

©Copyright 2011 by Bradley J. Steiner - ALL RIGHTS RESERVED.

SWORD and PEN

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

AUGUST 2011 EDITION

www.americancombato.com

www.seattlecombatives.com

COMING SOON! A complete course in *American Combato (Jen•Do•Tao)*[™] on top-quality DVDs! The series of 11-DVDs will cover fundamentals of the art, basic blows, attack combinations, counterattacking all forms of violence (including

weapons and multiple attackers), how to use the stick in personal defense, and knifework. Laced into this well-planned training program are all of the priceless WWII systems' foundational principles *and* techniques — along with contributing material drawn from *ju-jutsu*, *taekwon do*, *kenpo-karate*, Indian *varmannie*, and *street* (“rough-an-tumble”) fighting! There is also included innovative methods which have been devised and adopted by Prof. Steiner in light of his more-than-25 year close association with

Col. Rex Applegate, his learning the Fairbairn System from a former FBI teacher, and his training under Charles Nelson.

(Obviously, the best way to learn is through personal instruction with a licensed black belt. Since there are now only two such teachers of this System (i.e. Prof. Steiner and Prof. Bryans), personal instruction has been limited to those living at a convenient distance from their training schools, or to those able to make a trip to Washington State or Arizona for private lessons. Our visitors have been asking for DVDs and now — finally — they will be available. These DVDs constitute the best way to learn our method, short of personal instruction! These outstanding DVDs will be available in the not-too-distant future.)

E d i t o r i a l

“Who says ‘blows of the hands and feet are superior to throws and grappling’ in hand-to-hand combat?” ”

AS then Captain Rex Applegate pointed out in his Classic Text *Kill Or Get Killed*, in 1943, **actual combat experience** has shown that blows of the hands and feet are superior in *real combat* to grappling, throwing, and wrestling type approaches to unarmed close-in battle. *Actual experience.*

Unfortunately, in the analysis and evaluation of fighting skills (both with and without weapons) there always has been — and there remains just as strongly

today — great confusion between such “experience” as is garnered by participating in match contests or sporting type “fights”, and such experience as has been accumulated in actual, anything goes, no-nonsense *real* hand-to-hand combat.

Combat and contest are worlds apart. The surface similarity that may give some people the impression that the skills, tactics, and mental set required to prevail in one is readily transferable, and is in fact identical, to the other, is simply *not true*. And while it certainly *is* true that just about any young, tough, well-conditioned boxing, wrestling, or judo competitor (or participant in any of the MMA or so-called Brazilian ju-jitsu, cage fighting, or assorted other, in our opinion, undesirable combat sports) can defend himself against most single, unarmed, untrained troublemakers, this does not gainsay the fact that *no sporting forms of combat* provide reliable and adequate preparation for deadly military hand-to-hand, or citizen self-defense encounters with dangerous, determined, hardened and usually armed violent attackers.

During WWII the United States Marine Corps trained and dispatched into awful, bloody combat in the Pacific, specially selected and trained men who were called *Raiders*. The USMC Raiders were at least as hardened, tough, and well trained as their British counterpart, the *Commandos*, after whom in large measure they were patterned. The *Raiders* engaged in hand-to-hand combat often during the course of their missions, against the Japanese. The Japanese were universally schooled in judo (it was a required subject in their high schools), and a not inconsiderable number were holders of the black belt. Still, when the Japanese Imperial Forces met the U.S. marines, we know who won! *Hand-to-hand training for the USMC Raiders was the type of close combat urged and advocated by Fairbairn, Applegate, and similarly minded combat experts. The Raiders’ program of training was extensive, but it was contained within months, and it brought the marine’s ability in unarmed and hand-to-hand battle ABOVE that of men who had been schooled in judo/ju-jitsu since boyhood.* To an objective, honest person, this provides one of the clearest and most obvious lessons regarding the merits of *BLOWS* and assorted other “gutter tactics”

over the throws and grappling methods of judo, when assessing what works best in actual combat.

In ancient times, when fighting hand-to-hand was pretty much the way in which people fought — military or otherwise — it was the *percussionary* arts of *ch'uan fa* (in China), *taekwon do* (in Korea), and *ate-mi*-based *ju-jutsu* (later *karate*) in Japan, that was unquestionably understood to be the superior way. Grappling arts and throwing always remained popular — mainly as sports — and it was the *throwing*, *holding*, and *ground fighting* that Dr. Jigoro Kano retained for his *judo*, because those skills could safely be practiced amongst students and even employed in vigorous competition, without the danger posed by the more vicious *striking*, *gouging*, *clawing*, and *body smashing* arts which all *combat-oriented* *ju-jutsu* advocated.

We are not “against” competition martial arts. (We *are* opposed to those in which deterioration of character and technique is evident, and the “thrill” of mindless bloodsport and the ego-satisfaction amongst the mentally challenged who participate, is upheld as some kind of desirable, new “*machismo*”). But as far as Kodokan judo, competitive karate, kick boxing, wrestling, fencing, and boxing are concerned, we are all for them — but *not* insofar as self-defense and hand-to-hand combat training is concerned. That is, and must remain, separate and distinct from any and all sporting venues.

Certain principles obtain in real combat:

- Offense — extreme and unhesitant offense — must be the foremost tactical imperative
- Ruthless disregard for the enemy (attacker) is mandatory. A violent criminal assailant or enemy soldier can be expected to have no mercy or compunction about killing you or maiming you in any way he can; and you must have a similar attitude or *you are not prepared to engage him*
- You must *seriously injure* your enemy (not try to inflict “pain” on him) as soon as possible

- You must *keep on attacking and damaging your foe* in any dangerous hand-to-hand engagement
- You use anything at hand or in your hand to assist you in destroying the enemy in combat — regardless of whether he himself is in possession of any weapon
- Deceit, deception, foul and unethical tactics, the employment of the most unfair and unsporting tactics and techniques must be *embraced, instilled, and made instinctive and reflexive*, so that when an emergency presents itself, these measures come as naturally and automatically as blinking your eyes
- You must be prepared for *anything*. There are no rules, and there is no referee, round two, or rematch in a *real* combative engagement
- The enemy must be assumed to be your physical superior, to be armed, to be *assisted by another or others* (even if you have not seen them present at the outset), and to have as his intention the purpose of maiming or killing you
- You can never be sure of knowing accurately the degree of physical strength, skill, or agility of the attacker or adversary in any violent encounter
- Real attacks and hand-to-hand battles occur in awkward, cramped, hazardous, irregular, and often debris-strewn environments. It may be raining or snowing. It may be dark outside, and your night vision may not be fully adjusted because you just left a well-lit area. The ground may be concrete, sloping woodland, and irregular. It may be covered with rocks, twigs, or jagged pieces of discarded glass.
- If you are a military man (and quite often, in winter weather, even if you are not) your clothing will almost inevitably be restrictive and inhibitive of the actions possible when you are wearing a gi, shorts, or a wrestling suit
- When you are attacked or find yourself needing to engage a deadly enemy in unarmed or close-in combat you may be suffering injuries, not be able to utilize both arms and hands, or you may be ill and at greatly reduced

combative capacity.

When you take time and seriously consider those **facts** regarding what *real world self-defense and actual hand-to-hand combat* entails, includes, and involves (and ***demands preparation for***) it becomes obvious that the use of blows rather than holds, throws, pins, and assorted other wrestling type actions are best suited for real battle. “Blows”, remember, refers to:

- **Open hand strikes**
- **Fingertips thrusts, jabs and gouges (to the eyes)**
- **Seizing and clawing (the face, ears, testicles, throat)**
- **Biting**
- **Head butting, kneeing, elbowing**
- **Low stomping kicks, shin-breaking kicks, and kicks to crush the insteps/toes, as well as kicks to the testicles with the ball and crook of the foot**
- **Jabbing, crushing, smashing, choking, and beating, cutting, stabbing, or ripping with *anything* at hand during an encounter *along with* your natural weapon capability**
- **Using any manufactured, hand-held weapon in an encounter *along with* your natural weapon capability**

We are *not* speaking of the usual clenched fist punching and acrobatic, high kicking that comprises 98% of the classical/traditional martial arts moves as these arts are customarily taught (and as they are used in competition). Clenched fist punching plays only a very minor role in serious hand-to-hand

combat, with the open **side** and **heel** of the hand taking first place as the premier hand blows in unarmed combat.

Many of the supposed advantages of grappling (i.e. like the one that suggests that when one moves *in close* one negates the opponent's ability to hit) can be seen as a fallacy, because *when using the types of blows included in a true all-in close combat curriculum*, there are dozens of ways a combatant can gouge, bite, crush, pound, jab, smash, and batter a grappler. The blows of unarmed combat are ***not*** the blows of competitive sport or of classical *jiyu kumite* sparring.

Visitors may order our Publication on CD, *The Most Effective Blows Of Unarmed Combat* (see description and ordering instructions elsewhere in this Newsletter) and it will become immediately evident from a careful reading that using the core set of **sixteen basic blows** alone — which comprise only about one third of the total number of strike options and methods taught in *American Combato* — one can pretty much adapt to any position, opponent, situation, or circumstance of close combat or self-defense that might arise.

To answer the rhetorical question asked in the title of this article, “*Who says that ‘blows of the hands and feet are superior to throws and grappling in hand-to-hand combat?’*” we remind you:

Applegate said it.

Fairbairn said it.

Sykes said it.

O’Neill said it.

Brown said it.

Begala said it.

Biddle said it.

Styers said it.

Martone said it.

Leather said it.

Cosneck said it.

Jorgenson said it.

Dempsey said it.

Sigward said it.

Kawaishi said it.

Butler said it.

Keehan said it.

Harris said it.

Carlin said it.

Trias said it.

McSweeney said it.

Perkins said it.

Lee said it.

Visitacion said it.

Saviano said it.

Tegnér said it.

Nelson said it.

••• and *We say it, too*. And dozens upon dozens of actual combat veterans, teachers, and peacetime as well as wartime instructors inside and out of the military, law enforcement, and intelligence community have said — and are *saying* it — also.

There's only one simple reason why we all say it: *It happens to be true*.

Bradley J. Steiner

Are There “Born Fighters”?

(And are you out of luck if you aren't one of them?)

COMBAT remains as different and as distant from sport as *war* remains different and distant from *peace*. Throughout history there have always been unusual individuals who seemed intuitively to know and to understand this, and to be “natural, born warriors”. (Actually, of course, no one is a “born” warrior. Early childhood experiences, conclusions drawn by the individual as a result of those experiences, and decisions made regarding what to do in life and how to behave and function in accordance with that which those decisions logically imply, has caused some to *appear* to be “born warriors”. In effect, these were people who simply acquired the warrior's mindset very

early in life.)

“Wild Bill” Hickok was such a man. So was James Bowie. So was Audie Murphy. In Asian history there was of course the legendary Miyamoto Musashi. Etcetera.

Not all of history’s aggressive individuals were per se good guys. A classic example of one who was a bad guy is Richard Kuklinski. Another, Sammy “The Bull” Gravano. Tough, aggressive, apparently *born to do battle*, these infamous types also were merely the product of their childhood experiences (and in some cases subsequent experiences, as well) and the *misguided* and *wrongheaded* conclusions that they drew from them, and the decisions they made regarding how they would conduct their lives in light of those conclusions and decisions.



WILD BILL HICKOK. A DEADLY, DECISIVE GUNFIGHTER WHO “KNEW THE SCORE”. IN FACT HICKOK WAS SO DECISIVE, AGGRESSIVE, AND LETHAL, THAT HE ONCE REFLEXIVELY TURNED IN THE HEAT OF A GUN BATTLE AND SHOT HIS FRIEND WHOM HE MISTOOK FOR AN ENEMY APPROACHING FROM THE REAR. NO “SHOOTING SCHOOL” PRODUCES A BILL HICKOK. SUCH MEN ARE SELF-MADE — PRODUCTS OF THEIR CHOICE TO BE WHAT THEY ARE AND HOW THEY ARE.

In other words, said as simply as possible, *the warrior or fighter is a product of the choices and decisions that he has made about himself and how he will live, and how he will deal with the milieu in which he lives.*

If **you** feel in need of acquiring a tougher, harder, more realistic perspective, and a “warrior’s” or a “fighter’s” attitude and mindset, then you have only to proceed to change your philosophy, and work toward altering your previous conclusions about what is and what is not a suitable way in which to deal with

unprovoked violence and/or potential troublemakers who come your way. (We are *not* now advocating the acquisition of a Kuklinski or Gravano mindset; rather that of a James Bowie or Audie Murphy, etc.).

We really must recommend, for anyone identifying with the subject at hand, that he order and *study assiduously* our book, *Mental Conditioning For Close Combat And Self-Defense*. It provides an in-depth, comprehensive guide to achieving *exactly* that which the title specifies.

Almost everyone has his first experience and encounter with violence as a child. How those early experiences unfold, and what each individual concludes in regard to that which he experienced, tends to set the stage for how he feels and thinks not only about violence in general, but *about how he as an individual is able to cope with violence, and also about what he as an individual ought to do about violence, should it come to him again.*

Some very few kids, when set upon by a bully, simply fight back and — whether successful or not — draw from the experience the conclusion that when they are attacked they must defend themselves, *but they must never become like the sort of bully who attacked them.* The degree of reasonableness and healthy family upbringing that such a conclusion would require of a child, precludes this reaction being the statistically preponderant.

Most children are *successfully* bullied, when they are bullied at all. This is because **a)** Bullies carefully select — or try to carefully select — those whom they proceed to torment and abuse, and **b)** Most children feel scared and inadequate when they are bullied, simply because the experience is foreign to them, and being bewildered, they attempt to run, they freeze, or they attempt such futile actions as simply “covering up” as they are pummeled.

Some of these children manage to think about their predicament and conclude that they need to learn how to defend themselves. (Often, this decision does not come about until their late teens or adulthood, unfortunately — when they’ve “had enough”). The majority of kids simply keep repeating and repeating and repeating that same initial reaction that they first had to their first experience being bullied, and they begin to think that being a non violent,

passive or helpless victim is “just the way they are”. They make the mistake of thinking that they were *born that way*.

The reactions of children who have been the targets of abuse and bullying at home tend to take one of two different paths: **1** - These children explode with rage and become, themselves, pretty feared “tough guys”. They often vanquish their would-be tormentors and establish a reputation of their own as “bad dudes with whom you just do not mess”, or **2** - Such children *blame themselves* for the fact that they have been targeted for attack. They conclude — *erroneously* — that there’s something wrong with them; that it’s something about them that provokes and perhaps deserves such treatment. Obviously, both categories of children just described have drawn unfortunately inaccurate and wrong conclusions about themselves and about what constitutes an appropriate reaction to unprovoked physical violence.

But the important thing to get from all this is that ***INDIVIDUALS DECIDE, AND INDIVIDUALS CREATE AND SUSTAIN IN THEIR OWN MINDS THAT WHICH BECOMES THEIR PERSONAL SELF-IMAGE, AND THEIR BELIEF ABOUT THAT WHICH THAT CAN AND OUGHT TO DO IN DIFFICULT OR DANGEROUS SITUATIONS.*** They establish (although they often are not aware that they do) their own “mindset”.

Mindset can be changed.

If you’ve been paying attention so far then you already understand the most important thing that you need to know in order to change *your* mindset — assuming that you believe it needs changing. That is, you understand that you are in complete charge of how you perceive yourself, what you believe possible to yourself, and what you will determine to be how you behave in whatever circumstances or situations you are concerned about.

There are no “born fighters” or “born warriors”. You are completely free to acquire the combat mindset and to set yourself so that — no matter what may have happened in your past and no matter how frequently it may have happened — you will “get tough” (to borrow Fairbairn’s words) and

acquit yourself splendidly if ever you need to defend yourself against anyone. This is by no means an assurance of *victory*, but it is an assurance that you can and will fight back fiercely and aggressively and relentlessly *if* you ever need to do so, and *if* you have rethought old premises and conclusions and decided — *damn them all!* — that you ***WILL*** bring your abilities to bear with total commitment should you have to do so, and your training and practice in combatives will be called upon without question or delay, in any future emergency.

There are no born warriors, fighters, or combatants. Warriors and fighters are *made*, not born; and whenever you decide to do so ***you*** can make ***you*** into the self-defense fighter that you want to become. The techniques and physical training will take you some of the distance . . . but that ***established mindset*** and ***thoroughly conditioned psyche*** will take you all the way.

The Shin-Scrape-Stomping Kick

WHILE the techniques of practical self-defense and effective unarmed and hand-to-hand combat are extremely undramatic, lack flash and sizzle, and really would more than likely cause people to skip over any “martial arts magazines” on whose covers the techniques were depicted, they do possess one saving grace: ***They work, and they work splendidly!***

One of these outstanding techniques is a simple variant of the low combat side kick to the knee. It should be emphasized early on in training, and every self-defense student should learn to do it well, and should learn to apply it automatically, whenever some physical assailant is in close. It has great merit for women who very often experience an attack against themselves as an initial, close-in grab at one of their limbs, or as an attempt to pull them in close to their attacker.

The technique is the *shin-scrape and stomp*. If you have not been practicing this kick, *begin to do so*. It is outstanding.

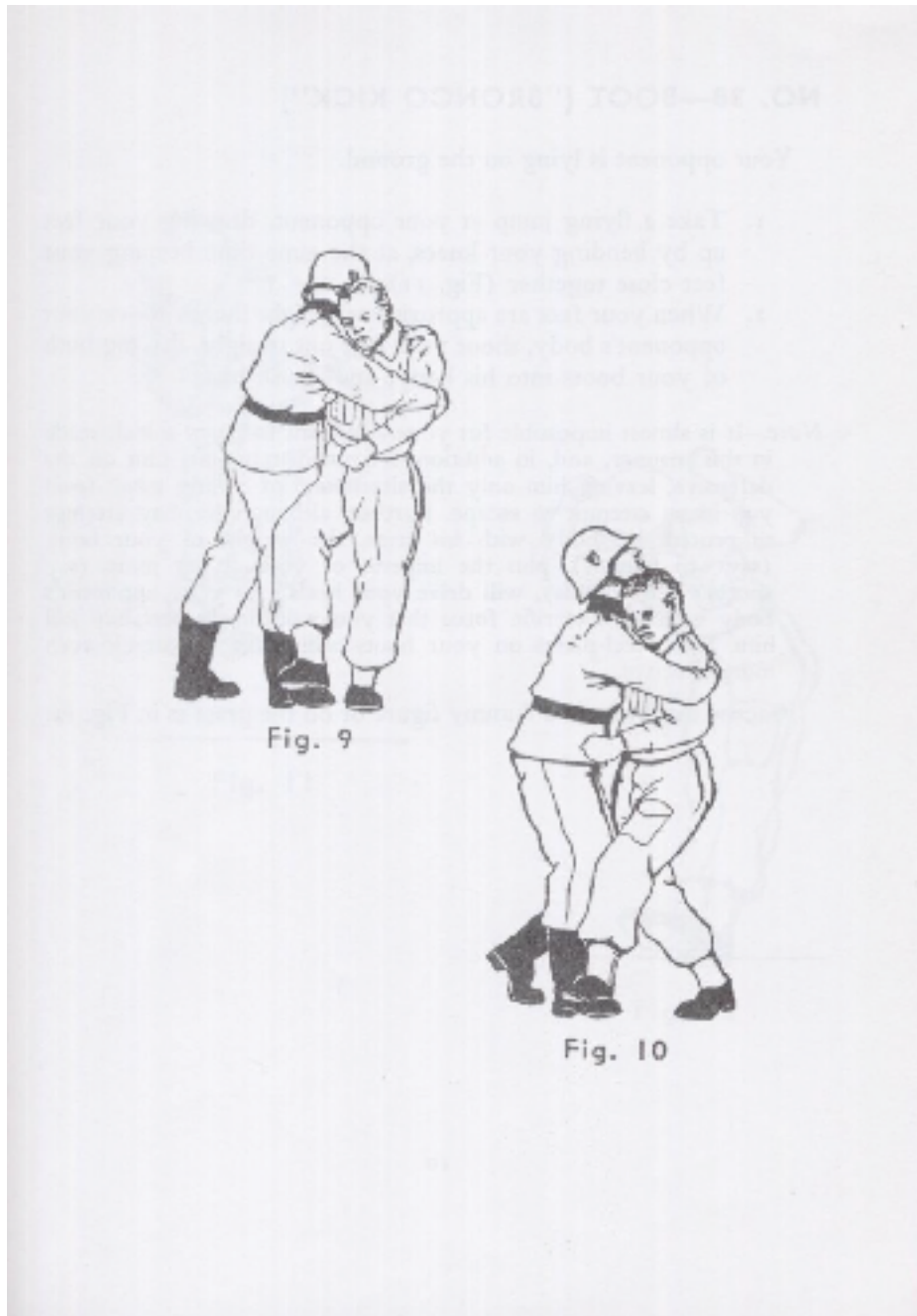
There are two variations of this kick. Each is extremely effective, and

depending upon the nature of the close-in positioning of the attacker relative to the defender, one of them will sometimes be better suited to the situation than the other. One version uses the **outside** edge of the foot, and the other version employs the **inside** edge of the foot. The latter seems for most people to be best suited when an adversary is very close in front (perhaps in the process of applying a frontal “bear hug” type attack, or pinning you to a wall, etc.). The former appears to be most practical for the majority of students when the adversary is in front of them, but not body-to-body. Experiment. It may well be that you will find each variant to be equally effective in all cases, or that you will discover some pet uses of either or both of these kicks that will suit you well in a variety of situations. These kicks are *versatile*.

Variation 1: Using the outside edge of the foot

Let us assume that you will be using your *left* foot to kick. You are standing off-angled to your enemy, *left side leading*. (**Note:** Once you’re really good with this kick it can be employed when facing your man head-on. However, this should *never* be encouraged, as off-angling to a relaxed but ready position should come automatically whenever someone whom you do not know personally, approaches you.)

Suddenly flex your left knee, raising your left foot several inches off the ground. Now smartly *whip* or *snap* your left foot’s *outside edge* as powerfully as you can into either of your adversary’s shinbones, just below the knee. Upon impact with the opponent’s shin, quickly *shift all of your bodyweight forward and onto your left foot*, driving downward against and through the target shinbone, ending by crushing down with every ounce of your bodyweight onto the opponent’s instep. This may well break the enemy’s shinbone and his instep — especially if you are wearing boots. Even barefoot, however, this kick will injure the enemy’s leg severely and may result in broken bones.



ABOVE: THE TERMINAL POINT FOR EACH OF THE STOMP KICKS. FROM *ALL-IN FIGHTING*, BY W.E. FAIRBAIRN.

This kick, as well as Variation #2, may be employed offensively or defensively. In *All-In Fighting* Fairbairn describes Variation #2 strictly as part of a defense against a close-in grab. This is unfortunate, since the use of this kick as an *attacking* action — before the enemy has a chance to close — is highly effective.

Variation #2: Using the inside edge of the foot

If this kick is used against an attacker who has seized you from the front it makes no difference which foot you kick with. However, when this kick is applied *offensively* — before physical contact with the enemy occurs — then the rearmost foot is employed from an off-angled relaxed-ready stance.

With all available speed of movement *snap* your rearmost foot directly forward, turning your toes outward, thus enabling the inside edge of your foot to hit the target. Your foot should connect sharply and solidly with the enemy's shinbone — just below his knee. Shift bodyweight forward onto the kicking foot and bear down whilst endeavoring to drive *through* the enemy's shinbone. Crush *in, down, and through* the shinbone and instep, hopefully crippling the enemy's leg by breaking his shin and instep.

Practice both versions of this outstanding kick and *get good with them!* They are simply versions of the **basic side kick**, and the **snap kick**, respectively, and it should not take longer than two to three weeks of practicing daily for a few minutes, to perfect these kicks. More comprehensive discussion and description, with suggestions for training, is contained in our CD Manual, *The Most Effective Blows Of Unarmed Combat*.

Get REAL In Your Training, Now!

REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. *THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT* — \$13.

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

3. *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* — \$30.

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. *RULES OF SELF-DEFENSE* — \$17.

Perhaps the most politically INCORRECT presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING!

Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. THREE MONOGRAPHS — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

ALL OF THE ABOVE RECORDED IN THE HIGHEST QUALITY SPEED, AND ON THE FINEST QUALITY CD DISCS IN "PDF" FORMAT FOR YOUR CONVENIENCE AND LIFETIME LEARNING.

Also available is the quality revised *Paladin Press*

reprint of our 1970's Classic that "started it all" in this "WWII methods/practical combat/offense based fighting, etc." movement:

***The Tactical Skills of Hand-to-Hand Combat* —
\$14.**

We will autograph your copy, and we will include a document available from no other source, explaining the significance and role of this little

Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

We pay first class postage on all purchases, except foreign orders. Please include **\$3.00** per item, additional (U.S. dollars) to cover air mail shipping overseas. Send your orders, with cash or money order only payable to:

**BRAD STEINER
P.O. BOX 15929
SEATTLE, WASHINGTON 98115
U.S.A.**

Try This Five (Or Ten!) Minute Timer-Training Idea

HERE is a training idea that we came up with about 20 years ago that we're certain will be of great value to anyone who is serious about developing a high level of ability with unarmed and armed combat skills.

As you certainly ought to know, and perhaps do know, it is *high repetition practice* — repeated *drill* — over, and over, and over again, that trains the motor memory and that truly instills techniques so that in any emergency those techniques surface *instantly, in correct form*, and are done with 100% speed, power, accuracy, balance, and mental focus (*without* the distraction and delay of needing to *think* about what to do).

It is necessary that combat techniques be simple and readily performable via the employment of your major muscle groups, and through the use of *gross* — rather than fine — motor actions.

Assuming that you have valid, war-proven combat and self-defense techniques to work on, and that you have learned the correct technical performance of them, employ this practice method once or twice a week:

Get a small kitchen bell timer. These are very inexpensive and they are very valuable when used as we shall describe.



ONE OF THESE SIMPLE, INEXPENSIVE DIAL TIMERS THAT SOUNDS A BELL IS WHAT YOU WANT .

Select a technique that you wish to focus on and perfect. It might be a simple, basic blow, such as a handaxe chop or a knee attack. It could be a combination that you feel is ideally suitable to yourself, or it could be a counterattacking action. Just make sure you select only *one* technique to work on at a time.

Set your timer for five minutes. Now turn away from the timer and do not look at it. Begin to practice the technique that you have selected. Do it over, and over, and over, and over again — and try to do it like you would if you were fighting for your life. *Visualize* an enemy against whom you are defending yourself. *Feel* the desperation. Strive to put more and still more into every repetition of the technique that you are working on. Think of nothing save applying that technique with every ounce of speed, force, and mental focus that your capacity permits.

Continue repetition after repetition after repetition until your timer rings. Full force. Full speed. *Total* combat attitude and mental immersion.

You will be amazed if you really apply yourself to this drill how powerfully it affects your development and mastery of the technique that you work on.

By abandoning all concern with “number of counts” or repetitions that you do, and focusing *only* on delivering the technique as you would in life-or-death battle, you turn your practice into something as close to real combat as possible.

In the old days karate masters would often have their students train on the *kata* by having them do one repetition of a full kata after another — fast and powerfully as possible, with murderous, total mental focus — until the student simply collapsed or threw up. Training to such a point of personal exhaustion is not necessary, but it hints that the type of training method we suggest had at least been peripherally understood in the past. Judo players will often train by high repetition drill doing a pet throw’s initial steps again and again and again — for sometimes 100 or more repetition. Same general idea as ours.



TRADITIONAL KATA ARE PRACTICED IN A MUCH “TAMER”, LESS FANATICAL WAY THAN THEY WERE WHEN *KARATE* WAS UTILIZED PURELY FOR COMBAT. SUCH UNIFORM CLASS DRILLS PROVIDE EXCELLENT EXERCISE, ARE ENJOYABLE, AND DO TEACH THE *MOVEMENTS* OF KATA. HOWEVER, THE SPIRIT OF COMBAT, AND THE DEVELOPMENT OF ACTUAL BATTLE SKILLS IS THE RESULT OF INTENSE, SOMETIMES BRUTALLY FANATICAL FOCUS AND HIGH, HIGH REPETITION PRACTICE. CLASSICAL/TRADITIONAL KARATE IS NOT RECOMMENDED FOR MODERN SELF-DEFENSE OR HAND-TO-HAND COMBAT. *HOWEVER*, THE ORIGINAL PRACTICE METHODS THAT KARATE EMPLOYED WERE INFINITELY MORE CONDUCTIVE TO REAL COMBAT ABILITY THAN THE PRESENT-DAY “DILUTED” METHODS AND SPORT-ORIENTED METHODS.

By using a bell timer you need not have anyone present to call the time, and you need only concentrate on *doing the technique*.

Question: “Can I use this method of training by drilling blows against a post or dummy?”

Answer: “Of course.”

Question: “Will this training method help me to learn the essential combat

techniques?”

Answer: “**No.** Learning any technique should be done carefully and slowly enough so that any errors in movement or subtle application of body power can be detected and corrected straight away. *Learning* techniques also requires conscious focus and thought in regard to the mechanics of the movement, per se. You want to use the timer training method only with techniques that you have *already learned to do correctly*. This practice builds your ability to **do** the technique”

Added benefits that will accrue from using this drill method regularly include:

- Reciprocally beneficial effects on your development and performance capability with virtually all of the other techniques in your skills repertoire. By improving your *side* kick, for example, you will indirectly be effecting subtle improvement in your knee attack, front kick, snap kick, and back kick.
- Physical conditioning benefits. (Always ancillary to the purpose of building combat abilities; but a nice benefit, nonetheless).

Question: “Would you recommend this method for weapons training, as well?”

Answer: “***Absolutely!*** ‘Jelly’ Bryce — perhaps the greatest combat handgun gunfighter who ever lived — utilized a similar high-repetition practice method in order to perfect his draw-and-fire ability. He simply stood before a mirror and drew-and-dry-fired, drew-and-dry-fired, and drew-and-dry-fired some more — *daily!* — as his regimen of practice. Bryce once drew his sidearm (as an FBI agent) and shot and killed two men who already had their guns drawn and pointed at him! Nothing — ***NOTHING*** — is as valuable as deadly serious, totally focused, high repetition practice of an armed or unarmed combat technique in order to perfect it for real world applications! And all that we have said applies to the *stick*, *tomahawk*, and *fighting knife*, etc.”

Question: “What about working both left and right handed? “

Answer: “Yes . . . you will obviously need to do this. It is only half effective to develop any combat technique on *only* the right or left side.”

Once you’re “into” this training method, try setting your timer for *ten* minutes. Yes — always working *each side*.



THE LEGENDARY — ALMOST UNBELIEVABLE — “JELLY” BRYCE. NO ELABORATE SHOOTING EXERCISES OR COMPETITION EVENTS . . . JUST HIGH REPETITION DRILL (SOMETIMES FOR HOURS AT A TIME!) COMBINED WITH THAT WHICH WAS OBVIOUSLY GENETIC PREDISPOSITIONS TO PHYSICAL EXCELLENCE AND HAND/EYE COORDINATION) IS WHAT IT TOOK TO PRODUCE THIS PHENOMENAL REAL LIFE GOOD-GUY GUNFIGHTER. YOU CAN USE THE TIMER METHOD OF PRACTICE TO PERFECT YOUR POINT SHOOTING ABILITIES, TOO!

As we receive numerous requests to quote items that appear here in *Sword & Pen* and on our other site, www.seattlecombatives.com, from the various sections there, we will again state the terms by which our material may be used **and used only non-commercially**:

- 1. We must be quoted in context.**
- 2. Credit must be given for that which is quoted/referenced.**
- 3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, or school may be made with our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse in writing may be utilized as an endorsement or suggestion of our personal agreement.**

It must be remembered that *Sword & Pen* and the entirety of www.americancombato.com and www.seattlecombatives.com is copyrighted, private intellectual property. Anyone interested in the *commercial* use of any of our material should contact us directly, in writing.

PLEASE be sure to tell others about this and our other web site. We would like as many as possible to benefit from the information and technical advice that we provide!

Until next month, we wish you good training!
Stay combat ready!

YOURS IN DEFENSE,

Prof. Bradley J. Steiner

www.americancombato.com

www.seattlecombatives.com

— e n d —