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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](http://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](http://prescottcombatives.com), click on “home”. When “news media” drops down, click on that — — and there’re the full interviews!

## ***E D I T O R I A L***

**“Deadliest Warrior” — And Related Myths**

**THERE** used to be, and perhaps there still is, a series on television called the

*“Deadliest Warrior”*. In each episode men from two different special warfare or other type units, services, or organizations were matched in a series of challenges that, presumably, would determine which was the “deadliest” by seeing who scored highest in competition, in each challenge.

We can see immediately how this sort of thing would appeal to TV audiences which consist largely of individuals whose knowledge of “special warfare” comes from the series of movies about *Rambo*, and whose knowledge of SWAT comes from reruns of the old TV series of the same name.

The simple truth is that there **is no “deadliest warrior”**. All of the members of the so-called elite units of the great nations on earth are outstanding fighting men. To engage in any debate ——— or superficial televised “series of artificial challenges” ——— and assume that, upon conclusion, one may accurately say that this unit’s men are superior to that unit’s men, or that this country’s special forces is better than that country’s special forces, is childish nonsense. It’s like the asinine foolishness of debating “which martial art is the best?”

All of the world’s military and law enforcement “elite units” are made up of human beings; individuals. Some of those in Country “A’s” special forces are incredible soldiers. Others in that nation’s elite service are good, but not as good as the incredible soldiers in Country “B’s” special forces; a country whose special forces also has its share of good-but-not-stellar performers. And so on. **It is the individual fighting man, and not the particular fighting service of which he is a member** that determines, ultimately, how “good” or how “deadly” he really is.

The outcome of a challenge event proves only that one person won the event and that another lost. In battle, the “loser” might prevail stupendously, meeting challenges ten times more demanding than the one he lost, that was on TV. That’s the way it works in the real world.

People believe all sorts of nonsense about all of the world’s special operations forces. Some people believe that every soldier in America’s Special Forces (i.e. the “*green berets*”) is a black belt holder. Nonsense. And the same goes for the U.S. Navy’s SEALs. The truth is that relatively little hand-to-

hand combat is taught formally to SF and SEAL personnel. *These men rely primarily upon weapons — not upon their hands and feet.* Yes, they are taught some unarmed and close combat skills. But relatively few men in the entire U.S. Special Warfare community have earned black belts in martial arts.

England's terrific SAS is another elite military unit about which people assume and believe incredible nonsense. What SAS men are is *extremely* well-trained "universal soldiers" in a manner of speaking. Pretty much like America's SF people. The SAS is a marvelous outfit. But anyone who makes or who believes such a sweeping statement as "The SAS is the best special forces unit in the world" is simply mouthing an unproven and frankly **unprovable** assertion. The same applies if one were to make that statement about the Navy SEALs or the SF people — or Germany's GSG9, or France's *Brigade des Forces Spéciale Terre*, or Russia's *Spetsnaz*, etc. All marvelous fighting men, and all distinguishable as being significantly qualified beyond the typical men who fill the ranks of their respective services. **But none of them are supermen, and you can conduct whatever sort of absurd contests and events you wish, for the next 100 years, and there is no way that you will be able to identify any particular unit as "the best" of all.** Absolute nonsense.

Remember also that *special warfare units are normally oriented toward serving a particular purpose.* SEALs, Rangers, SF soldiers, and the Air Force's Air Commandos are not all trained to do the same identical thing and carry out the same identical missions. Navy SEALs may evacuate a combat area by retreating into the sea. SF men by being exfiltrated by helicopter. Army Rangers may be airborne qualified in many cases, but they are unlikely to have been trained in HALO/SCUBA (which the SEALs learn), because Rangers' operations do not include a need for that type of parachuting. That hardly makes SEAL training "better". If the Army's Rangers ever *needed* HALO/SCUBA they'd be trained to do it. SF troopers are taught underwater scuba swimming — but to nowhere near the level of expertise of the SEALs. For the SF man scuba is for **infiltration** and **sabotage**, and he does not need to be as highly trained in scuba as SEALs need to be. SEALs may study land warfare to a higher degree than the Army's basic infantry soldiers;

but they do *not* study it, normally, to a level that approximates what a Ranger or SF man attains. *The missions are different.* One is not “better” or “tougher” than the other. SEALs are not “inferior” to SF soldiers because they lack the knowledge of how to organize, train, equip, and direct indigenous forces in the overthrow of a tyrant government. *That is not their mission.* It is the mission of Special Forces.

We could go on. But we hope that you get the point and that we do not have to hammer this thing to death.

The person who growls defiantly that such-and-such a unit (or a person, or an organization, etc.) in the world’s special warfare community is “the toughest” or “the best”, etc. defines himself as being a very childish and amateurish — rather *unthinking* — fellow.

It is better to recognize that throughout the world, and in every armed service, there are special units, and special warriors, *all of whom may be said to collectively comprise the WORLD’S BEST.* But comparisons of the units and the men, and drawing conclusions about who is better than whom is absurd.

Don’t rely on *anything* you see or hear on TV in order to draw conclusions about *anything* of any consequence. The television was once dubbed “the idiot box”. And that was decades ago when the shows made a helluva lot **more** sense than they do today!

**Bradley J. Steiner**

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### **Controlling Lethal And Maiming Blows In Training**

**THE** last third of every Class in *American Combato* consists of working on counterattacking actions with live training partners. In order for this to be done safely all blows delivered by the “defender” during these sessions *must* be controlled — meaning: **not permitted to actually connect with their**

**targets.** This is not only the correct and proven manner by which to practice with training partners in a combat system, its precedent was established in the classical/traditional *karate* systems **and** in the classical/traditional *ju-jitsu* systems (when the *atemi* — “body smashing” — blows were practiced). And however impractical and flawed may be the study of classical/traditional systems for modern self-defense and close combat purposes, *the effectiveness of these methods in real combat has been proven beyond any possible shadow of a doubt.* The problem is that the time and effort that is demanded to in fact acquire a combatively-worthy mastery of a classical/traditional system **solely for combat/defensive** use, just doesn’t make sense in today’s world. Before that 20-25% of any classical/traditional art that is **practical** and **functional** for real world modern use in war or in peacetime can be distilled and brought under control by a student, well over ten years of hard, unrelenting drill under the eye of a master is required. Sessions of training lasting up to three hours each, and attended **at least** four or five times a week for that ten or more years is demanded. So . . . while classical/traditional arts are and will remain worthy and marvelous studies for those who wish to invest their lives in such training, *they should not be considered for practical self-defense, and close combat.*

Decades ago a ridiculous myth became widespread and, we suspect, gave rise to the movement that, while supposedly intended to achieve the opposite effect, resulted in the serious weakening of *karate* for self-defense: i.e. the advent of so-called “full contact” karate, and its off-shoot, *kickboxing*. The **myth** is that controlling one’s hand and foot blows when training inevitably leads to holding back and to pulling one’s blows short of contact in an emergency. The obvious then occurred: In order to make the karate arts more “realistic” and “effective” *contact* was now allowed — but to targets that would be most unlikely to cause serious damage when struck. As for the **combat** and **self-defense** applications of their training, students were now obliged to consciously remember “When you’re attacked, go for the really vital targets! *Now* you can stomp knees and shins, you can jab eyes, chop at the neck and throat, and drive punches into the sternum and testicles, etc. But when you train, just keep the contact to ‘safe’ target areas.” Well intentioned, possibly, but absurd and downright counterproductive. ***Under combat stress you cannot “consciously remember” to now kick low and in general to***

*go after vital points*. You will resort to what you've burned into your motor memory. **And you cannot burn two opposing sets of physical combat actions into your motor memory at one and the same time**. What you *can* accomplish is the drastic dilution of effectiveness in your repertoire for real combat.

How incredible it is that no one points to the fact that *ju-jitsu* and *karate* were always used — and used very effectively in **real close combat** — at a time when these arts invariably focused exclusively on using their strikes, kicks, and other blows to **vital points only**, while demanding — in training with partners — that such blows be controlled and not allowed to actually connect.

Training in serious combatives demands that —

- Students *not* water down the effectiveness of their training by utilizing “safe” targets when practicing, but reserving the *real* targets for emergencies. The **real** targets must be drilled incessantly, and attacks against them must become automatic and ferocious in a life-threatening crisis. The proper way to accomplish this is by training to *control* blows delivered to the vital points when training, and not make contact.
- Students gain lots of experience really smashing and kicking into solid targets — but safely; by using dummies, striking posts, heavy bags, and all sorts of effective training aids.

Both Prof. Mark Bryans and myself have had numerous students over the years defend themselves very effectively in dangerous situations. These students *never* had any problem “pulling” their blows! Quite to the contrary. They landed their actions superbly well, and as a result escaped injury or death.

If controlling one's blows actually did lead to "pulling blows short of contact" whenever contact was actually needed and desired, then how come no one ever pulls his blows when training on a striking post or dummy? Or how come classicists who practice board breaking never seem to pull their blows short of contact when they participate in that activity?

Dangerously harmful techniques when professionally taught are taught with safety in mind, and with realism uppermost on the agenda. This demands that students train **exclusively** in *combat-valid actions*, and leave all competitive strategies and tactics to the sportsmen. It also demands that combat-valid actions be drilled with the proven method of *controlling one's blows* when training with live partners.

**\*\*\*BE SURE TO CHECK**

**[www.seattlecombatives.com](http://www.seattlecombatives.com) for the many instructional articles and commentary on serious close combat and self-defense!\*\*\***

**Learn a knife fighting trick taught to the commandos of WWII that you *won't find* in any of the books of that era. See the "Monthly Instruction" section of [www.seattlecombatives.com](http://www.seattlecombatives.com)!**

### **Developing Powerful, Destructive Kicks**

**KICKING** is a vital self-defense skill. Combat kicks are simple and direct, and very easy to learn. However, developing them is important if you wish to be able to use them to their maximum potential in a dangerous situation.

There are only two really *vital* kicking actions that the close-combat student must learn: The basic front kick, and the basic side kick. Such simple

variations of each —— such as the back stamping kick, the pivot kick, and the snap kick —— are peripherally important, but they are easy to acquire once the front and side kicks are well-developed. Practice of the attacks and counterattacks that include the variation kicks will provide the necessary proficiency. *All of the kicks in the martial arts grew out of the basic front kick and side kick.*

Kicks are powerful but tend to be slow, when compared to the hand and arm blows of close combat. And even the front kick and side kick —— simple as they both are —— need more work and practice than hand and arm strikes. *Under stress* it is much more natural for a man to resort to his hands than to his feet as weapons. However, the effort to bring one's low area basic kicks to a high level of destructive capability will pay great dividends, and no student of close combat can afford to neglect the development of good, solid kicking ability.

In self-defense or close combat you will be kicking to the **testicles** or to either of your adversary's **knees**. The **shinbones** and **insteps of the feet** are also excellent targets, and of course —— providing your enemy has been knocked to the ground —— kicks to the **face**, **head**, **spine**, **kidneys**, and **sternum** are effective.

We suggest doing double the number of practice repetitions of your kicks that you employ for your hand and elbow strikes whenever you practice your techniques.

One of the very best ways to build really outstanding kicks is to practice kicking **trees** or **brick walls**. *Always wear sneakers or some other protective footwear when kicking solid walls or trees.*

Here is a suggested workout:

1. Front kicks. Try to use the *ball* of your foot. This will insure that your kicks will be effective even if you are barefoot.

Take a relaxed off-angled stance and deliver your kicks with your *rearmost*



foot.

10 kicks each side — Weeks 1, 2, and 3.

15 kicks each side — Weeks 4, 5, and 6

20 kicks each side — Weeks 7, 8, and 9

25 kicks each side — Weeks 10, 11, and 12

30 kicks each side — Weeks 13, 14, and 15

Follow the regimen at least three times a week — four or five is better.

After reaching the point where you can do 30 kicks each side, and finishing the 15th week you will built great effectiveness into your front kick. Continue to practice, but do not necessarily do 30 kicks each side. If you will continue with just 5 kicks per side, training three or more times a week, you will maintain your level of development. **You must continue at all times to practice your front kick during regular practice sessions!** The tree or wall kicking is for enhanced destructive power.

**2. Side kicks.** *Same identical schedule as front kicks.* The only difference is that you use your **foremost** leg whe side kicking. The *heel* is the weapon.

— Go for the fullest measure of speed and power when training once you've passed week #3.

— **Always** have your feet encased in protective footwear!

— Start off training both front and side kicks at a single session. *If your energy, strength, and time permit* you can continue doing both kicks in each session, permanently. Otherwise, train on both kicks until you reach a count of 20 kicks per side. Then you can work on front kicks one day and side kicks the next, if your schedule does not allow you to continue doing both kicks at each session.

— Use good judgement and common sense. Do *not* start off too strongly. Weeks #1,2, and 3 are break-in weeks. Let your legs, feet, and balance adjust over the course of those weeks and pick up intensity as you develop.

If you can drive a full-force, accurate front kick and side kick into a tree or brick wall, imagine what you can do an attacker's testicles or knee joint! You will automantically experience an enormous boost in power and effectiveness in all of your other combat kicks after about six weeks of this training.

**NOTE:** If you have any concerns about developing *accuracy* with your kicks then you cannot do better than follow the training suggestion advanced by the late Bruce Tegnér. Use a ping pong ball suspended by a string to whatever level you wish to kick at. **Don't actually kick the ball.** Just drive your kicks *at* the ball, controlling them so they stop short of impact.

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***DVD Course NOW AVAILABLE!***  
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**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**

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

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- How to use the *yawara* hand stick (for modern applications)

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- 005 - Tapping Into Your Vital Reserves
- 006 - Building The Determination to Prevail In Close Combat
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### **Two Or Three Against One: Some Life-Saving Tactics**

**NO** question about it. Any multiple assailant attack is a potentially *deadly* attack. The question is: *“If you ever find yourself in a position where you are under attack by two or three individuals, what the hell do you do?”*

Many of the conventional “martial arts” approaches to handling a gang attack are unlikely to work. For example, the idea that is advanced in some karate schools that *kata* prepares you to deal with more than one assailant just isn’t true. *Kata* is good exercise and offers a fine way to workout on your own while reviewing all of the important kicks, blocks, punches, and strikes of the art — even polishing and perfecting them. But the notion that drilling in the customary *kata* of the major karate styles will provide a means of actually dealing with multiple assailants **for real** needs to be understood as false.

*Ju-jutsu* skills against multiple enemies are also flawed. Like the karate *kata*, the *ju-jutsu* techniques assume too much. I.e. Attacker “A” moves in like this; attacker “B” like that, and then “C” emerges to do such-and-such — and for each of these specific enemy actions you presumably will apply an appropriate specific counteraction. Life is not like that.

We have seen *aikido* demonstrations in which defenders literally *hurled* two attackers into the air after being grabbed by one on each side. Beautiful *art*; uselessly foolish self-defense.



**BEAUTIFUL DEMONSTRATION BY A GENUINE AIKIDO EXPERT OF “DEFENDING AGAINST TWO MEN”. UNFORTUNATELY, TECHNIQUES OF THIS KIND ARE COMPLETELY IMPRACTICAL FOR ACTUAL SELF-DEFENSE. THESE “OPPONENTS” ARE COOPERATING!**  
In our old taekwondo school (i.e. The New York Chung Do Kwan) we occasionally practiced freestyle sparring with two or three “opponents” vs. a single taekwondoist. Not at all practical. One does not “engage and spar with” two or more enemies. The practice is fun —— but impractical. It also

teaches *very bad tactics*.



**A rare photo of William K.S. Chow demonstrating a kenpo-karate “defense against two men”. Chow was a marvelous, tough master of his Art. Nevertheless, as most who have been and done will readily acknowledge, anticipating such a “picture perfect” and predictable attack, against which one can apply simultaneous blocks, *just isn’t realistic*. It does not prepare the student for the uncertainties of real hand-to-hand battle.**



**ABOVE: A ROBOTIC DEPICTION OF HOW, APPLYING TECHNIQUES DRAWN FROM ONE OF THE “TEKKI” KATA, ONE MIGHT DEFEND AGAINST TWO ASSAILANTS. INTERESTING *EXERCISE*; POINTLESS FOR PRACTICAL USE.**

How then, assuming that classical art just doesn’t cut it, might a person successfully defend against more than a single adversary? *Is it in fact possible to do so?*

In *American Combato* we utilize a unique method of dealing with multiple attackers. It is based upon strategic military maneuvering. We have not space or time here to go into a detailed description of how we do this. **DVD #9** in our Home Study Course trains the student to use these strategic techniques. If you are interested, refer to the DVD.

Our purpose here is more fundamental. Our pointers in this presentation are intended to be *foundational elements* — core principles if you will — that every student of any martial art would be wise to adopt if his concern is handling an attack by more than one adversary. These are not “karate or kung fu techniques” or “ju-jitsu techniques”. These are concepts upon which to base your use of *ANY* techniques when applying them against more than a single opponent becomes necessary. You will of course be optimally successful using war-proven close combat skills with these pointers; but a judo, karate, ju-jitsu, or ch’uan fa, etc. practitioner will find them invaluable should he ever need to apply his art for *real* against two or more street savages.

### **Multiple Assailant Defense Principles**

- Embed the *fact* that *any* multiple attacker situation constitutes a deadly threat. We remember learning *ju-jitsu* and *kenpo-karate* techniques that treated such situations as little more than extensions of single attacker predicaments . . . “Do this, then that, then this, and then another thing, and you’ve dropped them!” ***No way is that attitude appropriate.*** As in those instances where someone shoves a gun at you or holds a knife to your throat, **you are in danger of being killed!**

By appreciating that fact and by then going into “all-out-lethal-force-mode” in *any* multiple attacker predicament you will at least be suitably primed in your head to put a 100%-plus effort into *saving your life by doing anything to defeat your adversaries.* Your awareness that you are now confronting more than one attacker should cause you to feel zero hesitation to employ throat and eye attacks, and so forth. It is **UNIMPORTANT** in a gang attack situation if your assailants live or die; they ***must*** be stopped. *Your life is on*

*the line — as well as, possibly, the life of a loved one.*

- **Only offense makes sense!**

As surprising as this might sound to those who lack an understanding of close combat, it is the hands-down **best** strategy to *attack* when outnumbered (unless of course you can get away). By attacking you create a problem for your assailants, who doubtless had assumed that they would not have a problem ganging up on you. It takes the attackers by surprise, and it will take a full second or two for them to fully realize what is happening.

- If at all possible **completely eliminate one of the attackers** *immediately*.

This will achieve three objectives:

- a) It will reduce the odds against you
- b) It will shock and possibly even cause panic in the other or others who are moving against you
- c) It will “fire you up” and get you going into a determined attacking frenzy. This is very important. The surge of fury and confidence that this initial success will cause in your psyche very well mean victory for you!

How to eliminate one of the attackers? We recommend a sudden, surprise handaxe chop to the throat — as fast and as powerful as you can possibly deliver it — to one of the attackers. Another good technique is a low side kick that breaks one of the attackers’ knees. Either of these actions can be enhanced by **first** paying attention to one of the other attackers — or tossing some coins, gravel, etc. into his face — then spinning and viciously chopping another in the throat or kicking him. Taking out the perceived “leader” of the pair or group is a great idea . . . but you may have a better opportunity to drop one of the others. **You should take what offers.**

- If, fortunately, you are carrying a concealed weapon (for which you should have a concealed weapons permit) *do not* attempt to access your weapon until and unless you have distance, time, and space.

Going for a weapon when one or more attackers are within reach will only cause your draw to be blocked, and then you can bet that the assailants will seize your weapon. You can guess what will happen next.

A gang attack is deadly and certainly should justify the use of deadly force to defend yourself, but you need to use good judgement. Use hands and feet and do not let the punks know that you are armed. *After you've managed to gain sufficient distance from these creatures so that you can unimpededly draw your weapon, do so if you must.* If the remaining punks flee, **do not fire your weapon**. Fire only when the danger of being killed by these scum is imminent.

- Use anything in your hand at the time of the attack to your advantage. If you're holding a magazine in your hand, fling it in one of their faces as you attack. If the magazine is rolled up, use it to thrust into one of the punk's throats or eye. If you're carrying a bag of groceries *toss it at them*. And attack with deadly fury.
- Growl, yell, go crazy! And we mean this. **You are fighting for your life**. The crazier and more determined to kill them your attackers believe you to be, the better.
- Block out injuries and pain; let injuries make you *more determined to destroy your assailants*. Focus only on **attacking and destroying**.
- Remember that your primary objective is to neutralize the gang attack sufficiently to be able to **get away**. It is very foolish to remain at the scene of such an attack once you have been able to clear the way for escape.

Some good tactics to use if and when you find yourself able to use them against a deadly gang attack:

- Throw one of your attackers into oncoming traffic
- Bob and weave while moving and attacking and striking out



- Smash an attacker's face or head into a fire hydrant, parked vehicle, mailbox, phone pole
- Throw an attacker down a flight of stairs —— or out a window

Always avoid locking onto one attacker and spending time with him. Go from one assailant to the next —— rapidly and ferociously. By moving constantly you become much harder to hit, grab, and control. Holds and complex throws are **NEVER** to be used against an attacking pair or group. Forget about wristlocks, armlocks, immobilization holds, etc. when dealing with more than one attacker at a time.

Finally, except as a possible ploy to momentarily get the scum off guard before you launch a furious attack against them, **do not plead, beg, or attempt to reason with multiple assailants**. They are not amenable to that, and you will only intensify their desire to beat and kill you. They will be *encouraged* by any sign of fear or weakness that you display.

If you want to see some excellent and proven techniques for this type of emergency you can purchase our **DVD #9** (detailing counterattacks against multiple assailants).

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## Even The Best Of 'Em Make Mistakes!

**WESLEY** Beown was one of the more prestigious WWII era instructors of hand-to-hand combat. The program of training —— a three-tiered curriculum —— that he and wrestling authority Joe Begala constructed and taught for the U.S. Navy's aviators was excellent. A complete illustrated presentation of that program was published in 1943 as part of the Navy's comprehensive "V-5 Physical Education Series". Titled *Hand-to-Hand Combat*, original editions command collector prices today.

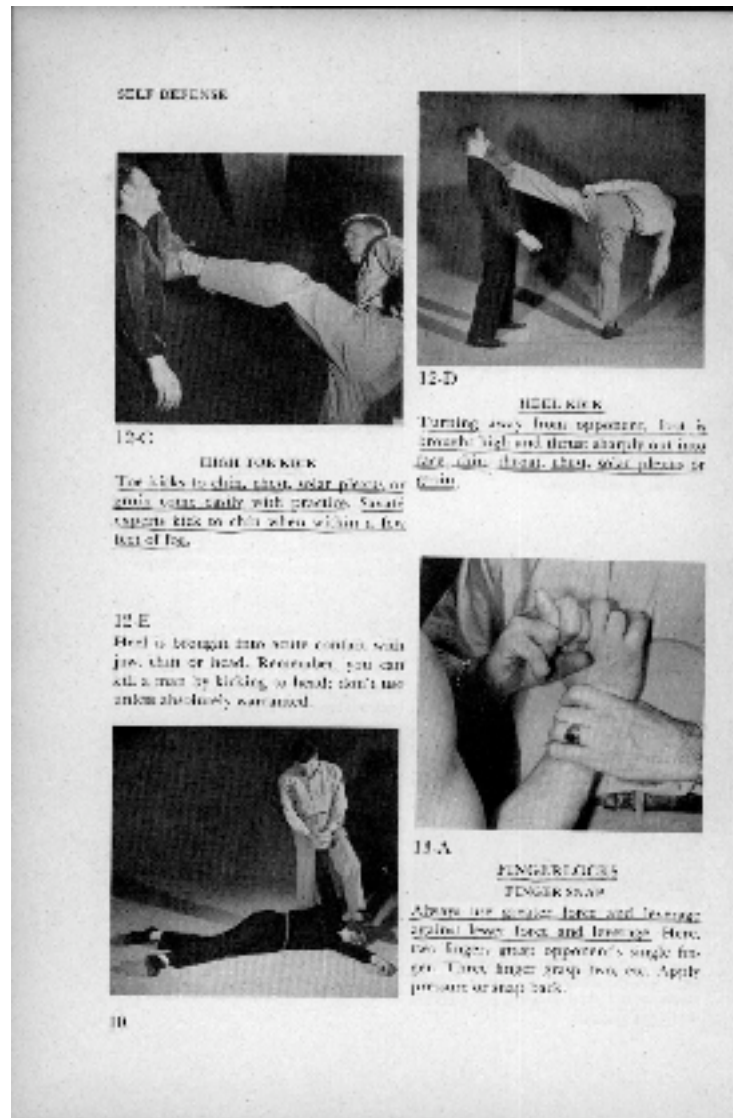
Following the second world war Wesley Brown authored another book, *Self-Defense*. It was published by the Barnes Sports Library. They also published two other long out-of-print titles: *Defend Yourself!*, by Jack Grover, and *Jiu-Jitsu*, by Frederick P. Lowell. Of the three books, Brown's is the best, in our opinion.

Wesley Brown's primary foundation was in the combat **sport** of catch-as-catch can *wrestling*. He became familiar with ju-jutsu's basics, and it is probable that he was strongly influenced by others of that era who, instead of being wrestling-oriented were striking-oriented (i.e. Fairbairn, Sykes, O'Neill, Applegate, Biddle, etc.). We are of course conjecturing here, but to his (and Begala's) credit, the WWII program, and later Brown's approach to self-defense, were heavily infused with kicks, hand, and elbow strikes. Unfortunately, Brown made the mistake that many "martial artists" continue to make to this day: He actually taught high kicking! To the very best of our knowledge Wesley Brown was the only WWII era trainer who was not aware and convinced of the fact that in combat you kick **low**. (Note: The fact that Brown — or anyone else — *can* kick high, does *not* mean that in hand-to-hand combat he ever *ought to do so*. We suspect that it was Brown's lack of in-depth sophistication in the methods of *atemi* and *karate striking* that contributed to this error. In any case it **was** an error, and it must be noted.) Undoubtedly, when Brown discovered how *easily* someone with agility and a bit of practice could deliver high kicks, he became enamoured of the possibility, and liked the idea. So, unaware of all of the facts regarding how **blows** needed to be delivered in battle, Brown thought it acceptable to advocate high kicks for personal defense.

We hasten to add that 70% or more of Wesley Brown's instruction — during and following WWII — was excellent. He deservedly enjoys the reputation of being one of the key close combat instructors of that era. However, those who look to his teachings today in order to contribute to their own repertoire of reliable combatives doctrine must be careful to excise the faulty from the valuable. *Even the finest teachers and experts are prone to making mistakes sometimes. This neither mars nor detracts from the*

value of all the excellent material that they provided or that they provide.

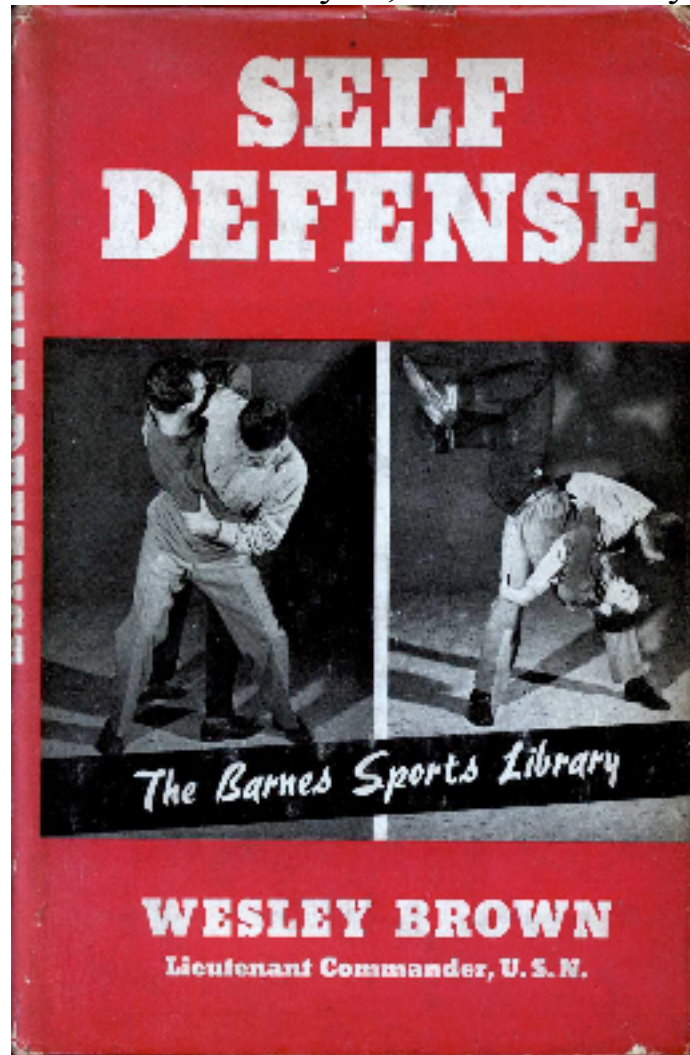
Accept no one as The Only Authority, no matter what subject you study. **Think for yourself** as you scrutinize the offerings of the variety of authentic experts who present their doctrine.



A PAGE FROM BROWN'S CLASSIC *SELF-DEFENSE*, PUBLISHED AFTER WWII. TOP TWO PHOTOS SHOULD BE OFFERED AS ILLUSTRATIONS OF HOW NEVER TO KICK IN ACUAL COMBAT. INSTEAD, BROWN DID MAKE AN ERROR BY ADVOCATING THESE JIGH KICKS FOR USE IN SERIOUS COMBAT/Self-DEFENSE.

No teacher on earth has been more heavily influenced by the WWII era methods of close combat than ourself. And we again want to emphasize that we are **not** suggesting that Brown's outstanding contributions to the art of personal combat and self-defense should be overlooked or taken lightly. *His*

*doctrine is outstanding and should be studied.* However, it is our purpose to emphasize that all teachers and students of the art of close combat and self-defense be at all times in **thinking mode** — even when they are exposed to the teachings of highly prestigious teachers. Remember that everyone, no matter how brilliant he and his art may be, does occasionally make a mistake!



**BROWN'S POST-WAR BOOK, *SELF-DEFENSE*. ONE OF THE BETTER BOOKS WRITTEN ON THE SUBJECT, FLAWED ONLY BY BROWN'S HAVING BEEN OVERLY INFLUENCED BY *WRESTLING*, AND BY HIS ADVOCACY OF HIGH KICKS.**

**Postscript:** From Brown's writings (especially in *Hand-to-Hand Combat*) it appears that he intended to include the kicks of *savate* in his combatives curriculum. And while some *very rarely applied* high kicks were indeed a part of French *savate*, they were not commonly used. *Low* kicks predominated. In the later-developed **sport** of *la boxe française* high kicks

became standard —— much as they did in competition *karate*. Brown's advocacy of high kicks *may* have derived from a misconception he had about *savate* placing some sort of emphasis upon them.

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