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SWORD and PEN

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

SEPTEMBER 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!**

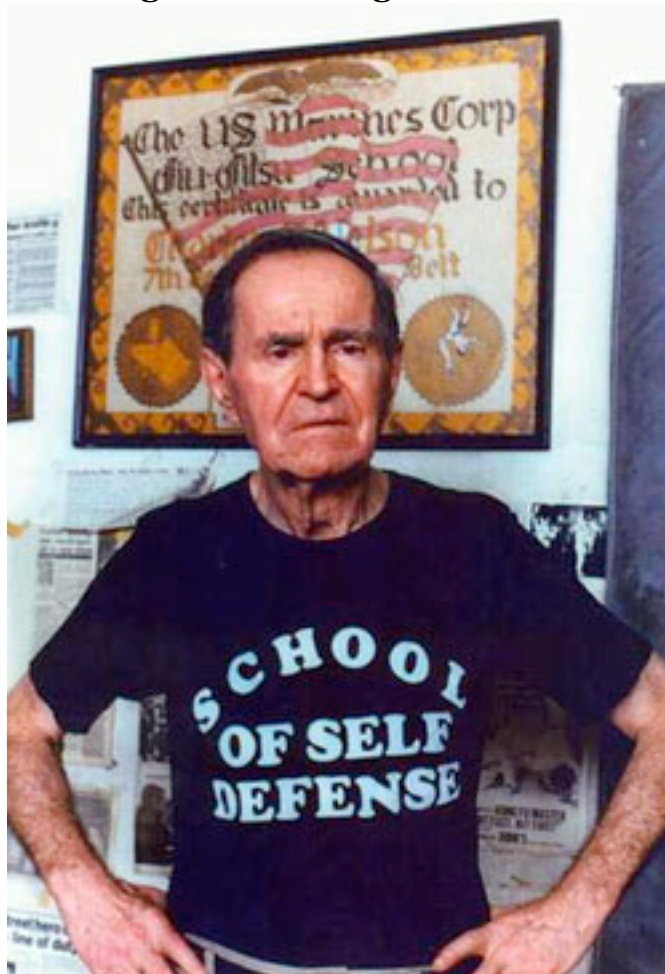
E d i t o r i a l

Your Security And Defense Is Your Responsibility

ONE of our beloved teachers, the late Charles (“Charlie”) Nelson was

quoted once in an article about himself* that appeared in a magazine in the 1950's:

“This here country was built up on the idea that a man wasn't worth the name unless he could defend himself, his woman, and his home. When they cleaned up the Indians and took away everybody's guns, a lot of guys thought they didn't have to be men anymore. Things ain't changed at all.”



CHARLES NELSON. A PHOTO TAKEN MANY YEARS AFTER WE TRAINED WITH HIM. NELSON FOUGHT ON GUADALCANAL AND WHILE TRAINING IN THE MARINE CORPS WAS A STUDENT OF ANTHONY J. DREXEL BIDDLE.

We wistfully note that in the 1950's, following WWII, Charlie's philosophy *drew* many people to him. We know very well that in today's pathetic, emasculated environment such a philosophy is most likely to *repel* as opposed to *attract* students. No matter: We agree with Charles Nelson, and

we hold that today — in this twelfth year of the 21st century, 43 years *after* the publication of that article from which that quote has been taken, we ***still urge and espouse*** that philosophy. Quite proudly, at that. Some who know us well have opined that we have in fact elevated it to a literal way of life.

In no sense whatever are we a proponent of that form of mental illness known as *machismo*. We abhor and detest “toughguys”. People who look for fights are, in our view, lower than barnyard animals. We believe in non-violence and rational behavior. *However . . .* it is regrettably the case that, sometimes, it is rational to use force and to do battle with those who, *by their own choice*, can be dealt with in no other way. If there is any philosophy that merits contempt it is that of unconditional *pacifism*. **Every decent human being is a *pacifist* — until he is attacked, or until his loved ones are threatened. Then he *ceases to be a pacifist and becomes either a warrior or remains a helpless, useless victim***, cowering behind the rationalization that “violence proves nothing”, or that “it’s always wrong to fight”, or that, “fighting only lowers you to the level of the attacker”, ***ad nauseum***. Violence, righteously applied, certainly *did* “prove something” when the colonialists decided that they would not tolerate domination by King George and his military. It certainly *was* right to fight when the Axis powers threatened to enslave the world under fascist tyranny, and they proceeded to wage war against and occupy other nations, in the 1940’s. Fighting back ***does not*** “lower” anyone to the level of his assailant. It prevents the assailant from injuring, terrorizing, killing, or otherwise violating the one who has been attacked.

We suspect that not too many visitors to this site will take exception to our thesis, but we state it plainly and with emphasis so as to fully articulate what some might “sense” but be unable to put into words.

We respect our Nation’s law enforcement officers and the often splendid work that they do. But remember: The police do not constitute a *preventive* institution (although it is probably true that the mere presence of the police might occasionally discourage some criminal acts). The police are **reactive**. This is certainly as it should be, since a proactive, *regulatory* police function

typifies that nightmare on earth which is referred to as a “*police state*”. Better by far to be left with **NO** police than to be shackled by the evil of a tyrannical regime. In point of fact a study of that period (i.e. the old west) in American history referred to as the “*wild west*” proves the truth of this last statement irrefutably. Not only did those who settled and lived out their lives in the “wild” west readily manage to take care of themselves and deal efficiently with troublemakers of every ilk despite the absence in many cases of “law enforcers”, *the so-called “wild west” was more friendly, open, peaceful, and benevolent than was New York City in the late 1800’s and in the earlier part of the 20th century!* The western “badmen” were relatively few and far between; and as the great western novelist Louis L’Amour once said with a smile when asked in a televised interview about how the townspeople back then ever coped with those gangs that “rode in and took over a town”: “*Oh, that’s just a myth from TV and the movies,*” he said. “*If any such outlaws rode into a town the people just grabbed their winchesters and shot them out of their saddles.*” (Usually the cliché is meaningless. But not in this case: “**Oh, for those good old days!**”).

We believe in self defense. With bare hands. With weapons. With *anything* at hand. And we believe that it is the inviolate right of every person to have that right **recognized** and **defended** relentlessly by the law. Where and when it is, we have **justice**. Where, when, and to the extent that it is *not*, we have uncivilized brutality and the running rampant of despicable predators who revel in tormenting the majority of good people in every community.

In a radio interview we gave years ago one caller asked: “*Don’t you think that all of that training and thinking about self-defense and violence will just contribute to pointless violence and to the encouragement of violent offenders?*” We replied:

“Absolutely not. In fact it is the apparent *helplessness* and lack of capacity to respond with violence in their intended victims that most encourages violent criminal predators to do as they please. *There is no more powerful deterrent to violent crime and all unjust uses of force than the would-be offender’s perceiving formidability, skill, armament, determination, and all-round readiness to ferociously fight*

back and win in anyone being considered for possible victimization.”

We said that in the 1980’s. We stand by it as immutable fact for all time.

The only thing keeping you from getting started in serious training, in working out, and in starting to actually *become* able to handle eventualities is ***your hesitation, laziness, lack of will, indecision, and — I will say it — lack of manliness.*** There are no excuses, and that is the only explanation, bitter as it may be to hear. If you live where attending our or Prof. Bryans’ personal instruction is not feasible in regard to regular classes, you can arrange for a short-term intensive course of private lessons, which you can take during a brief visit to either Seattle or Prescott. If that is not possible you can invest in our DVD Course, which will teach you ten times more about practical, realistic self-defense and close combat than most black belts ever acquire. (And that is a conservative statement, not in any sense a boast).

It really is *not* manly to shrink from the responsibility of acquiring competence in protecting yourself and your loved ones. We mean no insult to anyone really; but can’t you see and understand our point? If, God forbid, serious violence ever intrudes into *your* life, threatening to maim or to kill you or someone you love, ***don’t you want to be able to handle that situation?*** Don’t you feel that you owe it to yourself *and* to those you love?

Our teachings are based upon the assumption that the *only* acceptable answer to the last two questions in the preceding paragraph is “**YES!**”.

We’ve been at this for more than half a century, and we’ve never believed any differently.

You simply need to ask yourself if you agree with us or not. If you do agree with us . . . well then . . . ?

* “***Meet N.Y.’s Dirtiest Streetfighter***”, by Robert M. Lipsyte — Originally published in *Men’s Magazine* (1958) and again in *True Action Magazine* (1960).

Bradley J. Steiner

**SIX IMPORTANT TIPS TO ASSIST
YOUR DEVELOPMENT OF THE BASIC BLOWS
OF UNARMED COMBAT**

ONE of the great things about the proven *basic blows* of unarmed close combat is that their combined simplicity, adaptability, and destructiveness makes them quite effective, even when they are done in a less than fully correct manner, in many instances. For example, let's say that your hand formation is not correct when delivering the handaxe chop. If you lash out quickly with your open hand and connect with your imperfect blow virtually anywhere from the base of the adversary's throat/neck area to the level of his eyes,, the blow will *still* be effective; albeit not ideally so. It will almost without exception — no matter how “imperfectly” it may be delivered, be ten times more effective than a wild punch thrown in the general direction of an assailant's head. *And you won't hurt or disable your hand.*

If you followup instantly and relentlessly once you've struck any blow in a dangerous emergency, then the fact that blow number one was not fully decisive (or even that blows number two through ten fail to be completely decisive!) will hardly matter — and the *paving-of-the-way-for-the-next-strike* effect that whatever blow you deliver will have, will all but assure that you will overcome your adversary, since you will give him no opportunity to adjust and to recover during your onslaught.

But anything worth doing is worth doing *well*. And the rewards of honing those war-proven blows into precision weapons are numerous. Doing so will

boost your confidence, increase your competence in stopping an enemy in battle, and greatly increase your capacity to deal with *multiple* adversaries.

One of the advantages to be enjoyed from studying our DVD Course is that you will always be guided to the exact and correct performance of everything you are taught, since you can see — and review — performance again and again, until you get it. If you really wish to master the sixteen basic blows as speedily and efficiently as possible, you might wish to consider ordering our DVDs #1 and #2.

But even if you are a confirmed devotee of a classical/traditional art and wish to adapt the blows that you have been taught in your study to more practical applications, you will find what follows to be very helpful. We recognize too that there are other excellent teachers out there who offer practical training; so if you are or are not a student of American Combato — so long as your purpose is practical combative application of your skills — you will derive significant assistance from following the tips that we offer.

#1: Practice in front of a full-length mirror.

By doing this you can see exactly what any opponent facing you would see, and thus you can work effectively to eliminate obvious telltale signs that you are about to strike, as you insure that your own relaxed-ready, off-angled position *looks natural*, while at the same time being correct and tactically sound. Watching how you execute your blows will enable you to render them more efficiently, over time, by shaving away any superfluous aspect to their delivery, which you might inadvertently be employing. You will be able to check and see that you are properly advancing your body *into* the blow when you strike.



WESTERN BOXERS HAVE ALWAYS USED FULL LENGTH MIRRORS TO ASSIST IN THE DEVELOPMENT OF THEIR MOVEMENT, PERFORMANCE, AND FORM. THIS TRAINING LETS YOU SEE YOURSELF AS AN INSTRUCTOR WOULD SEE YOU — AND RENDER ALL NECESSARY CORRECTIONS.

Incidentally, mirror training was advocated by William Fairbairn, Eric Sykes, and Rex Applegate in *combat handgun training*, during WWII. By observing your frontal posture and positioning, and the weapon in your hand, you can readily correct and adjust yourself so that the mechanics of correctly pointing your sidearm in combat are internalized and made habitual.

#2: Work incessantly to eliminate even the slightest “telegraphing” or preparatory moves which you might have an inclination to employ prior to hitting.

Have practice partners stand a safe distance from you and monitor how to explode into an attack from your relaxed-ready position. *Go for the partner*

full blast (obviously, from a distance that prevents your making contact with him) and have him scrutinize how you did it. Was he able to detect any eye movement or physical twitching or adjusting or body shift — however slight? If so, you know what needs work.

It is a fact that any surprise blow delivered in an unwavering trajectory *that is untelegraphed* and executed from a distance close enough to “connect” **WILL** connect! No one — **no one** — can block, parry, dodge, or otherwise avoid such a blow. This is because action is faster than reaction, and a properly delivered blow leaves no possibility or hope for effective reaction. (This is, by the way, is why you always strive to maintain a distance between yourself and any unknown person who is *outside arm’s reach*.)

This point is one of the defining characteristics that proves the **difference** between sparring, sport, competition, matches, etc., and ***real, honest-to-goodness combat***. When you agree to a bout and you face off, take your stance, and engage the opponent at an agreed upon signal, there is no true “element of surprise” and possibility of a genuine, disabling ***preemptive, surprise attack***. You must *always* train to be foul, unsporting, ruthless, and deceitful.

#3: Make going to relaxed-ready second nature — always.

The specific “Relaxed-Ready Stance” that we teach in American Combato is the only launching pad you need for any blow or combination of blows that circumstances compel you to initiate. *You need no other stance or position in order to be fully prepared to blast into your adversary.*

When you’ve made going to relaxed-ready a habit, you are *always* ready to strike; you are, in effect, in your “fighting position” which does not appear to be a fighting stance, at all.

#4: Think of a *whiplash* as the model for how a blow ought to be delivered.

A whip is completely limp and relaxed *until* its moment of impact, and it strikes with great force. Then, instantly upon completion of impact, the whip is limp again — *completely ready to strike again*. No strength wasted **before** or **after** contact; and all available strength **applied on impact!** The way to go.

#5: Get your entire body behind every blow.

Western boxers, no less than Asian martial arts devotees, fully appreciate and apply this principle. **The distinctive characteristic of applying it in hand-to-hand combat, as opposed to how it is routinely advocated in other martial arts, is that one advances and drives into the enemy as one hits, when applying the principle in actual battle.** One doesn't remain in a fixed stance, dance around, and "trade blows".

Drive into your enemy when you go after him! This will make whatever blow you strike with optimally effective.



THE MAGNIFICENT JACK DEMPSEY! IT WAS FROM DEMPSEY'S CLASSIC, *CHAMPIONSHIP FIGHTING* THAT WE LEARNED THE "FALLING STEP", WHICH WE APPLIED TO THE TECHNIQUES OF CLOSE COMBAT. THE FALLING STEP MAKES FULL USE OF THE HITTER'S ENTIRE BODY, AND DEMPSEY'S BRILLIANT METHODOLOGY IS ADMIRABLY ADAPTABLE TO THE DELIVERY OF ALL OF THE HAND, ARM, AND ELBOW BLOWS OF UNARMED CLOSE COMBAT. IN FACT, WE HAVE EVEN BEEN ABLE TO APPLY IT TO OUR KICKING METHODS.

To use an analogy here with military warfighting tactics that are utilized by infantry. In combat the military is always looking not only to advance but to occupy ground. In hand-to-hand combat you should strive to advance and to occupy the ground where your enemy is standing, so that as you advance you cause him to become off-balanced, to back peddle, and to lose his footing.

If you want an example of how this absolute commitment of the entire body to the attack can be, consider this: A 90 pound doberman pinscher can take a 250 pound man off his feet *easily* when he charges and lunges onto him. Why? Because of the momentum and the ferocity of the dog's attack. The dog nips and jumps about and "spars" **only** when at play. The same thing

applies to jungle cats. They paw and spar *only* at play. Watch a lion or tiger on the attack and you'll see no sparring!

Strike your enemy the way an attack dog or a tiger strikes: with 100% commitment of bodyweight behind the blow.

#6: Establish in your mind that every blow is a mere *prelude* to followup.

You must maintain balance and poise when you strike. And, despite endeavoring to utilize every ounce of power that you possess when you strike with whatever blow you employ, *you never depend upon that blow, by itself, to do more than **pave the way** for a deluge of relentless blows.*

In this regard we are the exact opposite of classical karate, which aims to drop a man with a single hit. We realize that that is unlikely, and we do not entertain hopes of being able to do it. Instead, we strike mightily, and *we keep on striking* until the enemy is harmless.

The basic blows are the foundational components of attack combinations and counterattacks. By thoroughly developing your ability to generate the most efficiency and power when you utilize your blows you are enhancing all aspects of your combatives effectiveness.

We hope that these tips assist you in doing just that.

ARMED SELF-DEFENSE: THE SHOTGUN

WHILE handguns are popularly regarded as “home defense” firearms, and indeed they certainly have served admirably in that capacity since they were first invented, we personally would not rate the handgun as the best or ideal home defense weapon. *That* particular distinction, we have always maintained, belongs to the powerful, 12 gauge *pump action* shotgun. The handgun will certainly do, and we have no quarrel with those who personally

prefer to rely upon a handgun for home defense, but we'd like to explain why we prefer the shotgun, and ask visitors to consider what we say, and to factor in the merits of the shotgun as a firearm for home and family protection. This weapon has been *standard* in the selection of weapons that we regard as integral to the *American Combato System*.

The shotgun is a manstopper — period. No human being hit two or three times (with even only *one* of those hits striking square in the kill zone, and the other two in the head or in an extremity) with 00, or #4 buckshot at close range (typical inside a private dwelling) is going to be a further threat. That you can readily stake your life on.

And that's the point. You are always "staking your life on" the weapon that you employ against a violent home invader. Anyone who does not understand that home invasions constitute a **deadly** threat really needs to do some in-depth research. Why limit yourself to a handgun, when keeping a shotgun at home is convenient? The handgun is for constant carry and self-defense when a shoulder weapon is impractical. At home, beside the bed, the shotgun takes up little space, need not be worn or carried, is legal in most places, is easy to employ, and packs a super combination of brutal stopping power with unequalled intimidation. A second or third accomplice in a home invasion is all but guaranteed to be shocked out of his wits and flee when he hears the 12 gauge explosion that drops invader number one! And although we (thankfully) cannot say from experience, we have been told that the mere sound of a pump shotgun's slide being racked is by itself sufficient in some cases to cause a felon to beat a hasty retreat!



ONE OF OUR PERSONAL FAVORITES: THE CLASSIC REMINGTON 870 PUMP SHOTGUN. THE PHOTO SHOWS THE MARINE MAGNUM MODEL WHICH IS COMPLETELY PLATED WITH ELECTROLESS NICKEL AND THUS IS IMPERVIOUS TO WEATHER OR EVEN SEA WATER. THE REALLY IMPORTANT FEATURE IS THE EXTENDED MAGAZINE, HOWEVER.

No one should simply go out and buy a shotgun. **First**, take a good class in proper handling and safety. *This should be a class attended by everyone in your family who is capable of firing the weapon.* (**Note: We appreciate that families with children will need to make arrangements for greater safety precautions and very thorough indoctrination before having any firearm in the home where small children reside. Extreme caution is of course always mandatory — for adults no less than children — when owning and handling *any* firearm.**)

There are some excellent semi-automatic shotguns on the market, but for self-protection we'd stay with the pump action 12 gauge shotgun. The mechanism is simpler and thus less likely, in our opinion, to malfunction than are the semi-autos. Our hands down recommendation is for the Remington 870 police type models, although Mossberg makes excellent pump shotguns, as does Winchester. We believe the 870 is the most ruggedly constructed and reliable, but we're not looking to step on any toes here, and if you prefer one of the other manufacturers, by all means go with your preference. It's hard to make a "poor" pump shotgun.

Shotguns are relatively inexpensive. A good one, purchased new and properly cared for, will be passed on to your grandchildren.

Employed strictly for **self and family defense** the shotgun should be utilized by *point firing*. You will not be shooting at distances beyond what is regarded as **handgun** range (i.e. within seven yards) within your home. This method of firing the shotgun (or carbine) is described in *Kill Or Get Killed*, by Rex Applegate, and also in two more recent texts:

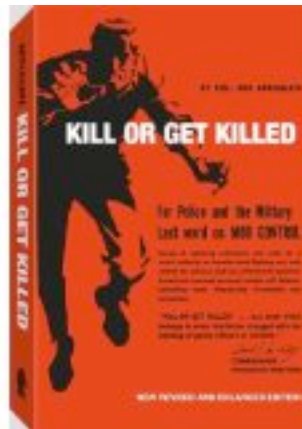
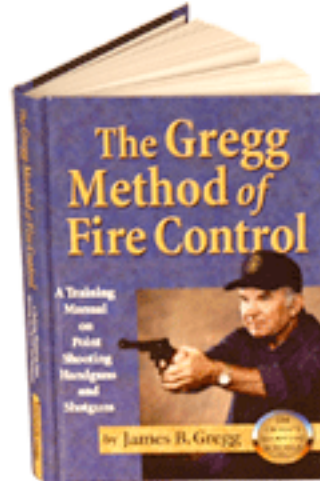
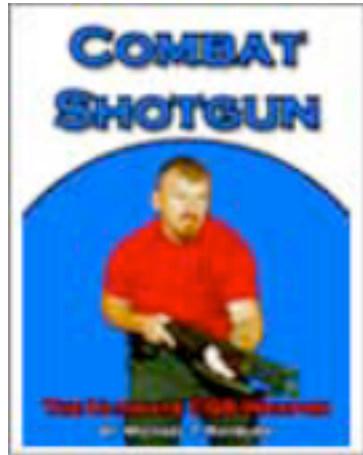
COMBAT SHOTGUN, by Officer Mike Rayburn

-and-

THE GREGG METHOD OF FIRE CONTROL, by James Gregg

Both these books provide reliable and outstanding presentations

of the art of using a shotgun in **combat**. Officer Rayburn's book is devoted totally to the shotgun, while Jim Gregg's covers the handgun and the shoulder weapon.



THREE EXCELLENT SOURCES OF RELIABLE INSTRUCTION THAT ADDRESS THE USE OF THE SHOULDER WEAPON IN REAL WORLD CLOSE COMBAT AND SELF-DEFENSE EMERGENCIES.

One last thing: Our disclaimer. The use of firearms demands the utmost responsibility, maturity, and self-control, not to mention **strict** obedience to all laws that apply where you live. We assume no responsibility for anyone's incompetent, illegal, accidental, wrongful or other use or misuse of any firearm or other weapon. We urge that an attorney be consulted regarding legal questions,

and that you must find out and *obey* all laws pertaining to the ownership and use of firearms where you live.

The shotgun offers many advantages for home defense. Its buckshot will *not* pass through the human body, go through your wall, and enter the home of a neighbor! A .308 battle rifle round certainly *will often* do this; and depending upon the structural composition of the walls, a .223 carbine *might* do this.

A pump shotgun of the proper length (i.e. a police version with 18" barrel, like the Marine Magnum, etc.) is very wieldly and handy inside of enclosed quarters. (In fact, we'd go so far as to say that the pump shotgun is such an excellent close quarters weapon that this type of firearm is much more logically fitted with a bayonet than is a full sized battle rifle.)

This brief article on the shotgun for home defense is an expression of our opinion on a subject that we feel is of interest and importance to our visitors.

Live In Arizona? Looking For First Class Training In

Personal Defense And Physical Development?

PROF. MARK Bryans (**6th Degree Black Belt** in *American Combato*) has informed us that he is instituting a terrific new ten lesson program (Ten 1-Hour Private Lessons with him, personally). The program is designed to combine training in the proven techniques of *American Combato* with the kind of progressive-resistance (weight training) exercise that we advocate for all-round physical readiness.

Here's how this new and unique course of instruction works:

After personally instructing his student for a half hour in the solid, reliable close combat techniques of *American Combato*, Prof. Bryans (who is also a highly experienced and certified personal trainer) leads the pupil through a well-planned individualized workout using the professional gym facility that he himself trains at. Every movement of the exercise program is carefully coached, and under the trained eye of Prof. Bryans the pupil not only receives a terrific, beneficial workout — to top off and compliment his lesson in combat skills! — he gradually comes to understand the proper way to train using weight training equipment.

There is great *efficiency* in this method of training, since the 30-minutes of *American Combato* warms the pupil up nicely for the physical training session!



PROF. MARK BRYANS (ON THE RIGHT) WITH ONE OF OUR BLACK BELTS, DAVE SMITH. THIS PHOTO TAKEN DURING A VISIT TO MARK'S SCHOOL IN PRESCOTT, ARIZONA.

Pupils can continue this regimen under Prof. Bryans, enrolling for ongoing blocks of ten sessions each, or after completing one or two series of sessions, transition to standard *American Combato* instruction, and workout with weights on their own.

You do need to live within convenient traveling distance of Prof. Bryans' School and gym facilities in order to benefit from this new course offering. Personally, we know of no one in the entire State of Arizona better — or even *as* — qualified as Prof. Mark Bryans to provide this outstanding all-round training service. And we have been professionally involved in physical training ourself for almost as long as we have been involved in the combat arts!

Everyone with whom we've spoken who has received *American Combato* and/or weight training instruction from Prof. Bryans has been delighted with the results that he has obtained.

We'd urge Arizona residents to consider this training option!

Call Prof. Mark Bryans: **1-928-308-2285** to arrange for an appointment to enroll.

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**)

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You will want to study these DVDs again and again, as they are rich in content and packed with solid, reliable information and instruction!

Go For The Gold!

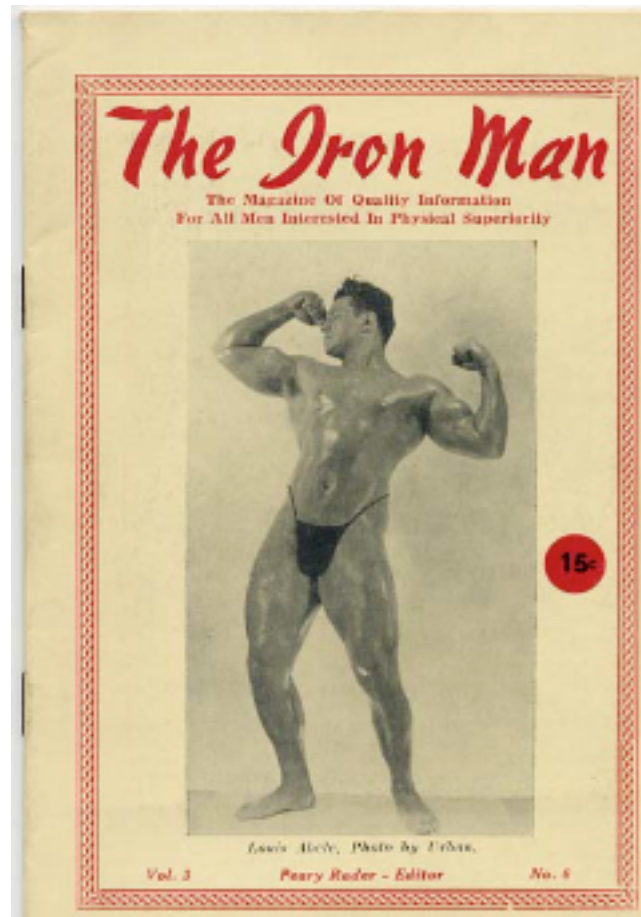
(The *Old* Gold, That Is)

IF you are not following a regular, balanced program of weight training you are missing something critical in your overall combatives program. We shall never stop emphasizing how vital it is to become as strong as possible and to maintain as high a level of overall fitness and conditioning as you can. Strength and condition are not necessarily *the* decisive factors in close combat; but they are factors, to be sure. And you want those factors operating to your advantage as far as possible should you ever find that physically defending yourself should become necessary.

The mainstream *bodybuilding* and *power lifting* fields today wreak of lunacy, dangerous habits (like *drug use*), and questionable lifestyle values. (Does it really make sense to live your life solely for the purpose of attaining

certain muscular dimensions, or for having a physique that wins a contest?)

Unfortunately, with serious, healthful, rational **bodybuilding** and **strength training** relegated to an underground, few people today are aware that sensible, realistic, healthy physical training with weights is possible, and the methods have been publicized. Problem is, they were publicized many years ago.



AN ISSUE OF THE *OLD, ORIGINAL* “IRON MAN” MAGAZINE, WHICH WAS OWNED AND PUBLISHED BY THE LATE PEARY RADER. ON THE COVER IS LOUIS ABELE, A LIFTER FROM BYGONE DAYS WHOSE PHYSIQUE AND STRENGTH WERE THE PRODUCT OF GOOD TRAINING, GOOD DIET, AND ATTITUDE. IT IS FROM ABELE’S ERA AND THROUGH TO THE MID-1970’S THAT FINDING SENSIBLE DOCTRINE REGARDING PHYSICAL TRAINING IN THE MAINSTREAM WAS POSSIBLE. OUR ADVICE TODAY: STAY AWAY FROM BODYBUILDING GYMS, AND DON’T WASTE A CENT ON ANY OF THE NEWSSTAND “MUSCLE” PUBLICATIONS!

We strongly recommend that visitors to this Site and to www.seattlecmbatives.com do some searching for the really good

instructional material and training advice that once was offered in such outstanding bodybuilding publications as *Iron Man* (**when owned and published and edited by Peary Rader**), *Strength & Health* and *Muscular Development* magazines (when published and edited by Bob Hoffman and John C. Grimek), and the numerous courses and books by Harry B. Paschall, Chuck Sipes, Joe Bonomo, Sig Klein, and so on.

Original copies of the classic works that these *Greats* produced are costly. Thankfully, Bill Hinbern (www.superstrengthbooks.com) offers very affordable reprints of many of the classics. *In our personal opinion “bodybuilding” today is pursued for the most part in a highly self-defeating way, and nearly every modern gymnasium where contest bodybuilding is the focus — or power lifting — and/or in just about all of the popular “courses” and recent books on the subject, instruction is offered that should be avoided.* The old gold stopped being mined seriously more than 20 years ago, and even efforts to keep it alive in one or another of the “mainstream” muscle magazines by our self, were not well received. Today it’s **steroids, size and mass** for size and mass’ sake, and raw power achieved with drug-supplemented regimens. **Steer clear of this garbage!** The bodybuilding and lifting field now *routinely* mourns the deaths of young men who, obsessed with the insane lifestyle which is today popular, actually killed themselves in their quest for drug-assisted “strength” and “muscle”.

Be reasonable. Stay healthy. Train sanely. Turn your back on the popular garbage. Go for the old gold!

Get **REAL** In Your Training, Now!

REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit

beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

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

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

2. *ATTACK COMBINATIONS* — \$15.

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

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

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

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

4. RULES OF SELF-DEFENSE — \$17.

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

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jitsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

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

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

LIFETIME LEARNING.

Also available is the quality revised *Paladin Press* reprint of our 1970's Classic that "started it all" in this "WWII methods/practical combat/offense based fighting, etc." movement:

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

We will autograph your copy, and we will include a document available from no other source, explaining the significance and role of this little Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

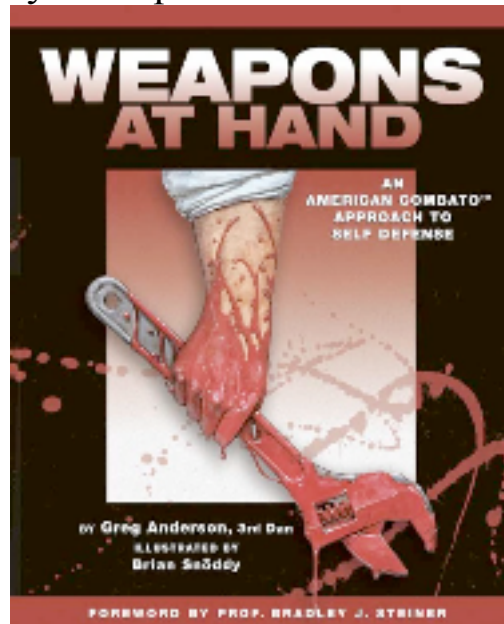
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SEATTLE, WASHINGTON 98115
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Practice With Improvised Weapons

IT is no surprise that weapons of convenience, or objects at hand, can often be called upon to save your life in a dangerous situation. Perhaps the finest book ever written on this subject was authored by one of our own Black Belts, originally to satisfy the requirement for his Black Belt Thesis:



WE HIGHLY RECOMMEND THIS EXCELLENT WORK FOR SERIOUS STUDENTS OF CLOSE COMBAT! YOU CAN ORDER EITHER A PRINT OR E-BOOK (PDF) EDITION. CHECK OUT WWW.WEAPONS-AT-HAND.COM!

What we wish to stress in this article is that, just as is the case with manufactured weapons such as firearms, stick weapons, fighting knives, and tomahawks, *practice* is necessary to realize the full potential of such “improvised weapons” as may be resorted to in a sudden emergency, when actual weapons are unavailable.

We agree that in a pinch it certainly may be possible for a person with the

right mindset to “wing it” and with, say, nothing but a normal umbrella in hand, rout some piece of street filth. However, we insist that that same person, *equipped with a working knowledge of how to best utilize that umbrella*, will do a much better job of it.

So . . . if an object at hand *really is* a normal, everyday “object at hand”, how on earth can you “train” or “practice” with it? Simple. Pick up the object, think about how it can be employed to inflict grievous injury, then, after working out efficient and effective *physical actions with that object in hand*, begin to drill repetitiously in them. The same way you’d work with a knife — or a stick.

We learned the OSS/SOE methods (later, passed on to CIA/MI6, during the years immediately following WWII) of utilizing folded newspaper as a *deadly* weapon years ago from Col. Rex Applegate. (We might in fact publish this information at a future date). What those who may have heard or read about this improvised weapon elsewhere likely are not aware of, is that trainees were taught to *practice* until, after having made one of these particular “newspaper specials”, they could utilize it as fluidly and accurately as they could the *chinjab smash* or the *edge-of-the-hand blow*.

Magic does not exist. *Practice* remains the only path to practical ability. The *knowledge* of how to use a telephone receiver, table fork, lamp cord, short ruler, pocket comb, wrist watch, or ten dozen other extremely effective daily objects to neutralize an enemy in hand-to-hand combat is one thing. After learning **how**, one is well advised to **become able**.

Our top Black Belt and colleague of decades, Prof. Mark Bryans, once gave an impromptu demonstration (without injuring anyone) of how a candy bar could be utilized to inflict at the very least a *knockout* if not a deadly blow!

As is the case with formally manufactured weapons, the *methods* of using improvised objects at hand as weapons is simple. The techniques are uncomplicated and depend upon gross motor actions. However, while merely remembering a move *might* prove sufficient, **having practiced it until it is a**

natural action, and you can do it correctly every time will boost your odds of being successful in using it, should the need ever arise.

We are after **anything** and **everything** that is of any value in assisting us in being prepared completely to defend ourself or those we love against violence. *And we want to be **good** at it. REAL GOOD!*

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**:

1. We must be quoted **in context**.
2. Credit must be given for that which is quoted/referenced.
3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, 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 site. *We would like as many as possible to benefit from the information and instruction that we provide!*

YOURS IN DEFENSE,

Professor Bradley J. Steiner

www.americancombato.com

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— e n d —

