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SWORD and PEN

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

JULY 2014 EDITION

www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

LISTEN TO OUR RADIO INTERVIEWS!

Prof. Bryans and ourself each did 1-hour interviews on the Rick Barnabo Show in Phoenix, Arizona. If you go to prescottcombatives.com, click on “home”. When “news media” drops down, click on that — — and there’re the full interviews!

E D I T O R I A L

The New Style Of Mindless Violence

ANYONE who has seen the collection of “knockout” and “street fight”

compilations on YouTube or who has been keeping current with the headline news across the Country has noticed the new (i.e. post-1960's) type violence that so many now immediately resort to when needlessly attacking innocent people or when provoking fights. *Disgraceful.*

Whereas it was once pretty standard to desist when you knocked someone down or otherwise clearly won the stupid fight that you had started, it is now the “in thing” to keep kicking the downed victim in the head, stomping him, or otherwise continuing to reign blows upon him ——— *even if he is unconscious!*

How to meet and at least have a fighting chance to **defeat** this kind of mindless, inexcusable savagery? Many will doubtless find our comments politically incorrect and socially unpalatable. (Frankly, we hardly give a s—t. We are sick and tired of this phenomenon of innocent human beings who **deserve** to live in human society being terrorized, maimed, killed, and trampled by brainless savages who, by any rational standard, have no right to live.)

Obviously our legal system should be revised. If *we* were in charge then **ANYONE WHO STARTED THE TROUBLE AND INITIATED UNJUSTIFIABLE VIOLENCE WOULD BE EXECUTED ——— WHETHER HE OR HIS INTENDED VICTIM PREVAILED IN THE ENCOUNTER.** No “three strikes you’re out” in *our* world. ***ONE STRIKE AND YOU’RE GONE, YOU SUBHUMAN, BRAINLESS BASTARD!*** And there’d be no plea bargaining, time delays, or other bullshit. You needlessly endanger another human being by physically attacking him or her ***and you can plan on exiting this realm within a month or less.*** Speedy arrest. Speedy trial. Speedy execution. And if you perchance were beaten or possibly shot by your intended victim, and if you lived, then it would be **illegal** for you to receive *any* medical care. You would either die of your injuries, or be tossed “as is” into a cell to await trial and execution.

Personally, we find it outrageous that violent felons are, when and if injured, transported **at taxpayer expense** to a hospital where they are given medical

care *at taxpayer expense*, while victims are so often left to struggle with the cost of being out of work, with paying for their medical care, with ——— sadly ——— funeral expenses, or with the tragedy of having to cope with living at reduced capacity for the rest of their lives, thanks to the mindless injuries that were imposed upon them by sewer animals who never should have been born.

And as for executions, we'd study that recent case where a monster ——— after raping, shooting, and burying his poor victim *alive* ——— ***finally* was put to death; and happily, suffered for nearly three quarters of an hour because the execution by lethal injection failed to work as planned, and THAT IS HOW WE WOULD EXECUTE ALL VIOLENT CRIMINALS FROM NOW ON!**

What the hell is *wrong* with us in this Country? How can we tolerate this unspeakably evil curse of violent crime in our midst? Never mind the damn criminals. Think, for the love of God, about the **victims!** And, today, the victims are often made to suffer incredible acts of barbarism, torture, indignation, and horror. ***What the hell do we allow these victimizers to live for?*** Are we *really* the only one who sees this nightmare and is disgusted to the point of absolute intolerance for any more of it? If so, it will not merely continue . . . it will get even worse.

And, while of course acknowledging that *our* “legal” approach to solving the problem would **never** be considered, **what can decent people — like YOU and YOUR LOVED ONES do to provide security for yourselves against this insanity?**

There is really only one answer: Train and learn to fight back and defend yourselves. **Arm yourselves!** Legally, of course. Do not violate any laws. But follow whatever the law where you live requires in order to secure firearms for your and your loved ones' defense. *Learn combat shooting* (not “combat competition” shooting, but the **real deal**; shooting to live, as Fairbairn put it). Develop the right mindset and master unarmed self-defense and close combat. Put real effort into it. It may one day save your life or the

life of someone you love. Learn how to use a stick. A knife. **Get combat ready!** There was a time in our history when most citizens *were* prepared — mentally and physically — to deal with violent types. And those who were not so prepared **aspired to become prepared** and **admired** those who were. Today, most are *not* prepared, and many look at preparation as something that is somehow “distasteful”. A marvelously astute governor recently said at a public meeting that, to deal with bullies, kids needed to “grow a pair”. The reaction? The dumb fools to whom he spoke “felt offended”. They were “hurt”. “Outraged”. “Insulted”. *Is this America?* How in the name of George Washington can it be “wrong” to encourage kids to fight back when bullied? To stand up for themselves? To be courageous and not permit troublemakers to push them around — or worse?

This is not a call for anyone to take the law into their own hands. Thank God, the law *as it stands* still permits a person to defend him or herself. By all means avoid trouble if you can. Call the police and let *them* handle any potentially violent situation, if calling them is feasible. *But don't sink into that state of somnambulistic moronicness and helplessness that so many have been encouraged to adopt as their new, modern persona.*

GROW A PAIR! (To borrow that governor's admonition.)

Bradley J. Steiner

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!

The Bayonet: Is It Antiquated?

PERHAPS the only point of disagreement that we have with William E. Fairbairn's personal doctrine pertains to what his view was before his passing, regarding the bayonet for the modern soldier's shoulder weapon. Fairbairn believed that the bayonet is no longer a viable adjunct to the infantryman's basic weapon. We disagree.



M14 Bayonet

ABOVE: THE EXCELLENT M6 BAYONET AND SHEATH FOR THE ALSO EXCELLENT (BUT REGRETTABLY DISCONTINUED) M14 AMERICAN SERVICE RIFLE. IN ADDITION TO BEING A VERY VIABLE CLOSE QUARTERS BATTLE WEAPON WHEN AFFIXED TO THE M14, THIS WEAPON SERVES ADMIRABLY AS A FIGHTING KNIFE FOR HAND-TO-HAND COMBAT — OR SENTRY ELIMINATION.

There are three reasons why we believe that the bayonet most certainly should continue to be issued to and used by soldiers and marine infantrymen:

1. The aggressive use of *the bayoneted rifle is still effective in close quarters encounters, under certain circumstances*. Although the use of the revolutionary war and civil war pike is outdated — and bayonet “encounters” between similarly armed soldiers today is *far* less likely to occur than it did occur when the slow-loading single shot shoulder arms were employed — the latest *knife-like* bayonets are excellent, additionally, because . . .



THE ASSOCIATED PRESS (VIA KTUU) ANNOUNCED IN 2010 THAT THE U.S. ARMY HAD DISCONTINUED BAYONET TRAINING WHICH HAD ALWAYS BEEN A PART OF A RECRUIT'S BASIC COURSE. ABOVE WE SEE TWO RECRUITS IN BAYONET PRACTICE. NOTE THEY ARE EQUIPPED WITH THE M16. IN OUR OPINION THE ARMY (AND THE MARINE CORPS) WOULD BETTER DROP THE M16 — WHICH WOULD SURELY BREAK APART IN A CLASH SUCH AS INDICATED ABOVE — AND BRING BACK THE M14, WITH THE BAYONET!

2. In addition to their use when attached to the shoulder weapon, bayonets serve admirably for hand-to-hand combat, as *fighting knives*. Normally, infantrymen are not equipped with fighting knives, per se (although we believe that they ought to be). Their possession of a good bayonet, say of the M6 variety, automatically provides them with a type of fighting knife. Carried in the scabbard it can be accessed speedily if required, for use if their shoulder weapon is rendered inoperable (likely with the M16!), when ammunition has run out, and/or when use of the firearm is undesirable because its report might raise an alarm. Just having that bayonet at his side, following the hour or two of instruction that would be necessary to insure that he could use it in hand-to-

hand combat, provides the infantryman with added confidence and another truly lethal, proven weapon.

3. “The spirit of the bayonet!” Quite possibly this is being phased out —— or soon will be —— by our military’s modern, more “sensitive” basic training philosophies; however it is **more** than valuable. It is **e s s e n t i a l** to the fighting man. No matter how one wishes to evade the fact, the *readiness to close with and destroy the enemy* remains perhaps the most essential core characteristic and technical attribute of the infantryman. This *spirit* of personally closing with and destroying the enemy, politically unpopular as it may be, is essential and *can no better be instilled in a relatively risk-free manner during basic training, than it can be through rigorous, realistic bayonet work on a bayonet course.*

Our personal opinion is that bayonet training, and the acquisition of a bayonet for his basic weapon, should remain integral to **all** basic military training programs.

Note: The bayonet is especially relevant, in our opinion, to the combat **shotgun** and to the carbine. These shoulder weapons are more specifically *close-in* battle implements than is the battle rifle, and are utilized in contexts where an encounter using the weapon with bayonet affixed is more likely to occur. Oddly enough our military in WWII seemed to know this. Not only was the M1 Garand equipped with a bayonet, but so was the M1 carbine (this last having been superseded, in our view, by the outstanding Mini-14). Our two cents.

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Mind As Well As Your Body, With Our ...
New And Exclusive Self-Hypnosis Programs!
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“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 in 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 are **20 Complete Self-Hypnosis Programs** available:

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- 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**
- 019 - Eliminating Hesitation and Becoming Decisive**
- 020 - Raising Your Threshold of Pain**

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.

Lecture 1 - 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.

Lecture 2 - Differences in Training For Combat Vs. Training For Competition Or Classical Art Performance

One hour in length, this talk provides a complete clarification for students (and possibly some teachers, as well) of the crucial differences between training for competition, tradition, and *combat*.

This Lecture Is \$20. Plus a \$4. Shipping and Handling Fee. \$10. 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.

The Colt Commander Model .45

WE have received several communications from *SWORD & PEN* readers regarding a recommended handgun for daily carry that is powerful, reliable, and comfortable to carry. Purpose: self-defense.

In many instances one of the old Smith and Wesson 5-shot snubbies (Chiefs, Bodyguard, or Centennial) or one of the old Colt 6-shooters (Agent, Cobra, or Detective Special) either in all steel or aluminum frame is perfect. However, if you *like* guns and will spend time working to master the weapon beyond what is required with a revolver, then our hands down recommendation is the *older* Colt Commander Model in .45ACP caliber. This is a full capacity .45 automatic with the advantage (as far as constant carry is concerned) of having an *aluminum* frame and being 3/4" shorter than the full-size Government Model. Weighing in at a mere 26 ounces it is

obvious that toting a 39 ounce Government Model around all day instead would likely cause considerably more discomfort.

Recently, Colt has been offering a “new version” of the Commander . . . designed by a well-known gun writer. With all due respect to this gentleman, we recommend the **old, original** Colt Commander. Our personal opinion is that there is no need for the “improvements” that the new version offers. You pay a lot for the new version, and again — in our personal opinion — you get a *far* better deal finding one of the original Commanders in good condition (and there are many out there) and acclimating yourself to it with dry and live firing practice. *If your practice firing indicates for some reason that you need one or two modifications to your pistol, take it to a good smith and have the modification(s) done.* We never found that our Commander (and we carried one just about 24/7 for **years**) needed *any* alterations. But . . . you decide. It has always been our opinion that purchasing modifications without knowing that you, personally, *needed* them, is foolish. The closer to out-of-the-box stock condition your weapon is, the better.



ABOVE: A NO-FRILLS COMMANDER MODEL PISTOL. WE WISH THAT COLT WOULD BRING THIS EXCELLENT AND OUTSTANDING HANDGUN BACK IN ITS ORIGINAL OR IN ITS “SERIES ‘70” CONFIGURATION!

A popular topic of conversation amongst gun bugs is whether a lightweight aluminum framed Commander is “too fragile” for dependable, long-term use and wear. Isn’t an all-steel Combat Commander — or, better yet, a full-sized Government Model — superior?

We have heard of these Commanders giving many thousands of rounds flawless service to avid shooters (like Jeff Cooper, whose personal Commander gave him well over 100,000 rounds of faultless shooting . . . and was still *good to go* for many thousands more rounds!). One arms

aficionado, Skeeter Skelton, published a torture test that he gave a Commander and a Government Model. The Commander showed a slight crack in its aluminum frame after 5,000 rounds but was still *fully serviceable*, and Skelton acknowledged that the weapon would have gone on for thousands of more rounds, if he would have continued firing it. Yes, the Government Model in his test did technically show greater durability (he stopped firing it after more than 11,000 rounds, since it was showing no signs of real wear and he was getting *very tired!*); but just how significant is this? As concerns the Commander. This is a “shoot little, carry a lot” sidearm. Who is likely to fire 5,000 rounds through his Commander? (Yeah, right — Jeff Cooper).

— In Skelton’s torture test there was no maintenance given the pistols during the test. And *no one* is ever likely to put even 2,000 rounds (let alone 5,000) through a carry-much/shoot little Commander in a lifetime, unless, like the late Jeff Cooper, he does a lot of shooting *every single day* for six or seven decades.

— Virtually every Commander owner we have heard of who was a “*gun nut*” and whose personal,

properly maintained Commander had been fired in excess of 10,000 rounds reported no significant wear on his pistol.

—— The rounds that you do fire through a Commander will not be done in “torture test” fashion. You’ll likely be firing whatever you do shoot, at *most*, once a week for no more than 50 to 100 rounds per range visit. More likely you’ll put a few hundred rounds through your Commander to break it in, and then possibly another 50 to 100 rounds — **if that much** — over your lifetime. Largely, the Commander will be carried a lot. It was not designed or intended for “competition”, for target shooting, or for hunting or plinking.

Our opinion is that a Colt Commander will last longer than its owner’s lifetime and be in fully serviceable condition after a lifetime’s use. With proper care it will last for generations.

—— The use of ammunition other than 230 grain full metal jacketed (“hardball”) factory-manufactured is sometimes a factor in unduly wearing any .45 pistol. It also invites

malfunctions. *Use Remington, Federal, or Winchester 230 grain FMJ factory new ammunition (i.e. G.I. spec “hardball” ammo) in your Commander. You don’t need any more “decisive” or “effective” round when you shoot a .45!*

Used Commanders in very good to excellent condition can be purchased from a number of online firearms sales outfits.

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WILL TEACH YOU THE RIGHT WAY TO USE
WEIGHTS FOR COMBATIVES AND GENERAL
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Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign orders*** total cost is \$35. (in U.S. funds) to:

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U.S.A.

Don't Be Fooled

WE have received a number of *very* complimentary emails regarding our DVD program and our self-hypnosis CDs. *Thank you!* We appreciate your taking the time to let us know that we are benefitting you, “long distance”!

Three emails made reference to the fact that what the purchasers and users enjoyed first and foremost about our material is that it is —— to use their words —— “No bullshit”; “No nonsense about being ‘unbeatable’”; “Straightforward combat skills that really work!”. We say again, *thank you!*

The critical thing to bear in mind, regardless of whose instruction you decide to opt for, what school you enroll in, or books or DVDs you obtain for training on your own, ***there are no secrets, mysteries, hidden knowledge, or superhuman possibilities that anyone can teach you, or that are revealed in any published instruction.*** Believe that. Be guided by that. It is the **TRUTH**.

Most particularly for anyone who is completely new to training in combat arts, there is a real temptation to believe outrageous claims and promises, and to believe that “if you follow this or that training program” you will be able to defeat anybody —— and to do so *easily*.

T'ain't so.

Approach this subject realistically. It will take time, hard training, good functional skills, and a **really** serious attitude if you want to be able to defend yourself in the real world. The techniques are not complicated, acrobatic, or mysterious. They are tough, brutal, aggressive, and ***very*** dangerous. You will

need to apply them with everything you've got, and you will need to be willing to **badly injure** your attacker; for your attacker will be committed 100% to badly injuring — likely **killing** — *YOU*. Got that?

When you undertake to defend yourself you will almost certainly be hurt. Real combat is like that. Don't kid yourself and don't let some charlatan deceive you.

If you will approach this subject in the right frame of mind, and without looking for a fictitious “easy” or “secret” way to do the impossible, you will do all right. War-proven skills; a real combat mindset; physical strength and fitness; good tactics; a realistic, *real world* philosophy. ***That's*** what you need.

Don't be fooled.

When Cops Were *Really* Tough

MUCH has been appearing in the news lately about law enforcement officers using force — too often **lethal** force — unnecessarily or excessively. Understandably, this alarms and deeply concerns private citizens everywhere. And while in many instances officers are accused wrongly of such acts because in fact they *did* need to employ whatever degree of force they used in a given instance, *there is indeed a growing number of cases where sworn protectors of the public abuse their power and their authority and act as badly or worse than the criminals they are supposed to be arresting.*

What's going on here?

First, we must acknowledge the truth about police officers across America. The majority of them — even today — are dedicated, honorable, decent, and conscientious individuals who do **not** cross any lines in regard to how they treat citizens. They do a job that few want to do, and they do it as well as they are able, often under extremely trying, dangerous conditions. For every “bad cop” there are hundreds of good cops; and it is unfair not to

acknowledge this. It also wouldn't hurt if the public were educated in this regard. The news stories constantly pump out the reports of misconduct and abuses while generally ignoring the lives that cops save, the heroism with which they carry out their work, and the fact that most officers do indeed "serve and protect", and would never cause fear or harm to any peaceful citizen, or use force in excess of that which is required when dealing with suspected wrongdoers.

That said, it is equally wrong to deny that a percentage of those who enter the profession of law enforcement are bullies, psychopaths, and violent offenders, themselves. Good departments throw these types out as soon as they become aware of them — *as they ought to*. Many of these bad apples are criminally charged and imprisoned — *as they should be*.

But it seems that both police departments and the general populace are missing something. That is the fact that the best police officers are men who are genuinely tough and physically courageous. They are men who are not reluctant to take on the most violent offenders — with bare hands, or with firearms — and who possess the competence with close combat skills to defeat the hardest, baddest, most seasoned criminal elements. Today's search for kinder, gentler cops has in part led to this state of affairs where, confronted by real violence, some officers react hysterically and excessively. No, not all cases of police use of excessive force are due to milk-toasts being given jobs they are not suited for, but **some** cases definitely are.

Truly tough, strong, combatively competent men are ***not*** inclined to be abusive (or even aggressive). They are fully prepared to use whatever degree of force may be required. But they do not bulldoze ahead into *any* violent reaction, until they know that such is needed. Nor are they rude. Weak, uncertain, poorly qualified, inadequately trained, incompetent people *do* lose control and fly off the handle. **And such people should not be hired in law enforcement!**

Political correctness, instead of objectivity and reason have, for decades now, dominated not only public thinking about police, but also departments' hiring

of police. Not good. A young woman with a bachelor's degree in sociology is much more likely to be hired by a police department today than a former marine who served in Force Recon and is a combat veteran. (And by the way, *which* of these two — i.e. the former marine combat veteran or the sociology major — do you think more likely to fly into a screaming fit when suddenly immersed in a deadly situation? — Or when confronted with physically-backed defiance on the part of a street punk?)

Good judgment in regard to the use of force comes from someone who is competent in the use of force, and confident in himself.

The American Rifleman (publication of the National Rifle Association) used to have each cover of each monthly issue adorned with a big photo of a city or state police department's shooting club — proudly displaying the department's top combat marksmen — sidearms in hand. ***Can you imagine the ridiculous furor that would occur if that were done today?*** This was “way back when”. Interestingly enough, *way back when* one never heard about officers beating up retarded and terrified people, shooting people in the back, shooting people who were unarmed, shooting elderly people instead of seizing and controlling them, or ganging up on a suspect and beating him half to death with their batons. Draw your own conclusions about why this was so.

Rational, right-thinking people in our Nation today **do not** object to police officers using whatever degree of force is necessary to bring a halt to criminals' violent and dangerous behavior. What is appalling — and we think ***should*** be appalling — is the increasing occurrence of force being used **unnecessarily**, or **in excess of what is demanded** by the situation.

When cops were *really* tough these sorts of things just about never happened. If in fact they have become a routine topic in press reports today, then perhaps going back to the policy of hiring tough, strong, confident men who are neither dismayed by violence nor hesitant to use it in whatever extreme may be necessary, should be reinstated. Strong, confident, combatively competent people do not bully others, and they would be

ashamed to injure anyone, unnecessarily. But heaven help the malicious troublemaker who decides to do battle with a strong, confident, combatively competent person! Aren't *those* the kind of people you want patrolling the streets of *your* city?

Now . . . The “M4” — What For?

THE M16 is a very accurate — but overly delicate and fussy — so-called “rifle”, which fires a *carbine* round (i.e. the .223 and 5.56 mm) and has been roundly criticized by numerous people since its inception. We personally wouldn't own one (the AR-15 semi-auto version, that is), and we ***strongly*** urge anyone who wants a far better combat worthy shoulder weapon of this caliber to get a Ruger Mini-14.

Considered as a replacement for the M-16 is the M-4. What *is* the M-4? Essentially the same thing as the M-16 — but shorter.

Entirely aside from the fact that the M-16/M-4 is **too delicate and fussy** to be considered a true battle rifle, suitable for use in rugged terrain and under prevailing **combat** — not ***range firing*** — conditions, its caliber has been called into question many times by many **highly** qualified people. One of them being the world's leading wound ballistics expert, Dr. Martin Fackler.

From an extensive presentation to the NDIA (*National Defense Industrial Association*) titled “Time For a Change U.S. Military Small Arms Ammunition Failures and Solutions” Dr. Gary K. Roberts wrote:

“The disturbing failure of 5.56 mm to consistently offer adequate incapacitation has been known for nearly 15 years. Dr. Fackler’s seminal work at the Letterman Army Institute of Research Wound Ballistic Laboratory during the 1980’s illuminated the yaw and fragmentation mechanism by which 5.56 mm FMJ bullets create wounds in tissue. If 5.56 mm bullets fail to upset (yaw, fragment, or

deform) within tissue, the results are relatively insignificant wounds, similar to those produced by .22 LR--this is true for ALL 5.56 mm bullets, including military FMJ , OTM, and AP, as well as JHP and JSP designs used in LE. This failure of 5.56 mm bullets to upset can be caused by reduced impact velocities when hitting targets at longer ranges, as well as by the decreased muzzle velocity when using short barrel carbines. Failure to upset can also occur when bullets pass through minimal tissue, such as a limb or the torso of a thin, small statured individual, as the bullet may exit the body before it has a chance to upset. Finally, bullet design and construction plays a major role in reliable bullet upset. Without consistent bullet upset, wounding effects are decreased, rapid incapacitation is unlikely, and enemy combatants may continue to pose a threat to friendly forces and innocent civilians.”

Our primary objection to the M-16 is that it is not durable and sufficiently well constructed for military combat. Its fragility and questionable performance when it is not scrupulously maintained disqualifies it ——— and its newer version, the M-4. We do *not* so much object to its caliber, per se **for a carbine** (although the only suitable caliber for a battle rifle is clearly the .308 NATO round). The .223/5.56mm when used at ranges somewhere between 100 and 150 yards, is generally acceptable. **However** . . . if a carbine is desired then, once again, we cannot conceive how an M-16 or M-4 would be chosen over the Ruger Mini-14. For antipersonnel use the groups fired by the Mini-14 are fine. For **target and range** firing the M-16/AR-15 might be a better choice.

From the *Army Times*:

“The harsh terrain of Iraq and Afghanistan have served as proving grounds for the U.S. Army, putting to the test virtually all that soldiers wear, carry and operate. One critical lesson has been that the M4 carbine and M16 rifle that regular Army troops carry are dangerously vulnerable to the fine sand and extreme temperatures of those combat zones. Soldiers have had their weapons jam when they most needed them — while under fire. Keeping them clean in the combat zone requires more care than is reasonable to expect

from busy, weary soldiers”.

Members of our Army’s elite Delta Force did not want the M-16/M-4, and so are now equipped with Heckler and Koch’s 416. But this is simply a small number of highly elite troops. The rest of the U.S. Army’s soldiery have no ability to demand anything and must accept what they are given.

If we were in charge then our military’s *basic shoulder weapon* would be the M-14.

But let’s say those who, for whatever reason, object to the M-14 because they believe it is “too big”, or “too heavy” (even an idiot won’t criticize the M-14 for being **too powerful!**). Well then, lets build an American AK-47. Now *there’s* a shoulder weapon that will stand up to rugged duty *anywhere*. It won’t come close to the M-14, but in any test of functionality, practicality, and formidability it leaves the M-16/M-4 in the dust!



THE M16. ESPECIALLY POPULAR IN THE SEMI-AUTOMATIC AR-15 VERSION, THIS WEAPON IS A POOR CHOICE FOR COMBAT SOLDIERS — AS A “BATTLE RIFLE” OR AS A “CARBINE”.



A .308 NATO CALIBER RIFLE IS THE RIGHT CHOICE AS A BATTLE RIFLE. BUT IF YOU WANT FINE CARBINE, GET HOLD OF A MINI-14. IT FIRES THE .223 ROUND AND IS MORE DURABLE, RUGGED, AND RELIABLE THAN THE M-16/AR-15, IN OUR OPINION.

Why All This Fuss About Fairbairn?

WILLIAM Ewart Fairbairn is the father of close-combat handgun shooting, practical unarmed self-defense and hand-to-hand combat, knife fighting doctrine for the allied armed services in WWII, speedy and practical stick fighting technique, and the SWAT Team concept.



WE FAIRBAIRN IN A STILL TAKEN FROM THE TRAINING FILM HE DID FOR THE OSS DURING WWII. EXPERT WITH KNIFE, FIREARMS, UNARMED TECHNIQUES, AND STICK COMBAT, IN OUR OPINION HE STANDS AS *THE GREATEST CLOSE COMBAT INNOVATOR AND MOST EXPERIENCED TEACHER OF CLOSE COMBAT OF THE 20TH CENTURY.*

Most of our visitors are doubtless familiar with Fairbairn and his accomplishments, but some might wonder why we constantly pay homage not only to Fairbairn, but to his colleague Eric A. Sykes, and to his most justifiably famous protégé, Rex Applegate. These great teachers of the WWII era — along with Biddle, O'Neill, Brown, and Begala — ought certainly to be better known and *much* better appreciated than they are, among devotees of real world combatives.

Fairbairn, **by actual record**, engaged *personally* in over **600** armed and

unarmed engagements with violent criminal elements when working for the Shanghai Municipal Police as the “*Officer In Charge of Musketry*”. These engagements were not for titles or awards. They were not “sporting contests” or competition events. ***In every single one of those encounters Fairbairn’s life was at risk, and he was up against dangerous felons — many of whom had good training in the martial arts, and just about every one of whom was armed and very willing to use his weapon!***

Fairbairn authored the first comprehensive, fully practical, realistic, and experience-based book on police defensive and private citizen self-defense skills, before developing his wartime System — i.e. *The Fairbairn System* — which replaced the tamer techniques of his *Defendu* method with brutally savage kill-or-be-killed methodology. Fairbairn’s works, thankfully still available to us through his books, were all no-nonsense, to-the-point, and 100% devoid of sport!:

1. Scientific Self-Defence (The upgraded second edition of *Defendu: Scientific Self-Defence* — containing everything in *Defendu* . . . but significantly improving the photographic illustrations presentation. This book superseded, very *significantly*, an earlier Manual, *The Shanghai Municipal Police Manual of Self-Defence*).

2. Shooting To Live (The most important seminal work on combat shooting. Still as valid as it was when first written. It replaced an earlier Manual, *The Shanghai Municipal Police Pistol Manual*, and during WWII *Shooting To Live* was a classified document.)

3. All-in Fighting (Essentially identical to *Get Tough!* with the exception of Fairbairn’s lengthier introductory comments in *All-In Fighting*, and the inclusion in *All-In Fighting* of two pages of instruction in handling the battle rifle, which were authored by a colleague of Fairbairn’s. This book, like *Hands Off!* presented “The Fairbairn System”, ***not*** *Defendu*, per se, as some have erroneously maintained).

4. Hands Off! (Also published as *Self-Defence For Women*).

Fairbairn authored numerous pamphlets and papers for MI6, our OSS, and the British SOE. He also produced three training films for the OSS — one describing combat handgun use, another describing an encapsulated unarmed combat method, and the third describing his knifework.

Fairbairn's wartime doctrine not only greatly influenced the development of *American Combato*, it is included in its entirety in the *American Combato* curriculum. One of our teachers had in fact been a student of Fairbairn and Sykes during the war, while serving with the FBI.

We hope that it is a bit clearer “why the fuss” over William Fairbairn. His experience and accomplishments in the field of close combat and self-defense were — and remain — unequaled. He had earned a second degree black belt from the Kodokan Judo Institute long before most Westerners had become aware of what judo is. He had also acquired some skill in Chinese *Pa Gu'a Ch'uan* (“The Eight Trigram Fist” — an *internal* boxing system) and had gained fundamental knowledge of *external ch'uan fa* (“kung fu”) as well.

Note: Our knowledge of Fairbairn comes *personally* from Rex Applegate, Maurice Geier, and Charles Nelson; secondarily from publications that were partially or entirely devoted to Fairbairn.

One truly outstanding and well-researched book for the combat arts devotee regarding Fairbairn is William Cassidy's classic, *Quick Or Dead*, published by Paladin Press.

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