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SWORD and PEN

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

AUGUST 2012 EDITION

www.americancombato.com

www.seattlecombatives.com

**DON'T FORGET! WHEN YOU'RE FINISHED READING THIS
EDITION OF SWORD & PEN, CHECK OUT OUR OTHER SITE:
WWW.SEATTLECOMBATIVES.COM. THERE'S A TON OF
EXCELLENT INFORMATIVE AND INSTRUCTIVE MATERIAL
THERE, PLUS NEW ARTICLES ADDED EVERY
MONTH THAT YOU WON'T WANT TO MISS!**

Special Note Of Recognition And Appreciation:

**John Harding, Training Officer with the London Metropolitan Police in
London, England, and Associate Teacher in ICMAF, has recently
been awarded the MBE in the Queen's Birthday Honours for services**

to policing (i.e. the Defensive Tactics Training that he has done over the years for the Metropolitan Police). (Note: “MBE” stands for “*Member of the British Empire*”. It is a distinguished award, rarely granted).

We are proud of John and of his accomplishments in the close combat field and, as is the case with *all* of our Associate Teachers, we are proud to have him with us.

In Memoriam

We learned that Jesse Glover, one of Bruce Lee’s close friends and one of Lee’s first students, passed away at age 77, this last June 29th. A friend of ours (formerly a noted writer for the martial arts publications, today a prosecuting attorney in Washington State) was a student of Glover’s for some time, and one of our own Black Belts (a retired Seattle Fire Fighter) had met Bruce Lee when, in the 1960’s, our student was a student of Glover’s.

We have for many years had a profound respect for Jesse Glover. First, because of the man’s authenticity. Unlike the plethora of “instructors” who claim to have trained under Bruce Lee, or to “be teaching Lee’s Jeet Kune Do”, Jesse Glover was *truly* a close friend and student of the late much-publicized (read: *exploited*) kung fu teacher, and he *did* incorporate what Lee had *actually* taught him in the self-defense training he gave, which he referred to as “Non-Classical Kung Fu”. The second reason for our profoundly respecting Jesse Glover is because he *NEVER* exploited or “cashed in” on his legitimate ties to Bruce Lee. He stated them, wrote honestly about them, acknowledged Lee’s friendship and contributions to his own development, but — unlike the commercializers — never endeavored to jump on the Bruce Lee Bandwagon that started rolling right after Lee’s death.

We are saddened by the passing of this fine man and fine teacher.

E D I T O R I A L

You Actually Have To Do Something

THOSE disgraceful emporiums of false promises and incompetent instruction known as “health clubs” make their fortunes by capitalizing upon what is common knowledge about the typical person: i.e. He can be brought to a peak of enthusiasm for the span of time it takes to do a sales pitch, and then he will sign on the dotted line. Now the health club has the fellow legally bound to monthly payments, and the club’s income has been boosted. *The club owners know very well that almost no one will come regularly after a few weeks of working out (if that long), and so the club just focuses on enrollments. “Once the person signs up, get his money and . . . to hell with him” — is their philosophy.*

There are MANY martial arts schools that function in a similar manner. They know very well that the typical student has the motivation, attention-span, discipline, and drive of a lazy slug; that inside of a month he will likely drop out. *Yet “black belt courses” sell like hotcakes.*

It’s the same with DVD programs. There are pathetic individuals whose shelves are crammed with books and DVDs, and who **do not train**. “Somehow” these individuals feel, they will find the perfect book or DVD and *that* will — finally — give them the confidence and ability that they want.

N O N S E N S E.

In order to develop solid skill and justifiable self-confidence, *you have absolutely got to train*. And train hard. The only “short cut” that exists is training in quality combative skills rather than in classical or competitive arts. But training in quality combative skills does not mean “easy” or “no” training! You still must apply yourself to the task of making your body capable of doing the techniques that are required for self-defense. We incessantly stress this to our personal students in classes and in private lessons. Those that pay

attention, gain a hundredfold for their efforts. Those who do not pay attention, drop out and get nowhere.

One of the critical points that we stress over and over again in our home study DVD program is that *merely watching the DVDs will not result in the acquisition of physical skill. Nor will it imbue the viewer with confidence.* How could it? You must **make the skills your own by practicing them until they have been mastered.**

Our DVD program offers ten times more than anyone would likely ever need for complete close combat and self-defense abilities; but that offering is conditional upon the purchaser *learning and developing* what the DVDs carefully explain, describe, and demonstrate. Osmosis plays no part in transferring the knowledge and information on the DVDs to the viewer!

To develop a high level of strength and fitness **hard training** is required. You cannot escape the need for disciplined, regular, effortful workouts with weights. If you follow this course then you *will* get stronger and you *will* be capable of backing all of your technical skills in close combat with enhanced strength and coordinated efficiency. If you don't then you won't. It really is that simple.

One of our purposes in producing this Newsletter every month, and in posting new articles each month on our other site (www.seattlecombatives.com) is to persuade interested individuals of the *truth* regarding combat and defense training, and to encourage them, despite the temptation of the prevailing nonsense in today's popular martial arts scene, to accept the truth.

First and foremost you must understand and accept that combat/self-defense training has nothing to do with sport or with classicism. Then you must appreciate that there are no mysteries, secrets, or "hidden" methods of becoming expert in the art of personal combat. The methods are direct, straightforward, and simple. ***But acquiring them requires hard work. You must DO something***, not merely "listen" to someone, or "watch" something. If you really get this then you're well on your way.

Bradley J. Steiner

“DID YOU SAY ‘INDIAN CLUBS?’”

WE love the *Oldtime Strongmen* web site (oldtimestrongmen.com). Having been passionately devoted to weight training for almost as many years as we have been to the combat arts, and having pushed for weight training as **THE** necessary supplementary training for all combative arts students, since the late 1960's, we are a staunch and unrelenting advocate of sensible physical training with weight resistance exercise for all who train in close combat and self-defense.

In point of fact we authored the first article on weight training for martial arts practitioners in this Country (i.e. *WEIGHT TRAINING FOR THE BUDO-KA*, which appeared in the now out-of-print *Strength & Health Magazine* in the late 1960's).

We note that a most interesting article appears on the oldtime strongmen site authored by Dr. Ed Thomas, regarding *Indian Clubs*, and mentioning — of all things! — their application to martial arts training. We do recall our old *Varmannie* teacher (“Swami” Vrygananda, at *The Jiu-Jitsu School Of India*) mentioning Indian clubs as a physical training medium, but our mind was on **weight training** with barbells and dumbbells, at the time. We in fact began regular weight training in 1963, at age sixteen. We never trained with Indian clubs, but today, as a physical training and close combat professional we certainly can appreciate that this method of conditioning has value. We do not think that Indian clubs (although certainly a *form* of resistance exercise) can ever substitute for serious, heavy barbell and dumbbell, heavy pulley, or Nautilus training. *However* . . . we think it all but self-evident that proper training with Indian clubs can serve as a most interesting form of exercise that provides a change of pace in your training, perhaps serving as a kind of break from heavy barbell work, for a few weeks or so, every now and then. They might even be a good warmup medium before a heavy workout or a practice session.



ABOVE: A PHOTOGRAPH OF TRADITIONAL INDIAN CLUBS, TAKEN FROM THE OLDTIMESTRONGMEN.COM SITE. YOU MIGHT WANT TO OBTAIN A PAIR OF THESE AND USE THEM OCCASIONALLY AS A BREAK FROM HEAVY BARBELL AND DUMBELL WORK. THEY ARE CERTAINLY IDEAL FOR TRAINING WHEN AWAY FROM HOME, IN A HOTEL ROOM FOR INSTANCE.

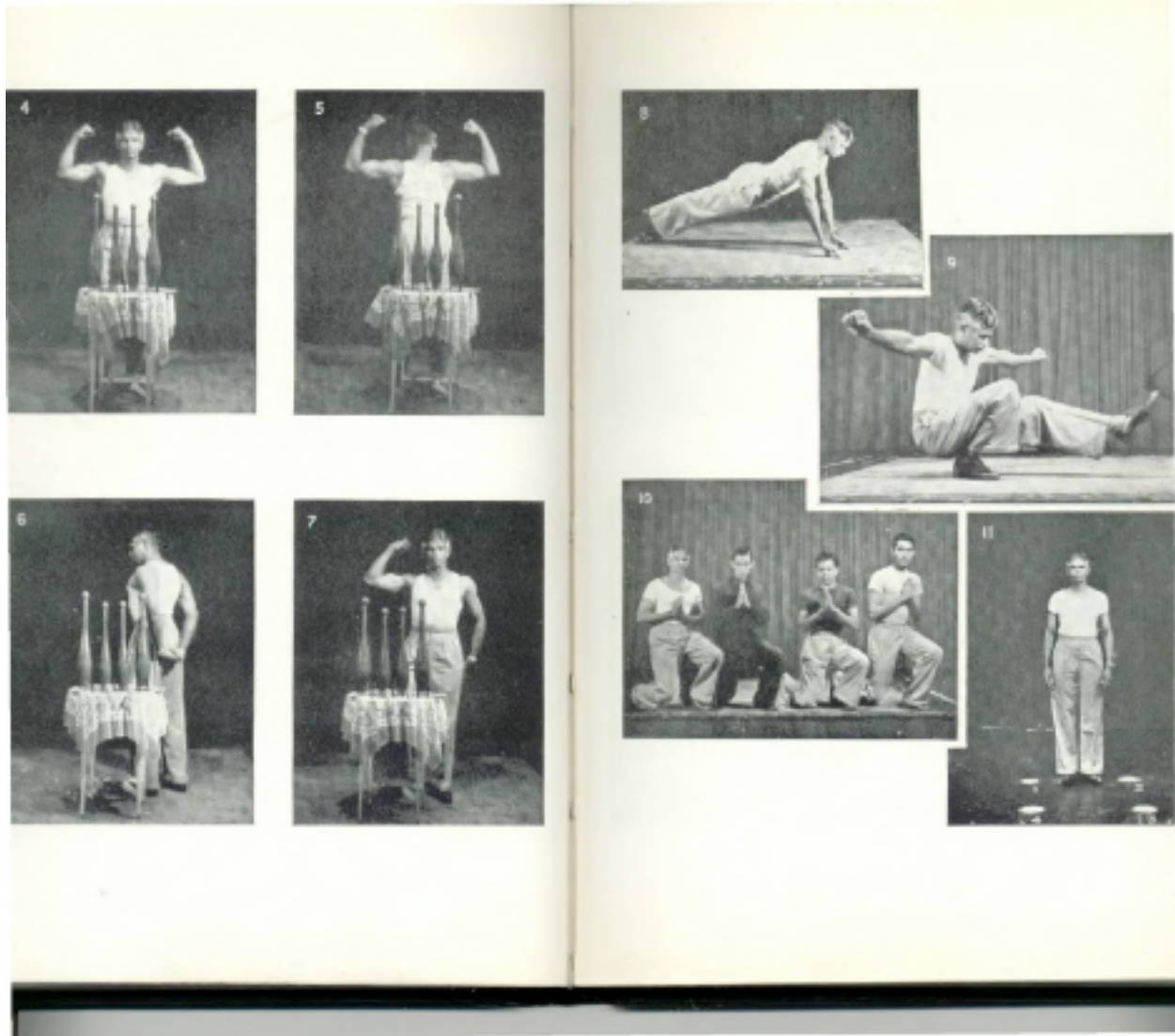
The idea of swinging a club for physical exercise has long been recognized as valuable in the classical/traditional martial arts. The Koreans had an ancient training form known as *charyuk* (cha'-ree-ook) that included some exercises

of this type, using tree limbs. At the Japan Karate Association (premier purveyor — “Hombo Dojo” — of the *Shotokan* style of Japanese *karate*) one exercise utilized by advanced *karateka* is club swinging. Not Indian clubs, but a lengthy, heavy club which duplicates the *kind* of swinging actions that the Indian clubs emphasize. If we correctly recall, you may see a photograph of the late, truly great *karate* master Hidetaka Nishiyama demonstrating the club swinging exercise used at the JKA in the classic text *Karate: The Art Of “Empty Hand” Fighting*, which Nishiyama co-authored with Richard Brown in 1959. (It has been 50 years since we have perused this excellent work, so forgive us for not being able to refer you to the page on which the photograph appears!).

We can see how working with these clubs might be an excellent aid to refining your physical ability to use a *stick* and a *knife* in hand-to-hand combat, but of course you need to *practice the stick and knifework regularly*. Physical training **bolsters** and **supports** technical efficiency and effectiveness, but it *will never replace technical drill, and disciplined practice*.

Since Indian clubs are not heavy (one club weighs one or two pounds) they cannot build great strength. However, used as they are advocated by their proponents, they certainly provide good exercise; and in our opinion exercise with equipment is invariably superior to even a good calisthenic program.

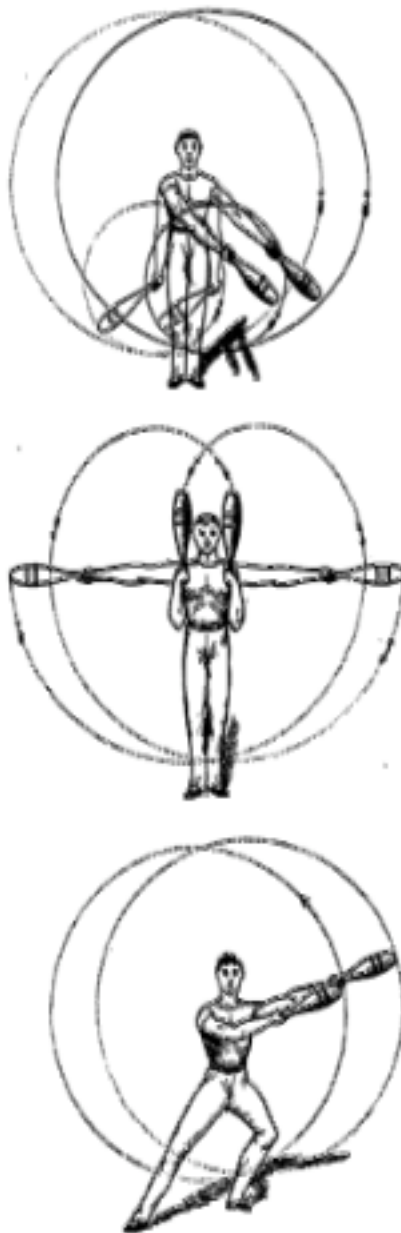
We would say that for anyone looking to add interest to his physical training program, he could not go wrong trying this new (to Western culture) form of exercise. It has stood the test of time, certainly; and a set of clubs is not expensive at all.



ABOVE: TWO PAGES REPRODUCED FROM THE LONG OUT-OF-PRINT BOOK, *SCIENTIFIC SELF-DEFENCE*, BY R.A. VAIRAMUTTU . VAIRAMUTTU TAUGHT A COMBINATION OF “CHEENA ADI” (CHINESE FOOT FIGHTING) AND *JU-JUTSU* AT THE *SCHOOL OF DYNAMIC SELF-DEFENCE* IN CEYLON, WHICH HE FOUNDED AND AT WHICH HE WAS THE CHIEF INSTRUCTOR.

ALTHOUGH WE ARE NOT PARTICULARLY IMPRESSED WITH SOME OF THE TECHNIQUES WHICH VAIRAMUTTU ADVOCATED, WE ADMIRE THE FACT THAT HE EMPHASIZED PHYSICAL TRAINING AND ITS IMPORTANCE. NOTICE IN THE FOUR PHOTOGRAPHS AT LEFT THAT VAIRAMUTTU POSES WITH *INDIAN CLUBS* OF VARIOUS SIZES, WHICH HE APPARENTLY EMPLOYED ALONG WITH CALISTHENICS (SHOWN ON THE PAGE ON THE RIGHT. CLEARLY,

THIS SHOWS A TIE BETWEEN *MARTIAL ARTS* AND *INDIAN CLUB* TRAINING.



ABOVE DIAGRAMS, BORROWED FROM THE OLDIME STRONGMEN WEB SITE, PROVIDE AN IDEA OF SOME OF THE EXERCISES THAT ARE TYPICALLY DONE WITH INDIAN CLUBS. THESE CLUBS MAY BE PURCHASED FROM THE OLDTIMESTRONGMEN.COM SITE. THEIR WEIGHT IS ONLY ONE OR TWO POUNDS EACH . . . BUT A SURPRISINGLY VIGOROUS AND STIMULATING WORKOUT IS POSSIBLE WITH THEM.

We hope that our visitors find this information regarding Indian club training to be at least interesting, if not motivational and sufficient to inspire some hands-on experimentation with the training method.

P.S. One parting thought. We cannot help but observe that a high level of skill in swinging two of those clubs might enable one to use the clubs themselves as weapons! (Just a thought).

DVD Course NOW AVAILABLE!
***(You Can Learn Self-Defense and Close
Combat At Home!)***

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense *realistic* and *war-proven* unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the *American Combato (Jen•Do•Tao)*TM 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.

CAUTION AND WARNING!:

These DVDs have been prepared in high quality and are protected by a COPY GUARD that prevents illegal duplication! These DVDs will play on DVD players and not on computers. Any attempt at unauthorized and illegal duplication may result in damage to the equipment employed.

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!

Instructors: Consider Very Seriously These Training Scenarios

WHERE and how do real attacks actually occur? In what real-life settings might you or you and your family be assaulted, confronted, mugged, or murdered? What combative actions will you *really* be able to use — not in the antiseptic environment of the training hall, but wherever your assailant(s) confronts you?

If you expect a 30 minute warmup session to be granted you, and the opportunity to change into a gi, and then enter onto a safe, cleared, well-matted contest area before any conflict commences (a conflict that will be undertaken with plenty of adequate space, lighting, temperature control, safety rules forbidding “too dangerous” actions to be rendered, and closely monitored by a referee) you have, to put it politely, a most unrealistic concept of what real world violence entails.

We know, from studying real violence and close combat for more than half a century, that you may expect **multiple** attackers, **weapons** to be employed against you, great **astonishment** when the attacker(s) moves on you, and the need to ***immediately shift your mental state to one of extreme aggressiveness and ferocity*** if you are to survive. *Many if not most violent offenders today thrive on merciless, senseless brutality. The passivity and cooperation of holdup victims rarely if ever saves them from a beating — or worse. And the fact that you have given no objective reason to your assailant for him to attack you means nothing. People are, for **no reason** stomped and kicked to death in today’s obscene and permissive society. And what’s more, in today’s world of rampant sociopathic lunacy-as-culture, violent offenders are more savage and barbaric*

than they have ever been before in our Nation's — or in Western civilization's — history. Note the resurgence of **cannibalism**, as well as random, senseless thrill killings of completely innocent, noncombative people by outlaw gang members and independent criminal scum. This last July the N.Y. Daily News reported *two* instances where children (one of them, a **baby only 14 months old**) were senselessly murdered. Urban America is no longer the jungle that it was in the late 60's/early 70's; it is now much worse than any jungle. **And no one can protect you, except you, YOURSELF.** Putting off learning practical, effective self-defense today is like putting off going to an ophthalmologist even though you've noticed that you cannot see the red or green traffic lights when you're driving!

But “learning practical, effective self-defense today” is no easy matter. The classical/traditional and the sporting/competitive schools will not give you what you need. And DVD courses by martial artists who recently-have-converted-to-the-practical (but who have little experience, or who teach standard martial arts) promising you everything but immortality, are nonsense and garbage. You need to look for a **professional**. If you are not able to train with our self, here in Seattle, or with Prof. Bryans, in Prescott, then you may either order our DVDs or contact us for a referral to an ICMAF Associate Teacher. We have several excellent Associates in other States, and there might be someone we can recommend, if you'll e-mail us. We do *not* charge any money for this. We are delighted to help steer people to *authentic* teachers who know what they're about.

Right now, as a help for those teachers who genuinely wish to slant their instruction toward realism and practicality, we wish to suggest some very helpful training scenarios that may be utilized to prove and to develop **genuinely** functional close combat and self-defense skills.



YOU ARE MUCH MORE LIKELY TO FIND YOURSELF UNDER ATTACK IN A PUBLIC RESTROOM THAN IN ANY WELL-MATTED, CAREFULLY MAINTAINED “DOJO”. YOU NEEDN’T TRAIN IN A PUBLIC RESTROOM, BUT YOU *DEFINITELY MUST BE CERTAIN THAT THE SKILLS YOU ARE WORKING SO HARD TO ACQUIRE WILL BE DOABLE IN SUCH AN ENVIRONMENT.* OTHERWISE, YOUR TRAINING MAY PROVE TO HAVE BEEN A COMPLETE WASTE WHEN SUBJECTED TO THE ACID TEST OF REALITY!

Rest rooms have always been popular places for scum to attack their victims. Consider the scenario of being cornered and attacked in a public restroom. Recently one animal and his accomplice (the bouncer at the establishment where the restroom was located) kidnapped, robbed, and punched a smaller, non-resisting young man who was a patron at that particular club. Sentenced to a mere pittance — i.e. 364 days — for the multiple felonies that this sewer animal had committed, he all but got off scot free following his arrest, trial, and conviction. This bouncer and his accomplice, who took a video of the event, were both larger and clearly more powerful than their non-resisting victim. *This attack could have been deadly, and in our opinion such attacks always are potentially deadly . . .* and there’s nothing about a public restroom that approximates a dojo. Consider how your skills can be adopted to such an attack site.

The nightmare of being attacked when you are out with your family is one that is rarely if ever considered by so-called “martial arts instructors”. It certainly is a scenario that justifies deadly (and armed) force, since the lives of your children and spouse may be immediately at stake, no less than your own. God knows there are sufficient documented cases of families and family members being murdered at the hands of savages who ambush them in public parks. Consider how your skills can be adopted to handle an attack in such a nightmarish context.



TAKE A GOOD LOOK AT THE ABOVE SCENE. *THIS* IS A POSSIBLE SCENARIO IN WHICH A VICIOUS AND DANGEROUS ATTACK MIGHT COME. PARKS AND RECREATIONAL AREAS ARE VIRTUAL HUNTING GROUNDS FOR SCUMBAGS. HOW MUCH OF THE SKILLS AND TACTICS THAT YOU DRILL IN ENDLESSLY IN THE DOJO WOULD WORK FOR YOU IF YOU WERE *THIS* MAN, AND IF TWO OR THREE VIOLENT PUNKS ATTACKED YOU AND YOUR FAMILY? AND WHEN IT COMES TO WEAPONS FOR DEFENSE, WHICH DO YOU WANT IN SUCH AN INSTANCE: A NINE FOOT POLE, A PAIR OF NUNCHUCKS, THROWING STARS, NINJA DUST, OR A .45 AUTOMATIC?

Suppose you are walking on a slippery, icy pavement, in winter? This environmental situation is considered very favorable by violent types since they reckon — correctly, in most cases — that their victims just can't fight back or resist at all. If assaulted in such a situation would your skills give you a fighting chance?

Practicing in a training uniform makes good sense. It is comfortable, and it saves your good clothes. However, there is a big difference between the actions possible to you when you are in a gi, and the actions that you can do when wearing a suit and tie, and an overcoat. Will the training you are doing on the matted dojo floor translate into that which you can employ on a sidewalk, when you are normally dressed for work? Or — suppose you are a military man. Can you employ the skills that you have been training in when you are clad in full battle dress? If you are a police officer, can you employ what you are studying when in full uniform and wearing your duty belt?



NUMEROUS ATTACKS HAVE OCCURRED AGAINST PERSONS USING PUBLIC PHONES. MOST ELEVATOR RIDES ARE UNEVENTFUL; BUT

ATTACKS HAVE BEEN KNOWN TO HAPPEN IN ELEVATORS. ARE YOU DRILLING IN SKILLS THAT ARE TRANSFERABLE FROM YOUR TRAINING HALL TO THESE EVERYDAY ENVIRONMENTS? IF NOT, WHY NOT?

Suppose you find yourself cornered . . .

- In a public phone booth
- On a stairway
- In an elevator
- In a parking garage

Countless persons have been attacked in these constricted, awkward environments. *Will that which you are training in save you, if you are the next such victim?*

Consider the problem of defending yourself against armed attack when it is dark and raining. The *roof* of your dojo may be leaking slightly, but the counterattacks to handgun and knife threats that you drill in are not practiced normally during a downpour. Yet, foul weather always favors the kidnapper or the murderer who knows that there is much less likelihood of his being noticed when people are simply rushing to get out of the inclement weather.

Scenarios in which you have the use of only one hand and arm, due to a hypothetical injury, should be a part of training.

Defending yourself after being chased and failing to escape is an excellent drill. Such situations happen.

FOR POLICE OFFICERS: We have long been an advocate of more practical and realistic unarmed and armed combat training for our uniformed protectors. It is common knowledge that police patrol work often includes physically demanding foot pursuits of fleeing criminal suspects. Having officers

train to scale fire escapes, fences, and run through alleyways, etc. etc. *before* finally engaging in either armed or unarmed combat with their quarry should, in our opinion, be **standard in all basic academy programs**. We know of none, at present, where the problem is addressed. *How about that kind of scenario?*

Remember: The critical thing with self-defense scenarios is not that they be per se practiced again and again. The critical thing is **that the skills that are taught in the training program, once learned and developed, be readily adaptable and functionally effective in these types of realistic predicaments.**

We hope that we've sparked some meaningful thought about training amongst the good teachers out there who seek to do the best for their students.

Proper Place Of Physical Strength In

Close Combat

ONE of the reasons why sensible weight training is mandatory for all students of close combat and self-defense is because it constitutes the fastest road to developing physical strength that exists. However, having said that, we must point out that only a small minority of those combatives people who are practical enough to train regularly with weights actually understand *how strength is to be employed*; i.e. the **tactical** use of strength. Mere brute strength is never to be depended upon, no matter how much of it you may develop. The reason? *Because there is always someone stronger, and it is not unlikely, unless you are a genetic "natural", that a determined physical aggressor will possess more raw strength than you do, despite the fact that you're weight trained.* Very few people who train with weights become upper-level muscle marvels or weight lifting champions. Unless you have the genetics you can forget about ever developing a physique or a level of strength that stands out *nationally*, or as any kind of world record.

Weight training can *actualize* genetic potential; but it cannot *alter* genetic potential. In other words if you train properly with weights you can expect to become as strong as your personal hereditary potential allows, and — if it is a concern to you — as well-built, also.

You want to develop your strength to as great a degree as your potential will allow. Strength is a factor in personal combat, and it is absurd to deny this. It is certainly not necessarily or always the *decisive* factor; but that it is important is undeniable.

“Okay, okay,” you might ask, “I get that strength is important in hand-to-hand combat. But if even *tripling* my strength would still fall short of even equalling an attacker’s strength, what would be the point? Just suppose I end up confronting an attacker in any given instance who *is*, despite my having built myself up considerably, stronger than I am?”

Here’s what you need to appreciate:

First of all your opponent *may* in fact be *weaker* than you are in an actual attack. You should always *assume* that any adversary is stronger — and doubtless some violent types will prove to be — **but it is not a contest of strength that you are striving to win with your own strength developed to its limit.**

You are training in order to cultivate optimum strength so that you can **maximize the destructiveness with which you attack your enemy *where he is weak.***

Example: It takes 80 pounds of force directed against the knee joint to break it. But what you want is the capacity to slam **800** pounds of force into a would-be killer’s knee! Should your kick be slightly “off”, then 80 pounds might not impact with the target. But if 50% of your kick’s force is dissipated by poor accuracy when you kick, then having kicked with 800 pounds of force will still see 400 pounds hitting home, and the enemy’s knee will snap like a twig!

An emergency in which force must be used to protect yourself or a loved one demands your *best*. Unpleasant as it may sound to say it, you want to be meaner, tougher, more vicious, and more mercilessly brutal than any criminal assailant, and you *want* your blows and other actions to be infused with as much sheer power as you can muster. When you attack a would-be killer's eyes you want to *destroy* them. When you smash a handaxe blow across an enemy's carotid artery you want him *down and out* **right now**. Your elbow smash into an adversary's sternum or across his head should *drop him*, forthwith. At least that's what you're training to be capable of.

Yes, you must always employ followup. But you want your barrage of blows to smash into your enemy like a rapid flurry of fullforce sledgehammer swings! Sledgehammer swings that crack weak bones, rupture vital organs, crush sensitive nerve centers, and *drop the strongest, most determined enemy*.

Your strength must be used correctly, to be sure. *Ju-jutsu* teaches the right way to meet incoming surprise force. *Go with it*. But what many do not understand about *ju-jutsu* (the **real** combat *ju-jutsu*, not the esthetic or competitive stuff you see touted today) is that *ju-jutsu* utilized its **applicant's** strength. The more strength, the better. Such strength took the enemy's incoming force and actually *added to it*, misdirecting it and causing the enemy's downfall. *Go with* the attacker's momentum, never against it. And **add your own strength so that he destroys himself!** Anyone who believes that *ju-jutsu* is an art in which strength is neither used nor needed, knows nothing about real *ju-jutsu*. Mas Oyama, the powerful karate master who killed bulls with his bare hands actually got the idea of demonstrating karate's power by killing a bull from a story about a *ju-jutsu* master named Sasagawa! Sasagawa — a *ju-jutsu* master — is reputed to have killed a bull with his bare hands. *Karate* teaches the right way to direct outgoing force — via kicks and other blows — to an opponent in combat. One focuses (applying “*kime*”) and concentrates all of one's available body power into one's punch, strike, or kick. Thus, we can see that for both *defense* and *offense*, the more strength you possess the better. Whether the “soft” (i.e. *ju-jutsu*) technique is utilized or the “hard” (i.e. *karate*) technique is employed, **strength is a tremendous asset**. *American Combato*, in addition to

providing all of the justly famous “WWII methods”, utilizes the most effective principles of **both** *karate* and *ju-jitsu*, and bolsters the effectiveness of *all* that it includes by having students weight train.

Mere strength will never replace skill and knowledge. But skill and knowledge *backed* by strength is an exceedingly difficult combination to beat. And you want that combination if you ever need to defend yourself.

Do not feel discouraged if you are not blessed with superior genetics and a propensity to develop world class strength. That is irrelevant. What is very relevant is that you begin *now* to build all of the strength that your potential will allow. Then train throughout life to maintain that strength. And realize how that strength must be skilfully employed against your enemy’s weaknesses and against his poor deployment of technique. When and if, God forbid, you should ever find yourself confronting some would-be killer, you want to unload on him every ounce of strength, no less than skill and technique, because there will be only one, single opportunity to stop him. And *that’s* the proper place for strength in physical combat.

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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:

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How To Move When Interfacing With A Stranger

ALWAYS remain outside arm's reach, and **always** stand off-angled, constitutes the Basic Rule when facing anyone you do not know in any but the most natural and nonsuspicious contexts (i.e. when being introduced to someone at the office, etc.). Your hands should be relaxed and held approximately sternum height. Eyes **on** the stranger, and **keep** them on him.

If you are wearing a sidearm, strive always to stand with you weapon side to the rear.

Now suppose your man moves toward you *nonaggressively*? Readjust immediately by lifting your *rearmost foot and stepping back*. Then let your *lead foot follow* to resume the off-angled, distance ready stance. You have maintained your relaxed but fully ready position without telegraphing anything.

If for any reason you would need to step *toward* the stranger, let your lead foot take the first step forward, and let your rear foot follow and reposition.

Should a stranger begin to move *around* as opposed to toward you (either to your front or to your rear), **pivot off your lead foot**, swinging your rearmost foot appropriately so as to keep yourself off-angled to the stranger, and distanced. He will be unable to bypass your ready position, and you have betrayed *nothing* in the way of being prepared to attack and to preempt him (should that become necessary).

Speak calmly, clearly, and always respectfully. Do *nothing* to cause any situation to either become aggressive, or to escalate into aggressiveness beyond the verbiage and body language shown by the stranger. ***IF AND ONLY IF YOU PERCEIVE THE ONSET OF IMMEDIATE DANGER, ATTACK. KEEP ON ATTACKING, AND GIVE YOUR ASSAILANT NO OPPORTUNITY TO ENDANGER YOU FURTHER.***

You can practice your footwork for a few minutes each day, with or without a partner. Remember to *always* maintain the appropriate level of **mental** readiness, as you move, physically. You are *never* below Condition Yellow.

No “fighting stance”, please. You do not want or need one for self-defense. Nor should you waste two seconds on such foolishness as the “front stance”, the “back stance”, the “cat stance”, the “hour glass stance”, or any of the other cute karate type stances. (See last month’s article on **why** these stances are ridiculous for practical use).

Any odd sense you get about anyone, regardless of age, gender, attire, etc., must **kick you into Condition Orange** — *pronto!* Any aggressive *movement* triggers **Condition Red**, and you yell or growl like a wild animal and attack with everything you’ve got.

That’s really the gist of what you need to know. A foolproof visual demonstration and even greater detailed explanation is included in our **DVD #1**.

Be safe!

As we receive numerous requests to quote items and passages that appear here in *SWORD & PEN* and on our other web 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***:

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