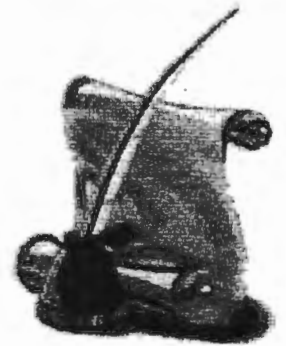


Bradley J. Steiner
P.O. Box 15929
Seattle, Washington 98115
U.S.A.



Sword and

Pen



Editorial	P.1
Self-Defense For The Elderly	P.6
Students Vs. Customers	P.9
Another Excellent Reason To Stay Away From UFC/MMA, ETC.	P.11
The Great Virtue Of Simplicity	P.13
Anything Can Be A Weapon	P.15
“Dirty Fighting” Offers A <i>Psychological</i> Advantage In Self-Defense	P.16
Move In! Advance! Keep Attacking!	P.18
Kicking In Hand-to-Hand Combat	P.19

*Official Newsletter of the International Combat Martial Arts Federation
and The Academy of Self-Defense*

This is the August 2008 Issue

Editorial

Use Of “Restraining” And “Comealong” Holds Just May Be Playing With Fire!

THERE can be no question about the need for training in control grips and so-called “comealong” type holds when preparing law enforcement officers for their work. There are *many* times in police work when there is no need or justification for seriously injuring a suspect, and when a poorly trained cop who lacks the ability to control a suspect proceeds to horrifically abuse his authority and employ force that is way out of proportion to that which is required at the time. *We strongly advocate* control grips and restraining-without-injuring type actions **for police**. So please don’t write to us or e-mail protestations about such holds being necessary in certain cases. Indeed they are; and indeed we advocate them in such instances.

Self-defense and close combat involve situations that demand considerably more decisive violence than are those situations in which nervous but basically harmless misdemeanants try to pull away from a cop, or even try to push the officer off of themselves. Any cop who unnecessarily escalates force is the worst kind of bully and criminal violator. He should not merely be *fired* if or when he does such a thing, he ought to be imprisoned for years. But enough of that.

Too many people who wish to become able to defend themselves are duped into believing that they can achieve that objective while “neither injuring nor being injured”; by utilizing “humane” or “non-injurious” skills. This is a case of the wishful thinking of the ignorant being exploited by the commercial desires of the unscrupulous. And we are being generous here. We are *assuming* that those who represent themselves as “teachers” actually know better. Quite possibly many of them do *not*.

Like a good parent it is the responsibility of a good teacher to provide for his students not that which they “want”, but that which they need. And although many soft souls who come to the study of self-defense do not “want” to injure another individual (“not even an attacker”) these people need a wakeup call and a very definite orientation in **reality**. It is understandable that someone whose life has never involved any real exposure to violence or danger or to the psychopathic victimizers who thrive in the arena of predation, will find it unsettling to be told the following — and to have it hammered repeatedly home to them:

- The use of restraining and controlling actions will never work against serious assailants — even when the applicant has a size and strength advantage, let alone the “skill” to apply the techniques. Instructors (regardless of what degree black belt they hold, and no matter what “martial art” they may be experts in) who say otherwise are ignorant.
- Human beings, once aroused and attacking aggressively, are very, very difficult to stop. This, regardless of whatever size or strength advantage anyone might possess over any given assailant. “Pain” per se is a useless element in stopping a determined adversary. This is because **pain is entirely subjective**. Only INJURY stops a determined enemy — and it must be *severe* injury, at that.
- The complexity of such control and restraining actions as do exist makes them *extremely dangerous* to attempt to apply in the wrong context. In his effort to wrap someone up in a pain compliance hold the individual is completely exposed to lethal attack.
- Most serious attacks involve *weapons* and *multiple assailants*. Securing a hold on one individual makes one practically 100% vulnerable to another. When and where edged weapons, for instance, are involved, going for any type of “holding action” is **SUICIDAL**. Ditto, when the enemy has a pistol.

- The employment of arrest and control actions *could* result in charges of “false arrest” or “kidnapping”, under certain conditions. *Why the hell risk it?*

The person who demurs, and who recoils from the prospect of settling down to the task of mastering *injurious skills* — ie techniques that knock out, maim, and kill — will, if not corrected by a truly *professional* and *competent* teacher, merely pursue “mastery of skills” that place him, if he is successful, in a **FOOL’S PARADISE**. His awakening, if it ever comes, may well be the last experience of his fantasizing life!

There is of course a grave responsibility that goes with teaching and with learning practical self-defense skills. Like learning the use of any weapon, learning the use of deadly hand-to-hand combatives requires that *the proper place for the use of such skills be unceasingly emphasized*. Only in an instance when one feels oneself or a loved one or some innocent person to be in **serious danger**, would it be moral and legal to bring combat techniques into action. However — and this is our main point — *such combat techniques (and not the inane foolishness that is becoming more and more popular today) is exactly what must be brought into action in such circumstances*. For, once you find yourself inescapably confronted by a dangerous, would-be killer (which is what violent criminal offenders are), it doesn’t matter if you “like” or “don’t like” the idea that you’re going to need to use extreme violence and to do so with ruthless disregard for your opponent, in order to survive. *That’s the reality*.

One of the misleading things about pain compliance skills is their effectiveness *in the school, and when being demonstrated or taught by the instructor!* In the mental state that one is in during instructional periods when martial arts are taught, one will succumb *immediately* to the excruciating pain that the teacher brings to bear while showing a hold or a grip. But the mental state of the violent offender when he moves in for the kill in no way approximates that of the training partner or student in the martial arts school. Attackers are frequently under the influence of drugs. Or of liquor. Often, they come from backgrounds in which beatings and injuries were commonplace. *Their threshold of pain tolerance is six times that of the over-civilized softy who sits in a cubicle all day long and whose only need for pain tolerance comes when the hag he married bellows and complains, and brings about a throbbing headache in the poor fool*.

The idea that one has some kind of “responsibility” toward a physical assailant is

offensive and insulting. Not, perhaps, to most of today's pseudo "men", but to any **MAN** whose possesses intelligence, dignity, and a clear sense of *right* versus *wrong*. A real man *never* starts trouble with anyone. In fact, it would be shameful to any real man even to consider initiating violence against someone who was not a threat. "*Hands off!*" is the basic rule of civilization, in fact (although you'd never guess it from the bilge that is vomited out by those pretentious mediocrities who teach in the high schools, colleges, and universities today, and those damn swine who posture as our "leaders"). The initiation of force when no danger or threat of injury presents is a vile crime. Truly civilized societies — and individuals — see physically aggressive troublemakers as inhuman, and advocate their elimination wherever and whenever they arise. If there can be said to exist any "responsibility" when discussing the unjust initiation of force, then let it be forever clear that ***THE RESPONSIBILITY FOR ANY DAMAGES — BE THEY TO HIMSELF OR TO OTHERS — THAT RESULTS FROM A VIOLENT OFFENDER'S ACTIONS IS ENTIRELY THE OFFENDER'S.***

Any kind or "merciful" attitude, and any attempts at forbearance that one misguidedly permits oneself when reacting to unprovoked and dangerous aggression *only serves to help the offender in his criminal action.*

The "emotional appeal" of restraining and controlling actions — as opposed to maiming and disabling actions — is based upon an **unrealistic** and **ignorant** perspective regarding the realities of close combat. Like it or not, that's the truth.

Consider another thing: Consider the fact that just about everyone who enrolls for any form of self-defense training does ***not*** stay with it for any significant length of time. In general, most people drop out before they've trained for three months, ***if they stick with it that long!*** Many do not even last that long. *The most complex and intricate actions that are taught in the martial arts are those in which non-injurious control is sought over an opponent via the use of bone and joint manipulations, and the use of "pressure points". A genuine expert in these skills could not possibly employ them except in the context in which we have previously explained their proper role.* Anyone who has not ***mastered*** such skills would be unlikely to be capable of employing them *even when the mildest form of resistance was generated by the subject on whom he was endeavoring to apply them!*

Becoming "tied up" with your adversary and finding yourself obliged thereafter to:

- a— Escalate to greater force because the hold is not adequately subduing him
- b— Exert continuing and energy-draining efforts and force because, although under control, the opponent is still clearly struggling
- c— Release the opponent, because he has *seemingly* surrendered
- d— Handcuff and bring the opponent into custody (for a COP)

is, save in instance “d”, clearly an unnecessarily *dangerous and risky state in which to place oneself.*

It makes much more sense (in fact it ONLY makes sense!) to use speedier, more destructive, decisively injurious actions outright, and BE DONE WITH THE DAMN SITUATION!

We wish that the “fear no man, any attacker can be handled with ease if you know the secrets” school of **BULLSHITSU** would take its proper place with phrenology, astrology, palmistry, and tea leaf reading, instead of continue to have an appeal to the very people who need the **tough stuff** the most!

If you’re a cop, then learn how to do your job: Make certain that you possess not only the “lethal” option, but the ability to harmlessly restrain and control suspects (many of whom may indeed *not* be guilty of anything!) until a fair and equitable objective administration of justice can determine innocence or guilt. If you don’t “like” that, then do the world a favor: *Get the hell out of law enforcement. You’re nothing but a damn thug. You’re far worse than anyone you arrest!*

If you’re a private citizen or a member of our armed services, then wake up. Stop fantasizing about impossibilities. Your job is to stay out of trouble if you can, and — **only if you must** — take violent action in legitimate, moral self-defense. **THAT IS IT.**

And no amount of “comealong”, “restraint” hold, or “minimum force self-defense” will give you what you require.

BJS

Self-Defense For The Elderly

ALTHOUGH we have addressed this subject before, a recent communication from a reader prompts us to address it again, here — perhaps for an audience that has not been exposed to our thinking on the matter, previously.

A society may to an extent be judged morally by how it treats and regards its very *young*, and by how it treats and regards its very *old*. Both categories of people tend by and large to be relatively helpless in significant areas. One of those areas is personal safety and security . . . protection against physical violation, injury, subjugation, terror, harassment, and exploitation. Without sidetracking by going into the many reasons why we believe our society is, today, becoming an increasingly *despicable* one for its combined hideous maltreatment of both young and old, let us just say that, as far as protection against violence is concerned, we believe that “seniors” (pretty much like the rest of us!) are on their own.

Elderly people are targeted for victimization because they are perceived (often correctly) to be without means of self-defense. *This very fact defines the character of those who prey upon the elderly.* Such creatures are inhuman, and deserve to be treated and regarded in the same manner that a physician regards infections: They need to be eliminated *immediately* for the health of the organism (in this case the “organism” in a manner of speaking, is human society). While some might argue that the death penalty is too good for those who prey upon the elderly, we would be willing to settle for that — providing it was administered with torture.

Our recommendations for defensive preparation in regard to elderly persons may be summarized as follows:

1. FIREARMS FIRST!

A senior citizen is *always* in deadly danger when he is set upon by a young, strong offender (or offenders), and there is no reason that we can think of why someone who attacks an elderly individual ought not be shot.

Obviously, we urge that everyone obey the law at all times, and so we express ourselves now in an emotional way, not intending that which we say to be professional advice in all cases. Check with the police, and become familiar with the law regarding the ownership, carry, and use of firearms where you live. Become familiar with proper gunhandling and combative marksmanship skills,

and become as expert as you are able to become with whatever firearm you *lawfully* obtain. Always obey the law.

Because of the elderly person's great vulnerability to injury and even death, we feel very strongly that, insofar as the law allows, *senior citizens should rely on firearms first, as their frontline protection against dangerous, unprovoked physical aggression.*

2. ANY KIND OF WEAPON, SECOND!

Failing to have access to a firearm, the senior ought to resort to a sharp knife, or to some other hand-held weapon or improvised weapon. Same reasons and qualifications as per #1, above.

3. CULTIVATE GOOD PROTECTIVE AND SECURITY TACTICS

Everyone should regard avoidance as his first option in self-defense. It is always best to avoid trouble, and hopefully anyone reading this doesn't need to be "taught" that this is so.

Elderly people frequently are careless because they tend to become preoccupied. This won't do. Doors and windows must be locked. Peepholes installed — and *used*. Great care must be exercised when driving, walking, shopping, etc., and *alertness to the possibility of danger* must become an established habit.

4. GET A WALKING STICK

And learn to use it effectively!

5. DEVELOP A HANDFUL OF UNARMED TECHNIQUES THAT *WORK*

It is absurd for anyone, let alone an elderly individual, to entertain the idea that he can somehow manage violence with finesse and fancy tricks. He cannot. He needs techniques such as —

- Open hand chops to the throat, sides of neck, bridge of nose, philtrum, temple, and jaw hinge
- Open hand chinjab blows — to underside of jaw, eye, temple, jaw hinge, sternum/solar plexus, nose
- Straight fingertips thrusts to eyes —and— Tiger claw thrusts

- Clenched *bottom of the fist* blows across nose, to temple, to jaw hinge, to sides or back of neck, to sternum
- Low stomping side kicks to knees/shins/foot arches
- Knee to testicles
- Very fundamental, simple, and utterly ruthless and damaging *counterattacks* to common grips, holds, etc.

Simplicity, brutality, speedy application, and *all out use of every ounce of available strength when needed*, is what the senior needs to learn about **how** he applies that which he learns.

Physical fitness, important at any age, becomes a potential life-saver for the senior. We are not doctrinaire about what activities to pursue in order to achieve and to retain physical fitness, but we do *insist* that, in accordance with a physician's instructions, *some fitness activity should be followed regularly*. For whatever it's worth, we recommend sensible weight training. The critical thing, however, is that a person who is 70, 80, or 90 years of age be active and stay fit. It will certainly increase the odds in his favor should he ever need to defend himself.

Many seniors need a great deal of **mental conditioning**, too. There is an awful tendency for elderly people to have compassion and sympathy for those whom they *erroneously* read as "errant youngsters". True enough, many young people do foolish and often quite stupid things, and reason tells us not to expect great judgment from teenagers or those in their 20's, by and large. But "foolishness" and "stupidity" are not terms that should be utilized when discussing predatory monsters — which is **exactly** what those who prey upon the elderly are. And the more powerfully convinced that the fellow attacking him is *virulent scum*, deserving of treatment which would be afforded the polio virus, the better the elderly individual will be in defending himself against this filth!

Another thing, although some might not see the relation immediately with "self-defense" is the acquisition of a large, powerful *dog*. Dobermans, German Shepherds, Airedales, Mastiffs, Labrador Retrievers, and Rhodesian Ridgebacks would be among our first recommendations. These wonderful dogs make great

companions and reliable protectors. (Their feeding bill will be reduced, too, if they are permitted — as they ought to be — to feast upon the predatory beast whom they prevent from attacking their master!)

An elderly couple accompanied by a powerful and protective Doberman or other recognized breed of “guard dog” need have no fear of being harassed by one or more execrable teenage or adult mistakes. These vermin know very well what awaits them if they threaten the dog’s owners!

Dogs are wonderful deterrents to intruders in the home, too . . . and their sense of hearing can and has saved many lives when their sleeping masters were awakened in the night by barks that warned of a prowler. A 12-gauge shotgun or a .45 automatic partnered with the razor-sharp senses and protective instincts of a fierce and formidable man-stopping dog will do a lot to make any elderly person more than a match for some low-life home-invading scum.

As the reader may have surmised, we have a very vicious and hateful reaction to the mere thought of harming elderly people (as we have in reaction to the thought of harming children). You decide if this makes that which we believe should guide “self-defense training for the elderly” desirable or undesirable.

Students Vs. Customers

WE know that many teachers of self-defense read this Newsletter, and we appreciate their doing so. We hope that they and their students benefit from what we have to offer in the way of training advice, tips, and suggestions. We respect every style of martial art, so long as it is responsibly and sensibly taught and practiced, and we appreciate that there are styles other than our own that are excellent, and that provide those who study them with all that they wish to achieve. *More power to their teachers and to their students!*

One concept that we have mentioned previously and that we believe is tremendously important is that of distinguishing between a “*student*” of one’s art or system, and a “*customer*”. Those of us who have been teaching for a while (we have been at it since the late 1960’s) have inevitably had the experience — to some degree — of encountering **both students and customers** who come to them for training.

Students are, to any real teacher, a blessing. They are truly precious and valued, and it is *not* an exaggeration to say that, over time, a mutual trust, respect, love, and profound bond and affection develops between a *real teacher* and anyone who is his *genuine student*. The relationship is not exactly like parent/child or father/son, but it's *something* like it; and unlike the biological relationship, which is more often than not tainted with all sorts of neurosis and resentments and offenses, the **student-teacher relationship** — as we speak of it — has no such negative aspects. Not that students and teachers will always agree, per se; but they will always *respect* and *appreciate* and *trust* each other. A real teacher has his students' well being and benefit always in mind; and those who are his students *know it*.

A *student* is not a fickle, here today/gone tomorrow dilettante. Nor does a student have ulterior motives for training. A student really wants to learn, applies himself assiduously, and comes to admire and to respect the system and its body of knowledge as the teacher has presented it. A teacher will never betray a student or knowingly say or do anything that could be detrimental to the student's self-interest. And no student would ever betray his teacher, or do anything that would reflect poorly on the system which he is studying under the teacher. The student is *proud* of the quality and organization of the method that his teacher imparts to him, and has no problem speaking up, when appropriate, and saying so. A teacher will always stand up for his students, too — providing of course that they have not willfully violated just laws, or unjustifiably harmed anyone.

A customer is usually but not always a short-term attendee to instruction. He "doubts" a lot . . . he "dabbles" in other methods and theories, often disappearing from training for significant lengths of time . . . he doesn't really ***TRAIN***; he goes through the motions, frequently showing up late for class — or leaving early. The saddest examples of customers are those who perform enough to pass through the established levels until they reach black belt and then, well, "I really don't have much to learn, any more" they tell themselves. Then they quit, having no more genuinely become ***Black Belts*** (in *our* meaning of the term) than have ninety per cent of those fools who've received their bachelor's masters, and doctorate degrees genuinely become *educated*.

Well, for those teachers who read *Sword & Pen*: This is the way it goes. Don't blame yourself for the fact that most individuals approach their training in exactly the same way that they approach everything else in their lives: *halfway*, or worse.

That's people. Just keep doing your best. ***You are doing it for those who are your STUDENTS!***

And for those now training in a combative arts system, or who plan to: The choice is yours. You can be an atypical "customer". Pay your tuition, take your lessons, but don't put your heart and soul into training . . . after all, *why bother?* Or, you can be a **student**. You can select your teacher carefully, then apply yourself rigorously, and give your efforts the best within you. You can see your training as — indeed — *learning an art*; a **martial** art; and you can look to your teacher as your senior, your mentor, your trusted counselor, guide, educator, and friend. If you do this, and if you give your loyalty and your best efforts to the person with whom you choose to study, the rewards you receive will be so great as to literally transform you — for the better.

That's the way it works. That much, anyway, is still rooted in the classical/traditional, as far as we are concerned. We have not, please note, thrown out the proverbial baby with the bathwater!

Question: "Were *we* ever a 'student' . . . or were we a 'customer'?"

Answer: We were a customer in about half a dozen or so schools and systems, because we frankly came to appreciate that, given what these schools and systems offered, *they simply weren't for us*. However, we most certainly *were* a **student**, too! We were a student of Charlie Nelson's, of Rex Applegate's, and — indirectly, through the teachings of a former FBI instructor who had learned directly under them, coupled with assiduous study of their works — of William E. Fairbairn and Eric Anthony Sykes.

Another Excellent Reason To Stay Away

From UFC/MMA, ETC.

OUR monograph on the great groundfighting/groundgrappling myth, while certainly comprehensive enough to prove to any thinking mind that this current venue for competing in the martial arts is unrelated to the realities of close combat and self-defense, does not provide all of the reasons why the combat trainee ought to steer clear of these types of activities. (We did wish to keep the thing down to monograph size, as we have no interest in devoting an entire book to something

that we frankly don't like or think much of).

Here is another excellent reason — for the self-defense student — to stay away from these match events: *The likelihood of incurring a serious injury, all out of proportion to those understandable injuries that, for example, the judo man, kick boxer, or other (in our view) legitimate competitive sportsman, incurs, is enormous. AND WITH SUCH AN INJURY YOU HAVE EFFECTIVELY REDUCED YOUR ABILITY TO DEFEND YOURSELF TO A FRIGHTENINGLY SMALL DEGREE!*

There was an excellent *ju-jutsu* teacher in New York City some years ago (ie 1960's-70's) by the name of **Phillip Scrima**. We never had the pleasure of meeting Mr. Scrima, but we did meet a couple of his black belt students. Excellent *ju-jutsu* men, and all a credit to their teacher and to the art of *ju-jutsu*.

One thing that one of Mr. Scrima's black belts told us that impressed us enormously was how their teacher always reminded them *never* to be reckless, too violent, or abusively aggressive when training since by so-doing they could be hurt worse in the dojo than they would likely be hurt in the street, if they ever were attacked for real and actually employed their *ju-jutsu*.

Sensei Phillip Scrima, God Bless Him!, was ahead of his time! We are sorry that he wasn't one of *our* *ju-jutsu* teachers!

The rock 'em, sock 'em, belligerent, toughguy attitude that virtually *saturates* the UFC/MMA, etc. phenomenon — entirely aside from being a repulsively distasteful one, better-suited to *punks* than to serious martial arts devotees, in our personal opinion — does not result in any sort of “better preparation for combat”. *Quite to the contrary!* It results in reckless brawling, and in consequent injuries that disable *for no good or necessary purpose*. The competition is not combat preparation; so even if one “wins” one has not demonstrated any better capacity to defend himself than he had prior to entry. And losing, with the possible disabling injuries that these activities routinely result in, leaves the individual trebly vulnerable to real world violence.

If you like the UFC/MMA . . . go ahead and do as you please. We couldn't care less. However, if your objective is practical combative ability and self-defense then we urge you to think carefully before you spend time and energy attempting

to “prove how tough you are”, when all you’re doing is proving that you might end up unable to handle a real attack thanks to how you’ve been hurt in the match arena.

We want to make this clear: Our profoundest respect for judo, boxing, wrestling, kick boxing, competitive karate, Th'ai boxing, and all *legitimate*, properly run and reasonably regulated competitive combat **sports** remains unabated. We have *always* respected these activities and those who participate in them. We do not like recklessness, arrogance, unnecessary violence, and egotistic chest-beating (or mindless knuckle-dragging) however. These things betray the **PUNK**, they do not typify the **WARRIOR**.

This is our opinion. We respect anyone’s perfect right to disagree. However, as far as we personally are concerned, the case has been made — and closed. *Competition activities and combat arts are two **distinct and separate** phenomena.*

It would be tragic, we feel, for a person who desires capabilities in one of those two areas to be sidetracked into the other (which cannot possibly give him what he wants), and *injured*, to boot.

The Great Virtue Of Simplicity

JON Bluming is surely one of the greats in the martial arts. He is a legitimate holder of the *Judan* (10th degree black belt) rank in Kodokan Judo, and is also a **9th** degree black belt holder in *karate*. Nicknamed “*The Beast of Amsterdam*” Bluming has not merely a mind-boggling level of ability and knowledge in the formal Japanese arts, but also a strong background in military close combat, having served with the Dutch Marines and having fought in WWII against the Nazis. Second to no one on earth as a martial arts *teacher*, Jon Bluming’s top student, *Chris Dolman*, remains **undefeated** (and from what we’ve heard, also *unanswered*, in his attempts to arrange for a contest between himself and one of the Gracies).

With Bluming’s almost unparalleled background in the martial arts (the only other men who we would personally think of as being in his league are the late Donn F. Draeger, and our friend, the legendary Jim Harrison) we feel that reference to anything Bluming has to offer regarding personal self-defense amounts to **GOLD**. When any true Master such as Jon Bluming has something to say about hand-to-

hand combat, it is wise to pay attention!

We recall one of our students recording a television show on the martial arts years ago, in which Jon Bluming appeared and was (all too briefly) interviewed. Several shows *exclusively about Bluming*, would be very welcome! However, Bluming gave a demonstration of what is apparently the (or one of the) “pet” techniques which he has developed and upon which he would rely if he needed to defend himself, today. We laughed heartily when we saw him demonstrate one of the simple combinations which *we* have espoused for years: I.e. a fast front kick to the testicles (or knee), followed immediately by a straight heelpalm blow to the face.

Movements so basic and so simple that we felt it was an obvious and natural choice for inclusion into a curriculum of attack combination movements, years ago! We laughed because Jon Bluming’s apparent identical thought in the matter pleased us greatly. (We are flattered to think that, insofar as hand-to-hand combat is concerned, Jon Bluming and our self — at least in certain important respects — obviously **think alike!**) We don’t doubt that there are probably a few other serious combatives men who have arrived at the same conclusion regarding this sequence of blows, themselves.

SIMPLICITY, SIMPLICITY, SIMPLICITY! It is a beautiful — and most **practical** — thing; especially when it comes to training and preparing for combat.

We have said time and time again that there are no “secrets” or “mysteries” or “hidden” truths in the martial arts. There are certainly good techniques, and it certainly behooves the individual to discover (or to rediscover) what those good techniques are, and then spend his training time in an effort to perfect them. *But in doing so he should expect nothing elaborate, and nothing exotic or complicated, or convolutedly difficult.*

If one of the greatest masters of judo *and* karate (and hand-to-hand combat, military style) settles — after a *lifetime of immersion in the classical/traditional disciplines* on a simple, basic, fast low kick and direct open hand blow to the face, might it not be wise to consider that those inane (and insane?) internet “superheroes” and “terrifying toughguys” just may be full of s— when they peddle their stuff that “the government doesn’t want you to know”, or that “only the special elite forces are ever made privy to”, etc.? We suggest that you draw your own conclusions. As for us, **simplicity is always best** (as it always has been!).

Anything Can Be A Weapon

THE hysteria that so often is expressed by those who dislike firearms, aside from being just plain *dumb*, is also potentially misleading. It can encourage even reasonable people to think that a firearm is, somehow, a kind of “magically superior” weapon, and that it is to be feared above all at close quarters. The truth is that *anything* can serve as a weapon, pretty much; and at conversational distances items other than firearms are often superior.

Handguns are most normally carried either concealed or unconcealed in holsters. Alternatively, they may be carried inside pockets, handbags, etc. — but they are **not** carried in the hand, “ready to go”. At the statistically most common ranges where handguns are employed (ie five *feet* or less, according to the FBI) it is better to have a walking stick *in your hand* than it is to have a holstered or pocketed pistol. And forget what the yahoos say about their “quick draw”. A man trained in its use for combat will be faster with a walking stick in hand than will his adversary at two or three feet distance with a sidearm under his sportcoat in a holster. If you’ve got *anything in your hand NOW* it can be a weapon, 99% of the time. The remaining 1% of the time (when the object you are holding is not capable of inflicting a **stab wound, cut, or blow**, it will serve to distract your adversary by throwing it in his face.

Even if you possess a CCW, *learn to use objects-at-hand* as weapons! Consider a walking stick. We once wrote about the virtues of a walking stick in a column we had in a mainstream “gun magazine”. Reader response was mixed . . . but a good percentage of those who wrote in were *fools*, and so demonstrated it by regarding a walking stick as “unnecessary” if you have a gun.

MORONS!

If you are carrying a firearm legally *and* you have a walking stick, that walking stick will serve you by either — a) *Enabling* you to access your sidearm proper, by creating the opening via the use of your stick, or b) Allow you to *avoid resorting to your sidearm* by enabling you to thwart your aggressor in a nonlethal manner via the use of your stick. (**Note:** Certainly a stick can be employed as a lethal weapon; but it does not *need* to be. It can inflict painful and even serious injuries speedily, without endangering the life of the adversary against whom it is utilized. Sometimes, this is a desirable thing.)

Learning how to use a stick will teach you how to use a flashlight as a weapon.

Always be mindful that virtually any unarmed combat blow can be used with some **object-at-hand** that substitutes for the “natural weapon” point normally delivered to the opponent’s target.

Question: “Is it justifiable to use a weapon — improvised or otherwise — against an *unarmed* assailant?”

Answer: For an answer to that question, consult with a lawyer. Our *feeling* on the matter (which we certainly would never allow to guide our conduct, absent knowledge that we were legally justified in so doing) is that a violent criminal offender deserves to be crunched like a paper cup. If he dies, is crippled, mangled, ends up in a wheelchair, is blinded, etc., ***TO F—ING HELL WITH HIM!***

No one forces anyone to physically attack another human being. Those who elect to prey upon others have resigned from the human race, as far as *we* are concerned.

“Dirty Fighting” Offers A *Psychological* Advantage

In Self-Defense

VIOLENT criminal assailants are confident that they have chosen well when they target their intended victims. Usually, they are correct. Most people have little or no capacity to defend themselves, and most are unwilling to do and to learn what is required to change that. So . . . it’s a “criminal’s market” as it were.

Remember those pieces of garbage you knew when you were a kid in grade school called “*bullies*”? Those vermin more than likely appeared quite formidable to those decent kids upon whom they preyed. This was not really because the bullies were such great *fighters*; rather it was because they were mean, and they selected their targets well, only rarely making the mistake of picking the wrong person to push around. Adult bullies are of course similar, but we use the childhood bully as an example because practically everyone in the world has had some firsthand experience with *his* type.

Not all bullies are cowards. However, *most* of them are. It is cowardly to target

someone whom you believe is helpless and weak, and then torment that person purely for the delight that it gives your evil soul. Quite appropriately, bullies are **hated**. They deserve no compassion. What they do deserve is to be smashed mercilessly into writhing balls of terrified pain, and kicked several times in the face, for good measure.

When a violent predator moves in on his intended victim he *believes* that he (ie the predator) can easily handle his prey. He might anticipate resistance, but he is not expecting *effective* and *overwhelming* resistance — because if he was then he wouldn't attack.

If an individual is a pretty fair *boxer*, or perhaps a *wrestler* or *judo* man, then it's a safe bet that — most often, assuming the attacker is unarmed and has no help from cronies — that individual will be able to fight back well, and rout his intended tormentor. However, **if and when any intended victim proves to be a ferocious, gutterfighting sewer rat**, and if he not only fights back, but fights back in the most animalistic, terrifying, savage manner — perhaps biting a piece out of the troublemaker's face — then the attacker will likely be *more* than “discouraged” from pursuing his course of action; he will be ***horrified!*** He will be **so shocked and traumatized and taken aback that he will feel *nothing* save the impulse to escape and to protect himself from the “madman” who is now striving to victimize *HIM*.**

We submit this is an excellent strategy to capitalize upon.

If you are studying self-defense and you are doing so by participating in anything resembling an ethical sport, you are short-changing yourself. Certainly, you *might* possess what is required in a crisis to defend yourself, using the skills that you acquire. However, if you learn **GUTTER TACTICS**, embrace them, cultivate them, perfect, polish, and *master* them, and if you establish the mindset to explode like a madman in the face of anyone who attacks you and **USE** those dirty tactics, then you'll not likely be caught “outgunned” in a physical confrontation. The sheer terror and shock — the amazement and surprise — that floods the consciousness of any would-be assailant when he realizes that he has just provoked a murderous lunatic that **will not stop without ripping him limb from limb** serves admirably to assist the victim of physical violence in taking the necessary actions to defend himself.

We have become, as a weakened, declining society, way too soft and tolerant of despicable predatory monsters. There does not appear to be much if any chance that our *society* will do a turnabout. However, as a thinking, independent individual with free will and the sense to realize how dangerous physical assault is, ***YOU*** can effect a turnabout . . . and you can see to it that you learn the foulest, most savage and mercilessly brutal self-defense measures imaginable. Unleashing them against determined, dangerous, predatory criminal attackers could one day save your life or the lives of those you love. In any case, it will certainly give you a psychological as well as a physical advantage in self-defense!

Move In! Advance! Keep Attacking!

THE concept is simple, but it flies in the face of just about everything taught in classical/traditional martial arts. ***OFFENSE*** prevails.

A lot of people who do not want to understand (or who wish to deliberately distort) our doctrine, insist that to “attack” and to “move in against the opponent”, and to “keep on attacking” is “*too violent*”. They suggest that such doctrine breeds “aggressive personalities”. **Hogwash!** The exact *opposite* is true. The more solidly at home a man becomes with the realization that he is all set to go after and stop *anyone* if he ever needs to do so, in a self-defense emergency, relieves him of the fears and apprehensions that all too many “decent people”, especially in our major urban areas, live with as their psychological norm. The statistically average person *hasn't a clue* about how to handle criminal violence, and thus he is unlikely to feel very comfortable or confident in any situation where the need to repel a dangerous offender should occur.

Offense wins. It wins wars and it wins man-to-man engagements. This does not mean that a person must *become* “offensive” and “aggressive” per se; it only means that he must develop the capacity to “turn it on” when and if needed, and that he needs to possess the technical expertise to do so in the most proven and efficient manner known . . . or at least he ought to *want* to possess it!

The last thing on earth that we advocate is violence or the acceptance of fighting as a desirable way of “settling things”. Violence is deplorable and should be avoided whenever possible. However, it sometimes cannot be avoided. This has always been true throughout history, and it remains true today. *There are people in this world who thrive on violence, and who use unjustifiable violence, and the*

threat of force, in order to get what they otherwise would not be given and/or what they could not or what they refuse to earn.

It is every bit as important for the decent, civilized human being to be capable of defeating aggression from predatory members of his own species as it would be for him to be able to defend himself against aggression from feral dogs — if he lived where such creatures were commonly known to prey upon people. And there is only **O N E W A Y** — hear me! — only *one way* to prepare to do it with a reasonable chance of success:

Train to ATTACK YOUR ATTACKER; train to go after him, keep attacking him, and do not pause, hesitate, relent, or otherwise alter your attack until he has been decisively thwarted.

Always drive in against the enemy when you move in hand-to-hand combat. Advance! Attack! Go forward! Keep the assault going!

If proper training and the proper mindset have enabled you, in a given situation to preempt an offender, great. Do so. Do so by attacking and by continuing to attack until the threat and the danger is gone. But remember this, too, if ever you are caught off-guard (perhaps seized from behind): ***Your primary strategy is to turn any situation around so that YOU are the attacker, and the individual(s) who attacked you is thrown desperately on the defensive!***

So long as you are “defending” you are *losing*. So long as you are “attacking” you are winning.

The bad guy started it. Have no compunctions about finishing it — with every ounce of strength, skill, speed, and aggression you possess!

Kicking In Hand-To-Hand Combat

WE were very fortunate to have had the opportunity to train in the Korean *ChungdoKwan* Taekwon-do System at the N.Y. ChungdoKwan many, many moons ago, under one of Duk Sun Son’s top black belts, at the time: Young Koo Lee. Lee, a 4th degree black belt, was at the time a graduate student at Long Island University. He stood about five feet two, and weighed little over 100 pounds. *However*, Lee could easily leap skyward(!) and plant a devastating kick

on the nose of any one of the cops or U.N. security guard students at his School, who, despite their own height of over six feet, could do *nothing* to avoid the diminutive Korean expert.

The Korean art of karate (*ChungdoKwan* being surprisingly close to the Japanese *Shotokan* System) taught us much about kicking. However, despite the lessons for which we are so grateful to this day to have acquired in that immaculate 14th street *dojang* in Manhattan, we cannot attribute much if anything of what we learned from taekwon-do per se to our actual *close combat* and *self-defense* development. This, alas, came from Charles Nelson, Robert Sigward, Caesar Bujosa, Rex Applegate, Maury Geier, and the works of the WWII masters whose books we pored over assiduously. And *all* of the really practical instruction advocated the same thing: *Keep kicks low, direct, simple, and very basic.*

We pass the same message on to our students today — as we have been passing it on to them since the late 1960's. In fact, we believe that **FOUR** fundamental kicks are all that a hand-to-hand combat student really needs. And in a short-term course which is administered in an emergency, he can do very nicely with but **two** kicks. (These two would be the low side stomping kick, and the low front kick to the testicles). The four kicks we advocate are:

1. The low side stomping kick (may be done to break the knee or the shinbone, to scrape-stomp down the shinbone and then crush the foot arch, and even to assist a takedown from behind by kicking the hock of the knee). Remember: The “back kick” is simply a side stomping kick delivered *low* and to the rear. We teach *this* version of the side kick as part of counterattacks — ie “defenses” — only, and only advocate the practice of a back kick per se as a separate action when the student is *very* advanced — near black belt.

2. The basic “snapping thrust” front kick (actually done pretty much as we were taught in Chungdo-Kwan; a version that did *not* distinguish between the “thrusting” and the “snapping” kick, as the Japanese styles do). We *never* kick above groin level, however. In fact, a great maxim for the combat student is: “Kicks to the ribs, neck, or head *only* when an enemy is on the ground!” One variation we advocate is the close-in kick with the *crook* of the foot — at the bend in the ankle — to the testicles. This is done when an enemy is too close for a standard front kick, but too distant for a knee-to-the-testicles (ie about half-arm's distance).

An excellent and popular kick (in military and intelligence circles during WWII) is the *inside of the foot* kick. It's done like a front kick, and so we consider it a variation of the front kick, which we call the *snap kick*. Using the inside edge of the foot a snapping kick is whipped into the adversary's knee/shin area. When up close, the kick scrape-stomps down to conclude by crushing the foot arch (much the same as a close-in side kick).

3. The "pivot kick" (based upon the low area roundhouse *type* kick developed and taught by Pat O'Neill during WWII). We teach this low area hook kick to no higher a target than the groin/bladder area, but we do not teach the side-on stance as advocated by O'Neill. We do not feel that O'Neill's stance makes all that much sense, although we understand his *theory* for teaching it (i.e. being able to swiftly face someone directly to one's rear by swiveling the hips, etc.). Actually, this idea is not unknown in classical/traditional karate styles. The well known "tekki" kata of the Okinawan and Japanese schools (we referred to an almost identical series of three "forms" as the "*chul gi forms*" in taekwon-do) addressed the same concept that O'Neill concerned himself with, and that prompted his advocacy of the side-on stance position. We did not feel that the *chul-gi* forms made all that much sense, either!

In any case, we advocate, for those who like it and find that they are comfortable learning and doing it, the low area hook kick (or, if you prefer O'Neills' terminology, the "pivot kick"). For those who do not like the kick, we omit it.

4. The knee attack. Tremendously important. We advocate *repeated* kneeing, and we focus on but *two* targets: The testicles and the face (when the enemy is doubled over). No "roundhouse knees".

At black belt level we incorporate a version of the knee attack that, again, *some* students like and some do not: the *la savate* "jumping knee". Our late friend John McSweeney *loved* this technique, and urged it as one of the most essential "power strikes" of what he referred to as "combat karate". John knew his stuff!

The jumping knee is not used to target the testicles, primarily. Rather, its objective is to crush the pubic bones and/or to rupture the bladder (**devastating and very serious** injuries). Not everyone likes this technique or has the requisite physiology to employ it; thus we teach it to advanced men only, and let them decide yea or nay.

That's it. No additional kicks are taught, needed, or utilized.

You can decide for yourself how much of that which we have described suits you, and adopt accordingly. But please remember:

- No high kicks
- No jumping kicks or flying kicks
- No “spinning” kicks
- No formal “roundhouse” type kicks
- Nothing fancy or acrobatic — ever! Not in close combat or self-defense!

That wraps it up for this month! Please visit our site first week in September for another Newsletter! And, providing you quote us in context and give us credit as the author you may feel free to extract items from Sword & Pen — or even download and make copies of the entire publication, if you wish! — for FREE!

— e n d —