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SWORD and PEN

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

OCTOBER 2015 EDITION

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, 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.

Editorial

The Right Way To Use Words

IT'S not merely what you say . . . it's *how* you say it that often determines how others react to you. And every student of self-defense, whether a youngster or an oldster, *needs to understand this*. Since our philosophy in regard to personal defense is that **AVOIDANCE** is “self-defense technique number one”, we emphasize to our students one key method of avoiding conflict that should, whenever possible, be utilized in order to hopefully eliminate the need to escalate to physical violence: *saying something that will “turn off” or at least significantly dampen the other guy’s hostility*.

Every student of self-defense should be trained to **act**. Just as the secret intelligence professional who is working in a hazardous environment must be a good and convincing *actor*, in part so that he can talk his way out of a tight spot, so should the self-defense student make it his business to acquire this capability.

Some tips:

- Get your ego out of the picture, remember only **expedience** ——— i.e. that which will achieve your objective ——— makes sense here. If you are dealing with an impulse-dominated savage or other hostile creature you **do not** want to become embroiled in violence that could result in unpleasant legal consequences for *you*

Whenever you deal with obviously irate, hostile, or troublesome people **be guided in your actions solely by that which will get you out of the confrontation and away from the person who is confronting you**. Never mind if you need to lie or pretend, or listen to abusive and outrageously rude insults. *Think of a s—t’s mouthings as the sounds that emanate from an animal*. Just sounds, just noises, just the limited mode of subhuman communication that an animal in the wilds belches out. You do not want this to lead to violence. So . . . say and do whatever it takes, without looking at it

as a reflection upon you, to disengage from this creature. Naturally you'll be in **orange**, because it *may* happen that this scum will try to launch an attack. But hopefully you'll be able to avoid such a thing by a wise choice of the words that you use to calm the situation down.

- Realize that **lying in order to protect that which is yours or in order to protect yourself or your loved ones from harm is simply *psychological camouflage* and is as moral and justifiable as physical self-defense.**

Honesty is *not* always the best policy. Do you believe that you have a moral obligation to tell a home invading thief precisely where you hide your money? Become a good, practiced, effective liar. Only when necessary to protect that which is rightfully yours, or to assist in defending against unjustifiable violence. **But sometimes lying is the right and best thing to do.**

- Always appear to be *sincere* and to be speaking from the heart. Learn to look a troublemaker in the eye and *lie your head off*— in the most sincere and believable way. “*Please excuse me. I am so sorry*”.

- Give the a—hole every reason to believe and to feel that you sincerely respect him, mean that which you say, and that you are meekly leaving yourself at his “righteous” mercy (because you “believe that he is in the right” or because you recognize that you don’t stand a chance in any conflict with him). Remember that if you openly acknowledge another’s “obvious superiority to you” that individual often — but not always — will feel “Ah, why bother?” in regard to you, and will see no satisfaction in physically attacking.

- Never challenge another person’s ego. While the person may indeed be pure s—t, and may be doing that which is clearly **wrong**, the fact that he is what he is and that he does that which he does should demonstrate that he is likely to become even more aggressive if anything you say suggests that you know and see him for what he is.

By employing this strategy of never challenging another’s ego you ***greatly increase your surprise advantage if the a—hole should attack you, anyway!*** By creating an illusion of weakness, compliance, helplessness, fear-

of-conflict, and inferiority, your attacker ——— if in fact the a—hole *becomes* an attacker ——— will be overwhelmed by your savage and mercilessly destructive preemptive action, **if** you are forced to take it.

Here's a valuable tip for avoiding arrest ***by using words correctly***, should you be stopped while driving in a foreign country:

First, apologize profusely and with great respect and sincerity in your voice to the police officer who stops you. (Remember, in many foreign countries the police are corrupt). *Even if you know that you did nothing wrong,*

apologize. “Accept” the officer as an upright, all-powerful authority figure.

Then say, “I am sure that there is a fine for what I did. Will you please tell me how much the fine is, and where and how I go about paying it?” **Yes, this is a well-concealed bribe.** However, it is worded so that it ——— a) Cannot be proven to be a bribe, b) Clearly offers the opportunity to a corrupt officer to get your money on the pretext of upholding the law, and c) Allows the officer to appear to be helpful while avoiding the clear revelation that he is in fact a criminal (i.e. “Well, you can just pay the \$100. fine to me, here. That will save you going to the courthouse.”). *Pay whatever he asks, and smile and tell him how grateful you are for his “helping” you!* Ninety-nine times out of a hundred he will wave you on your way, and you well may have avoided jail!

Are you being dishonest? **No. You are taking the necessary steps to avoid being victimized by a dishonest officer and system; a system that very well might see you incarcerated for a lengthy period, just because you are an American.**

Note: This “bribery” technique should *never* be attempted with a law enforcement officer in the United States! This is purely for use when in another country and when facing the potential of serious trouble from a corrupt system and its thugs.

The right use of words can be as effective as the right use of your natural weapons!

Bradley J. Steiner

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“Caught In The Crossfire”

ONE often overlooked reason for learning how to handle yourself in a dangerously violent situation is the possibility that you and your family are *always* at risk of being drawn into a violent affray **unintentionally** — simply because two or more sewer savages suddenly engage in combat, and there is no way for you to avoid getting caught up in the violence. This does happen. Perhaps not too often, but if it ever happens to **YOU** the statistical improbability will be of little comfort.

Western society is crumbling. The very underpinnings of all that actually built our civilization are no longer in place for a huge number of (in our view) less than fully **human** “human beings”. Violence explodes anywhere and everywhere today — often over the most trivial disputes and annoyances — and *you do not need to be a willing participant to find yourself embroiled in some insane free-for-all* initiated at a fast food restaurant, ball game, motion picture theater, school, recreational park, department store, etc. Trouble can come at any time and in any place, and savages can attack you or your loved ones just because they are present in the area, and neither you nor they had any opportunity to vacate the area in time.

We are old enough to remember the 1950’s and early-to-middle 1960’s when sanity and decency were the norm, and when worthless scumbags who never should have been born **never** enjoyed free reign. *Even punks and bullies were more human back then!* You just about never heard of anyone kicking a person when he was down, ganging up on someone, kids stealing lunch money and clothing from classmates (or driving one of their unfortunate classmates to suicide by endless tormenting and relentlessly bullying him). Criminals tried to *avoid* using the gun or knife that they had armed themselves with in order to assist themselves in robbing someone, **BECAUSE THEY FEARED THE CONSEQUENCES!** In the world of this 21st century virtually no appropriate consequences are ever forthcoming for the low life vermin, filth, and scummy dregs of human society. One hears the farcical nonsense of murderers receiving **two or three “life sentences”**. *What in blazes does that mean?* Since throughout the existence of man on earth no

one has yet lived a second or third life on this plane, and not suffered death after a *single* lifetime here. This bullshit passes for “justice” in many instances when a swift and certain **DEATH PENALTY** is in order.

Savages have a less and ever lessening fear of consequences for their barbaric, uncivilized, life-endangering criminal actions. **These are actions that would have — if ever they were committed then — resulted in the electric chair, firing squad, or a rope, forthwith, in the saner years of our Republic.**

Today, law enforcement officers are *afraid* of shooting down virulent scum (who should have been shot down years ago) because — justifiable though their doing so might be, their actions could precipitate mob activity, censure from their own departments, and termination of their careers. (Obviously abuses by police are unacceptable, and should be severely dealt with. But we are not talking about police abuses of authority; we are talking about the police having compromised authority *when and where they employ necessary and justifiable measures in order to stop savages from wreaking havoc and injuring innocent people.*

These are *not* civilized times, and it behooves every decent person to be prepared for unexpected violence. Violence that could erupt at any time, and in the most innocent and everyday places, **and for no reason that any civilized, rational human mind can comprehend.**

You and your loved ones need not be doing anything wrong, nor need they be in any “questionable” place. Violent trouble can explode and *you* and *yours* might find yourself fighting for your safety and your lives against out of control, impulse-dominated creatures who could not care less if they drag **you** into the affray — or just possibly beat, stab, or shoot you **also**, *just because you’re there.*

Two More Fatalities From The “Knockout Game”

WE really should say two more fatalities *that we know of* caused by scumbags who have taken to amuse themselves by lethally attacking innocent victims with powerful, surprise punching blows to the victims’ heads. This occurred last month, and was reported in the NY Daily News. It is quite possible that additional deaths, and more maimings, have taken place recently,

of which we remain unaware.

While there is no way to prevent these pieces of s—t from launching these attacks, there are certainly ways to deal with the phenomenon that would likely see such vermin cease to find their recreational acts amusing. First, hunt them down and execute them. No “jail sentences” please. Why the hell should law abiding wage earners be made to sustain these inexcusable life forms? ***Get rid of them — all of them — permanently!***

Second: Encourage private citizens to go armed if at all possible, and, upon being attacked by some scumbag attempting to use deadly force for his (the scumbag’s) “fun”, **to shoot the scumbag dead**. *And make it impossible for the criminal justice system to prosecute an intended victim who killed his assailant, and/or for any civil lawsuits to be initiated against the victim who fights back. Simple.* There’d be a very high risk for the garbage, and it would likely result in these swine looking for other ways to enjoy their worthless existences. (There already have been a couple of instances when, happily, citizens who were intended victims of this evil **did** produce handguns and **did** shoot these street beasts! But these situations were delightful *exceptions*. When and if they became the **norm** there would be a diminution or end to knockout punching — except in the boxing ring.)

Third:, private citizens should learn realistic self-defense. Their alertness must be increased so that — to the greatest extent possible — they see such attacks coming and are able to avoid or preempt them. Where and when a firearm is not handy, a capacity for ferocious unarmed retaliation should be in every citizen’s hands.

It is the **ease** with which these atrocious deadly felonies may be committed, and the relative risk-free environment in which the perpetrators are able to carry out their crimes that encourages worthless, barbaric scum to take the actions that they take. When and if **they know ahead of time that they will — one way or another — inevitably pay for having done (or having attempted to do) these acts WITH THEIR LIVES, they will be convinced that it doesn’t pay to do them.** That is the only thing that violent,

out-of-control, unthinking, subhuman living garbage understands. So **“communicate with them” in that manner!**

For YOU who wish to be prepared, just in case some animals try this with you, remember **SITUATIONAL AWARENESS** is key to being ready. When you are alert to your surroundings wherever you go and whatever you do, and you function tactically (i.e. walking wide around corners, keeping your back protected when stopping anywhere to speak with someone, immediately distancing yourself and assuming a ready position when approached by a stranger, noticing any suspicious characters near you and turning abruptly to confront an approach **in condition orange**, etc.) you have taken yourself six laps ahead of the average person — who “texts” while walking, who has earphones on as he stumbles down the street, who is *not* wary and suspicious at *all times* when out and about, and who simply remains oblivious in public — security wise. **DO IT!** Encourage and teach your loved ones to do it, too.



YOUR EYES ARE YOUR PRIMARY “WARNING SYSTEM” PAY ATTENTION — LOOK AND NOTICE — WHOEVER AND WHATEVER IS NEAR AND AROUND YOU. THE VICTIMS OF THE KNOCKOUT PUNCHERS TAKE THEIR VICTIMS BY SURPRISE. BE ALERT, AWARE, AND READY, AND YOUR CHANCES OF WALKING AWAY FROM ANY POTENTIAL ATTACK — EITHER BY AVOIDING IT IN THE FIRST PLACE, OR BY CONCLUDING IT TO YOUR ADVANTAGE, DRASTICALLY INCREASES.

While executions certainly could take care of these offenders *after* they have

terrorized and/or maimed or killed someone, there would still remain the tragic victim whose life had already been taken or victimized to a lesser degree. ***But the one person who is always present during a violent offender's onslaught is the intended victim. When that "victim" is mentally and technically equipped to become the VICTOR, then the most successful and just outcome occurs.***



THE SIMPLE, BASIC, PROPERLY EXECUTED LOW SIDE KICK TO THE KNEE IS AN EXCELLENT WAY TO QUICKLY NEUTRALIZE AN ATTACKER WHO ATTEMPTS TO PUNCH YOU. THIS IS KICK #1 IN AMERICAN COMBATO! ABOVE, AN INSTRUCTOR IN PERTH, AUSTRALIA APPLIES THE NORMALLY HIGH SIDE KICK OF TAE KWON DO IN A STREET PRACTICAL MANNER. THIS ENABLES THE KICKER TO LEAN AWAY FROM THE PUNCH (THUS "ROLLING WITH IT", AS TAUGHT IN BOXING) WHILE DELIVERING A SOLID, LEG BREAKING KICK THAT WILL DROP ANY LUMP OF STREET S—T!

Please, for your sake and your loved ones', **get started learning serious self-defense NOW!**

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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)[™] 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:

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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!

Tips For Success In Lifetime Training

MOST who take up martial arts do so either in their teens or in their early 20's. And almost all of those who take up martial arts at *any* age soon quit and drop out of the program. Of the percentage who stay the course and obtain expertise (either by achieving black belt level, or by successfully

attaining whatever equivalent symbol may indicate first-level expertise in the method that they study) **most** go no further. And by the time they reach their 40's or 50's their conversations run to discussions of how they "*once trained in . . .*" because their training has become a thing of the past.

Pretty sad, really. First, because the benefits of hard training in a real combat art extend way beyond *just* being able to defend oneself. In **American Combato** that surely *is* the total focus **technically**; but the benefits that accrue mentally and fitness and health wise are enormous; and second, *because the need for self-defense ability is most pronounced in one's middle years and when one is a senior*. Violent offenders find those who are older and seemingly less able to handle themselves *because* they are older, to be the best targets for attack and victimization.

It is natural and reasonable that those who participate in **sporting** type "martial arts" in which competition is a mainstay, will retire from the activity one day. Competition is a young man's game . . . and then it is a game for only those young men who enjoy the sport. **Self-defense** however is neither a *game* nor is it solely for any single age group — young or not young. *Self-defense is a lifetime activity*. However, in order for it to be a lifetime activity it should be pursued in a sensible manner.

First of all, the individual who knows that self-defense is what he is after — whether he commences training at fourteen or at 40 — should avoid the competitive aspects of martial arts. First, because the techniques that are employed in competition are very different than those that one uses against a violent attacker or an enemy in combat. Sporting techniques (for an **expert**) can often be **adopted** to self-defense, so long as the expert is young, in shape, and *actively competing*. Combat techniques are fully intended in every respect to be **used exclusively** for close combat — whether in war or in self-protection against criminal attack. What is more, is that, while obviously available to the user in reduced efficiency, *combat techniques do not deteriorate to the point where one who has learned them cannot apply them at all*. And, unlike demanding youth, very hard training, and enervating, injury-inducing practice and participation, combat techniques can be practiced

for **life**. *And, ideally, they should be practiced for life*. No one need ever or ought ever to “retire” from training in **close combat and self-defense** skills. They may be practiced and retained **for life**.

We recommend the following to assist those who are students of real self-defense (whether our own students, or those of other all-combat systems):

- Start off right! If you know that combatives work and not sport or classicism is what you’re after, **begin your training with that**; not with something that “can be adopted to self-defense, but which is practiced also as a sport”; or with something that has been handed down for hundreds or even thousands of years as a *classical* art form, and that “teaches you the Art exactly as it was taught in ancient China, Japan, Korea, Okinawa, etc. ***Things are not the same on the streets of New York City, Chicago, Los Angeles, or San Francisco in 2015 as they were when warriors rode horses and wielded swords!*** The classical arts are beautiful and very valuable and worthy studies, to be sure. But taking up classical/traditional martial arts for the purpose of self-defense is like taking up parachuting because you want to learn how to tumble and roll. **Their is a realistic and much more practical method available that will enable you to achieve your goal; and that’s the method you want!**
- Concentrate on quality, not quantity. In reality you do not need a myriad of techniques in order to be able to defend yourself. The idea is to learn *enough* of the best techniques that suit you in order to be able to apply them under great combat stress and against an all but infinite number of attacks. **Retain these as your personal repertoire and work endlessly to sharpen and improve them.**
- Follow a *realistic* and *manageable* training schedule that adjusts to and always fits your lifestyle as your life situation changes and you grow older.

The Pen Is Mighty!

WHILE we have seen a number of “self-defense pens” being sold that

supposedly offer a superior self-defense weapon to the persons who carry them, the truth is that you do not need to spend \$30. or more for a pen that will qualify as a worthwhile defensive tool. In fact you can purchase a full dozen such pens for a few bucks at any office supply store. Bic and Papermate pens —— sold by the dozen —— make excellent weapons **if** you know how to employ them in close combat.



BICS AND PAPERMATES CAN BE USED WITH DEADLY EFFECTIVENESS. YOU DON'T NEED A "SELF-DEFENSE PEN". ABOVE IS WHAT YOU WANT (OR THE PAPERMATE EQUIVALENT).

Some you might recall the old TV commercial in which the durability of the bic pen was demonstrated by shooting one with a crossbow, and seeing it *embed* into a block of wood. Then the pen was pulled free and was shown to write perfectly after its ordeal.

Pencils and pens are among the **improvised weapons** that students learn to use with lethal effect in *American Combato*. We are **not** going to describe

the specific techniques of how this is done; but we will suggest that those who are studying a quality combat system under a professional instructor will surely be aware of how they can employ these terrific little implements in an emergency. Of course the **eyes**, the **throat**, the **underside of the jaw**, the **temple**, the **neck**, the **jugular notch**, the **groin**, the **nostrils**, the **face**, and the **ear canal** are the *priority* targets. The general *facial target* can not only be attacked when a strong, convulsive grip permits a powerful **stabbing** action; the point can simply be **raked powerfully** across the entire facial area to rip the flesh and possibly blind an eye. Under stress and combat conditions the user will have no problem gripping the pen hard enough and driving it powerfully enough into an offender.

Make no mistake (as some less-than-fully-honest “teachers” might encourage you to make) that *improvised weapons* are as desirable as handguns, shotguns, carbines, fighting knives, tomahawks, and stout hardwood walking sticks. They are *not*. However, knowledge of what they are and of how to use them with ferocious, determined force certainly gives you an edge. In a crisis, this knowledge and ability — when a modern *manufactured weapon* is unavailable — to save your life!.

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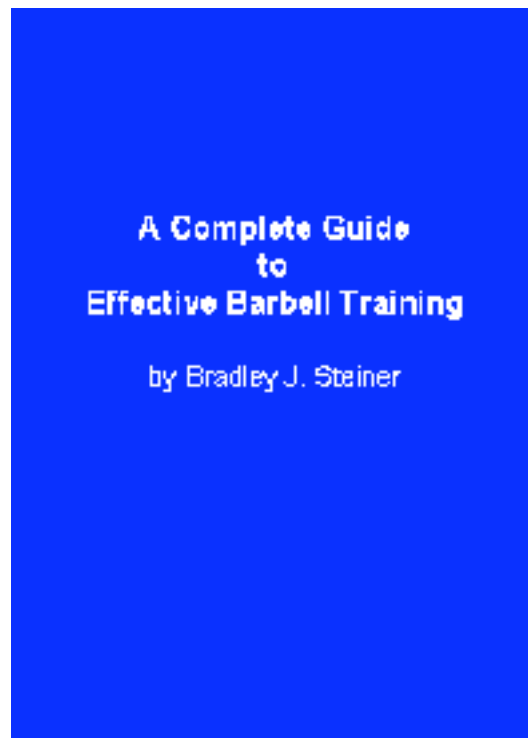
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How We Use Throws In American Combato

THROWING is not a "primary" or "required" skill in unarmed close combat. However, there are a few very basic and simple throws that — time and interest permitting — deserve a place in a complete self-defense and combatives program. So, when training people who will be spending months and perhaps years with us, we invariably instruct them in **combat throws** (*not*

judo throws, or the judo-derived throws that so many purportedly teaching “*ju-jutsu*” teach).

In addition to being throws that are **not** compatible with competition, we teach throws that are **not** applied in the typical judo/ju-jutsu manner — i.e. by closing with the adversary, breaking his balance, positioning yourself for the throw, and then executing the throw. ***This method is suitable for sport, not for hand-to-hand combat.*** Remember: Whenever you find yourself in a position to employ a throw in the typical judo/ju-jutsu manner, **IT IS FASTER AND MORE EFFECTIVE TO DELIVER A KICK OR A STRIKE!**

So then, *how do we employ throws* if the above is true (and it **is** true)? We incorporate the few combat throws that we teach *with counterattacking actions that are taken, because preempting was not possible.* For example: Three very basic throws are taught at white belt level: the **LEG THROW TO THE REAR**, the **HEAD TWIST THROW**, and the **LEG PICKUP THROW TO REAR.**



THE OLD COMBAT JU-JUTSU! ABOVE YOU SEE THE “HEAD TWIST THROW” APPLIED AGAINST AN UNDERARM FRONTAL BEARHUG. THE ABOVE TAKEN FROM THE CLASSIC *MY METHOD OF SELF-DEFENSE* BY KAWAISHI (HEAD OF FRENCH JUDO, WHO ALSO TAUGHT JU-JUTSU). OUR METHOD OF APPLYING INCORPORATES CONSIDERABLY MORE PUNISHMENT (WE BOX THE EARS AND GOUGE THE EYES FIRST, *THEN* THROW; BUT YOU SEE HOW KAWAISHI TAUGHT THIS AGAINST A BEARHUG. O’NEILL TAUGHT THE TECHNIQUE AS WELL, BUT USED IT AS A PRIMARY ATTACK. WE DISAGREE WITH THAT METHOD OF APPLICATION).

The *leg throw to the rear* is taught with a one-hand frontal clothing grab counterattack. The *head twist throw* is taught with an underarm bearhug attack from the front, and the *pickup throw to the rear* is taught with an underarm bearhug attack from behind.

The students are not taught to advance on the adversary and apply the throw(s). Instead, the throws *grow out of the opportunity created by the blows that initially are rendered when and as the adversary attacks*.

Thus the enemy is **struck or kicked *hard and decisively***, rendering him dazed and off-balance, and unable see what it coming next. Then the throw follows naturally, and ——— unlike a sporting throw ——— the combat throw **cannot** be “absorbed” and defended against by using a breakfall (ukemi). First, because the throw **injures severely** during execution, and second, because the enemy is injured and disoriented *before* the throw is applied.

We teach these throws because a good percentage of students find them practical and compatible with their inclinations and their physiological type. **They are not “necessary”, and we encourage students who do not find the throws to their liking to substitute other actions that suit them better. But we believe that a balanced and well-rounded combatives man will understand the principles and the key methods of throwing *for combat*, and so we teach it in the proper manner and context *for combat*.**

We hope this provides some fuel for thought.

A Thought On The Death Penalty

WITH only *one* single exception, we find every argument against the death penalty to be absurd and, honestly, offensive. The exception is the argument that the wrong person might be executed. **THAT** is an argument that has extreme weight and is anything but absurd. However . . .

Without getting into the debate itself, we would like to present a thought that we think is significant, particularly as far as self-defense is concerned.

There is one concrete, certain, incontrovertible way in which the death of an individual *can* be justified **without any iota of doubt that the individual is absolutely *the guilty person***. That is *if the individual is killed in the act of attempting to murder his victim*.

So . . . it would seem to us that, in the true interest of justice, those who are most adamantly **against** the death penalty be among the most vigorous **proponents** of armed and unarmed self-defense.

It seems logical to us.

What do you think?

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

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