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SWORD and PEN

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

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www.americancombato.com

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In Memoriam

We were sad to learn of the passing of Rocco J. Damiano, a longtime friend and ICMAF Associate Teacher. Rocco was a Vietnam veteran, a retired Newburgh, NY police officer, a nurse, and a member of the U. S. Army's Special Forces Reserve. Rocco founded the Tangmeanna Ryu Martial Arts System and was devoted all of his life to service to his Country, and to his beautiful family.

Rocco was a good man, and he will be missed. We extend our deepest sympathies to Rocco's wife, Ann, and to his children and his

grandson.

E D I T O R I A L

Think For Yourself!

PEOPLE love to be critics. It is rather amusing when you consider what a critic really is. A critic is a *parasite*. A parasite requires a host. Without the host, the parasite has no means of survival. *Critics require someone or something to criticize . . . or, they cannot exist.* They have nothing of value that is their own to sustain themselves. They have nothing to offer. No substantial identity. No one really needs them. They are forever bound to and dependent upon those whom and to that which they direct their critiques.

Now obviously *criticism* is not always bad, nor is it always unjustified. But those who (unlike our *self*, we have no problem saying) direct *occasional* criticism regarding very specific points, while being careful to acknowledge existing virtues and even strong points in those whom and in that which we criticize, *critics* are those who enjoy pontificating about “what is wrong” with all and sundry. They relish putting others down. They glory in telling us what is wrong with everything. The attraction that *being* a critic per se holds (for the dishonorable, the mediocre, the pretentious, etc.) most certainly makes for a more revealing statement about **them** — i.e.the critics — than it does for those whom they criticize.

Bruce Lee said it beautifully in an interview once: “**They only tackle the one who has the ball!**” The critic, by virtue of the fact that he undertakes to attack the various entities that he targets, virtually *proclaims* that the targets of his criticism have “got something there”. Think about that. *The parasitical critic moves on those who have something to offer!* Yet, instead of being shunned, a huge population of morons, and other assorted neurotic malcontents, gleefully seek to follow or to even *emulate* the critic!

We suggest that learning to objectively evaluate that which creators and producers place before us — rather than attempting, with intellectual smugness and belligerence — to “*slam*” those creators and producers (often, when we don’t know a damn thing about them, first hand; and often when we really do not even begin to comprehend what they are presenting, in the first place), would be wise.

How well we remember when the late genius Arthur Jones first began presenting his theories and advertising his Nautilus machines (circa 1970, in *Iron Man Magazine*). The moronic comments about and criticisms of Jones and of his Nautilus training ideas from people who **literally** did not know what the hell they were talking about, were endless! *And, as we read and came to understand the absolute validity of what Jones presented, we realized that the fools who took it upon themselves to inflate their mindless egos in attempting to put Arthus Jones down, were **announcing their stupidity, dishonesty, and ignorance to the world.*** Jones made sense. Today, his critics have passed into oblivion and no one even recalls a single one of them. Nautilus training, and the ideas of Arthur Jones, have become established as one of the most significant advances in physical training since the invention of the barbell!

The main tool of those who wasted decades on attempting to establish the so-called “new technique” of combat handgun shooting was the tactic of unjustly criticizing giants such as Applegate, Fairbairn, Sykes, Jordan, and so on. As “proof” that those who had **legitimately** established *point shooting* as the true and viable method of using a handgun in close combat (**by studying and then participating in actual combat with their method**) were “wrong”, and that the “new technique” was superior, these people kept referring to the “dominance of the new technique” — ***in competition events!*** Irrelevant and misleading B.S.? *You bet!!* But it nevertheless succeeded in sidetracking a generation or two of people into a method of handgun shooting that was 100% unsuitable for the purpose of self-protection and close combat.

When, in the 1960’s, we began to seriously question the classical/traditional

martial arts for use in practical self-defense, and as methods of reliable hand-to-hand combat for those needing such training, we were pounced upon by critics who refused to even consider the validity of the WWII methods that we were then advocating. Never mind that **wartime experience** of only two decades prior had ***PROVEN*** that what we were advocating was true. That didn't matter. The critics, feeling themselves able to gain attention and credibility by unquestioningly following "tradition", attacked us. Today, we have more imitators than *Playboy Magazine* had copycats; **most of whom were in high school or middle school when we established our System in 1975.**

We urge you to adopt the policy of ***CHECKING THINGS OUT FOR YOURSELF***. Don't listen to or follow the ramblings of critics. They mislead, misinform, sidetrack, lie, and fool the lazy and the gullible.

If, for example, you want to know what Ayn Rand had to say, ***read Rand's works, and go by what SHE actually said***. We have heard academically credentialed "authorities" who didn't like Rand declare absolute **LIES** about what she advocated and believed. And, sadly, this kind of dishonesty is ***typical*** — not only of academics, but of second-handers and malcontents of every persuasion. Don't listen to others who tell you what someone else teaches, believes, is like personally, etc. ***FIND OUT FOR YOURSELF!*** (This applies to *favorable* opinions too, by the way. **Find out for yourself**. People have also been known to offer inappropriate *praise*. Touting for one's "buddies" and lending endorsements for those who happen to agree with one is virtually routine. There are exceptions; but not many).

If, for any reason, you are not able to refer to the individual or the individual's works, first hand, then have the brains and the intellectual honesty and human decency to ***acknowledge*** this, and to suspend judgement. *Any opinion about anyone or anything that is based merely upon someone else's opinion is **WORTHLESS HEARSAY**.*

Over the years we have certainly found that we disagree — often strongly — with others. But we have also often found that this disagreement was not total.

We found that, *by coming to know firsthand* what another was doing or saying or advocating, we actually had points of agreement, if not outright appreciation.

When the works of Bruce Tegnér appeared (we purchased a copy of Tegnér's first book *Karate: The Open Hand and Foot Fighting* when it came out around 1960) we carefully read through and considered everything that he presented. It was drastically different than traditional *karate*. We then obtained and studied Tegnér's subsequent books. **Despite the fact that this man was pilloried by the "martial arts community" at the time, we AGREED with much of what he said, and we found him to be infinitely more sensible, realistic, and valuable in his teachings than were most others, at the time.** Today . . . the **FACT** that Bruce Tegnér made a great deal of sense regarding practical self-defense is widely and generally acknowledged.

Don't be a horse's ass. Think, evaluate, learn, and *see for yourself*. Those who delight in ignorantly criticizing are merely parasites who are full of s—t. Pay them no mind.

Bradley J. Steiner

"It is not the critic who counts; not the man who points out how the strong man stumbles, or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs, who comes short again and again, because there is no effort without error and shortcoming; but who does actually strive to do the deeds; who knows great enthusiasms, the great devotions; who spends himself in a worthy cause; who at

the best knows in the end the triumph of high achievement, and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those cold and timid souls who neither know victory nor defeat.”

— Theodore Roosevelt

Know When To Discard A Technique

THERE are more techniques in the martial arts than any single individual could ever even *remember*, let alone achieve proficiency in. As far as realistic close combat and self-defense is concerned, there is a considerably smaller number of techniques — but still too many for any one person to thoroughly master. In *American Combato* we have **16** key basic blows (a total of 50 blows in the entire System), **30** core attack combinations (with a literal *infinite* number of variations, adaptations, and permutations possible), **30** core “self-defense” situations in which approximately **125** counterattacking actions are included (enabling an *unlimited* number of variations to be created and applied), and a multiplicity of fundamentals, weapons, ancillary mental and physical conditioning methods, and combat-oriented doctrine for study. ***This is much more than any individual student would ever need, and much more than what any individual student is capable of mastering to a combatively functional level of proficiency and applicability.*** Still, our curriculum is immensely valuable and important for any student who trains in the Art seriously, over months and years. (**Note:** Short-term course students need not concern themselves with exposure to our full repertoire. These individuals are taught encapsulated mini-systems that more than meet their need for practical self-defense, while avoiding the protracted study and dedication required for those aspiring to black belt expertise.)

Our System contains fewer techniques than just about any classical/traditional

martial art in existence; yet it still contains a substantial and rich body of doctrine, and is thus presented to serious students over time for the following reasons:

- Modern students of self-defense and close combat normally have plenty of time (months and years) to train, learn, and develop. Thus, unlike wartime students that must have the essentials crammed into them within a matter of *hours*, the 21st century *American Combato* pupil can and should avail himself of much more — tapping in as he learns to the rich store of viable skills that the short-term student has neither the time nor the interest to study.
- When a student is exposed over time to *all* of that which works in serious combat he is able to polish and to refine his personal style by selecting or omitting techniques, according to his unique physiological and psychological propensities. Ultimately, this results in the individual's developing the best possible set of skills *for himself*.
- All realistic and practical close combat and self-defense techniques are doable by just about anyone. However, we all discover preferences, and we all are slightly different than each other. The most serious students benefit, therefore, in being able to fine tune and specifically *individualize* all that they train in. Advanced and serious students will to a certain extent be fanatical about constantly improving their abilities by getting ever-closer to those techniques that fit them perfectly.

If the visitor is one of our personal students then he has heard us explain this, before. However, we wish to make a very important point for those training at other schools, in other systems, or via our DVD Course and/or quality books on the subject of close combat. That point is: *You should always be concerned to boil your personal repertoire down to the least number of quality techniques that fit you best, and that you can perfect and make natural. according to your individual characteristics.*

Don't worry if or when you come across a technique that, even after a fair amount of practice (say two or three weeks of daily effort) you still "can't

quite feel right about”. ***Throw it out!*** There are other techniques that fit you — even other that address the same tactical situation as the one you’re having a problem with — and **training in those other techniques makes infinitely more sense, because, in the end, you will be FUNCTIONALLY CAPABLE with those techniques.**

Please keep this in mind as you train. Encyclopedic knowledge may be of value to a fulltime teacher; but it serves no purpose for **practical use**. And even the finest teacher will *not* be as capable **performance-wise** with every single action that is included in the system which he teaches.

So . . . how many techniques do you need? That question can only be answered approximately. After all, if you are attacked and if one technique serves to enable you to drop your assailant then all you “needed” was that one technique. But we certainly recommend working to build a good, rounded, *minimum repertoire* if you aspire to all-round readiness and confidence. Roughly, we’d say this means . . .

√ Develop about eight basic blows to the highest possible level

√ Develop six to eight attack combinations so that you are really an expert in them

√ Develop one good basic counterattack to each of the key, general ways in which a person may expect to be attacked.

Achieving that objective should take a person in normal good health and who is reasonably fit and mentally determined about four to six months. Maybe less.

That is a *minimum* repertoire. We do urge anyone with a sincere desire to be truly competent in close combat and self-defense to see the subject as a personal hobby; as a *lifetime* pursuit. By making training a permanent part of your life and by seeing to your exposure over time to *all of that which is practical*, you will emerge after years of training with a personal, unique style that is your own. It will be built upon custom-chosen techniques that have

been tailored and honed to **YOU**, and to your unique abilities and inclinations.

As you train and learn be aware that knowing what to discard is as important to your development as is knowing what to keep!

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)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly

instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs individually, or you can purchase the entire Course, in which case you pay for only ten DVDs. You receive one FREE!

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:—

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

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

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

Due to potential serious injury or death, minors under the age of 18 should not be allowed to purchase or view the techniques

demonstrated on the DVD's and in the system.

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

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

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

Contents:—

DVD #1 *FUNDAMENTALS*

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness
- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

DVD#2 *BASIC BLOWS*

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

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick

- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch
- The ear box
- The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

• The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

• Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

DVD#9 COUNTERING MULTIPLE ATTACKERS

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

DVD#10 HOW TO USE THE STICK FOR SELF-DEFENSE

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC's Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

DVD#11 KNIFEWORK

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*
- Defending yourself with a knife

The cost of each individual DVD is \$59.95 + \$6. shipping and handling (**\$20. postage and handling for foreign orders**)

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner
P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

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

Need Intensive Training In A Hurry?

American Combato is unique. It is a martial art that offers either a lifetime training regimen to those who have the interest and desire to make the training a part of their lifestyle, or it offers short-term intensive programs that enable those looking for powerful, practical, no-nonsense self-defense skills to achieve what they want in a relatively short time. Both Prof. Steiner and Prof. Bryans offer these courses. If you cannot attend our classes (for lack of time, or perhaps because you live in another state or country) we can offer you the opportunity to attend short-term training, geared just for your needs, and acquire the confidence and skill that you'll need within hours!

We of course recommend that you practice what you are taught in these short-term courses once you leave. Just 15-30 minutes daily is enough. But we can train you in a sufficiently rich curriculum of skills (just as Fairbairn and Applegate taught our wartime agents in the O.S.S.) within a period of

hours.

If this interests you, please let's get you started! Call us. If you live closer to Prof. Bryans, then you'll want to take your training at his School, in Prescott, Arizona. If you live closer to us (Prof. Steiner) then you'll want to come to Seattle, Washington for your training. Either way you'll learn the finest, most reliable and practical methods of personal protection without wasting many hundreds of hours attending a classical "martial arts" school, and spending a fortune on skills that may be only marginally effective — if that.

CALL TODAY!: Prof. Mark Bryans: (928)-308-2285

or Prof. Brad Steiner: (206)-523-8642

The Crossdraw Holster

(Perhaps unsuitable for match shooting — but often just the thing for practical concealed carry!)

IN armed as well as in unarmed combat circles, there are all too often absurd debates and even heated arguments (among the ignorant) regarding what is and is not “best” for *combat* and/or that which is best for *competition*. The absurdity of just about all of these exchanges — and the proof of the ignorance of those who engage in them — is evidenced by the complete failure of these so-called “experts” to distinguish between **combat** and **sport**, and to insist that the skills or/and weaponry best suited to either is equally

desirable for the other.



FOR THE MAN CARRYING A HANDGUN *STRICTLY FOR PERSONAL PROTECTION* THE CROSSDRAW HOLSTER IS OFTEN AN EXCELLENT CHOICE. IN FACT IT WAS THE CHOICE QUITE OFTEN OF THE LATE COL. REX APPELGATE (ONE OF THE WRITER'S TEACHERS AND COLLEAGUES). WHILE THIS CARRY MODE ADMITTEDLY WOULD BE A HANDICAP FOR ANYONE ENTERING COMBAT SHOOTING *MATCHES*, IT IS OUTSTANDING AND QUITE FUNCTIONAL FOR REAL WORLD EMPLOYMENT.

Integral to the matter of handgun choice for personal defense and close combat is the question of holster type — or carry mode — that is most suitable for whichever sidearm one selects. And just as there are excellent and suitable rigs for so-called combat shooting matches, so there are excellent and suitable rigs for practical *real world* daily carry. **Just as there are many *revolvers and semiautomatic pistols* that would never do in hard-fought match events, so there are *carry modes* suitable to defensive sidearms that would not be recommended for competition shooting.**

The **cross draw holster and carry mode** is not only one of these practical carry rigs — *it is in our opinion one of the best.*

Objections to the crossdraw method of carry include the following:

- Drawing the pistol in an emergency requires a longer and less natural action

than does hip type carry. Hip draw (standard belt or inside-the-pants) brings the weapon out naturally and *straight in line to the target* — *i.e.* the enemy. A crossdraw *swings* the weapon across one's own body, and one must stop its swing at the right moment.

- Crossdraw is inevitably *slow*.
- The crossdraw carry mode actually enables a weapon snatch attempt to be easily made from the front, by anyone whom one is facing.

To all of the above we say: “*Nonsense!*”

First of all, the need to make a quick draw almost never occurs in actual close combat. Yes, the combat shooter *should* develop the ability to draw his sidearm quickly. However, his possible need for actually having to do so in a dangerous situation is very, very slight. Normally, one either has plenty of time to draw his weapon as he senses trouble brewing, or he *has his weapon out*. This applies to law enforcement officers, military men, and private citizens. (One possible exception is the professional bodyguard. There well may be a need for the protection specialist to employ quick draw. Yet, we insist that *quick draw from the crossdraw carry is **not** difficult to develop*. And — for the bodyguard most particularly — the crossdraw mode of carry is often the best choice). **Note:** As far as bodyguarding is concerned — crossdraw carry enables a man standing guard to actually keep his gun hand *on his weapon*, inside his jacket, while appearing to be simply standing naturally. This cannot be accomplished with any high-hip carry position. Practice *will* enable any man to be extremely fast drawing from the crossdraw holster. In fact the crossdraw is similar to the shoulder holster — and *very* fast draws and accurate shot placement is quite possible for the man who wears a shoulder rig and who **practices**.

While the crossdraw holster might *seem* to make a frontal snatch attempt easy, a moment's thought will show how ridiculous this criticism of the carry method is. First of all, it makes a snatch attempt from the *usual position* that snatch attempts occur (*i.e.* from **behind**) almost impossible! And no man who

has trained in the requisite **unarmed combat** that *all* who carry a sidearm should acquire will lose his weapon to a snatch attempt from the front. What's more, one's weapon is normally worn *concealed*; so the private citizen (or plainclothes officer) who wears his pistol in crossdraw mode will not even alert anyone to the fact that he is armed.

We certainly are not suggesting that the crossdraw mode of carry is the only carry mode for defense; nor do we endorse it because *we* personally believe it to be one of the best carry methods. Nevertheless, and largely because of the foolish nonsense touted by those who know **NOTHING** about actual combat, *we want to alert combat trainees and self-defense enthusiasts who lawfully go armed to this all-too-often derided and disdained method of carry*. It works — and has *always* worked — for many!

The crossdraw carry is comfortable and practical when seated (especially in a vehicle). Don't listen to the competition shooters **unless** you want advice regarding competition.

Give the crossdraw carry careful consideration.

And Now You Can Train Your

Mind As Well As Your Body, With Our ...

New And Exclusive **Self-Hypnosis Programs!**
(The *Perfect* Compliment to Our DVD Training Course!)

“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”

— General George S. Patton, Jr.

Mental Conditioning is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority on the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

There will be **20 Complete Self-Hypnosis Programs** made available this year. The first **nine** are now ready, prepared on quality CD discs, and available for shipment:

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat**
- 005 - Tapping Into Your Vital Reserves**
- 006 - Building The Determination to Prevail In Close Combat**
- 007 - Become Attack Minded**
- 008 - Develop An Instant-Violent-Response Capability**
- 009 - Develop Ruthlessness For Self-Defense**
- 010 - Sharpening Your Situational Awareness**
- 011 - The Anticipatory Attitude - Overcoming Astonishment**
- 012 - Developing Real Courage**
- 013 - Build Confidence When Facing A “Tough Guy”**
- 014 - Develop Coolness And Nerve in the Face of Danger**
- 015 - Mastering the Ability to Take an Enemy by Surprise**
- 016 - Becoming Convinced That it Really Can Happen to You!**
- 017 - Banishing The Fear of Bullies *Forever***

**018 - Become Ready, Willing, and Able to Do *Anything* In
Self-Defense**

019 - Eliminating Hesitation and Becoming Deceisive

020 - Raising Your Threshold of Pain

**Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for
foreign orders.**

And we are also making available a series of **Combat Training Lectures**, which enable you to gain information, insight, tips, suggestions, guidance, encouragement, and valuable instruction listening to professionally presented lectures on all subjects pertaining to close combat and self-defense.

Lecture 1 - Rules of Self-Defense

Complete on *two* quality CDs. One and a half hours you'll want to listen to again and again for reference and inspiration in training!

**This Lecture Is \$30. Plus a \$5. Shipping and Handling Fee. \$12 for
foreign orders.**

**Lecture 2 - Differences in Training For Combat Vs. Training For
Competition Or Classical Art Performance**

One hour in length, this talk provides a complete clarification for students (and possibly some teachers, as well) of the crucial differences between training for competition, tradition, and *combat*.

**This Lecture Is \$20. Plus a \$4. Shipping and Handling Fee. \$10. for
foreign orders.**

Send cash or money order (payable to Brad Steiner) to:

Brad Steiner

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

**Flash Mobs And Bash Mobs — And
The Logical Remedy**

WE read with disgust of the “bash mob” incident in Southern California in July of this year, as we have read of the “flash mob” incidents in various other locations throughout the Country. There is only one reason why these swine get away with their acts of evil: **We tolerate it!**

Since we cannot discuss this phenomenon of mindless hoards of useless human debris running amok and causing havoc, financial loss, injury, and terror without becoming enraged beyond belief, we will simply *illustrate* — below — what we know to be **The Solution** to the problem of dealing with these raving savages. Maybe you agree. Maybe not. We think (read: ***We know***) that we’ve got the solution!



BASH MOB SOLUTION NUMBER 1



FLASH (OR BASH) MOB SOLUTION NUMBER 2

Unfortunately the flame throwers would be useless for “flash” mobs, since these herds of living s—t do their rampaging inside stores. For these vermin the machinegun response is best. However, for the outdoor marauders who endanger life and limb, *either* blasting with flames *or* with .50 caliber rounds works just fine!

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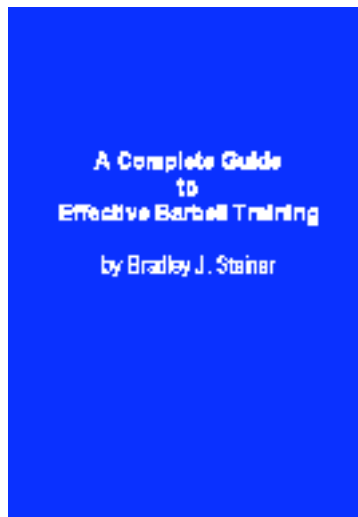


U.S. ARMY RANGERS TRAINING IN WWII. “LOG P.T.”.ALONG WITH “RIFLE P.T.” (WHICH WAS USED BY THE MARINES WHEN THEY WERE ISSUED *REAL RIFLES* (M1 GARANDS, THEN M14’S) THIS WAS THE MILITARY’S FORM OF GROUP WEIGHT TRAINING. EACH FIGHTING MAN COULD NOT BE ISSUED A BARBELL SET, BUT LOGS COULD BE USED BY GROUPS, AND EVERY SOLDIER AND MARINE HAD A RIFLE! *THIS IS WEIGHT RESISTANCE EXERCISE!*

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An Excellent All-Round Self-Defense Technique: Courtesy Of The Late Bruce Tegnér

PEOPLE were surprised when we endorsed and extolled the practical works of Bruce Tegnér in the bibliographic study we did many years ago (i.e. *Manuals on Mayhem*) for the now defunct *Loompanics, Unlimited*. Unfortunately, Tegnér was not at the time widely appreciated — as he damn well should have been — by the (often self-deluded, fancizing, braindead) so-called “*martial arts community*”. No, Tegnér made way too much sense, didn’t believe in the kow towing and hallucinating that too many of the classicist/traditionalists then *lived by*, and he frankly dedicated himself to **practicalizing** the martial arts of Asia for modern, civilized people. We take

strong exception to some of Tegnér's doctrine; but that is, as they say, what makes horse racing. We regard his books on practical self-defense as *must read* works for anyone professionally involved in teaching self-defense, and we believe, despite our disagreement with a few of Tegnér's ideas, that there is an overwhelming preponderance of **SOLID VALUE** in his *Jukado* System.



A PHOTO OF TEGNER WORKING WITH A FEMALE STUDENT. LIKE EVERY QUALITY SELF-DEFENSE TEACHER WHO KNOWS WHAT HE IS DOING, TEGNER ESCHEWED HIGH AND FANCY KICKS EXCEPT FOR THOSE INVOLVED IN SPORT TRAINING, OR DEVOTEES OF CLASSICAL ART. KICKS TO THE KNEE ARE HARD TO BEAT IN A SELF-DEFENSE EMERGENCY!

One pristinely simple and practical self-defense action that Tegnér regarded as being among the best and most reliable is what we'd like to describe here. More specifically, we want to describe its *substance*. We have altered the concluding action (which Tegnér taught as a throw) because we believe that, for most people and for nearly *every* situation, concluding with **blows** makes the most sense.

As your attacker moves on you, pivot onto your right foot as you turn your

left side toward him, *lashing out with a hard left side kick to his advanced knee*. Now withdraw your left leg, placing your left foot down *behind* you, as you swivel your right side toward the attacker and deliver a *right side kick* to either of his knees. Now follow up with handaxe chops, more kicks, or whatever decisive blows your attacker's position has left him most vulnerable to.

Simple! And, like all simple techniques that cause immediate injury, *very* effective. Work it into your schedule if you're training on your own.

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

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