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SWORD and PEN

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

JULY 2016 EDITION

www.americancombato.com

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E d i t o r i a l

The Urban Jungle

THERE has probably never been a time in America's history when truly horrific and animalistic violent crime has been such a threat to residents of every one of our major cities. We must include the major cities of countries other than our own when we say this, by the way. London, Paris, Brussels, Amsterdam, Hamburg, and Rome are today hotbeds of violence and psychopathic lunacy.

And while it certainly can be argued that none of these cities — in fact **no cities, anywhere** — have ever been 100% violence free, a peak has been reached in two areas: First, in the readiness with which citizens deem it “okay” to give physical expression to their anger and frustration with their fellows,

coupled with the cruel violence that is inevitably attendant muggings, rapes, abductions, as well as racially motivated individual and gang attacks on the wholly innocent, today. Second, in the horrific *brutality* and *savagery* of the violence that takes place. People who offer no resistance to robberies are shot anyway. People who submit and do not fight back are not only beaten, but beaten into unconsciousness and even death ——— *stomped to death* ——— for absolutely **no discernible reason**. *Groups* of savages will attack people simply for whatever sick, evil, rotten, and inexcusable “pleasure” it gives their worthless and inhuman “minds”. Police officers who are compelled by violently resisting suspects to apply necessary force in order to effect an arrest and control them, are pilloried as “brutal”, as “pigs”, as “fascists”, etc. *And the imbecilic media marches in lockstep behind violent criminals whenever they clash with society’s uniformed protectors.*

Insentient guns that have no will of their own are blamed for the evil acts that living scum perpetrate with them, and decent human beings are more and more being denied their perfect right (that once was protected by our Constitution) to go armed and to freely defend themselves against the miserable, predatory dregs of society. In the face of incontrovertible proof that violent offenders will always obtain and use whatever guns they wish, the rights of upstanding citizens are trammled by political types who use the lame excuse (which they know to be a lie) that guns are the cause of violent crime and of murders and maimings. Yeah . . . like umbrellas cause rain. Guns are in fact the **decent citizens’ best defense against violent criminals who would kill and maim them!** Guns, and a solid ability to use hands, feet, sticks, knives, and objects-at-hand, that is. Violent criminals do not “fear” doing the wrong thing; so they should be made to fear, and fear desperately, all of *those whom they would dare do the wrong thing to!*

“Reasoning” with bullies, troublemakers, muggers, home invaders, carjackers, rapists, “flash mobbers”, “wilders”, looters, armed robbers, and miscellaneous groups of brainless two-legged hyena is **ABSOLUTELY USELESS**. It is an insult to the intelligence of human beings to suggest to them that they use that option.

Equally offensive is the suggestion “not to take the law into their own hands, but call the police”. **SANE LAW AND MORALITY ALREADY RECOGNIZE THE RIGHT TO SELF-DEFENSE** (at least on paper).

And our police constitute primarily a **reactive** force. They will certainly stop whatever crime that they are able to stop, if given the opportunity; however, their primary ability lies in *apprehending those who have already done harm*.

Citizens have the right to self-defense. **The victim of any violent attack is always right there when it occurs. Citizens must recognize that and master that which is needed to protect themselves.** Citizens must cultivate the backbone to *demand* that their right to defend themselves be upheld, respected as inviolate, and **rigorously defended by the legal system**. Age, gender, ethnicity, and mental state (with the exception of legitimately diagnosed severe and uncontrollable mental illness) should never be accepted *even as mitigating factors* where the initiation of unjustifiable physical force is concerned. And anyone's legitimate act of self-defense in the face of unavoidable physical violence should be **immune** from both criminal prosecution *and* civil lawsuit.

Jungles ——— literal or figurative ——— can only be cleared, cleaned up, and civilized, by decisive, determined, unhesitant, complete and thorough **ACTION**. This applies to the *Urban Jungle* that civilized society worldwide appears to be succumbing to. And no sane person should visit or live in any jungle ——— literal or figurative ——— without a thorough understanding and mastery of the skills, mindset, and tools that he needs to protect himself and his loved ones.

Individuals like ourself and yourself cannot take upon ourselves the responsibility for doing the cleanup job alone. However, by taking seriously the task of becoming able to defend ourselves and our loved ones, and by accepting the reality of the threat that the *urban jungle* imposes, we can train so that we are a match for the vermin. So that the scum fears **US** instead of the other way around. We can be fit, strong, and ready to repel violence should it come to us; with bare hands and feet, with modern weapons, and with a furious, wrathful indignation that offers no mercy, tolerance, or forgiveness for the evil that it faces.

Stop delaying and yank your head out of the sand, and stop listening to the liars and to their victims (the passive simpletons). TRAIN IN SELF-DEFENSE!

Bradley J. Steiner

**“Attack is the secret of defense;
defense is the planning of an attack.”**
— —Sun Tzu, The Art of War

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!

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 *Right* Way To Combine Blows

ATTACK combinations play a very important part in our *American Combato* System. They are immensely valuable and important for the following reasons:

1. Our philosophy is that one-shot stops, so-to-speak, are very impractical to

strive for in unarmed combat. Yes, they *do* occur, and yes, absolutely, some blows (like a handaxe to the throat or carotid artery, or a stomping kick that breaks the knee) *will* ——— almost every single time ——— prove sufficient to drop the recipient immediately upon impact, with no further action needed. But we remain a pessimist when it comes to the chaos and unpredictability that is always present in real violent combat. And so, just as we teach **firing in bursts** when using a handgun for personal protection, we teach **following up and continuing to attack** as a basic tactical imperative in unarmed combat. When the battle is **for real** losing is not an acceptable option. *Follow up!* Mastering attack combinations teaches you to do this automatically.

2. The painstakingly constructed formal attack combinations that we teach in *American Combato* **work**. Just as they are, these attack combinations, once taught, practiced, and developed are immediately usable in actual combat. These are not rigid combinations like “block-then-punch”, etc. that many classical *karate* systems teach; or, like a combination which we were taught and drilled in daily: Chung-do-kwan’s “Six Step”. *American Combato* combinations are **not** designed for class drill; they are designed for actual, real world hand-to-hand combat.

Having said that, we hasten to add that the **30 core attack combinations with variations** that students learn in our System are not intended to fit every single individual. Body types vary, preferences vary. The goal is to have every student who is serious about training *exposed* to all of the formal attack combinations **so that he can select from among them those that he finds most suitable to his physique, technical preferences, capabilities, and psychology**. For realistic, practical competence, mastery of between half a dozen or eight or nine formal attack combinations is plenty. At black belt level students build their own attack combinations. And that brings us to point number three . . .

3. Working hard on well-planned combat-logical combinations of techniques students eventually pick up the **PROCESS OF CORRECT FOLLOWUP AND OF COMBINING ACTIONS, PER SE**. and this cultivates extreme spontaneity in followup. (Some instructors advocate that specific combinations and sequences should ***not*** be taught, because this inhibits

spontaneity. **NONSENSE!** Boxers are trained to develop very specific combinations — both to suit their individual physiques and abilities *and*, on occasion, to prepare to fight in an upcoming match, by mastering moves that baffle the opponent's known style of boxing. Wrestlers, karate competitors, and judo competitors similarly train in combinations intended to develop their match proficiency. Matches and contests are not the same as real hand-to-hand combat, but the *tactical objectives and technical outcome* of training in formal combinations is the same. The speed and spontaneity of professional boxers, wrestlers, karate, and judo competitors is obvious to anyone who has ever observed a match).

To simply learn individual blows and single attacks and to then leave to sheer luck one's ability to spontaneously apply them in effective sequences **with no prior experience learning how sequence-logic must be adhered to is a big mistake**. Under first-time combat conditions and great chaotic surprise is **NOT** the place to plan, develop, and employ effective combinations against a determined enemy! We are 100% convinced (and have been proven correct by researches into and reports about **actual emergency defense situations and unarmed close combat in war and in police work**) that the *American Combato* way is the way to go!

Throwing a "flurry" of actions at an enemy in hand-to-hand combat is not the same as going after him with a destructive, focused, well-planned combination that is reliably calculated to take him off the count!

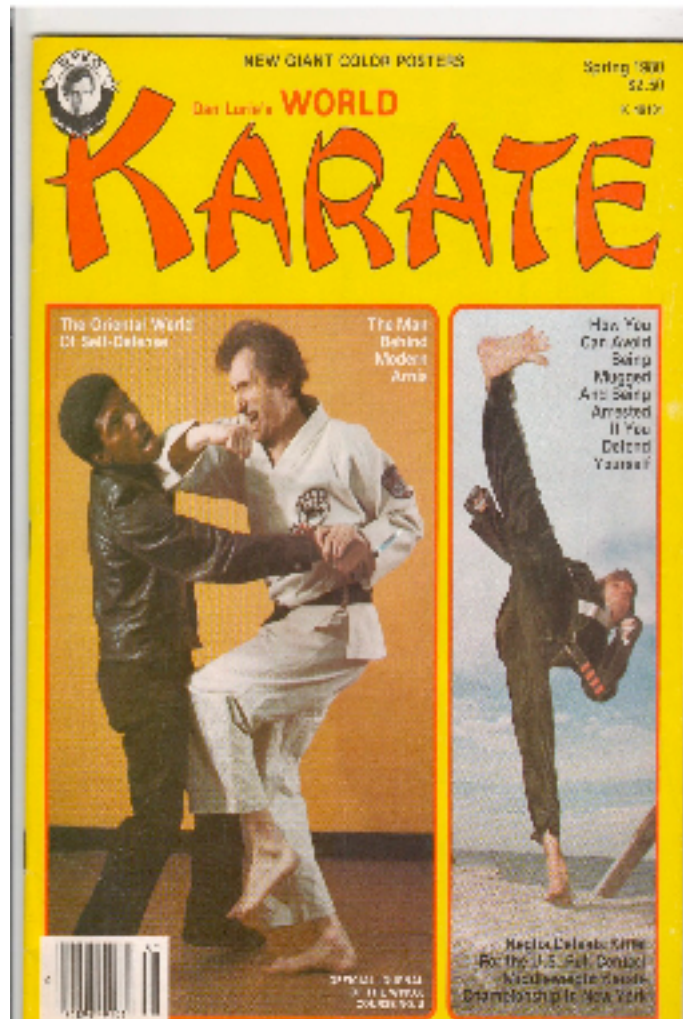
4. Training in attack combinations instills not only **offensive skills**, it also instills the **offensive, attack minded *spirit* and mindset** . . . absolutely crucial to success in personal combat.

5. Training in attack combinations provides the student with the finest tools for **preemptive attack and for followup in instances where an attack is made against you without warning**. As anyone who is familiar with what and how we teach, our three step protocol for self-defense is:

— Avoid trouble if at all possible, and do *not* allow violence to erupt. Never, ever get into a "fight".

- **Attack and preempt** whenever possible in any situation where a violent individual simply gives you no opportunity to avoid battle, and convinces you that you are in danger. Attack *the attacker!*
- Counterattack instantly and ferociously and *turn the tables on any surprise attack against you, and attack the attacker!*

Development of viable (combat logical) attack combinations is not easy. It demands knowing body mechanics, and correct principles of aggressive movement under stress that enable *effective* sequences of *destructive* actions to be generated under pressure against a determined enemy. We think that the following example will make our point:



ON THE COVER OF THE SPRING 1980 ISSUE OF “WORLD KARATE” MAGAZINE THE LATE MARTIAL ARTS TEACHER AND PROMOTER AARON BANKS ILLUSTRATES A COMBINATION

OF A KNEE-TO-GROIN AND ELBOW TO HEAD COMBINATION. AND DESPITE BEING A HIGH RANKING KARATE EXPERT HIS ACTION IS CLEARLY *ALL WRONG!* BY DELIVERING A KNEE-TO-GROIN WITH HIS *LEFT* LEG AND AN ELBOW SMASH WITH HIS *RIGHT* ARM SIMULTANEOUSLY HE ACTUALLY PREVENTS HIMSELF FROM DELIVERING ANYTHING BUT *LIGHT CONTACT*, WHILE PLACING HIMSELF IN A PRECARIOUS — VERY AWKWARD — BALANCE POSITION. *HIS METHOD OF DELIVERING THE TWO-SHOT COMBINATION IS WRONG.* STAND IN FRONT OF A HEAVY BAG AND TRY THE ACTION HE ILLUSTRATES — FAST AND FULL POWER (AS YOU WOULD NEED TO DELIVER IT IN COMBAT). WE ARE *NOT* TRYING TO BE DISRESPECTFUL HERE TO THE LATE MR. BANKS. WE *ARE* TRYING TO SHOW YOU HOW *NOT* TO DELIVER A COMBINATION, AND WHY NOT; AND YOU ALSO CAN SEE THAT MAKING A MISTAKE IN COMBINATION ATTACK IS JUST AS POSSIBLE FOR AN EXPERT AS IT IS FOR A NOVICE UNLESS THE ART OF ATTACK COMBINATION BUILDING THAT IS EMPLOYED HAS BEEN THOROUGHLY RESEARCHED AND STUDIED, AND REFLECTS PROPER KINESIOLOGICAL PRINCIPLES! THE TECHNIQUE ILLUSTRATE PROHIBITS THE USER FROM *ADVANCING INTO* HIS ENEMY AND REMAINING SOLIDLY BALANCED AND ABLE TO CONTINUE ATTACKING INSTANTLY *AFTER* THE KNEE AND ELBOW BLOWS.



ROBERT CARLIN — WWII “COMBAT JUDO” INSTRUCTOR DEMONSTRATES THE RIGHT WAY TO DELIVER A KNEE-TO-GROIN AND ELBOW SMASH TO HEAD ATTACKING COMBINATION. FROM CARLIN’S CLASSIC BOOK “COMBAT JUDO” WE HAVE TAKEN THE PHOTO ABOVE. NOTICE HOW ALL OF CARLIN’S WEIGHT IS DRIVEN IN THE SAME DIRECTION AS HE DRIVES INTO HIS ENEMY. UNLIKE BANKS’ DELIVERY IN WHICH HE CONTRADICTS THE DIRECTION IN WHICH HE THROW BODYWEIGHT AND POWER

INTO THE KNEE AND ELBOW. CARLIN WAS ONE OF THE LESSER-KNOWN BUT NEVERTHELESS EXCELLENT PURVEYORS OF THE PROPER WWII METHODOLOGY UPON WHICH AMERICAN COMBATO (JEN·DO·TAO) IS LARGELY BASED AND BUILT.

Proper principles are often perceived by those who fail to understand and apply them as “nit-picking details”. Well, proper principles **are** details to be sure. However, seeking them out and taking great pains to invariably apply them (as we have done in building the attack combinations that we teach) is hardly “nit picking”, any more than it could be said to be nit-picking for a surgeon to be certain that the scalpel he will use is sterilized and properly sharp.

Learn and train in the curriculum of attack combinations that we have developed over the years and you will achieve all that this vital aspect of real close combat and self-defense demands for success. And be *very* careful of instructors who offer attack combinations in their courses. Study them to be certain that they adhere to proper principles of kinesiology, body mechanics, and combat logic.

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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:

- 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**
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- 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.

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

Brad Steiner

P.O. Box 15929

Seattle, WA. 98115

U.S.A

**UFC and MMA Do NOT Equate With
Unarmed Close Combat And Self-Defense**

We thought it would be interesting to juxtapose the "rules" that rigidly dominate the MMA ("no rules"????) and the UFC ("no rules"????) with the realities OF AUTHENTIC INDIVIDUAL CLOSE COMBAT AND WORTHWHILE SELF-DEFENSE. In our opinion both of these closely-related forms of fad-fighting have **ruined** quality martial arts/self-defense/close combat training everywhere they have been accepted,

Directly from an MMA web site we listed all of the forbidden actions and techniques that must be omitted, and we have provided below each our comments that you might find helpful in clarifying why **any and all "match fighting sport skills"** have

no place in preparing for real combat.

{NOTE: EVERYTHING WRITTEN IN SCRIPT IS OUR COMMENTARY. Everything else is from their web site}

1. The following acts constitute fouls in a contest or exhibition of mixed martial arts and may result in penalties, at the discretion of the referee, if committed:

1. Butting with the head

This is a superb technique applicable in and from a wide number of situations — front, side, and rear.

2. Eye gouging of any kind

Yes! using thumbs or other digits, or any object-at-hand (pen, pencil, knife, stick, screwdriver, small rock, fork, chopstick, piece of glass, etc.) vicious, powerful attacks to the eyes are tops on the "DO IT!" list in close combat.

3. Biting

First thing to do if you ever end up on the ground with an assailant.

4. Spitting at an opponent

Good tactic. May be difficult to generate saliva though in an actual emergency. However, if you're eating take a mouthful of coffee, water, etc. and spit in troublemaker's face. We ardently oppose tobacco in ANY form; but if you chew tobacco, well . . .

5. Hair pulling

Good and exposes throat or aids in executing a takedown or throwing the opponent (down stairs, out a window, etc.). Most adversaries will have hair so USE IT!

6. Fish hooking

Great action when close in. Exposes neck to biting! Assists in breaking neck. We use in American Combato to facilitate certain throws.

7. Groin attacks of any kind

. . . are immensely effective. Attack to crush, squeeze, hit, pound TESTICLES.

8. Putting a finger into any orifice or any cut or laceration of an opponent

Jamming your finger up an enemy's nose is a great tactic (taught to commandos in WWII).

9. Small joint manipulation

Seizing, twisting, and breaking fingers should be done

instantly when the opportunity presents itself.

10. Striking downward using the point of the elbow

Excellent technique. Use against kidneys, Nape of neck, skull. Effective in certain tackle countering actions.

11. Striking to the spine or the back of the head

Precisely where you should strike ——— with elbow, handaxe, hammerfist, heel of foot, depending upon opportunity.

12. Kicking to the kidney with a heel

Do without hesitation if you drop a lethally attacking opponent to the deck.

13. Throat strikes of any kind, including, without limitation, grabbing the trachea

*These are **FIRST RESORT** actions in a self-defense emergency.*

14. Clawing, pinching or twisting the flesh

Often effective when opening and opportunity occurs.

15. Grabbing the clavicle

Do it! Excellent action; used in one of American Combato's attack combinations.

16. Kicking the head of a grounded opponent

Should be automatically done when escape from the scene of a dangerous attack is not yet feasible, after downing the enemy.

17. Kneeing the head of a grounded opponent

See comment following #16, above.

18. Stomping a grounded opponent

See comment following #16, above.

19. Holding the fence

If on staircase hold the handrail and kick your attacker or/and ram fingers into his eyes, or otherwise attack him while holding onto handrail ("fence") for stability, security, and balance.

20. Holding the shorts or gloves of an opponent

This is a 100% contest-applicable "foul". However, like anything and everything else, NEVER "banned" in real hand-to-hand close combat or personal defense. We can't

imagine an attacker wearing gloves(!), but if attacked on the beach and seizing his shorts will assist your defense

—— DO IT!

21. Using abusive language in fenced ring/fighting area

Insane, wild cursing, growling, yelling, and grimacing can be very helpful in a self-defense encounter; you should NEVER hesitate to use it in the extreme.

22. Engaging in any unsportsmanlike conduct that causes injury to an opponent

Add this to the rule: “. . . is highly desirable and should be done with all of the speed, power, accuracy, and mental focus of which you are capable.” The fouler, dirtier, more unsporting and unethical THE BETTER!

23. Attacking an opponent on or during the break

Feigning injury and surrender — if you think that it will be believed — and then attacking without mercy or restraint would be the practical equivalent of using this “banned” MMA action. There are no “breaks” in a combat encounter (except possibly of bones).

24. Attacking an opponent who is under the care of the referee

There are no referees in close combat or defense emergencies. Nor is there any round TWO!

25. Attacking an opponent after the bell has sounded the end of the round

See comment to #24, above.

26. Timidity, including, without limitation, avoiding contact with an opponent, intentionally or consistently dropping the mouthpiece or faking an injury

All of this may be valuable and useful to MISDIRECT and DECEIVE an enemy. Then destroy him. In the real world: Feign illness, fear, compliance, confusion, and plead that you have a weak heart, etc. Then attack with murderous fury!

27. Throwing opponent out of ring/fighting area

There are no "rings" or specified "fighting areas" where real hand-to-hand combat is concerned. THROW YOUR ENEMY INTO TRAFFIC IF YOU CAN! Or down

a flight of stairs, or off a roof, or out a window, etc.

28. Flagrantly disregarding the instructions of the referee

See comment under #24.

29. Spiking an opponent to the canvas on his head or neck

THIS IS THE WAY TO THROW A MAN IF YOU ARE USING A THROW IN REAL COMBAT!

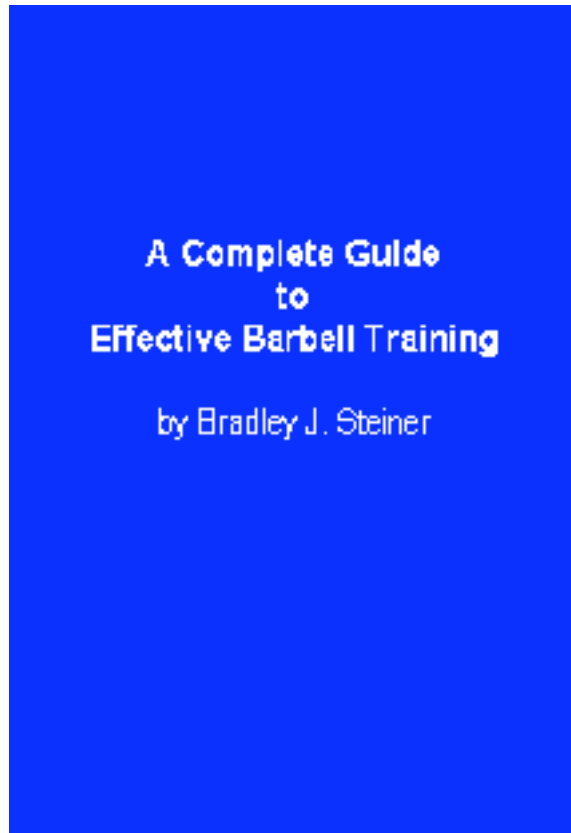
30. Interference by the corner

There are no "corners" in a street attack, or on the battlefield.

31. Applying any foreign substance to the hair or body to gain an advantage

Do anything you can do to give yourself every advantage possible — and use it in the most deceitful, foul, underhanded manner you can.

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