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SWORD and PEN

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

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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! . . . and listen to our interview on Coast to Coast am with George Noory and our most recent interview with John B. Wells on Caravan to Midnight on

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Editorial

Self Defense For The “Little Guy”

THERE was a time (i.e. 1930’s through 1960, approximately) when Americans and Europeans lived blissfully with the completely **false** notion that — if you “know the art of *ju-jutsu* (or, latterly, *karate*) — you don’t need strength. Just the “knowledge” of how to use those *secret skills* would make you invincible against any merely strong and large bully, tough guy or troublemaker who *dared* to attempt to harm you. And while there is still a rather sorry collection of hallucinators who cling to this idea, *most* of those who teach and practice martial arts know very well that strength and size *do* matter; by no means decisively in all instances, but to dismiss them as unimportant is to betray ignorance of what hand-to-hand combat involves.

So, what does this mean for the fellow who is relatively small in stature and who finds himself out-muscled by an assailant? Is there little chance of his defeating his adversary? Or is there something that he can learn that will make up for his physical limitations in a dangerous predicament?

Yes, there most certainly *is* something that will compensate for being smaller and presumably weaker than your attacker: **ANIMAL FEROCITY**, coupled with a quality of ruthlessness that is banned in every sporting form of “combat”, and that nearly every self-defense or combat art being commercially taught today virtually ignores.

We are well aware that “martial artists” would love to believe that clever skills, the use of balance, leverage, and momentum will suffice against a stronger and larger foe, ***but that is not necessarily the case***. Certainly, core principles such as maximum force, leverage, momentum, balance, and true war-proven techniques matter enormously; let us be clear about this. However, if a smaller, weaker person is to be able to use those principles optimally, and **do battle with his foe when circumstances inhibit his use**

of those principles, then the *animal* in him must be awakened, cultivated, and brought under the control of his will, so that in a crisis his adversary is stunned and overwhelmed by something other than the mere physical.

To see how this applies and where the truth of it is **proven beyond question** one need only observe the animal kingdom. Specifically, two creatures beautifully illustrate the point: The **honey badger** and the **wolverine**.

Both these animals are small and of approximately the same size (perhaps 30-35 pounds, or about as large as a big, overfed tomcat). Yet, either of these little fellows will, without hesitation or the slightest tremor of intimidation or inhibition, attack virtually any animal on earth! *And usually with great success*. The ferocity of the honey badger is almost unbelievable. There was one instance shown on a YouTube video of a single, pissed-off honey badger routing **three grown lions**! The fierceness and resolve with which the little thing went after the huge cats (who had disturbed its feeding on, if we recall accurately, ants ——— echh!) simply scared off the lions. Predatory cats are used to animals twice or three times their size *running for their lives* when they (the cats) appear on the scene, looking for prey. Not in this case! The honey badger **attacked**! The cujones on this little guy were startling to witness! In point of fact a full grown lion can **theoretically** consume a honey badger with *one, single bite*. That's *theoretically*. It's getting the idea across to the 30 pound honey badger that he should be afraid of and unable to fight off the predatory cat who weighs more than **ten times what the honey badger weighs** that is the problem. **Honey badgers do not give a s—t!** You can, along with your two companions, weigh in all told at about 1,000 or more pounds, *but the honey badger could not care less*. He is going on the offensive, and with the fighting spirit of a platoon of gurkhas!

The wolverine is a lot like the little honey badger. Small though a wolverine may be he will attack and kill animals that are much, much larger and stronger than himself. You don't "intimidate" a wolverine. **He intimidates YOU!** Big and powerful though you may be ——— and a wolverine will attack a human, also ——— the only thing that crosses the little guy's mind when he feels that he must deal with you is perhaps how you will taste.

The honey badger and the wolverine are true inspirations for the “little guy”, and indisputably prove that size and strength *can be defeated*.



A HONEY BADGER CONFRONTS — AND CLEARLY DISCOURAGES — A FULL GROWN LION! NOTICE THE LITTLE GUY’S EXPRESSION, POSTURE, AND PRESENTATION. HE CERTAINLY LOOKS NEITHER RELUCTANT TO ENGAGE THE LION, NOR FEARFUL OF THE OUTCOME! AND . . . LOOK AT THE LION. LIKE A BULLY CONFRONTING A SMALLER, WEAKER KID WHOM THE BULLY NOW FEARS CAN RIP HIS HEAD OFF, THE LION DOES NOT SEEM TOO ANXIOUS TO ENGAGE THE “LITTLE GUY”!

In his prime one of our late, beloved teachers —— Charlie Nelson —— was like a honey badger or a wolverine. Weighing in (in his **prime**) at only about 150 pounds, Charlie would not back down from a buzz saw! He dropped numerous a—holes who though they could easily whip him. No bluff, just **tough!** Charlie feared no man and made quick work of the occasional thug or troublemaker who outweighed him by 50 or more pounds and who was *much* stronger than the marine combat judo expert.

Another “human wolverine” was, interestingly enough, Charlie’s bunkmate during WWII, when Charlie boxed on the Corps’ lightweight squad and studied ju-jitsu under Anthony Biddle: John Jasper Styers. If you have a copy of his classic *Cold Steel*, you can see that Styers (Anthony Biddle’s protégé) was a surprisingly slim, relatively small fellow. But the U.S. marine officers whom he taught —— all young, fit, strong, and in almost every case larger and heavier than Styers —— would have been helpless to defend themselves against their instructor had he decided to attack any one of them; and they knew it. Styers was —— like Charlie, who fought on Guadalcanal during WWII —— a **combat marine** with the attitude of a two-legged war machine. Completely peaceful and disinclined to even raise his voice if not necessary, Charlie and John could handle themselves in any situation, against anyone, if necessary.

You see, when you possess the requisite attitude of **animal ferocity** coupled with **ruthless disregard for the enemy**, your attacker is all but triggering his own destruction when he moves on you, and you see him coming —— assuming of course that you’ve mastered the proper degree of what Fairbairn referred to as “gutter fighting” skill.

Don’t feel discouraged if you’re not large and strong. You can build up your strength far beyond what it now is (even if you will never be a “strength athlete”), and you can adopt the honey badger mindset which will fuel the quality close combat skills that you develop. The Texas Rangers said it beautifully: “It’s not the size of the dog in the fight that matters. It’s the size of the fight in the dog.”

Bradley J. Steiner

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Know Your Enemy And Know Yourself

“If you know the enemy and know yourself, you need not fear the result of a hundred battles. If you know yourself but not the enemy, for every victory gained you will also suffer a defeat. If you know neither the enemy nor yourself, you will succumb in every battle.”

SUN TZU - *THE ART OF WAR*

THE counsel of the great warrior/philosopher Sun Tzu is as relevant in this 21st century as it was thousands of years ago when first penned. Every student of the combat arts who is serious about learning the art and craft of winning in *real* combat should obtain and study this Chinese classic. *The Art of War* is studied by officer trainees in almost every military academy in the world — as well as in the world’s intelligence organizations. In addition to being a magnificent guide to military warfare, *The Art of War* contains the first “textbook” on espionage and secret service. CIA references it routinely during its orientation program for new officers.

Unfortunately, few who study martial arts do so in a context that establishes and focuses on **combat**. This is not unfortunate for those who know that combat training is not what they are after, but who are concerned about training for competition, or for the acquisition of those benefits that accrue from training in a classical/traditional discipline. However for someone who *does* want to be ready for close-combat emergencies — either in a self-defense or military hand-to-hand engagement context — the unfortunate fact is that sport and classicism fall far short of the mark that these people are aiming for. And all too often their instructors either do not understand this, themselves, or they misrepresent that which they are teaching for purely commercial purposes.

Yourself and your adversary in competition:—

In any properly run sporting contest that involves fighting (i.e. boxing, judo, wrestling, kick boxing, fencing, MMA, karate, UFC, or you-name-it) your “enemy” is not an *enemy* at all! He is a sporting opponent. His aim is to win the contest *not* to injure or to kill you. He poses no threat to your family. He has no sense of desperation to avoid arrest and imprisonment, and so wishes to escape the scene before the cops come. He will *not* pull a weapon on you. He will *not* have one or more cohorts jump on and gang up on you. He will *not* stomp on you when or if you go down. *And there is a referee present at all times to insure that he never employs any of those banned techniques or actions; and also to insure that — should there appear to be danger that you may be seriously injured, albeit unintentionally — the match is ended forthwith.*

In point of actual fact your adversary will, in a sporting fight, almost always respect you both as a competitor *and* as a person. He will have looked forward to the match in which he engaged you, whether he won or lost; and likely will wish to shake hands and embrace, with sincere gratitude for the opportunity to test his skills against yours.

As for yourself and understanding *your* attitude and conduct in any sporting context, it will almost certainly (and certainly *should*) parallel that which we have described above as your opponent’s. You won’t “hate” the person you compete against. You are not fearful of his ultimate malicious intentions. You will certainly not use unfair gutter actions to defeat him, and you really don’t have even the slightest desire to seriously injure him.

A sport is a sport and *you know it*, and *so does your opponent*, and the entire “fight” bears no relation to a hand-to-hand battle in which each of you is striving to eliminate the other. You are not, should not be, and cannot feel or function like you would if you were dealing with an enemy and in sheer desperation — likely mingled with fear and hatred — were 100% committed to eliminating a deadly foe, lest you be eliminated by him. You need not assume that your opponent

has a weapon, help from others, desires to kill you, and is so superior in physical strength and skill that your use of every foul and filthy trick imaginable *should be employed at once and with every ounce of merciless ferocity and strength you possess.*

In summary: There will be no similarity in “who you are” or in “who your adversary is” in any fighting **sport**.

Yourself and your adversary in classical training:—

Deeply rooted in the philosophy of *all* classical/traditional martial arts is the idea that your opponent in training is there to **help** you learn and develop, just as you are there to help him learn and develop. You are actually committed to *looking out for each others' welfare and safety when you train!* This spirit of mutual cooperation and assistance is as different from the attitude that you **must** have in battle as a water pistol is different from a loaded .45 automatic.

When the classical arts *were* taught for real combat ——— hundreds or thousands of years ago ——— the combat attitude was often instilled by brutality and frankly *dangerous* practice and training methods. It was not uncommon at all, for example, for students who trained in the original ju-jutsu schools to suffer frequent injuries. And **deaths** were not unheard of. Karate-jutsu was, similarly taught with such abandon.

This original type of classical training is no longer acceptable, and shouldn't be. We know better today how to build combat abilities without risking life or limb, and without brutal teaching methods. It is neither safe nor sane to use classical methods when training in classical martial arts. And people don't. The classicist trains today in the 21st century for personal growth, physical fitness, spiritual discipline, and the esthetic satisfaction of mastering a beautiful and intricate art form that comes to him from antiquity, and often — to him — an “exotic” culture. *Only distantly and secondarily is the classicist training for modern warfare and self-defense. Often, that does not even cross his mind.*

Yourselves and your adversary in real combat:—

*“Knowing yourself and your enemy” as far as **combat training is concerned** is a very different thing.*

First of all: Your enemy (or “opponent” if you wish to use a softer designation) is **extremely dangerous** in any actual hand-to-hand battle situation, whether on the street where you live or in a war zone on the other side of the planet. *He is striving mightily to maim or to kill you. He almost certainly possesses a weapon (even if not immediately apparent), will likely be coming at you in numbers and not by himself, and very well may be superior to you in strength and close combat abilities.* **The truth is that while it is often very possible to “know a lot about your opponent” way ahead of time, in a sporting or in a classical training context, it is IMPOSSIBLE to know a stranger who attacks you (or to know what is on the mind of a bully whom you have seen around previously, but do not know well, in a personal sense).**

In any real situation of self-defense or close combat your “knowing” of your enemy really means possessing a general awareness of violent offenders or adversaries, *per se*. **And you must be prepared for the worst!**

Know that violent types are violent *per se*. By this we mean that violent offenders need no act of will to transform themselves into brutal monsters. They are already there! **That is the way they live, “think”, and function.** Like wild animals; *predatory* wild animals. *You* on the other hand, must be trained to that mindset and task of confronting brutality with brutality. And because the violent types are that way *normally*, your task is to become **capable of becoming that way *instantly*, when necessary.** Your purpose in training is to see that you achieve that objective. When you “know yourself and realize that you can indeed thus transition in a crisis” you’re set.

Know that violent types are **TOUGH** and **HARDENED**. One does not become a violent “type” unless one has lived with brutality and has been toughened by brutality. *Real street savages* are **not** pushovers! They are

tough. And you need to know —— about yourself —— that ***YOU*** are, similarly, tough. Hard physical training, savage and unscrupulously unsporting gutter tactics and techniques, and the mindset of a wild animal will make you tough.

Once you “know” —— feel, believe, and understand —— that you have trained and conditioned yourself for **WAR**, you will then “know yourself” adequately, and possess the confidence to face anyone whom you need to face, under any conditions, anywhere.

Finally, when you know yourself and know and understand your **enemy** realistically and honestly, you will be prepared.

You must know that your enemy is dangerous, violent, ruthless, without human decency or mercy, and more of a wild beast that injures and destroys, than he is any kind of “human” being. ***Then you will truly “know your enemy” well.***

You must know that you are as or *more* dangerous, violent, ruthless, and without decency or mercy, and that you are **more** of a wild beast that injures and destroys **WHEN AND IF CIRCUMSTANCES DEMAND THIS OF YOU** than any violent type(s) you may encounter.

Sun Tzu knew his business. Learn from his wisdom. It has survived for thousands of years for a reason.

Be sure to visit www.seattlecombatives.com for over 400 articles OF FREE INSTRUCTION, COMMENTARY, and BOOK REVIEWS! Check each section on this web site, and when you’ve scrolled down to the bottom of

each page don't miss clicking on the previous (archived) pages containing many articles! There is a lot of free material on here that is solid close-combat and self-defense oriented. No B.S., no sport, no nonsense, and all FREE; with new articles and instructional pieces added EVERY MONTH!

The Tremendous Value Of Boxing

Principles

BLOWS of the hands, feet, elbows, knees, and head, coupled with gouges, clawing, and biting, comprise the core of real hand-to-hand combat and self-defense. Actual warfare has proven this, and it makes no sense to question or to dispute it. Still, the classical/traditional arts of *karate*, *tae-kwon-do*, *ch'uan fa*, etc. and the *atemi* of *ju-jitsu/judo*, do not — in spite of advocating very excellent uses of the body's natural percussory weapons — teach the very best ways to *strike with* those natural weapons. The basic kicks of the Asian arts are fine. But when it comes to hand, arm, and elbow blows, and to the use of fingertips jabbing and thrusting, and to hand-claw thrusting and grabbing, Western boxing has a lot to offer. The practice of using boxing's *method of striking* when delivering the natural weapon attacks of close combat and self-defense can improve and enhance any combat arts practitioner's effectiveness considerably.

Al though we took a few lessons many years ago at *Gleason's Gym* in New York City, we are no "boxer". In fact we discontinued boxing *not* because we didn't like it (we did!) but, like judo, we found it was not an all-out combat method and simply would not stand up under extreme, lethal conditions in the street or on the battlefield. Besides, boxing uses clenched fists exclusively to deliver blows, and gloves are worn in training and in

sparring. Great for enjoyable and healthful **sport fighting**, but not what you want in a dangerous emergency against an attacker who is far stronger, larger, and a real “street fighter”; or against two assailants, or against an armed assailant, or against someone who attacks from behind.

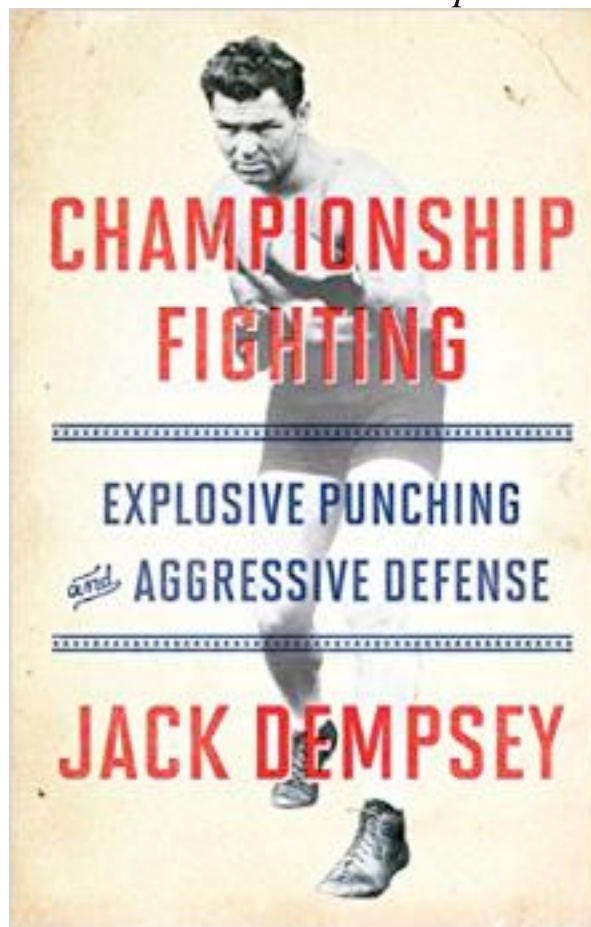
None of the factors that, in our opinion, discount the sport of boxing as a military or private citizen method of unarmed close combat, discount the tremendous value of the *principles of individual hand-to-hand combat* that boxing teaches. **This is pure gold!**

Our first full comprehension of this came many years ago when we purchased a copy of Jack Dempsey’s classic *Championship Fighting*. Dempsey, for anyone not familiar with the name, was not only the world’s heavyweight boxing champion, but was also a brilliant conveyer of the right principles of scientific boxing. He was a genuinely tough “fist fighter” outside the ring, *and* a hand-to-hand combat instructor (along with Bernard Cosneck who was a great wrestler) when he served in the United States Coast Guard. In boxing, Dempsey was a *master craftsman*, as well as perhaps the greatest of all Western boxers. Although not a very large man (he weighed about 185 pounds in his prime) he defeated men weighing well over 200 pounds. Additionally, he fought and defeated a wrestler who outweighed him by about 100 pounds — an almost unheard of feat, since in *sporting* contests that pit wrestling against boxing, wrestlers almost always win. *Sport* fighting in general (not always, but *most* of the time) favors a grappler over a hitter. The reason is obvious. *Nearly every effective action that a hitter could resort to — would resort to — in an all-out battle, must be barred from competition. Yet grapplers (i.e. wrestlers and judo/ju-jitsu men) can pretty much use 98% if not all of that which is in their arsenal.* But this is an aside. Back to Dempsey and boxing’s principles . . .

From *Championship Fighting* we learned the all-important *falling step*. As our students know, we have adopted this principle to our hand, arm, and elbow blows, and to all thrusts, grabs, claws, and even to head butting. **It is dynamite!** Other outstanding principles which we learned specifically and adopted from Dempsey’s work included what he referred to as the

“*shoulder whirl*”, and the “*upward surge*”. These were nowhere near as significant a revelation to us as the **falling step** (which some have — without knowing it had come from Jack Dempsey — copied from us [!], and renamed it the “drop step”. It came originally from Jack Dempsey, and we first adopted it to unarmed close combat.

Although doubtless commanding a very high price, we certainly recommend that *serious* teachers and students of combat arts try to find a copy of *Championship Fighting*, by Jack Dempsey. It is irrelevant whether the reader actually boxes or not. *If he is not a student of American Combato yet is interested in perfecting his unarmed close combat blows, this classic is all but required reading, since he will learn in detail about the falling step therein. Our DVD Course also explains the skill.*



HEAVEN ONLY KNOWS WHAT IT COSTS TODAY, BUT OUR COPY COST ONLY A FEW DOLLARS. *CHAMPIONSHIP FIGHTING*, A VERY VALUABLE REFERENCE FOR ANY STUDENT OF UNARMED CLOSE COMBAT.

Another great boxer, Rocky Marciano, also contributed to our System's development and to our education in close combat. We were delighted to learn that our friend and colleague, the late John McSweeney, had *also* been inspired to develop one of his pet blows (i.e. his overhead heelpalm strike) from observing Rocky Marciano! (Incidentally, John McSweeney had himself done some boxing, as had his father — who took it up purely for self-defense. So John, like ourself, knew very well the potential boxing offered for skill development related to unarmed combat).

Marciano had cultivated a very powerful method of *overhand punching* by which he delivered a right hand punch in an up/over/and/down *circular like* blow to his opponent. He clobbered numerous good boxers with that "overhand right". We adopted the blow to the **handaxe chop**, the **hammerfist blow**, the **hammerfist-forearm smash**, and the **heelpalm blow**. We did not ever use the normal clenched fist in this fashion as it would doubtless result in one or more broken fingers, *and* be less effective than the more destructive natural weapons of hand-to-hand battle. (It is worth noting something that John McSweeney once informed us of: Despite his gloved hand, Marciano broke his thumb using this punching method. Apparently it was worth it to him, since he won the fight!).

We suggest that students and teachers of combatives in and out of the military consider Marciano's overhand right, and the possible lesson it might have for **them**. This is a blow that can be, as we ourself discovered a long time ago, adapted to all-out close combat with *excellent* results.

The "killer shift" — so named, we believe, by its inventor, the late champion boxer Bob Fitzsimmons — was adopted by the late Anthony Biddle (hand-to-hand ju-jitsu trainer of the marine corps). Biddle taught the action exactly as Fitzsimmons developed it, and described it in his classic *Do Or Die*. It is best illustrated in Biddle's *second* and in our opinion far superior 1944 edition; however it is also referenced in his 1937 edition.

Our adaptation of this excellent boxing technique involves using an elbow smash and a handaxe chop instead of Fitzsimmons' hooking-type punch. We

retain the uppercut punch (but employ it exclusively to the solar plexus) and relegate the **chinjab smash** to the place where Fitzsimmons advocated the uppercut punch to the jaw.

The reader can obtain a copy of Biddle's classic 1944 edition at a hefty cost; but for the professional we'd say it's worth it. Or, the combat application of this excellent skill as we have adopted it is taught and clearly described in our DVD Course.

Those three men individually and specifically contributed **skills** to *American Combato*, and we are grateful for that. However, there are those general principles that *all* boxers are trained to employ and, that all **skilled and competent boxers do employ**, that combat arts people can learn a great deal from and improve their own hand-to-hand ability by utilizing.

- Boxers stand and move **normally**. The formalized stances and foot maneuverings of the Asian karate systems are —— please forgive us —— absolutely ridiculous. *American Combato's* footwork derives mainly from boxing, with contributions from *some* ju-jitsu. Boxing positioning and footwork not only is excellent for combat; it is completely adaptable to a ready stance, in which no physical combat action whatever is either undertaken or telegraphed.
- Boxers remain relaxed and “loose” until they hit. They then bring to bear bodyweight and body movement *into* their blows, *relaxing instantly* after impact. Their blows are not “locked” and rigid. The overall body tension that the karate man employs when he hits does not necessarily transfer all of his power into the blow; it merely tenses his body. To understand that which we mean, consider how differently a karate exponent must apply his power when breaking objects, as opposed to when he does *kata*. The boxer trains always to apply *his* strength the way the karate man does **when breaking a tangible object**.
- No boxer in his right mind entertains the thought that he will routinely drop his opponent with a single blow. Yes, certainly, he **strives** for that KO; but

he *trains* to attack in a barrage of hits.

- Boxers focus on **attacking**. They rely upon much more realistic skills than the rigid, linear (utterly impractical!) “blocks” of karate to deal with their adversaries. And in boxing **attacking is everything**. You do not win a boxing match by slipping a punch!

- Boxers understand that physical conditioning is important. The combat arts student should not use the boxer’s routine of conditioning, per se. But he **should** follow a bolstering, ancillary physical training regimen. And that does *not* mean stretching like an acrobat.

- Boxer’s are conditioned to expect to get hit —— and hurt. They *expect* this, but are determined to prevail, nonetheless.

- Boxers move and whip their blows out at their adversary; they do not fix themselves to a locked position and drive strikes out at their opponent. You are unlikely to be able to assume a front stance in an encounter and deliver a picture-perfect reverse punch.

For self-defense per se strict boxing (like Kodokan judo) is best suited to children, for use against their contemporaries. Adults in or out of the military who anticipate life-threatening violence possibly being directed against themselves need far more brutal “gutter skills”, and should train in them. However, **how they do their training in those combat skills** matters. And to an impressive extent Western boxing provides the answer.

Boxing has a *lot* to offer the student of hand-to-hand combat. And that means *YOU*.

DVD Course NOW AVAILABLE!



(You Can Learn Self-Defense and

Close Combat At Home!

Here are a few comments about us and what and how we teach, from a handful of the many *genuine* authorities in the field of close combat and self-defense who are familiar with us and with our work:

“Brad Steiner is one of the three finest instructors of close combat and self-defense that I know of, in the world”

— James R. Jarrett,

Former U.S. Army Special Forces and LAPD SWAT/Protégé of the late, internationally famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

“ [Brad Steiner] is simply the finest teacher of any subject that I have ever had . . . I feel deeply blessed to be able to know and to study under him”

— Greg Anderson,

Third degree black belt, author of *Weapons At Hand*, accomplished professional athlete (wrestled at the national level and played college football), world-acknowledged authority on physical training, author, and Director of Ideal Exercise, one of the finest fitness facilities in the Western states.

“Brad Steiner knows real self-defense and what works in hand-to-hand combat like no one on earth! His Method is

incredible!”

— Detective Ralph Friedman (NYPD Retired),
Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”

— Maurice (“Maury”) Geier,
Former U.S. Federal Agent and counterintelligence officer during WWII. Also a combat shooting instructor for FBI and other federal officers, as well as a hand-to-hand combat teacher who was so fierce he earned the nickname “Deathhouse Geier”.

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,
WWII hand-to-hand combat judo instructor with whom we trained for nearly three years. It was from Nelson that we learned the O’Neill System, as well as what A.J. Drexel Biddle taught (Charlie was one of Biddle’s students).

“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”

— Grandmaster Jim Harrison,
The premier pioneer in America of the Asian fighting arts of ju-jutsu and karate. The late Bruce Lee once said of Jim Harrison that he is the one person he would *not* like to fight. It would take a thick pamphlet to describe all of Jim

Harrison's accomplishments and contributions to the combat arts in America.

**“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”
— Grandmaster John McSweeney,**

The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis’ contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis’ works.

“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”

— George Kalishevich,

Former USMC Sergeant and combat veteran of Southeast

Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960's. He was also an experienced bouncer. He passed away several years ago.

“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's advice was always on the money. The information contained in his articles in Combat Handguns, Handguns, American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.

The late John McSweeney . . . dubbed the ‘Father of Karate in Ireland’ told me that he also was greatly influenced by Mr. Steiner's writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him ‘The Monk,’ in reference to Mr. Steiner's vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner's”.

— Grandmaster John Perkins,

The brilliant innovator of ‘Guided Chaos’, John Perkins’ background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.

The First and Only Complete Self-Defense and Close Combat Course in American Combato (Jen·Do·Tao) on High Quality DVDs!

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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.

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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**)

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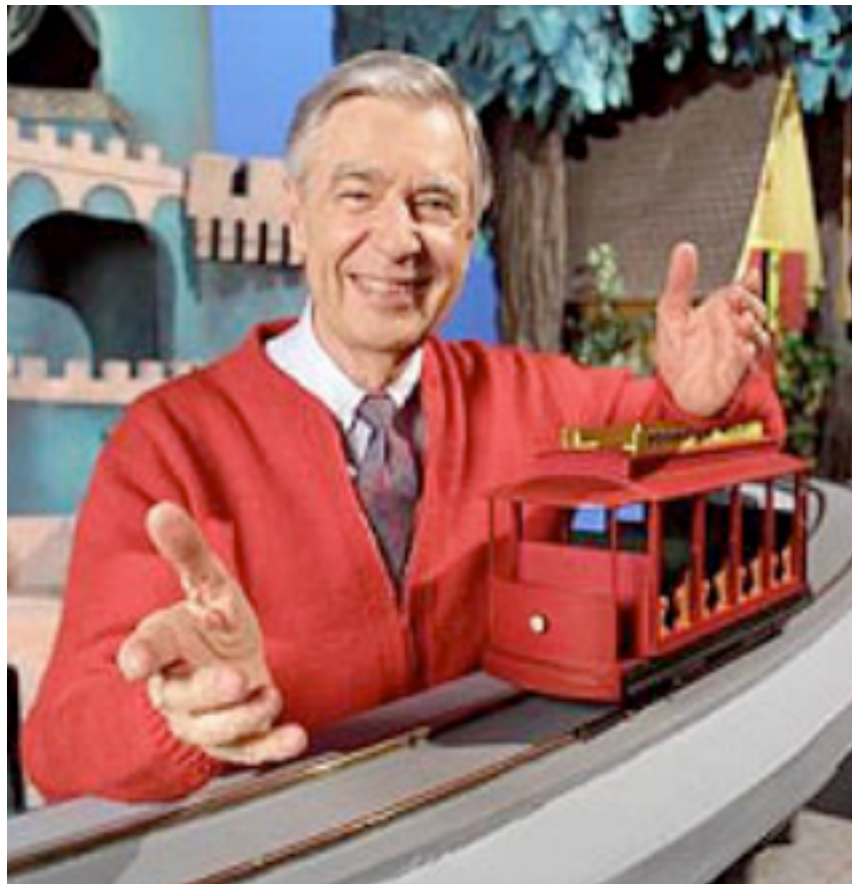
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(And Real Tough Guys Don't Always Act "Tough")

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leads to the cemetery, to the hospital, or to prison. The ***only*** place for violence — the only *legitimate* place — is in unavoidable self-defense. **Real** tough men almost without exception tend to be polite, gentle, and respectful, until or unless circumstances *compel* them to be otherwise. We say this because the last 30 or so years has seen the disgusting rise of the “hardass”, the “tough hombre”, the “challenger”, the smirking, scowling, sneering disrespectful chip-on-the-shoulder **SCHMUCK**, representing the kind of lousy, distorted “martial artass” as being the “new wave”.

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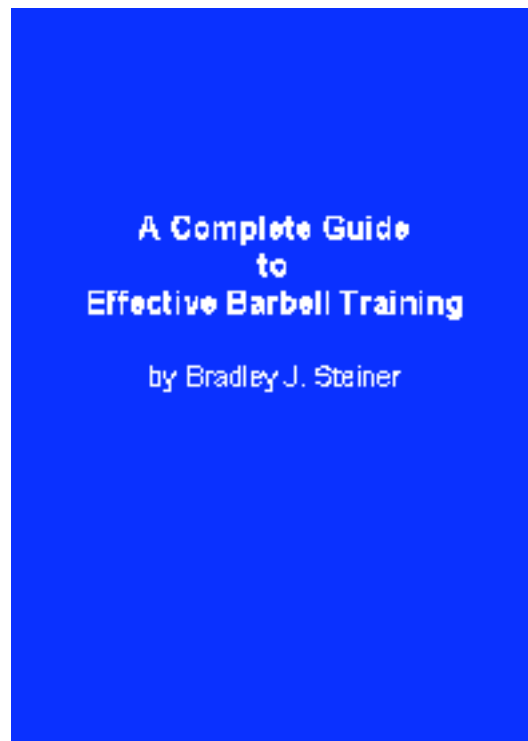
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