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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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**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! . . . and listen to our interview on Coast to Coast am with George Noory and our most recent interview with John B. Wells on Caravan to Midnight on

**[www.prescottcombatives.com](http://www.prescottcombatives.com)**.

# *Editorial*

## **There's No Short-Cut**

**IT** is possible to teach someone just about everything he might have need of *practically* in order to defend himself within 30 to 40 or so hours. However, that certainly is nowhere near enough time to acquire proficiency in that which has been taught. That takes a lot longer

As far as quantity of techniques is concerned, the combat/defense oriented student needs a great deal more than any competitor, simply because he must prepare to deal with whatever any assailant or assailants could come at him with. There are no “banned techniques” in close combat. In boxing or wrestling or judo, etc. enough techniques (theoretically) to win any contest may be taught within fewer than a dozen hours. *But no one in the world can go from having zero competition skills to possessing a sufficient level of skill to beat all comers in matches!*

### **Good things take time.**

“Knowing *how* to execute a technique,” to paraphrase Col. Rex Applegate, “is different from *being able* to execute it under combat conditions.”

This should immediately make clear to all but the most obtuse:

- That you must **focus** upon those techniques that will give you that which you wish to derive from your training, and *work on them assiduously*. You cannot and should not attempt to work on combat skills *and* sporting skills; or on classical arts training *and* self-defense. There's is nothing wrong with any of the sports or traditional methods, *but close combat and self-defense demand a specific and very different approach in thinking and in training*

- **Practice** is the key to mastery, confidence, and fluid, adaptable capability.

If you take some lessons in self-defense, or watch a DVD, *and leave it at that*, you cannot expect very much in the way of practical ability. What may be learned in ten to 20 minutes may take two hours of hard, concentrated practice before it is motor-memorized and can be relied upon to be employed **under the stress of an actual combat emergency**.

The front kick can be learned in fifteen minutes. It will take you several months of **hard practice on a daily basis** before you have a truly formidable front kick that will serve you in deadly combat. Ditto for all that you learn.

- While many quality close combat techniques, once acquired by hard practice, will “be there” for the individual years after he has acquired them, *ongoing training* is the wisest course of action for utterly reliable readiness *throughout life*.

Speed and precision and power do diminish if not maintained through ongoing practice. That which you’ve retained *may* be sufficient, five years after you’ve learned it, even though you haven’t been practicing, when an emergency occurs. Or it may not. *Why not practice on an ongoing basis and be reasonably sure that what you learned will serve you?*

- Building solid fitness and strength *takes time*. If a student takes up weight training (as he should do) in order to bolster his skills and increase his personal hardihood, he must understand that he will not double his strength and attain a high level of conditioning within a week or two. Serious results from a good, sensible weight training program will begin to manifest after the first two or three **months** for most people. *Impressive gains* — in strength, fitness, conditioning — usually take five to nine months to manifest. And to achieve your full genetic potential it will take at least two to three years of consistent, *correct* training.

- Proper mental conditioning for combat goes hand in hand with correct technical and skill capability. This aspect of preparation for close combat and self-defense can definitely be speeded up *greatly* by the use of hypnosis; but if you are depending upon it to evolve within your psyche *solely through the process of lessons and classes in techniques*, then it will more than likely take a few months — assuming that you begin training in a fearful, hesitant, inexperienced state of mind. If your teacher does not know how to

incorporate mental conditioning *with all classes*, then it may take you years to finally achieve mental preparedness **if you ever achieve it, at all!**

We believe that our approach, system, and method is the best. However, no matter what system you may choose to train in, remember that there are no short cuts to mastery. Persistence, a very serious attitude, and regularity comprise the keys to securing for yourself the best possible results. And considering all of the fabulous benefits that “the best possible results” in close combat and self-defense training will bring you, we urge you to recognize that **it is well worth it!**

**Bradley J. Steiner**

*"You have enemies? Good.  
That means you've stood up  
for something, sometime in  
your life. "*

**— Sir Winston Churchill**

# **Live In The Seattle Area?**

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**An absolute must for city living!**

## Solo Drill Is Crucial And Extremely Valuable

**BRUCE** Lee was the rage around 1970, and there were some excellent reasons for that being so. He made important points about self-defense, real close combat, and properly preparing for both. However, when he correctly criticized the formalized, rigidly structured **kata** of classical karate, he left many with the misconception that solo training in techniques was of no value. In fact, *correct* solo training is not only of great value, it offers certain advantages over practicing with a live partner, as far as self-defense and hand-to-hand combat is concerned. The combatant is not to be confused with the gamesman. Those who wish excel in **sport fighting** (whether karate, judo, wrestling, or whatever) obviously need to spar. For it is only in sparring that you can improve your ability to spar — which is synonymous with the ability to *compete*. However the combat student cannot “spar”. He can drill with practice partners — and should, if and when possible — but the nature of the skills he acquires forbids freestyle, unrehearsed application against human partners. *And if the combat student modifies how he does his techniques by altering them so as to be safe (i.e. throwing high kicks in sparring, but trying to “remember” to use low kicks in an attack) then he will be training incorrectly and awkwardly, and may find himself delayed and uncertain in an emergency.* About the only safe way to modify combat techniques is to **stop all blows, gouges, kicks, etc. short of contact with the vital target areas that must be kept uppermost in mind whenever training.** Only when striking posts, bags, dummies, trees, etc. and/or when training in a technique by himself can the student go all-out and disregard control, caution, and restraint. (It’s really a lot like the old USMC and army bayonet training. A real rifle and bayonet were always used on the course against dummies — and full, lethal force was employed. But training with partners necessitated the use of the artificial pugil sticks and head and body protection, or **very carefully controlled, choreographed training** when and if actual rifles and bayonets were employed in training. You can have a **boxing** contest; but can you imagine the insanity of a **bayonet fighting contest** in which real bayonets and full force, unrehearsed and spontaneous battle was allowed! Recruit platoons would have dwindled

in number very, very rapidly.

Solo practice permits training in the most dangerously harmful techniques safe and **very** realistic. Go ahead and seize a BOB dummy's head and gouge the dummy's eyes full force while kneeing it repeatedly — using the same aggression, rage, and physical force that you would use on a home invader, would-be kidnapper or mugger, etc. Or practice in the air. You can easily duplicate the essential physical and mental commitment, wire it into your mind and body so it surfaces “for real” if it is ever needed, and place no one at risk of catastrophic injury in practice.

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***“Shadow-boxing is the next best exercise for the twofold purpose of conditioning and sharpening. It might be described as fighting an imaginary opponent. It is particularly helpful in developing footwork . . .***

***“To be most valuable, your imaginary fighting should be done at top speed.”***

**CHAMPIONSHIP FIGHTING, by  
Jack Dempsey**

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Judo players and boxers also use solo practice in certain contexts. Since these people will be engaged in their skills against an actual adversary (an adversary who, please note, will be just as restricted in what he can or will do as the other guy) the sports people need to spar as well. Their skills are ***for*** “sparring” (or, if you prefer, “competition”). The combatives student's are most emphatically **not**.

Practice and drill with live partners in **combat** arts necessarily must be very carefully choreographed and orchestrated so that sudden, unanticipated actions do not unintentionally blind, cripple, and kill. *It does not take much to break a man's knee, destroy one or both of his eyes, tear off his ears, crush his windpipe, and so on.* And since these and similarly-dangerous actions are the mainstay and **fundamental essence** of *real* close combat and

self-defense, the attempt to develop them by using them full force (as the sportsmen use *their* skills against each other) ***must never be attempted***. A friend of ours some time ago told us of a DVD he watched in which ——— laughing, and apparently thinking it to be funny ——— some “instructor” reported a student in his class actually knocking another student’s teeth out when he delivered a chinjab blow and failed to avoid contact. *This is the kind of a— hole you must avoid when looking for a teacher!* We would bet that this “amused instructor” did ***not*** pay the seriously injured student’s subsequent expenses for prolonged dental care. (“Well, only pussies train without full contact! Yeah! Those who don’t spar all-out are just playing games!” one hears the incompetents prattle. **NO . . . ONLY A—HOLES AND INCOMPETENT S—TS DO TRAIN IN ACTUAL HAND-TO-HAND COMBAT AND SELF-DEFENSE SKILLS WITH CARELESS CONTACT!**).

Solo training is essential for all students of combatives. They must drill incessantly in the air, and on dummies and hardening posts. When training with practice partners **THEY MUST BE EXTREMELY CAREFUL TO CONTROL THEIR BLOWS AND HOLD BACK ON ALL ACTIONS, BECAUSE, AS IS THE CASE WHEN TRAINING WITH FIREARMS OR EDGED WEAPONS, THAT WHICH THEY ARE DRILLING IN CAN EASILY MAIM OR KILL.** In fact, if so-called “combatives” students are *not* training on such techniques, then they are wasting their time.

If you are training for competition then obviously the bulk of what you do *must* involve a lot of match work and competitive sparring. So decide. **Are you training for defense and combat or for competition?** You can have either one, but you cannot have both. And if you *are* training for self-defense then, in addition to **cautious** training with your partners, you will be doing a lot of solo work. You want to build into your motor nerves the blows and combinations that must be there without conscious deliberation, should a crisis come.

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**Be sure to visit [www.seattlecombatives.com](http://www.seattlecombatives.com) for over 400 articles OF FREE INSTRUCTION, COMMENTARY, and BOOK REVIEWS! Check each section on this web site, and when you've scrolled down to the bottom of each page don't miss clicking on the previous (archived) pages containing many articles! There is a lot of free material on here that is solid close-combat and self-defense oriented. No B.S., no sport, no nonsense, and all FREE; with new articles and instructional pieces added EVERY MONTH! — There is an OUTSTANDING essay borrowed from a "reality-based self-defense" web site in the "Articles" Section that was written by a very knowledgeable and exceedingly realistic fellow. DON'T MISS IT!**

## A Word About Road Rage

**THIS** is really a very important message. **DO NOT INVOLVE YOURSELF IN ANY WAY WITH ANY SO-CALLED “ROAD RAGE” INCIDENT** if it is humanly possible to avoid it!

We assume that those who visit our sites are essentially decent and reasonable people. Therefore we will assume that *they* will never be the initiators of any road rage encounter. The big problem is: *Do not become a party to any sort of hostile exchange that another driver may provoke.* Regrettably, this is not always possible, but *most* of the time it is. So if some driver cuts in front of you, drives by and gives you the finger, tosses a beer can at your vehicle, or yells some obscenities at you, **DO NOT** react by engaging him on the road, or by pulling over with him and allowing a physical battle to ensue. ***IT IS STUPID, DANGEROUS, and UNNECESSARY.***

The phenomenon of false courage and “anonymous aggression” is, sadly, common to a large number of morons, bullies, cowards, fools, malcontents, and troublemakers. Like the scum who use internet forums and YouTube postings to vent their hostilities toward others; a similar type of asinine human f—up, regards the anonymity of being inside his vehicle as encouragement to reveal his scummy, trouble making, belligerent, and despicable side. *Such living trash has poor impulse control, and is closer to an animal than a human being. Animals go on impulse and range-of-the-moment feelings.* So does the road-rager. Like the savage that he is, he subordinates his **thinking** to his **feelings**. And this breed of bacteria can and surely will cause trouble for **YOU** — even, or perhaps especially, if you allow the situation to become a physical confrontation and you beat his empty head in. *Legally* you may not be able to prove that this thing attacked you — even though, as a civilized and decent person, you did so *only after it made a movement to attack you.*

And there is the matter of firearms. If firearms are involved in a road rage encounter (and they sometimes are) — even if no rounds are fired — the situation could easily result in both innocent or guilty party — or *both!* — ending up in jail, and having horrifically expensive attorney costs and other

legal problems for months and years to come. If shots are fired then **death** or **maiming** could occur, and *the whole goddamn incident just isn't worth it!*

Drive carefully and cautiously. Let rude gestures, curses, insults, threats, and everything else that you might find emanating from the hostile piece of s—— roll off your back. If you are in possession of a cell phone **call and report to the police IMMEDIATELY any alarming behavior directed toward you on the road by another motorist**. Give the police the license plate number and any further description of the vehicle and who is inside, that you are able to provide. Try to drive *away* from the scene before an incident occurs. We recommend that you **REMAIN INSIDE YOUR VEHICLE**. Aside from the fact that this may discourage a crackpot to leave and give up trying to get to you, it will provide you with a mantle of innocence and proof (should he smash your vehicle's window and attempt to get at you or someone else inside) that what you then did to defend yourself and anyone else in the vehicle was **clearly** unavoidable self-defense.

We have said this often and it bears repeating: If you are a reasonable adult then accept the fact that “machismo” is for unconscionable a—holes, and **avoidance** is self-defense technique number one. The schmuck is always looking to “throw down”. Being a “tough guy” and proving it by getting into fights (an idiotic idea that has an appeal to those who are as dumb and worthless as rodents) is **not** a proper objective for the serious student of combatives. Avoiding trouble whenever possible and using force **only** when absolutely necessary for self-defense is the sane man's way.

Road rage is a disgraceful phenomenon. Guard against it ever affecting *you to whatever extent you are able*. You can never be 100% sure that you will avoid such insanity, but you certainly have an obligation to **TRY** to avoid it.

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# *DVD Course NOW AVAILABLE!*



*(You Can Learn Self-Defense and*

# *Close Combat At Home!*

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

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

**— James R. Jarrett,**

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

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

**— Greg Anderson,**

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

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

**incredible!”**

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

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

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

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

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

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

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



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

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

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

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

**— Dr. Albert Ellis,**

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

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

**— George Kalishevich,**

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

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

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

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

**— Grandmaster John Perkins,**

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



## 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)<sup>™</sup> 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!

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**"Mind must be the stronger, heart the bolder,  
courage must be the greater, as our might lessens."**

**From the manuscript of Otho A.xii, The Battle of Maldon**

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## The Bowie Knife: How Does It Stack Up Against Stiletto Blades For Combat?



James Bowie. What is not generally appreciated about Bowie is that he was an all-round fierce hand-to-hand fighter. His ability in close combat with his famous knife is ——— rightfully ——— legendary. Bowie was tall, well-built, very agile and athletic, and would never back down from any situation that he believed warranted doing battle. Bowie epitomized COMBAT MINDSET. He is one of those Western fighting men who was every bit (or more) competent than the Asian martial artists.

**QUALITY** fighting knives are made in two basic configurations: 1. The *stiletto* design, and 2. The *Bowie* design. Debate has been going on endlessly regarding which basic design is superior for hand-to-hand combat.



Fairbairn, who is unquestionably the father of modern unarmed, knife, stick, and firearms close combat developed, along with his colleague Eric Sykes, the most famous and well-known fighting knife in history: the **Fairbairn-Sykes Commando Knife**. As visitors to this site almost certainly know, the F&S is a *stiletto* type weapon. On the other hand, Anthony Biddle — a very well-known and highly proficient and knowledgeable close combat instructor of the WWII era — favored the Bowie-type knife, and his protégé John Styers continued this doctrine, believing the Bowie type blade to be best especially for **knife vs. knife** engagements between individuals.

Is it possible to finally establish that one or the other of these knife configurations is in fact “the better of the two” for use in close combat? Well, yes it is, and no it isn’t. It depends upon several factors:

- 1.** If your purpose is solely and purely killing an enemy at close quarters then you are likely to find the stiletto type weapon to be the better choice. (Following WWII Rex Applegate finally arranged for the manufacture of the **Applegate-Fairbairn** fighting knife — which he and Fairbairn had designed before the close of WWII — which never got to be made and used by troops, because the war ended before manufacture of the newly-designed weapon was possible. The A-F was designed after extensive studies of the strengths and weaknesses of *all* knives that had been put to combat use during the war, including the F&S. Result? It was determined that the **stiletto** configuration was generally the best, but that the blade would better be made *thicker*, and the grip changed from a kind of fencing foil grip to a more oval type “fluted” grip, and a more substantial handguard. Such studies as were made of Bowie-type blades in combat use did not establish their merit to a degree commensurate with the stiletto’s).
- 2.** If you are looking for a weapon that will serve well in hand-to-hand combat *as well as* serve as a survival-type or “all round” knife, then the Bowie type is a better choice.
- 3.** If you have a strong personal preference and *feel more confident* with a Bowie-type weapon for close combat, then *that* is preferable for you. The increased confidence and sense of security that “your personal favorite knife”

will give you is very important. Ultimately, either knife — providing it is well-made and used in trained hands that are backed by a proper mindset — will do admirably. Certainly the “Bowie-type” can be adapted perfectly for the use that — very technically — a stiletto-type weapon would be the “superior choice”.

### **Any *objective* fact that weigh in strong favor of the Bowie?**

Yes. First, let it be clear that we are speaking of a *modern* Bowie-type knife, **not** a classical Bowie. The classical Bowies, such as those beautiful models made by the famous Randall Knife Company, *could* be used for combat, but are a bit cumbersome and could be a nuisance to carry or to wield. They are more excellent outdoor and all-round utility knives (or, in the specific case of Randalls, they are prized and gorgeous collector’s items!). For combat/survival purposes — or even pure combat purposes — we recommend the Bowie aficionado look to the Randalls #14 or #15, or their relatively new “Fighter”. Their Model #1 is also a fine blade for antipersonnel use. The old Ek Combat Bowies were excellent combat knives. Even the issue Ka-Bar of original design makes a good fighting blade. *The point is that a modern Bowie-type knife that is selected for close combat should not be as large and as hefty as a classical Bowie. Very few men are large enough and strong enough to be able to wield such a big knife well in actual combat. Nor is the physically average man able to comfortably wear a classical Bowie concealed for long periods of time.*

A well-made Bowie type knife such as the ones that we have mentioned has an advantage over the stiletto when it comes to dealing with another person who is also armed with a knife. **In fact these situations are just about unheard of (outside of barroom and alley brawls between the dregs of society).** In such a “duel” the Bowie type may well be superior. Its *hacking* and *chopping* ability is superior to the stiletto’s, and in a knife vs. knife situation (again, almost never heard of in military, law enforcement, or private sector self-defense emergencies) these actions may weigh heavily in securing victory.

The bottom line is that both knife configurations have proven themselves in real

combat, and no letters of protest will come from someone's ghost because he has been dispatched by one or the other type of knife.

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**The NY Daily News — A Valuable**

## Reference — Use-The-News!

**WE** wouldn't give \$ .01 for a lifetime subscription to *any* daily newspaper in the world, since, in regard to locally and globally **important** events, happenings, and trends, we believe they are *all* worthless, dishonest wastes of newsprint. *However*, coincidentally, students and teachers of self-defense and combat arts can pick up a lot of useful information and tips regarding **violent crimes** by making it a point to scan the NY Daily news online each morning. Along with absolute nonsense (the typical fare of all dailies) and lies about everything important that is going on in government, and in international affairs, you will find excellent coverage of the most hideous violent crimes — not merely those occurring in NYC, but everywhere.

The value of keeping abreast of these ugly events is that, by doing so, you will keep your mindset sharp. Instead of letting yourself be lulled into a false sense of believing “for the most part crime is down, and it's really safe in urban America” (the most **UNTRUE BULLSHIT** anyone can believe!), you will be reminded regularly of the truth. And you'll learn what the scum is doing, and — often — *how* the scum is doing it; and this can assist you in preparing *just in case*.

If you want proof that horrific and senseless violence is becoming even *more* prevalent in our cities, check out the crime reports on half a dozen big city news sites each day. *And remember, you are only reading about a small fraction of the violent crime that actually occurs!* Most does not get reported in newspapers.

Read just what these virulent scum (i.e. violent offenders) **really** do; how they **really** act, and what hopeless, uncivilized, inhuman, subhuman, malicious s—t they all are. It ought to fire you with enthusiasm for your training, and keep you motivated, as well as somewhat educated.

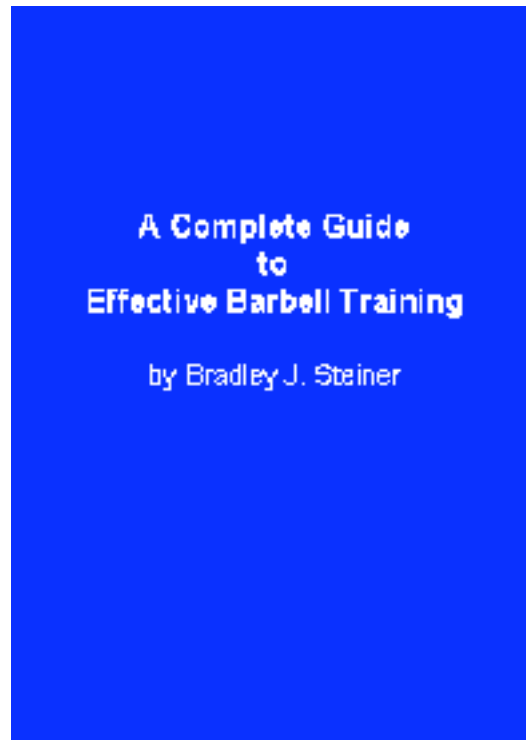
One of our old teachers, the late Charlie Nelson, used to keep piles of news clippings in his studio. “Here,” he would say, to make a point about something he was teaching. “See how this guy could've used that technique I showed you last week?” he might offer. Or, “Yeah, see, this is the way two guys might

come at you. Not the way they teach it in those karate or ju-jitsu classes! And *that's* what you gotta be ready for!" **And Charlie was right.** Those clippings always helped to make his point, and we picked up this use-the-news habit, ourself. We never fail to mention relevant news reports of violent attacks and how they occur — as well as that which they prove *about* violence, and *about* the low-lives who attack people — to our classes and to private students.

We hope that this advice helps *you*.

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