo of Prof. Chow in which he is depicted hitting *three men* at the same time: Two with his fists, and a third with a kick. **Great for demonstrations and for impressive advertisement photos!** *But please don't try such bullshit against a gang attack for real!*

DVD Course NOW AVAILABLE!
***(You Can Learn Self-Defense and
Close Combat At Home!)***

**The First and Only Complete Self-Defense
and Close Combat Course in American**

Combato (Jen·Do·Tao) on High Quality DVDs!

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

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

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

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner,

personally! And you can review this instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

The chinjab smash, the handaxe chop, the tiger’s claw, and the side

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

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is

- determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

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

DVD#11 KNIFEWORK

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)

- Knife *offense*
- Defending yourself with a knife

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

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

All DVD purchases are of course nonrefundable.

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

**Brad Steiner
P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

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

You Might Be Interested

To Know That . . .

WE have received numerous emails — plus a few phone calls — declaring how satisfied purchasers are with our DVD Home Training Course and our new line of self-

hypnosis programs!

Our DVD Course provides the techniques of unarmed offense and defense, as well as the stick and knifework skills, that *really work* in close combat and self-defense. And you *can* learn from this Course *without* a live teacher! The instruction is presented in a manner so as to *teach*. The methods are carefully and slowly demonstrated; their effects explained in detail; and provided you study and practice what is taught you **WILL** learn.

Our self-hypnosis programs — ***ALL*** exclusive and copyrighted — have been produced so that virtually anyone can be assured of *outstanding* results in mental conditioning if he will but follow the simple directions included with each program. *The feedback that we have received from users is terrific.* After daily use of the program(s) purchased (for as little as one or two weeks in some instances), users report that their mental preparedness, confidence, and deep inner assurance that they are **READY** should violence strike, has skyrocketed to a point where they are rock-solid in their certainty that — should they ever need to defend themselves or their loved ones — *nothing* will hinder them!

The DVD Home Training Course and the self-hypnosis programs constitute a real breakthrough in self-teaching,

and when used together the results are *outstandingly* satisfactory!

Genuine Combat Skills Are

Not “Perishable” Once Mastered

How well we remember both *karate* and *ju-jitsu* teachers emphasizing to us that “*in order to retain your ability to defend yourself you must never fail to practice three or four times a week, or your skills will deteriorate*” and “*as you get older, you will only be capable of retaining the simplest and most basic techniques, since your lack of flexibility, strength, and speed of movement will diminish, and your ability to do what you now can in your teens, and likely be able to continue doing throughout your 20’s too, will gradually become impossible*”.

One of the common cautions touted by so-called “name” shooting schools (which teach nearly 100% impractical and irrelevant skills for close range, quick reaction, defensive handgun combat, in our opinion) is that “*handgun shooting technique is a perishable skill*” and unless one practices seriously and often, and enrolls every year or so for the school’s “refresher” course, one’s ability to utilize one’s handgun in an emergency will gradually evaporate . . . like a shallow pan of water.



W.E. FAIRBAIRN DEMONSTRATING (AT AROUND AGE 60) HOW EASILY AND EFFECTIVELY THE CHINJAB SMASH — A BASIC UNARMED COMBAT TECHNIQUE — CAN BE EMPLOYED. FAIRBAIRN'S CAPACITY TO USE THIS AND HIS OTHER PRACTICAL COMBAT TECHNIQUES MOST LIKELY *INCREASED* AS HE GOT OLDER. OBVIOUSLY THIS WILL NOT HAPPEN WITH EXOTIC AND COMPLEX *JU-JUTSU* MOVES, OR WITH HIGH AND FLYING KICKS, AND OTHER ACROBATIC TECHNIQUES. YOUR ABILITY TO DO THE FANCY, THE ACROBATIC, THE EXOTIC, AND THE COMPLEX *DOES* DIMINISH AFTER YOUR 20'S, BUT GENUINE WAR-PROVEN COMBAT SKILLS STAY WITH YOU!

Let's ignore the possibility that there may conceivably be some **commercial motivation** behind such schools' and teachers' advocacies, and just accept that the promulgators of these ideas believe them, and have the purest of pure intentions in emphasizing them to the public.

*The fact is that quality **unarmed and armed techniques of close combat, once mastered, are readily retainable.** Yes, it is *better* (far better, actually) if combat students follow a consistent, disciplined, ongoing regimen of regular practice of the skills that they have been taught. **But if they do not do so, and providing of course that the skills which they acquired are VALID COMBAT SKILLS,** then they will retain a large measure of ability to *use* those skills for the rest of their lives.*

Some years ago one of our students told us an interesting story. A true incident that was reported to him by a neighbor. The neighbor, a man in his 80's, had

served in the American OSS (“Office of Strategic Services”). He had graduated Fairbairn’s six-session “*Silent Killing*” course, and combined with those formal sessions and a bit of extra practice while at the training center, he had — all told — perhaps **20 hours** of training and practice in close combat . . . probably less than that.

One day (in the mid-1990’s), roughly half a century after doing any training in any form of combat at all, this 80+ year old veteran was confronted by a much larger and younger man (a punk in his late teens or early 20’s) when returning to his parked car after grocery shopping. The punk stood between the man and the driver’s side door to the man’s parked vehicle. “Give me your money!” the punk barked. *Without even a moment’s hesitation the senior whipped his free hand forward and chopped the punk across the side of his neck with what Fairbairn called an “edge-of-the hand blow”.* Down went the punk. Home went the octogenarian with his groceries. *That’s* real self-defense! And that degree of skill retention that the former OSS operative evidenced in that attempted holdup is *exactly* what anyone who **masters** some good, practical skills can expect — not only insofar as unarmed combat is concerned, but insofar as **armed** combat is concerned, as well. We have witnessed men who learned point shooting during WWII and who were *not* “gun bugs”, who did *not* continue to practice following their training of 50 years ago even to the extent of even **once** going to a range to shoot a gun, fire a handgun at our request and which we lent them, with deadly proficiency. No, they wouldn’t medal out in a *competition* match. But heaven help the home invader or gang members who presumed to target them, if they were armed with a handgun!

Competition skills are certainly useless after one passes one’s prime (that’s why “champions” **RETIRE** from competition. They just do not have the physical ability to keep at competition and competition-oriented training, which is required to retain the skills). Too, many classical/traditional skills simply cannot be done once one reaches the age of 35 or 40. The time, energy, and interest for practice and the physical capacity necessary for the performance of many of these skills *wanes*. **But genuine, war-proven close combat and defense skills, with and without weapons will *stay* with you once firmly acquired . . . at less than top form to be sure, if you do not continue to train. But if an emergency strikes, they will be there for you!**

And Now You Can Train Your

Mind As Well As Your Body, With Our ...

New And Exclusive Self-Hypnosis Programs!
(The *Perfect* Compliment to Our DVD Training Course!)

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

— General George S. Patton, Jr.

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

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

There will be **20 Complete Self-Hypnosis Programs** made available this year. The first **nine** are now ready, prepared on quality CD discs, and available for shipment:

001 - “Fear Into Fury!” — Mastering Fear Energy
002 - Embedding The Combat Color Code

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

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

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

Lecture A - Rules of Self-Defense

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

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

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

Brad Steiner

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

Yes — You Need To *Hit* Something

THE blows of unarmed close combat *cannot* be practiced against a live partner, and they must never be employed in any competitive venue. The blows are dangerous, and rightfully so. If they were not then they would be of no value whatever. Still, every student needs to have some experience actually *hitting something* with those blows, and in so doing get an approximate feel of what making hard contact is like.

Interestingly, we have found that one of the most practical aids in developing the blows of unarmed combat is the striking post (i.e. *makiwara*). We do not advocate using sheaved straw as the striking surface, but instead recommend rubber pads. A rubber doormat cut into small sections and epoxed into a stack of three or four layers is perfect. These pads may then be taped (**never** nailed or bolted) to a post that has been embedded in the ground, or angle-iron bolted to the floor.

Next to the striking post dummies or heavy bags are excellent.

We are bringing this matter up for two reasons:

First, because it has come to our attention that a certain number of incompetents have jumped on the practical combatives bandwagon and are permitting “light” contact with some blows, or are negligent in emphasizing to students that **NO CONTACT** must be made when practicing strikes and

other attacks against vital body targets. “*Light*” contact is unacceptable because even light contact can cause injury when directed against those targets that *must* be emphasized for serious self-defense: i.e. eyes, throat, testicles, knees, solar plexus, bridge of nose, etc. **The only way that any kind of competition can be practiced is with *restrictions, rules, and supervisory refereeing*.** None of these things apply to combat actions. And any program that teaches different targets and techniques for “actual use”, while emphasizing certain “safer” targets and techniques for “training” is teaching participants to get beaten and killed in actual encounters.

Second, an increasingly popular myth today is that you really don’t need to hit anything or condition your natural weapons for your techniques to be effective. The truth is that *even the most effective techniques* must be delivered with total focus and commitment, and in any dangerous emergency you want to *know* that your blows are formidable, and you want to have the knowledge that you have smashed into a real target and can *hit hard!*

You do not need to heavily condition your hands and other natural weapons, but you *must* get some experience pounding and slamming into resistant targets, so that your blows are not merely theoretical. There are heavy bags, dummies, training posts — even a padded tree or brick wall will do — so you need not fear being unable to find some training aids that will help you.

Your practice with partners must **NEVER** include even light, carefully controlled contact to the vital points of the body (how would *you* like a “light” jab in the eye, or a “light” chop across your throat or nose, or a “light” kick to your testicles?). Always carefully avoid contact when training in the strikes, kicks, butts, knee blows, and gouges of close combat. It is stupid, careless, irresponsible, and inconsiderate to risk injuring a training partner. *So just don’t!* Go all out on insentient targets, and you’ll develop all of the power and hitting experience you’ll need.

Anyone who demonstrates either an inability or an unwillingness to be extremely careful with his training partners should be thrown out of class.

Note: Remember that *altering* targets when working with live partners — just so that contact may be made — is counterproductive. You want 100%-conditioning and training to ***go after and destroy*** an enemy's most critical vital points. So . . . go after the critical target points when you train with a live partner, but do so with extreme caution, making **NO** contact. Then get your contact training safely by going all out on your training aids.

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You Need Exercise *Every* Day

WHEN we say that you need exercise every day we do *not* mean either seriously heavy weight training or 100% intense. all-out combatives practice every day. To attempt such a regimen of training would surely cause staleness and failure to make progress, and could never be continued for more than a few weeks before all progress would come to a swift and uncomfortable *halt*.

What we mean is that — barring any time that you may actually be ill — you need vigorous exercise **every single day**.

If your exercising consists of weight training and combatives training — as it does with many if not most of our visitors — then learn to *vary the intensity* of your training sessions. For almost everyone who has been working out progressively with weights and who has reached or come close to his genetic potential, ***one very hard workout per week is plenty***. Two additional workouts on alternate days is fine . . . but one should be *light*, and the other should be *moderate*. Many trainees who do hard physical work will do very well — once they've built up — training very hard once every *two* weeks,

and doing their other two workouts in light and moderate form. (**Note:** We appreciate that twice-weekly workouts have become popular in some circles, but we would recommend this approach *only* when a trainee works out with reasonable vigor in his combatives training on two or three other days of the week. On days when neither weights nor combat skills are worked on, we suggest swimming, cycling, **moderate** jogging, or participating in some other physical sport or game.

For the most dedicated trainees who follow three weight training sessions per week and who train in close combat on the remaining four days, we recommend following the weight training scheme described above, and training in combat techniques as follows:

One day *very* intensive, vigorous, and demanding.

One day moderate practice — about 80% of capacity

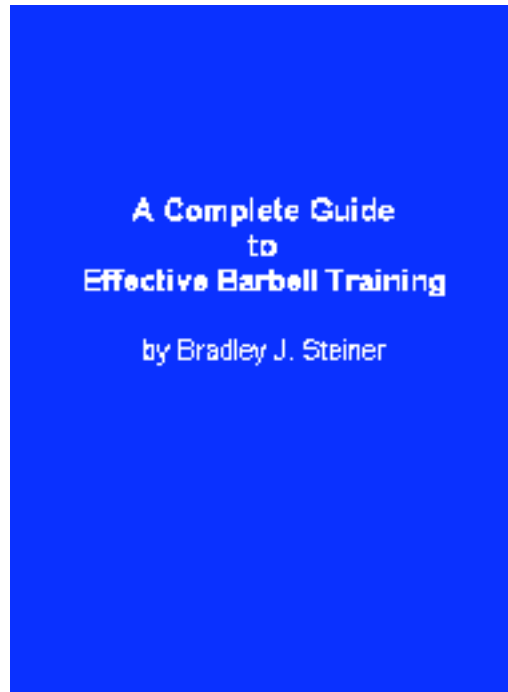
Two days light practice — about 50-65% capacity

We urge that physical exercise become a way of life for anyone who values his health and well-being, and who is serious about becoming and remaining “fit to fight”, as it were.

Age has **NOTHING** to do with our recommendation for *daily* training. We of course recommend more moderate training and briefer sessions for elderly persons who are possibly newcomers to training. We also recommend checking with a physician if you are new to this. However, we remain convinced that the human body — like the mind — should be used *every* day, and the individual who aspires to optimum health, efficiency, and self-confidence will do well to adopt this philosophy, and **live by it**.

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