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SWORD and PEN

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

AUGUST 2015 EDITION

www.americancombato.com

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LISTEN TO OUR RADIO INTERVIEWS!

Prof. Bryans and ourself each did 1-hour interviews on the Rick Barnabo Show in Phoenix, Arizona. If you go to prescottcombatives.com, click on “home”. When “news media” drops down, click on that — — and there’re the full interviews! . . . and listen to our interview on Coast to Coast am with George Noory and our most recent interview with John B. Wells on Caravan to Midnight on

www.prescottcombatives.com.

This edition of *Sword and Pen* is dedicated to the memory of those five American servicemen who were murdered in Chatanooga Tennessee on 16 July 2015:

- **U.S. Marine Gunnery Sergeant Thomas Sullivan**
- **U.S. Marine Lance Corporal Skip Wells**
- **U.S. Marine Sergeant Carson Holmquist**
- **U.S. Marine Staff Sergeant David Wyatt**
- **U.S. Navy Petty Officer 2nd Class Randall Smith**

**God Bless You, and R.I.P. For you the war is over.
And you will never be forgotten.**

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Editorial

Preparing For Self-Defense Vs. Preparing For Competition

ASIDE from those who have a definite commercial interest in furthering the misconception that competition (be it anything from boxing, judo, or wrestling to karate and MMA type brawling) is either synonymous with or just about as close as you'll ever get to thoroughly preparing yourself for hand-to-hand combat and/or real world self-defense, there are many who have simply

accepted the idea, merely because “a lot of people say it”. Having no experience and having done no real research into the matter, people are very susceptible to following fads, “popular” ideas, and/or the assurances of those whose “assuring” amounts to little more than selling their own thing.

Competition is a tremendously worthy activity for those who enjoy it. Many find it mentally and physically stimulating, a wonderful way to exercise, and a helluva lot of fun. Many active competitors become close friends and enjoy the added bonus of being amongst kindred spirits who all love the same action. We have never, do not now, and never will speak against competition **except** where and when we observe *negative* rather than positive attitudes and behavior patterns being advocated. Personally, we believe that Kodokan judo, Western boxing, wrestling, and fencing comprise a selection of the finest and most worthy “combat sports” available — but of course that is just our personal opinion.

What is **NOT** just our personal opinion is the incontrovertible **fact** that there is a huge 180-degree difference between hand-to-hand combat and sporting combat competition. The fact (and we readily concede that it *is* indeed a fact) that young, strong, in-shape active sporting competitors can almost always adopt their training, knowledge, and experience to an actual self-defense emergency does not alter the truth that competition is *not* the way to prepare for combat, per se. Nor, we’ll point out, is anyone who wishes to be a champion in contest very wise if he expects to learn how to achieve his objective by training for actual battle.

We do have some advantages when it comes to clarifying **combat** vs. **sport** differences. The first martial art that we ever formally studied was Kodokan judo. It was at one of the first commercial studios to surface in the NY City area in the 1950’s: Jerome Mackey’s Judo, Inc. We appreciated — and continue to appreciate — judo, but because it is a martial *way* (as opposed to being a martial *art*) and emphasizes its sporting component, we simply found it less than adequate for all-out hand-to-hand combat and personal defense. **Not** a criticism of judo; just a fact regarding judo’s unsuitability for our personal goal. Essentially the same thing applies to boxing. We think that boxing is one of the finest combat sports, and that its principles apply very

well to many of the striking aspects of hand-to-hand combat; but we did not continue to box after taking lessons at Gleason's Gym in NYC, because boxing did not offer an all-out **combat** method. *We came to an early understanding of the difference between combat and competition.* Competition is fine ——— for those who want competition. But *combat* training is what is required ——— for those seeking personal defense and hand-to-hand battle skills.

In years past we also trained in ju-jutsu, taekwon-do, varmannie, kenpo-karate, and other approaches to close combat, **ALWAYS** and **INVARIABLY** finding that no correlation exists or could ever exist between preparation for handling a determined adversary in **real combat** vs. contesting with another enthusiast in competition. Not only did we find that *every single teacher of any quality at all echoed and emphasized these findings, but that every single teacher of any quality also recognized that ground-grappling and floor fighting were exclusively for **SPORT**.* That the sporting aspect of so-called martial arts has enormous popularity, and that the sporting arts are tough, demanding, and formidable does **not** alter the fact that they are completely different than *combat/defense* arts, and that in order to acquire not only reliable **skills** for actual battle, but also the proper **mindset** and **tactical** orientation, ***one must train in a combat discipline.*** We are aware that many disagree with us, and so they are entitled to do so. No “dialog” ——— as far as *we* concerned ——— need be engaged in, at this point. The facts are well-established. From unarmed to armed combat, **actual experience** has proven that sport and real combat are unrelated. We proceed from that axiom and leave those who disagree to proceed from whatever they wish to believe.

You who wish to acquire realistic, reliable, workable ability in personal defense and hand-to-hand combat, whether as a private citizen, law enforcement officer, or member of the armed forces, *need to follow the proven path to that objective:*

- Come first and foremost to understand well the differences that exist between combat and sport, or classicism, or esthetics, or acrobatic/fitness

training ——— physically, mentally, and tactically.

- Get fit and stay fit, as your age, genetics, and health permit. You need strength, agility, speed, coordination, and the ability to *use* your physical resources whenever you engage in any armed or unarmed close combat. There is no “age limit” regarding those who are targeted by attackers. And ——— unlike competitive sports ——— there is no “retirement” from being in need of readiness to act in self-defense.

- Make it your business to **master** at least eight or nine destructive, unethical, extremely dangerous **blows** of the hands, feet, etc. and to instill in yourself the ability to apply those blows* with surprise, speed, and power — while retaining excellent physical balance — against the most vulnerable vital target areas of the human body.

* Under “blows” we include gouges, clawing actions, and biting, etc. for close combat. These actions *must* be acquired so that they are used naturally and mercilessly in a crisis, as well as the more definitionally accurate “blows” per se, using hands, feet, knees, elbows, and head.

- Build your ability to *combine* and to *followup* with the blows that you master. *Never rely upon or believe that any dangerous enemy can be stopped with a single strike.* Human adversaries are **very** difficult to stop, and you must be able to attack and to **keep on attacking relentlessly** in any unavoidable, and physically dangerous situation.

- Stress **ATTACK** ——— i.e. preempting ——— and develop your ability to destroy an attacker *as he initiates* his onslaught, rather than *after* you have been kicked, punched, grabbed hold of, etc. It is not always possible to preempt, but with proper mental training it **usually is**; and dropping a dangerous foe *before* he has a chance to do any damage is always desirable.

- Learn the various ways in which attacks are launched against individuals. Master practical reactions that are versatile and adoptable to these situations. Forget about wasting time learning hundreds or thousands of “self-defense techniques”. Train in techniques that are multipurpose and that address

principles and *general tactical approaches* that are made by enemies in the real world. You cannot always preempt a foe —— and you must not be helpless to react whenever you are taken off guard.

- Master modern weapons! Be armed (legally) whenever possible, and learn how to use all sorts of objects and items at hand as weapons. **Rely upon weapons first when your life is threatened, whenever possible. Unarmed combat comes second. Modern weapons.** And study them *not* as they may be employed in competition or for esthetic and classical purposes in a demonstration mode, but as **real world, save-your-life deadly weapons of close combat.**

- **Be sensible and realistic. Do everything possible to avoid trouble.** Avoid heated arguments, *never* accept a challenge or otherwise “agree to fight” anyone. Take every step open to you to get out of and away from *any* potentially violent situation. Draw upon your training **ONLY** when you absolutely *must*. And if you ever must, go **100%-plus!**

No one can ever guarantee you victory or predict the outcome of any battle. However, we can guarantee that what we have outlined will serve you well *if* you take it to heart and use it as a guide to preparing for self-defense. We can also guarantee that ignoring the precepts we have presented and following instead a sporting attitude and the restrained, non-lethal and relatively safe program of *sport* may one day prove a serious letdown. A letdown from which you may never recover.

Bradley J. Steiner

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**Correction: One of our visitors advised us, following his reading of the brief piece that appeared last month in S&P, mentioning that Mr. Rogers had been a Navy SEAL, is a long standing urban legend. We checked *with* the Navy SEALs. Indeed, Mr. Rogers never was a**

member of the SEALs. So, we stand corrected, and are happy to say so. In the future we will try to check a bit deeper before quoting anything unusual or not-widely-known.

The *point* that we made in that short piece is nevertheless valid, important to understand, and carries a valuable message for *everyone* involved in *any* form of combat training — as well as, in the final analysis, for everyone, period! *Do not judge anyone by his mere appearance. The world is full of truly tough, hard, determined men who, although polite, civilized, and repulsed by arrogant and belligerent a-holes, nonetheless are a million times tougher than those braying jackasses who abound in bunches like grapes, and who parade around looking for trouble.*



### Always Know *Who* Is Around You And *What* Is Around You

**ALERTNESS** is one essential principle of personal defense that many “instructors” and students pay a great deal of lip service to, but rarely focus on making alertness integral to their *daily* attitude and behavior.

We were thinking about this the other day and thought that, possibly, we could encourage the formation of the “constant alertness” habit by being very specific regarding a method by which every individual could optimize the practice of being — in essence — *always ready*.

The earth’s population consists of only **two** categories of humans as far as mentally readying yourself for personal protection is concerned: **1.** People who you know, and **2.** People who you do not know. It is imperative that you become supersensitive as far as paying attention to people in the second category is concerned. As for those people you know personally, well, when you are amidst or amongst them, your knowledge about what they are like and how they are known to behave with you, will determine the extent to which you will actively pay close attention to their conduct. *However*, when it comes to people in the second category, **your life itself may depend upon whether or not you are attentive to their actions and attitudes.** This is not an exaggeration, and we do not say it for dramatic effect.

Remember this: It is insignificant how someone “looks”. There are many good, decent human beings whose appearance suggests otherwise. And, there are plenty of low-life scumbags whose appearance is “respectable” as well as “pleasant”. **DOES NOT MEAN A DAMN THING.** The only *reliable* knowledge you possess about anyone at any given time is whether you know who there are, or not. If you do not know someone, be **wary, suspicious, cautious, and READY.**



**THIS GUY LOOK SUSPICIOUS? HE HAPPENS TO BE A COP — WORKING UNDERCOVER. HE'S NO THREAT TO YOU. BUT IF YOU DIDN'T KNOW HIM PERSONALLY YOU'D NEVER KNOW THAT.**





FRIENDLY, PLEASANT, CLEAN-CUT, ALL-AMERICAN FELLOW. HE'D NEVER HURT ANYONE, RIGHT? THIS IS KENNETH BIANCHI. HE IS ONE OF THE MOST VICIOUS RAPIST/SERIAL KILLERS IN AMERICAN HISTORY. BUT YOU'D NEVER KNOW THAT FROM HIS APPEARANCE IF YOU DIDN'T KNOW HIM, PERSONALLY. BOTH THOSE WHO LOOK SUSPICIOUS AND THOSE WHO DO NOT MUST BE REGARDED WITH WARINESS IF YOU DO NOT KNOW THEM PERSONALLY.

Being aware of impending trouble from another person will, if you are in possession of good self-defense skills, drastically increase the likelihood that — should danger actually materialize — you will be able to deal with it effectively. *When you are not taken by surprise then you will be in a position to **surprise your attacker** with a ferocious preemptive action.* And such an action stands a much, much greater chance of being effective in ending the threat quickly than would a *defensive* (counterattacking) action that is undertaken *after* the troublemaker succeeds in making his first move “connect”. Just consider the disgraceful phenomenon of the “knockout punching game”. *See it coming because you are committed at all times to remaining alert and aware, and you can send any such gutter animal to the hospital or morgue when he attempts such a potentially deadly attack upon you.* However, should the scumbag actually get his blow in, your odds of being able to defend yourself are not good. You *might* be able to; but if you possess good kicking and open hand striking abilities, and you **know the piece of s—t is moving on you before he actually strikes**, you **will** be able to defend yourself.

In any and all forms of war (including self-defense, which is war in microcosm) the element of surprise is very often the key to victory. When you are focused on remaining alert to all who are around, near, and/or approaching you, you deny any would-be attacker the element of surprise. What is more, you virtually **guarantee** that *you will retain the capability of using the element of surprise to your own advantage in any attack*. No one attacks a targeted victim unless he believes he will be successful; thus ***when you attack your would-be attacker, the element of surprise will automatically work for you***. The bastard will never anticipate the vicious, fierce, and destructive barrage that you will (**and SHOULD**) unleash on him. *Keep on attacking*, and victory will almost be 100% certain for you.

Being properly alert includes noticing everything around you. Stairways, desks, tables, furniture, windows, items leaning against a wall (or on desks or tables), branches or rocks lying about, a chair or bench, doorway, **ANYTHING** and **EVERYTHING** that you might seize and use as a weapon if you are suddenly confronted by an assailant.

Your attitude must be that wherever you are at any given moment will be ——— should you be attacked ——— your “battlefield”; just like an effective general always adjusts battle plans for urban, wooded, mountainous, desert, etc. terrain and conditions. **Use everything around you to SERVE your self-defensive effort**. This is easy to do if your mind functions as a sharp observer of your surroundings, as well as of those who are present in those surroundings.

In a large grocery store? Grab a can of food and bash an assailant across the face or head with it. Grab a can of bug spray or WD-40 and spray it into an adversary’s eyes. Or ram a shopping cart into him. In a park? Grab a handful of dirt and throw it in your attacker’s face. Use a stick that’s lying alongside the walkway. Or a rock. Bash the attacker’s head into one of the concrete partitions that is built into almost every park bench after you kick him in the testicles or punch him in the solar plexus. Or smash his face into a fire hydrant if you’re in an urban setting. The options are endless. ***Alertness to not only who but what is around you will enable you to have a plentiful array of excellent tactical choices should trouble necessitate your using***

*them.*

**PEOPLE** and **THINGS**. Pay attention to both. Make it a habit. *Remind* yourself to do this every day ——— if necessary by posting an index card with the message on your bathroom mirror where you'll see it after awakening.

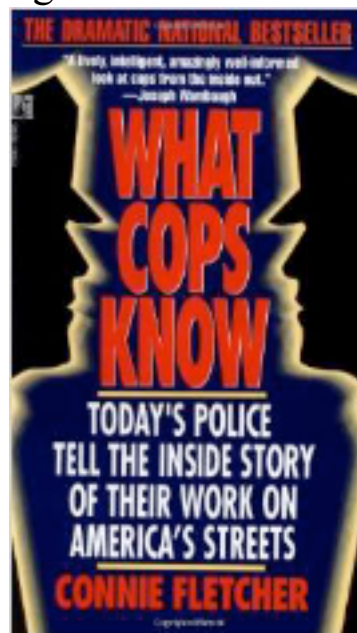
In a crisis you want those hard-earned skills and techniques to ***be there***, and to require only the briefest millisecond to be brought vigorously into play to save you or to protect a loved one.

Developing this aspect of mindset takes effort and time. We know that it is well worth it. **Do you?**

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### **Going Batshit *NUTS* Can Save You!**

**CONNIE** Fletcher wrote a great book years ago: *What Cops Know*. It was written after her careful and protracted discussions and interviews with Chicago police officers ——— patrolmen and detectives. It is well worth obtaining a copy and reading it.



One of those things that “cops know”, and that is discussed in the book, is the

fact that punks, troublemakers, and all variants of street filth and scum apparently **steer clear of those who appear to be mentally deranged** (or, put more plainly: *crazy*). The reason clearly is not because these despicable bacteria have compassion or concern for those who are psychologically unbalanced; but rather because they **FEAR THE POSSIBLE CONSEQUENCES TO THEMSELVES** if they trip some wire in a person who is mentally disturbed. “You can never tell what that dude would do to us,” perhaps best sums up the mindset of the street s—t who avoid messing with those who are seemingly off their rockers.

*Use this fact to your advantage in any emergency. When you go into defensive action, go **CRAZY!!** Growl, curse, grimace, and go wild.* First of all, doing this will *surprise* your tormentors. But probably of equal importance *it will flood their “minds” with the realization that they are now in danger, because they have provoked a violent madman!*



**“GGRRRRRR! I’M GONNA EAT YOU FOR DINNER AFTER I RIP YOUR HEAD AND YOUR ARMS OFF! I WANT TO K-I-L-L TODAY!” THE PUNK WHO ANTICIPATES A COWERING, TERRIFIED VICTIM WILL BE VERY STARTLED WHEN HE SEES HIS “TARGET” BECOME A RAGING LUNATIC!**

If it works, we use it. And this **WORKS**.

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## Are You Fully Exploiting The Potential Of Your

### Basic Strikes?

**WHILE** there is no need for a modern, peacetime student of close combat and self-defense to restrict himself to the kind of abbreviated curriculum (albeit *excellent* abbreviated curriculum) that the greats of the WWII era espoused, Fairbairn, Sykes, Applegate, O'Neill, Biddle, etc. were nonetheless correct in insisting that men would be well-equipped to handle matters at close quarters while possessing the nuts and bolts repertoires that were imparted to them in the hand-to-hand courses then being taught. However, the modern student who has months and even years to train is well advised to avail himself of those skills (admittedly, not too great in number) that meet the WWII era standards, but for purposes of wartime necessity needed to be omitted from the various curriculum of that time. In doing this, we urge those combatives enthusiasts to follow one essential principle derived from the WWII era methods: I.e. *Make sure that you master and fully exploit the potential uses of each of the core and basic unarmed combat actions that you are taught.*

A person who had **mastered** the relatively brief contents of Fairbairn's *Get Tough!*, for example, would be expert with the following key blows:  
• Edge-of-the-hand • Chinjab • Knee to testicles • Side kick -and- • Ear box.  
(The *personal* WWII pupils of Fairbairn would also have been taught the Tiger's claw and the fingertips jab — bringing the grand total of basic blows to **seven**). Seven blows. And with those blows the pupil would be able to handle himself splendidly — as many of them actually did! — in any predicament where they had the option to attack their enemy without the aid of weapons. *That comprised the program of Fairbairn's key "offensive" blows.*

In *American Combato* we train students in **16** key blows — with variations. That, by itself, offers any serious student who works hard to master all of those (or those among the 16 that suit him) basic blows a really comprehensive capability in close-combat. Yes, we teach combinations,

counterattacks, and weapons as well; but for the point we wish to make now, we will zero in on the basic blows. Our counsel: **Strive to develop the full potential that each basic blow offers, by endless repetitions and *thoughtful* drill.**

We will take the chinjab smash as an example. This technique can be taught to almost anyone within fifteen to 20 minutes. Yet, it would require *months* of hard, disciplined training to ——— 1. Really master the blow, and 2. To cultivate not only its many *permutations and variations*, but also to learn and to acquire the ability to apply reflexively *all of those variations in all of the numerous situations and circumstances in which they may be utilized to good effect in combat.*



**IT WOULD BE EASIER TO LIST THE SITUATIONS IN WHICH THE WAR-PROVEN LOW SIDE STOMPING KICK TO THE KNEE/SHIN TARGET WOULD *NOT* BE EFFECTIVE, THAN IT WOULD BE TO LIST ALL OF THOSE SITUATIONS WHERE IT *IS* EFFECTIVE! A *PAMPHLET* COULD BE PRODUCED DEALING EXCLUSIVELY WITH THE VALUE AND PRACTICALITY OF THIS BASIC BLOW — OR ANY OF THE OTHERS! PHOTO FROM *KILL OR GET KILLED*.**

Here is a list of some variations and applications of the chinjab ——— **just one single, simple unarmed combat blow** ——— that you would be wise to

thoroughly master during your training career:

- The basic chinjab smash in our Relaxed-Ready Stance (RRS), without the falling step — with or without your lead arm smashing into the small of the adversary's back; with or without the action culminating in a combat throw
- The basic chinjab smash in the RRS *with* the falling step — with or without your lead arm smashing into the small of the adversary's back; with or without the action culminating in a combat throw
- Using the lead hand to seize the attacker's ear/wrist/arm/shoulder when chin jabbing with and without the falling step
- Chin jabbing *repeatedly* with the same hand, two, three, or even four times either solely to the jaw, or to the jaw, nose, eye, temple, jaw hinge
- Chinjabbing *alternately* (leading with the rearmost hand), following up with a *lead hand* chinjab smash either — a) jabbing with the lead hand up into the side of the adversary's jaw **or** using a kind of *hooking* blow (like a boxer's hook, but with the heel) to the adversary's temple, or jaw hinge
- Chin jabbing simultaneously using both hands at once, and smashing into the undersides of the jaw in a single blow
- After landing the chinjab smash, raising the elbow of the striking arm and **gouging into the adversary's eyes - clawing his face** with a followup action
- Driving the chinjab blow into the **sternum/solar plexus** target. If it misses, then the blow continues up into the jaw
- After delivering the chinjab smash, *if the adversary's head is struck back*, continuing a follow through and then smashing the **heel of the hand** downward into the adversary's nose bridge, skull, clavicle, or jaw. You may continue, after striking thusly, by continuing with another *upward chinjab smash* after your hand strikes downward
- Using an *inverted hand position* when close-in, and driving a kind of chinjab smash into the attacker's liver or spleen (depending upon which hand you were striking him with — followed up by grabbing his flesh powerfully and clawing/squeezing as you follow through with other attacks
- Using *both* hands to simultaneously strike inverted chinjab-like blows into the adversary's liver *and* spleen
- When your hands are by your side (where they should not be) you can suddenly throw a bodyweight-behind-it chinjab smash straight up at your

adversary's general jaw/facial area, without warning

- The chinjab blow may, with slight modification, deliver a blow into the eyes, and into the temples.
- Forgetting completely about “self-defense techniques” per se (or **counterattacks**, as we prefer to call them) if you've *mastered* the chinjab smash you can deal with dozens of real world attacks *simply by applying that one, simple technique!*

We will end the above list of suggested applications of the chinjab smash with an “etc.” . . . because we are certain that everyone can, after serious months or even years of sustained practice and experimentation, come up with further ways to use this and all of the other spectacular natural weapon strikes.

Hopefully, we've made our point —— or at least succeeded in convincing you that there is a veritable **GOLDMINE** of actions possible to you if you strive to fully exploit and *master* the simple, basic blows, alone.

Although basic and simple, the modern combatives System of *American Combato* offers as extensive and as comprehensive an array of technical actions and possibilities as anyone could ever need or desire, **IF** the material taught is practiced assiduously and with the proper mindset.

If all of that which we have presented (and *more*, actually) can easily grow out of the simple chinjab smash which is the first basic blow we teach, can you begin to imagine how rich a repertoire —— a **PRACTICAL** repertoire —— you may potentially acquire if you train correctly in *all* of our basics, attacks, and counterattacks?

A lifetime pursuit, really. But a lifetime pursuit that will systematically begin to increase your ability to defend yourself in the real world after your **very first lesson**.

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# *Close Combat At Home!*

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

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

**— James R. Jarrett,**

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

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

**— Greg Anderson,**

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

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

**incredible!”**

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

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

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

**“Your American Combato is a very good System”**

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

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

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

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

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

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

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

**— Dr. Albert Ellis,**

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

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

**— George Kalishevich,**

**Former USMC Sergeant and combat veteran of Southeast**

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

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

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

**— Grandmaster John Perkins,**

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

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#### **IMPORTANT NOTICE!:**—

**The system of martial arts presented in these DVDs is not a "traditional" or "classical" martial art.**

**These DVDs, and the information, and techniques contained within should not be taught, shown, or divulged to anyone under 18 years of age.**

**Due to the serious nature and lethality of the techniques shown, no one under 18 should be instructed in the techniques.**

**Due to potential serious injury or death, minors under the age of 18 should not be allowed to purchase or view the techniques demonstrated on the DVD's and in the system.**

**Minors lack the proper judgment and emotional restraint and discipline and should not be entrusted with the techniques contained herein.**

**Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.**

**Please keep DVDs in a safe place out of the reach of minors, similar to safekeeping of firearms.**

#### **Contents:**—

##### ***DVD #1 FUNDAMENTALS***

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness

- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior experience in any martial art can understand and develop the skills! These are the first four of *American Combato’s* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

### **DVD#2 BASIC BLOWS**

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

### **DVD#3 ATTACK COMBINATIONS - FIRST SERIES**

- Powerful and devastatingly effective combinations of attacking actions which are adaptable to an infinite number of situations and emergency circumstances. These attack combinations utilize the Key Blows, and include additional offensive unarmed combat actions and tactics. which enable you to infinitely combine, and improvise limitless sequences and applications of ferocious attacks of your own.

This DVD focuses on attack combinations leading with *HANDAXE CHOPS* and *THRUSTING ACTIONS*, the first two categories of “attack

combinations” in *American Combato*.

In this and the next DVD you will learn more combinations of each type than you would ever possibly need.

#### **DVD#4 ATTACK COMBINATIONS - SECOND SERIES**

- Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable, offensive combatant in close quarters combat. You’ll be an expert at taking the battle into the enemy’s camp and *attacking your attacker!*

This DVD trains you in *DISTRACTING LEAD ATTACKS, KICKING LEADS, and MISCELLANEOUS LEADS*.

#### **DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT**

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

#### **DVD#6 COUNTERING THE UNARMED REAR ATTACK**

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn

- How to counter sudden grabbing attacks from behind
- How to counter holds that may be applied from behind

#### **DVD#7 COUNTERING KNIFE AND CLUB ATTACKS**

- The proper tactics and mental plays 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.

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- Rear handgun threats
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- Rear shoulder weapon threats

### **DVD#9 COUNTERING MULTIPLE ATTACKERS**

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• The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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**— General George S. Patton, Jr.**

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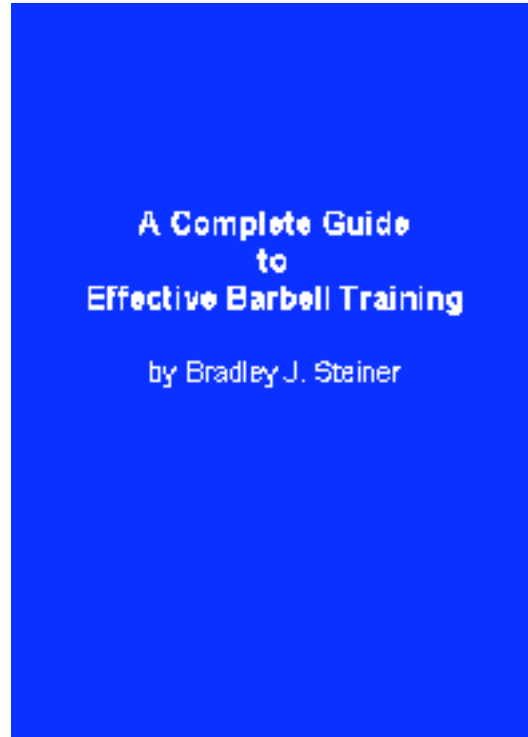
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## **Escape From Handcuffs, Zipties, and Car Trunks**

**ESCAPE** and evasion is the designation given to that spectrum of activities that deal with avoiding captivity by enemies who are searching for you, getting away from enemies should they succeed in capturing you, eluding surveillance of all kinds, and managing to remain free in a hostile area (or a “denied” area, as the CIA trainers refer to it).

We note that a few “schools” have popped up around the Country in which “Urban E&E” or “Urban Survival” is supposedly being taught. And we hasten to say at this point that the subject is an *excellent one* to study at this juncture in our history. *But watch out for a curriculum that titilates rather than teaches.*

Here are some tips from the “E&E” instruction that has been integral to our *American Combato* training since before the general public had ever heard the term:

Unless you have been knocked unconscious or otherwise totally subdued by whoever the hell you’re going to be escaping from and then evading, the bottom line is this: **Take extreme action *at the time of the intended capture*, and do not wait to be handcuffed, ziptied, or locked in a vehicle’s trunk!**

Yes, it’s interesting to learn the way in which handcuffs can be opened without a key ——— but the chance of your actually escaping from one or more alert and armed captors who have handcuffed you and who have you under guard is miniscule (even if you have a key hidden on your person!). Yes, it “*can*” be done. But it’s best if you do not rely on being able to do it.



THE SIMPLE ACT OF HANDCUFFING YOU FROM *BEHIND* CAN NEUTRALIZE SOME OF THE

CUTE “ESCAPE TRICKS”. YOU NEED TO NOT ONLY BE AGILE TO MOVE THE CUFFS TO YOUR FRONT, YOU NEED THE TIME AND SOLITUDE TO ALLOW YOU TO UNDERTAKE THE ACTION!

In fact escaping zipties can be done with almost laughable ease ——— *if* they are carelessly and amateurishly applied, and *if* you’ve got the time alone and *not under guard* in which to take the simple action. We gently suggest that counting on this being the case when and if you are ever ziptied is, well, unwise.



WHEN ABDUCTORS — OR POLICE — USE ZIPTIES, THEY WILL KEEP YOU UNDER SURVEILLANCE. IT IS POSSIBLE THAT YOU *MIGHT* GET A CHANCE TO ESCAPE; BUT THE ODDS ARE GREATER THAT YOU WILL BE ABLE TO GET AWAY IF YOU DO NOT ALLOW THE TIES TO BE PUT IN PLACE. (FORGET ABOUT “BREAKING THE TIES” IF POLICE PUT THEM ON YOU).

Even children are instructed now in how to open a car trunk and get away, should they ever be locked inside. Just like special operations and intelligence people are taught. However, if you’ve been bound up securely *before* being locked inside a car trunk it might not be feasible to engineer such a neat and quick escape, or if you attempt to make the escape while the capturing vehicle is in transit ——— at high speed, likely at night, in

some remote, countrified area —— you just might be jumping (or attempting to jump) from the proverbial frying pan into the proverbial fire!

Try to get this:

In the real world **situational awareness**, coupled with being *armed* and technically competent to use your weapon as well as mentally conditioned to use it *without hesitation* when necessary, is your first line of defense against abduction. With no weapon per se except your hands and feet, your hands and feet had better be *well* and *thoroughly* trained in the most vicious and effective unarmed combat imaginable.

When your alert state of mind (your situational awareness) causes you to notice something — anything — suspicious, get the hell away from the scene *asap*. if possible. Once you realize that avoidance is not possible, and it becomes clear to you that one or more adversaries intend to take you into captivity (assuming, of course, that these people are not law enforcement officers!) the moment has come when all-out force must be utilized. *Lethal force . . .* and without a tremor of hesitation.

**DO NOT ALLOW YOURSELF TO BE  
HANDCUFFED, ZIPTIED, BOUND AND GAGGED  
WITH ROPE, DUCT-TAPED, OR LOCKED IN THE**

**TRUNK OF A CAR.** No matter how slim your odds are of surviving **right then and there by resisting**, they are greater than your odds if you are taken captive. Resist with all-out, total, *lethal* force, and do it NOW!

Kidnapping may be resisted with **deadly** force. And it ought to be.

At first contact it may be wise and effective to *feign* great fear, and to convey absolute terror and compliance. However, this is in order to set up the would-be abductor(s) so that your resistance effort will stand the greatest likelihood of success. Act like you *will* allow those cuffs (or ties, or whatever-the-hell) to be put on you. But then, just as the attempt to do so is initiated, **ATTACK AND KILL!** It's your best chance for survival. Then, the very second that you have achieved an opening, *get away*.

Mastering a bunch of what amount to being almost vaudeville tricks will stand you in little stead in the real world . . . even if it is great fun learning and applying them in a drama-laced training course.

Don't let yourself be taken captive. That's rule number one. Escape the very second that you are able to make the attempt. *And use the absolute extreme level of violence of which you are capable.*

Now you have some authentic E&E instruction that you can really use.

Remember: It is always best to act when you are in full possession of your faculties, can move your limbs freely, have not been debilitated by injuries, malnutrition, and lack of sleep, and when *you have not been relocated from the scene of the initial attack.*

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**What Is The Scoop On This "Perennial"**

## Knife Defense?

**YOU'VE** doubtless seen it in movies and on TV at one time or another; and you almost certainly have learned this if you have served in any of the allied forces during WWII. If you've taken self-defense courses or classes during the 1950's, 60's, or 70's in particular you have likely been instructed in this technique. It's the defense in which you block an overhand downward knife stab by *blocking* the attacker's arm, then by speedily bringing your opposite hand *underneath* the attacker's blocked limb and securing a powerful double arm lock, securely trapping the attacker's arm in an immobilizing hold. In the very next instant, smoothly continuing the application of force, you wrench the attacker's knife-wielding arm back and downward as you step in behind his foot and combine a shoulder dislocation with a hard throw.



**NUMEROUS MILITARY HAND-TO-HAND COMBAT MANUALS AND PAMPHLETS ADVOCATED AND DESCRIBED THE TECHNIQUE DURING AND AFTER WWII. THE ABOVE ILLUSTRATION COMES DIRECTLY FROM ONE OF THOSE PUBLICATIONS.**

To the very best of our knowledge this particular “knife defense” was most popular in training the British Commandos, and hence gained enormous credibility as a defense because such an outstanding military unit regarded it as

essential.



**A VARIATION OF THE DEFENSE AGAINST A KNIFE STAB DEMONSTRATED BY AN UNIDENTIFIED MILITARY TRAINER.**

The big question is this: “*Is this armlock-defense a truly **practical** one that can be depended upon against a real enemy who is determined to attack and kill you with a knife?*” The answer is; **Maybe**. It depends upon two things. One is obvious to everybody; the second was brought to everyone’s specific attention regarding this technique by Col. Rex Applegate in his classic work, *Kill or Get Killed*. Applegate: 1. The defense is applicable only against the downward knife stab, employed with the weapon in the so-called “icepick” grip. 2. To be effective the defense must be employed before the attacker’s stabbing action has gained downward momentum. (It is perhaps possible that an extraordinarily powerful man *might* be able to employ this defense against someone who is considerably weaker than himself; but it must be remembered that any action that has gained full momentum is always best dealt with by either **getting out of the way of** or by **coordinating one’s counter action with** the momentum of the attack.)

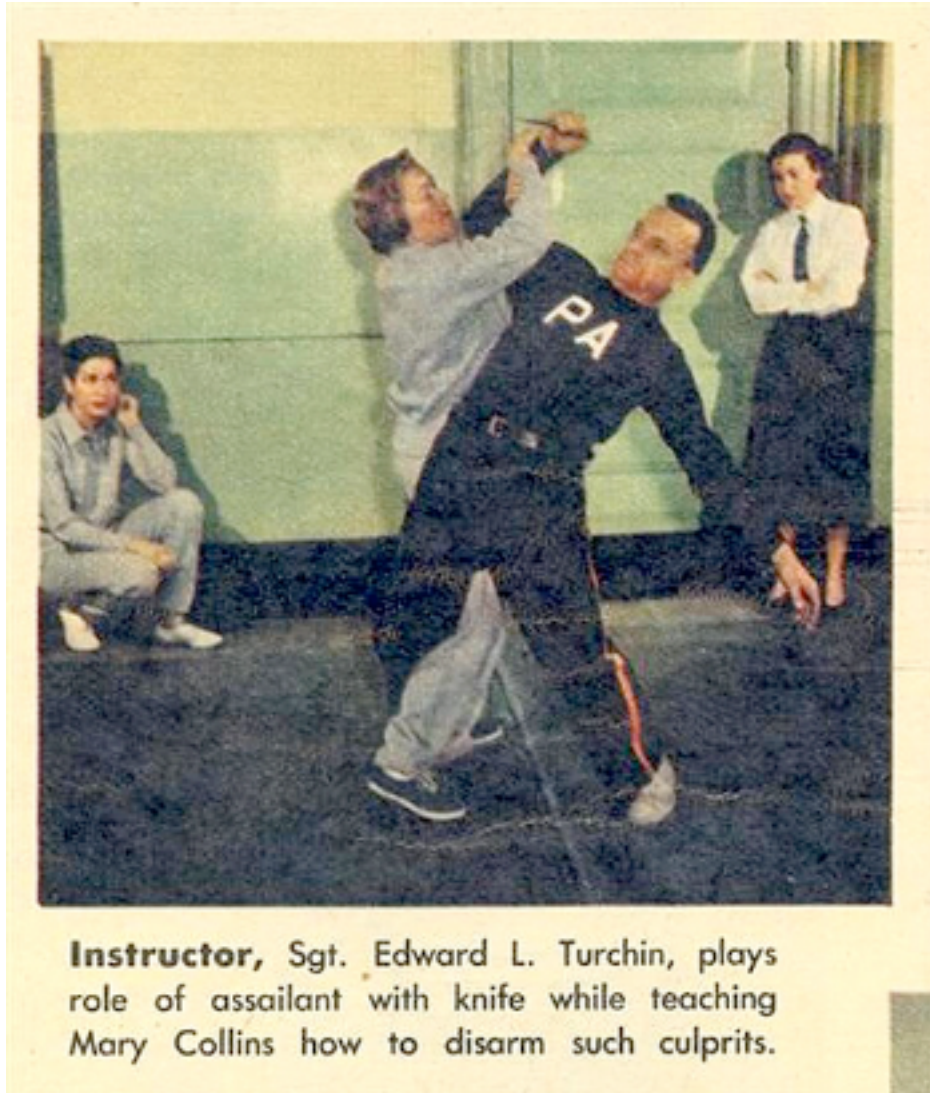


**ONCE THE BLOCK-AND-ARMLOCK HAS BEEN SECURED IMMEDIATE AND VERY FORCEFUL BACKWARD-AND-DOWNWARD FORCE THAT OFF-BALANCES AND THROWS THE ATTACKER, WHILE DISLOCATING HIS SHOULDER IS ESSENTIAL.**

We personally prefer another of the British Commando techniques of knife defense: *Getting the body out of the path of the attack*. In *American Combato*, at black belt level, students are instructed in basic ju-jitsu and they do learn this armlock (as Fairbairn taught it, and described it in *All-In Fighting/Get Tough!*) but we teach it primarily for police to use, and *not* against a knife stab, but instead as a method of applying non-lethal force.

It does need to be remembered that people have become considerably more sophisticated about how to use a knife in combat (thanks to TV and motion pictures) in this 21st century, than they were in the middle of the 20th. So, the likelihood of an attacker with *any* amount of criminal experience or military training actually going after a victim with an obvious and clearly launched “overhead downward stabbing attack” is minimal. So, this technique **IF USED CORRECTLY** is not a useless one to learn; but it is by no means, in our opinion, the best. We’d urge either **pivoting speedily** or **side-stepping**

**instantly** as the core reaction that is most workable against a real knife attack. Following up with open hand handaxe chops and side kicks is, again in our view, a lot safer and more reliable than attempting to employ an armlock and throw. However, *if you find this technique appealing, be certain that you develop the application against the attacker's arm before it begins its descent.*



**Instructor, Sgt. Edward L. Turchin, plays role of assailant with knife while teaching Mary Collins how to disarm such culprits.**

**AN OLD NEWS CLIPPING THAT SHOWS A POLICEWOMAN LEARNING TO APPLY THE TECHNIQUE. WE SERIOUSLY DOUBT THAT THIS WOULD BE VERY PRACTICAL FOR HER AGAINST A GENUINE ATTACK BY A DETERMINED MALE ASSAILANT. SHE SHOULD BE *MUCH MORE* COMMITTED BODILY TO A HARD, FORWARD LEANING POSITION, AND TO CRANKING THE ATTACKER'S ARM *MUCH* MORE SHARPLY.**

One final note and important point: *Any time an attacker confronting you makes his intention clear by upraising his arm, it is quicker — and*

*more likely to be effective — if you lash out with a side kick to his knee, a front kick to his testicles, or a sidestep that concludes with a sidekick and handaxe chop to the neck.*

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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](http://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.**
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- 3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of 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 approval or agreement.**

**PLEASE** be sure to tell others about this site and about our other web sites.

*We would like as many as possible to benefit from the information and instruction that we provide!*

*YOURS IN DEFENSE,*

*Professor Bradley J. Steiner*

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*—end—*