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SWORD and PEN

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

OCTOBER 2014 EDITION

www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

LISTEN TO OUR RADIO INTERVIEWS!

Prof. Bryans and ourself each did 1-hour interviews on the Rick Barnabo Show in Phoenix, Arizona. If you go to prescottcombatives.com, click on “home”. When “news media” drops down, click on that — — and there’re the full interviews!

... and listen to our interview on Coast to Coast am with George Noory on www.prescottcombatives.com. It aired live on 2 September 2014.

EDITORIAL

Looking Forward To Another (*Dangerous*) Holiday Season

WE love the Fall Season. Anticipation of Thanksgiving in November, Christmas in December, and (for better or worse) the New Year following Christmas, is stimulating and joyful. However, it is important to remember that not every person in every community is filled with the holiday spirit.

With the Holiday Season comes depression, regrets, sorrow, and sadness ——— and the **urge to lash out and take out one's resentment on others** ——— in an unfortunate minority of people.

Our urging is that you and yours, while enjoying the invigorating pleasantries of the Fall Season and the anticipatory weeks before the holidays arrive, **nevertheless stay prepared**. There is no time, place, or season that is free of criminal violence in our major urban areas; and in fact some truly atrocious acts of violence are well known to be likely *every year*, by those who work in law enforcement. So be ready. Dropping your guard, and those steps of protective caution that you take to protect your loved ones is unwise at any time of the year ——— regardless of the prevailing societal optimism.

We are certainly not saying that you and your loved ones should not fully enjoy and participate in whatever festivities you customarily look forward to at this time of year. By all means ——— live it up! Be happy and celebrate. Relish the brisk, cool air of Autumn. Spend time with your family. However, while doing so remain aware of the fact that violent criminals do not take seasonal vacations, and seriously disturbed persons are often at their personal **worst** when you and your family may be enjoying yourselves the most. Be aware of the realities that we *all* must live with.

Don't neglect your personal training.

We don't understand why some people think that their physical training programs and their practice of combat arts need to be put aside when family gatherings, parties, or other festivities offer. Why? Go ahead and enjoy whatever it is that you enjoy, *but get in your workouts, nevertheless*.

Attend to your practice sessions, and keep your skills and confidence in your ability to defend yourself sharp. Training really need not become an obstacle to enjoying time with family and friends. We personally have always found that training actually *enhances* virtually every experience of enjoyment that we are able to share with those whom we love and to whom we attach importance as dear friends.

There's this, too: The Fall Season is a *great* season for training! The cooler days and nights. The invigorating weather that, unlike summer's heat, actually bolsters energy and leaves you feeling much more energetic when you're out and about, or simply when you're between workouts.

If this is ——— **finally** ——— the time when you're *starting* to train, do not falter! Don't be distracted by the temptation of other activities, and the social "demands" that some allow to encroach upon every spare minute of their time. Be *disciplined*. Do your scheduled training. Get your practice sessions and drill in . . . *then* go out and enjoy whatever you wish. Don't revert to that shameful habit that all too many indulge and tell yourself "*Next week (or month) when the time is right I'll get back into training.*" **No you won't, and you damn well know that you won't.** So don't weaken and start lying to yourself now! Get your training done. And *continue* to get your training done; holiday season or not. Remember: Disciplining yourself to train becomes easier and easier as time goes by and you see and feel the *results* that inevitably will come to you!

It is probable that this Fall and Winter will come and go with no violence or problem with any troublemaker arising to mar your and your family's enjoyment. But "probable" is not the same thing as "certain". At this time of year ——— just as is the case at *any* time of the year ——— trouble *could* happen. May God forbid it, but you *might* find yourself confronting a very dangerous and unanticipated situation in which you will need to be fit, strong, and possessed of those skills and mindset that are required to handle serious violence and man-caused *dangers*. Your loved ones' safety, well-being, and even *lives* may depend upon **YOU** being ready, willing, and able to take whatever action is necessary to protect them. So . . . see that you *are* ready; as we enter this Fall Season, and as we enter every season of every year.

Bradley J. Steiner

*****BE SURE TO CHECK**

www.seattlecombatives.com for the many instructional articles and incisive commentary on serious close combat and self-defense!***

AND — THERE IS ALWAYS A NEW MONTHLY EDITORIAL POSTED ON THE HOME PAGE!

Countering Rear Body Holds: Fine Points You'll Want To Remember

ALTHOUGH in general regarded as “unskilled” attacks, underarm and overarm bearhugs are **common, dangerous**, and unless you are preparing to deal with them correctly, **difficult** to counter. Three factors combine to make the bearhugs from behind potentially formidable attacks:

- 1.** They are generally experienced by the defender as **blows** to his body that jar him and create a moment's shock.
- 2.** They are attacks from behind (obviously) and ***all*** attacks from behind by determined assailants are to be regarded as being potentially deadly.
- 3.** They are not normally applied with the simple intention to hold the defender and merely keep him under control in a standing position. Usually these types of holds are, moments after being secured, employed to raise the defender into the air and throw him to the ground or into a wall, etc.

Since in *all* counterattacks it is wise to assume that the assailant is much

stronger than yourself, we make this assumption here and now in this discussion — but we acknowledge that an assailant may be of equal or lesser strength (just as we acknowledge that the attacker *could* be applying the rear bearhug with no intention to lift or to throw his victim. He may be holding him for a second attacker to approach from the front; or he may simply be an awkward attacker and unrealistically suppose that he has the strength to apply sufficient crushing force with the bearhug alone). In *American Combato* we always assume the worst. If an attack proves not to be of the most dangerous and life-threatening variety then handling it may be easy. But never train with that assumption in mind. And never try to “apply resistance in increments” when dealing with any attack from behind. **You can always pull back and stop your counterattacking (or preemptive attacking) should the assailant’s action be unexpectedly neutralized with your initial move. You cannot be sure that you will be fast enough to “ratchet up” in time if your attacker is truly a life-threatening madman.**

The key actions (not the entire barrage that we teach our students) but *the absolutely most important moves that anyone can learn and practice without formal instruction* for countering rear bearhugs — over or under the arms — are:

- Drop your body forward and down **INSTANTLY** upon feeling arms invading from the rear and **viciously drive a heel stomp with either foot into your attacker’s instep or shinbone**. If you practice correctly and assiduously you will find, after a not-too-lengthy period of time, that you are able to react with this action before the attacker actually finalizes his hold and grip on you, thus **preempting** his ability to lift and throw you or to apply rib-breaking force and rob you of your wind.
- Upon connecting with your kick, arch backward and slam the back of your head into the attacker’s face. This rocker-like set of blows (i.e. stomp kick/head butt) can be repeated very simply and quickly because each blow primes your body for the other. It may, once the hold has been weakened,

then be possible for you to reach back and seize and crush your attacker's testicles. **We recommend, however, repeatedly stomping back into the attacker's knee, shin, or foot arch — alternating left and right legs for your kicking, if you wish, until he releases you.** Your initial reaction should thwart his attempted hold and at least loosen his grip. *Repeated stomps to break his leg once the hold is weakened* should free you. Then either escape the scene, or turn and followup until your attacker is completely harmless. (**NOTE: DO NOT EMPLOY THE HEAD BUTT FIRST. KICK FIRST.** The attacker may be pinning his head against your back when he grabs you and the head butt will connect with *nothing*. Once you kick you will cause the attacker to loosen his grip and his face will become accessible to the butting action. Should your attacker grab you *low* — i.e. say, around and over your forearms — he will be bent forward. ***Kick up and back, like a mule, and your heel should hit him in the testicles.***)

Simple and effective. But it must be drilled into you so that the very second a seizure from behind occurs you react with speed, power, accuracy, and concentration, and ***follow up!***.

Question: “Suppose the person grabbing me in a rear bearhug is merely a friend who is horsing around? What if I react with the force you suggest and I seriously injure him?”

Answer: If a person behaves stupidly then *he* bears responsibility for the consequences of his actions. Find more intelligent friends if you fear that one of them may be this stupid. *Attacks from behind — like gun threats or knife threats — are not funny.* They are potentially deadly. ***Do not short-circuit your ability to react to such a potentially dangerous attack by attempting to figure out if the attack is “real” or the imbecilic action of a dumb, moronic “friend”.***

Remember at all times when practicing with a live partner that you **must not** kick or head butt for real. No accidents. Be careful and control your actions, and for heaven's sake don't practice with an a—hole who horse's around. You must start off easily and slowly, getting the hang of the action. Then

gradually pick up speed, taking care that your “attacker” in practice understands that his role is to assist you in developing, and he must accommodate where you’re at along the road to proficiency.

We have found over the years that counterattacking rear encumbering body holds (“bear hugs”) in the manner described above is the most practical *real world* and *effective* method. It has also been field-proven and has worked, to our knowledge, for all who have utilized it.

Caution: Stay away from such defenses as: bending forward and reaching between your feet to seize the attacker’s ankle, and then throwing him backward; raising both arms to dislodge a pinning hold over them (it **WON’T WORK** against a strong man!); or applying a shoulder throw or hip throw or armlock, etc. These types of techniques work in the dojo against cooperative practice partners. They will not work against a powerful, surprise attack by a dangerous and determined aggressor.



ABOVE: A CLASSIC EXAMPLE OF HOW NEVER TO REACT TO A BODY HOLD FROM BEHIND.

THIS ILLUSTRATION IS FROM AN OLD *POPULAR SCIENCE* MAGAZINE AND WAS WRITTEN BY A MAN WHO IS AN OTHERWISE FINE JUDO EXPERT.

We hope that you find this information helpful.

Training On Mats — *Not* For Self-Defense

MOST commercial martial arts studios conduct their training on mats. Some karate studios of the classical/traditional variety train on polished hardwood floors, but we have seen numerous karate studios that are fairly well matted.

Mats are an excellent and obviously *necessary* protective device wherever sporting or competitive activities — especially those in which throwing and grappling are emphasized — are practiced. However, we are adamantly *against* training on mats, when close combat and self-defense is the order of the day.



EXCELLENT QUALITY TYPIFIES THE KIND OF MATS OFFERED BY THE SAMA (“MARTIAL ARTS OUTFITTERS”) COMPANY IN CANADA. ANY SCHOOL WHERE COMPETITION AND SPORTING CONTEST IS PRACTICE SHOULD OBTAIN SUCH QUALITY MATS AND *USE* THEM UNFAILINGLY. HOWEVER, THOSE TRAINING IN SELF-DEFENSE AND CLOSE COMBAT ARE WELL-ADVISED *NOT* TO USE MATS. IN FACT, OUTDOOR (I.E. PAVED SIDEWALK, ETC.) ENVIRONMENTS ARE REALLY BEST FOR TRAINING, ALTHOUGH IMPRACTICAL FOR MOST

PEOPLE ON A REGULAR BASIS.

Too often a very unrealistic sense of safety and comfort is acquired by those who train in combat skills on mats. After all, you are not going to have a cleared, protective, **soft ground** to slam around on in an actual attack. We have seen such *INSANE* techniques as judo's *makikomi* throw taught as a self-defense *ju-jutsu* move! A good throw in competition, yes; but in the street, forget it! A person of superior strength, quick reflexes, and greater size can easily counter this throw — so it is contraindicated for self-defense. Additionally, serious damage to the thrower's knee as he drops to the deck, *and* potentially spraining one's own arm, is quite possible **if applying this throw on concrete ground**. A judo man contesting another judo man on a properly matted floor is not going to injure himself using *makikomi*. But on the street against a hardened assailant? Don't try it! *Especially don't practice it on a mat, where — in practice — you'll be able to pull it off*. For self-defense **do not use such a throw**.

Tomoe-nage (the stomach or circle throw) is another no-no for hand-to-hand combat. This throw can be very comfortably executed on a good mat. Fine for judo matches; **not good** for unarmed combat. In a contest you need not worry about falling back onto a rock or chunk of broken glass, or collapsing onto pavement under a heavy attacker who moves effectively to thwart the technique. *But in preparation for self-defense you had better concern yourself with such things*.

Be reminded, please, that **combat** throws can neither be practiced full force, nor be carried through to conclusion during practice. Combat throws do **not** enable the recipient to apply a breakfall. There is a world of difference between the *shoulder throw* so commonly taught in judo and even *ju-jutsu* defense circles (erroneously *as* a *ju-jutsu* throw, *per se*) and the true *ju-jutsu* shoulder throw (adopted by the allied forces during WWII as dubbed the "*flying mare*"). Judo's *seoinage* is perfectly safe, no matter how hard it is applied, providing the recipient is thrown **on a mat**, and that he **breaks his fall properly**. The judo throw *facilitates* breakfall applications. This was one of Prof. Kano's great accomplishments. He did *not want people to be injured, and competing in judo does not have as its purpose injuring*

one's opponent. That's why the combination of training on mats with throws that permit the system of breakfalling to be used, makes so much sense ——— in **judo**.

The argument that we once heard from a ju-jitsu teacher that a ju-jitsu man will be able to handle “sacrifice” type throws in which he goes to the deck if he should have to use the throws in self-defense; mats just avoid “needless discomfort when practicing”, is nonsense. Combat is not contest. Preparing for combat means understanding that a hell of a lot more than “discomfort” is likely. **Injury** of some kind is all but certain; even for the victor. And very serious injury can come from impact with a sidewalk or gravelly ground. Mats give a false sense of security.



THE RIGHT WAY TO APPLY A SHOULDER THROW IN COMBAT. DUBBED THE “FLYING MARE” THIS THROW WAS TAUGHT IN JU-JITSU AND WAS READILY ADOPTED BY THE ALLIED FORCES DURING WWII FOR TRAINING COMMANDOS AND RANGERS, ETC. IN HAND-TO-HAND COMBAT. EVEN ON A MAT YOU DO NOT COMPLETE THIS THROW IN TRAINING. YOU WORK UP TO THE POINT OF THE THROW ——— SHOWN ABOVE ——— THEN YOU STOP.

**OTHERWISE DEATH CAN RESULT FROM THE RECIPIENT'S IMPACT WITH THE GROUND,
EVEN IF ON A MAT.**

Great caution is always mandatory when practicing the few true combat throws that are a part of close combat. But aside from that, many self-defense and close combat courses are too short term to actually get to the point where throwing is included in what must be a **percussionary** type curriculum. Real combatives revolves around **BLOWS**. Moving — evading, confrontational footwork — must be practiced on solid ground. Working on a mat is entirely unrealistic. In fact, practicing the simple footwork of close combat in normal footwear and on normal ground is highly desirable. Don't work on protected ground.

In *American Combato* students learn how to react if they should find themselves on the ground being attacked by a standing adversary. We absolutely refuse to permit working on anything resembling a mat. *This situation is extremely uncomfortable and difficult — and we want every student to understand and experience that fact in training!* On a nice mat, these techniques would actually be easy to do. But on a sidewalk made of paved concrete it is **not** “easy” at all. It is painful, enervating, and frustrating. **It is essential that students realize this in training**, and not “discover” it during a vicious street attack.

Such few “ground actions” that work in real combat (**not** in competition) must be experienced on *real ground*, or no appreciation of the realities involved in these predicaments will be acquired.

Mats belong in sporting events, and in training classes intended to prepare people for sporting contests. We hope we've made that clear.

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!

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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.

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

ferocious attacks of your own.

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught
 - How to deal with knife *threats*, from varying positions
 - How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
 - How to counter overhand club attacks
 - How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC’s Kengla Technique
- Some advanced stickwork combinations

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

DVD#11 KNIFEWORK

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

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

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All DVD purchases are of course nonrefundable.

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- 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***
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**Seattle, WA. 98115
U.S.A.**

The Smatchet (Or “Fairsword”)

FAIRBAIRN came up with the idea of the “smatchet” (a “*smashing-hatchet*”) as a weapon for commandos and other, shall we say, “more ardent” regular soldiers and home guardsmen. Following the was, Col. Applegate had the Applegate Combat Smatchet produced (photo below).



If nothing else, the damn thing is impressive and intimidating! (But it really isn’t a practical edged weapon for private citizen defensive *carry*.) Doubtless it is a great carry weapon for a soldier or marine in the field.

Col. Applegate sent us one of his first Combat Smatchets, and we treasure it as a gift —— as we treasure the A/F Fighting Knife that he sent us —— but aside from it’s being a valued keepsake, we’d not actually carry it.

We will admit that this weapon might certainly serve the combatives student as a personal and family home defense weapon, assuming his mindset is right, and that he has mastered the simple techniques which Fairbairn describes in *All-In Fighting/Get Tough!*. You can't have a gun in NYC, but . . .



As the (rather dramatic!) photo above shows, the person who takes the time to master the *smatchet* very well might find it handy in a life or death emergency. It always brings to our mind the idea of a “gaping wound” when employed to thrust.

What do you think?



Fig. 116



Fig. 117



Fig. 118



Fig. 119



Fig. 120



Fig. 121

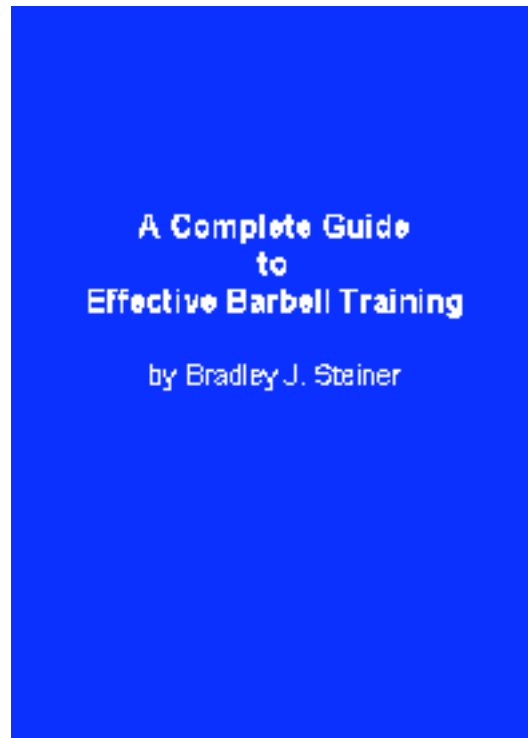


Fig. 122

ABOVE ILLUSTRATIONS FROM *ALL-IN FIGHTING*, BY FAIRBAIRN

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U.S.A.

High Repetition Practice Of The Basics

ONLY one thing can turn a technique into a weapon: ***practice***. And while that’s easy to say and even easier to agree with, ***rarely*** is the truth of that statement fully appreciated and seriously acted upon.

Commercialized “martial arts” studios operate very cleverly. Understanding that the attention-span and capacity for **really serious dedicated training** is all but laughable in the statistically average student, the programs taught do not

demand much of the enrollees. To keep them titillated, many techniques are taught, and there is no severe demand upon the students to *master* anything.

They just need to “remember it”; remember it well enough to go through it with a cooperative practice partner. Then come new techniques! More to learn! Something to keep the student’s interest high enough so that he shows up for additional classes. The fact that he is no better prepared to handle a dangerous attacker who wants to beat him to death than he was before he took up training is of no consequence.

If you prefer that route instead of the *real* path to solid self-defense proficiency then take it, by all means. We have nothing to offer you. But if you want the truth; if you want to train so that in a crisis you can draw upon **quality** skills that have been **well-mastered**, then you want what we’ve got.

Here’s the “secret”: ***There are NO secrets.*** Two things account for someone’s achieving what most might regard as an “incredible” level of ability in any combat art: **1. Genetics**, and **2. Training**. Whenever and wherever anyone evidences skills that seem almost unbelievable, *those two factors were present to enable that person to attain to what he did attain to.*

Two individuals come immediately to mind as perfect examples of what we are talking about: Bruce Lee and Delf A. “Jelly” Bryce. Bryce was to combat handgun shooting what Lee was to unarmed martial skills. Both men were fanatically dedicated to their training. And both possessed the inherent (i.e. genetic) advantages to enable them to respond to their training in ways that less well-endowed persons simply never could respond. Their performances were plainly astonishing. Bryce may well have been the greatest close quarters combat handgunner who ever lived. Many believe that Lee attained to heights of achievement in martial training that no one else has ever matched. And while we personally do *not* believe this last, we do agree that Bruce Lee’s

accomplishments were stellar.



“JELLY” BRYCE AND BRUCE LEE. TWO ANOMALOUS INDIVIDUALS WHO SO EXCELLED IN THEIR RESPECTIVE DISCIPLINES OF COMBAT HANDGUN SHOOTING AND “KUNG FU” THAT THEIR CAPABILITIES OFTEN APPEARED SUPERHUMAN. THE TRUTH IS THAT BOTH BRYCE AND LEE POSSESSED THE RIGHT GENETICS TO ATTAIN THE HEIGHTS THAT THEY DID ATTAIN; *BUT THEY ALSO PRACTICED AND DRILLED INCESSENTLY.* AND IF YOU WILL PRACTICE AND DRILL — DO LOTS AND LOTS OF SERIOUS, HARD REPETITIONS OF YOUR TECHNIQUES — YOU WILL RISE TO YOUR OWN BEST LEVEL OF ACHIEVEMENT.

Neither man could have done what he did had he lacked the all-important **genetics. But their genetics alone would *never* have given them their abilities and their skills.** Only endless *practice* enabled that!

So . . . is this bad news for people like ourself and yourself (unless, of course, *you* happen to be one of the genetically blessed!)? **Absolutely not.**

Remember, there is another ingredient that accounts for success:

TRAINING. And, unlike genetics, *training* is something over which we *all* have control. Train correctly, seriously, and persistently, and you will not — without the genetics — become “another Jelly Bryce” or “another Bruce Lee”; but you ***will*** become a very capable, competent, well-trained ***YOU.***

In physical training, as in combat arts, your personal goal should always be one that **disregards comparisons to others, but instead sets as its standard the attainment of *the very best and most that you are able to develop, build, achieve, and accomplish for yourself.***

Training. And training, as far as self-defense and close combat is concerned, means drilling and drilling and drilling. It means not merely *learning* the best techniques of armed and unarmed combat, it means *becoming able to do them* — powerfully, speedily, accurately, with not the slightest tremor of hesitation — in an unexpected emergency situation. Quality techniques are simple, destructive, retainable, broadly applicable, and adaptable. By incessant, high repetition practice (and more practice) of these techniques, they become embedded in your nervous system. Your motor memory absorbs them, and their performance becomes as natural to you as scratching your head when you feel an itch. By training with the proper mindset you cultivate the ability to employ these techniques with enormous speed in reaction to danger.

When you take a quality technique like the chinjab smash or the handaxe chop, for example, and you drill it, not for a few repetitions a couple of times a week, but for hundreds, *thousands* of repetitions per month, that action becomes “part of you”. Like blinking. And confronted by an attacker it is of relatively little concern to you what *he* intends to do — or even what he is doing. **Your body goes into WAR MODE, and in a flash you are delivering your own barrage of overlearned and internalized actions — with all of the fury you are capable of mustering.**

That’s what high repetition practice will do for you.

You do not want and you do not need “exotic”, “impressive”, “flashy”, or “spectacular” moves. In fact those types of moves are the *least* practical and *least* functional in the real world. You want simple, **basic** moves. *direct* and easily learnable moves. **Natural** moves. *Adaptable* moves. Nothing but those that have been war-proven, as we like to say. If you have purchased our DVD Course then you’ve got more of those moves described and demonstrated for your lifetime’s training than you or anyone ever could need. If you’ve gotten hold of some of the books we’ve recommended (i.e. *Kill Or Get Killed*, *All-In Fighting/Get Tough!*, *Cold Steel*, *V-5 Hand-To-Hand Combat*, *Shooting To Live*, etc.) then you have seen some of these moves described and illustrated in those volumes. **THESE ARE THE CRITICAL MOVES THAT MUST BE PRACTICED OVER AND OVER AND OVER AND OVER AND OVER AGAIN!** Make them *yours*. Drill until

your body has absorbed them.

When training with practice partners be extremely careful. **Control** all blows and do *not* make contact with any live partner's vulnerable target areas. Get your full-power, high repetition drill on dummies, heavy bags, and training posts. Do not become tempted to **quantity**. Strive for **quality**. Remember that the reason why our Course presents the quantity of techniques that it does is so that you can ——— over time ——— fine tune and *customize* your own, personal repertoire. For instance, we describe and teach the sixteen most effective unarmed combat blows so that, in time, you can select and build your own personal *style* of combatives using, perhaps, half a dozen of those blows that suit you perfectly. The numerous excellent attack combinations that we describe should enable you to develop half a dozen or so that you can apply with ferocious and natural capability, because they *fit your physiology perfectly*. The counterattacks (i.e. “self-defense” techniques) cover **types** of attacks. So, when you've mastered a few you can expand their use and application exponentially, and handle *many* situations, instead of only the specific ones in which the counterattacks are taught. By the time you've worked through the Course you will possess a *general* capacity to counter whatever is launched against you, should you be taken off-guard.

We point to this example because it illustrates our point: Practice and keep on practicing *quality techniques*. You cannot do “too many” repetitions of those combat skills which you wish to master and be able to use **for real**.

If you are presently training in a martial art and wish to focus more on the **martial** than you have been focusing on the **art**, then be guided by the principles of *reducing* what you train in to the barest **practical** minimum, keeping your skills *simple*, and practicing all of the repetitions you can squeeze into your daily schedule. Then, when and if the critical moment arrives and you need to *employ* what you've been training in, you will find that you are able to do so reflexively, speedily, naturally, and powerfully. Not because you've been privy to any “secrets”, but because you've availed yourself of the *real* “secret”: **Hard, very high repetition practice of good, basic skills.**

And there you have it.

P.S. If there is someone that is opening his mouth to point out that one of Bruce Lee's legs was shorter than the other and "therefore he didn't have the right genetics!" ***STOP, and don't make a horse's ass out of yourself.*** That (common) phenomenon has nothing at all to do with a person's *somatype*, ligament and tendon strength, natural hand/eye coordination, reflexes, etc. — which are genetically determined.

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Protection Dogs

WE have always loved dogs. Their loyalty, affectionate nature, intelligence, and playfulness are absolutely irresistible, and since we were literally a baby, we have found dogs to be —— by *far* —— more desirable to interact with than the majority of humans.

While we actually are somewhat reluctant to see dogs serving as protection or home guard dogs (we worry about the dogs, and we hate the idea of seeing them injured) we must, as a professional, recognize and call our visitors’ attention to the fact that keeping a strong, intelligent dog (or *dogs*) can add materially to their and their loved ones’ security —— and do so *immeasurably*.

We most especially want to suggest that seniors will often benefit by owning a dog that is capable of posing a serious threat to violent offenders. Not only

will a good dog lay its life down to protect its family, a good dog can frequently be *much more formidable in rendering a large, strong attacker harmless than another person can be*. Scumbags are often quite terrified of large, aggressive dogs. Then there is the companionship aspect of having a dog, and for the single man or woman who is on in years, a dog is truly a fine and loyal friend.

Obviously, no one who is not positively disposed toward dogs should consider having a protection dog. Dogs are not plants or objects. They are highly intelligent, loving, and sensitive creatures. Having a dog is in certain respects like having a child. Dogs require good nutrition, regular exercise, attention and affection, fresh air and exercise, and regular medical care. *And if they are to serve well in the capacity of protection, they need education, too*. While the kind of dogs we shall recommend will *all* almost invariably be natural protectors when raised and kept properly, it is all but mandatory that a degree of training be given the dog for the purpose of insuring positive control and a disciplined attitude about dealing with strangers. You want a dog that will without hesitation take *anyone* who poses a danger to you down; but you **do not** want a dog that is merely aggressive. That is dangerous physically and legally.

Obedience to simple commands and “poison-proofing” constitutes the bare-bones minimum of training that a dog should receive.

In our opinion it is better to purchase a puppy and raise him — and then have him suitably trained *with you* ——— when he matures sufficiently ——— than it is to purchase a mature, fully-trained dog. That is our personal opinion, and we fully appreciate that some knowledgeable dog handlers might disagree with us. *You* must make your decision.

Which breeds?

We believe that the best breeds for protection ——— also usually possessing the highest intelligence, and the most desirable characteristics as home companions ——— are the big, strong dogs that have a historical track record

for the job. We are partial to

1. German shepherds



2. Doberman pinschers



3. Boerboels



4. Cane Corsos



5. Bullmastiffs



We readily acknowledge that there are many other breeds that may be just as well-suited to being protection dogs, but these five breeds get our highest marks. Our opinion is that they head the list of “ideal” choices.

Where children are concerned we personally would lean very heavily toward the German Shepherd, Cane Corso, or Bullmastiff. We also would be very careful to teach any child to treat the family dog properly. Most dogs will tolerate infinite abuses from children, *but they should not have to*. If you can teach a child proper manners and behavior with other people, you have a serious responsibility to teach your child proper behavior with the family dog.

One of the great benefits to having a dog is of course their capacity to **alarm**

their household when there is any suspicious characters about. Long before your human ears can pick up the sound of someone skulking about outside your home after dark, a dog will have not only heard him, but sounded the alarm as well! Usually loud barking and growling is sufficient to send a prowler running.

One ——— or even *two* ——— good, strong, aggressive and intelligent dogs provide an amazing degree of protection for you and yours. But they must be brought up properly and **trained expertly and correctly** for the protective mission. That, combined with their *natural* inclination to safeguard their family will insure that if you and yours ever confront a violent threat your dog(s) will be one helluvan ally with which your attacker must contend! It takes time, effort, money, and lots of commitment. If it's not for you then please do not just "buy a big dog" and encourage him to adopt an antisocial attitude, and go after anyone who annoys you. **That** is insane; and the types of miscreants who do that sort of thing are legion, and every one of them ought to be . . . well, we won't say it.

Dogs are indeed "man's best friend". And they can be one of man's greatest protectors, too.

Remember that having one or more reliable canine guardians does *not* eliminate the need to be mentally and physically conditioned and prepared *yourself*; to be adept in the use of firearms, edged and bludgeoning weapons, and unarmed close combat and self-defense. Nor does it make quality alarm systems and other protective measures superfluous. *Everything that you can do to protect yourself and your loved ones against violent criminal violation should be done.* If it is then you and yours will be **very** "hard targets", indeed.

And that's exactly what you want to be.

Final Word of Advice:

Take some time and do some research on your own before purchasing one or more dogs. If you can consult with a veterinarian that can be helpful. *Good* dog trainers can also be a source of excellent advice and help, although you

can expect any trainer who specializes in a certain breed or breeds of dog to be very partial to the breed or breeds that he works with.

Good, well-bred dogs of the more desirable breeds *cost money*. Don't look for bargains. Locate a breeder, once you've made a choice of which type of dog to buy, who is long-established with a fine reputation. *Check with others who have purchased dogs from that breeder*. If you can get a veterinarian's advice on who to purchase your dog from, that will be great.

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

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