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SWORD and PEN

Official Newsletter of the International Combat Martial
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Self-Defense

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www.americancombato.com

www.seattlecombatives.com

**DON'T FORGET! WHEN YOU'RE FINISHED READING THIS
EDITION OF SWORD & PEN, CHECK OUT OUR OTHER SITE:
WWW.SEATTLECOMBATIVES.COM. THERE'S A TON OF
EXCELLENT INFORMATIVE AND INSTRUCTIVE MATERIAL
THERE, PLUS NEW ARTICLES ADDED EVERY
MONTH THAT YOU WON'T WANT TO MISS!**

Editorial

More Bull About Bullies!

**ON 27 September we heard a morning news interview with a “psychologist”
who, presumably because she had been granted a Ph.D. in this nebulous field,**

is regarded as an “expert” on all matters pertaining to children and their well being. Her **number one** rule for handling bullies? You may have guessed it: “**Never fight back!**”. “Why not?” you might be innocent (or rational) enough to ask: “*It will only make things worse,*” she assures us.

The problem with bullies in what pass for the elementary, middle, and secondary “schools” in America today, is absolutely epidemic. Bullies are meaner, more violent, more dangerous, and *much* more tenaciously malicious than they have ever been in previous generations. Why? ***Because their victims don’t fight back.*** Not fighting back makes things worse.



THE LOUSY LITTLE PRETEEN BASTARD WHO MAKES LIFE FOR HIS SCHOOL MATES A NIGHTMARE NEEDS TO RUN INTO A KID WHO FIGHTS BACK *TOUGH*, AND WHO BEATS HIM SENSELESS. THE SINGAPOREAN PENALTY OF CANING IS DELIGHTFUL AND EFFECTIVE. WE’D SUGGEST 50 POWERFUL BLASTS ACROSS THE MOUTH WITH A STOUT STICK AS PUNISHMENT FOR A BULLY — BUT THE SCHOOL ADMINISTRATORS AND TEACHERS HAVEN’T THE BALLS TO DO IT.

Many years ago when we were imprisoned in the public school system there was certainly a problem with bullying. But nothing like what exists today. Back then most kids learned that *fighting back* was the way to go — and

when they did fight back, the scum who had chosen to bully them initially *never* went after them again. Bullies bully because they are essentially scum and because *they get away with their actions*. They do not need “counseling” (certainly *not* with some absurd female who ought to be home cleaning something, but who is instead playing at being a mental health professional!). Bullies need to be soundly *trounced* by their would-be victims. They need a **BEATING** . . . and a beating that leaves them scared to ever so much as *look* at that kid whom they had attempted to victimize, *ever again*.

The kid who fights back enjoys a sense of dignity and self-respect, and the realization that he need *not* be another’s punching bag, or submit to threats, harassment, and other indignities at the hands of some poorly brought up lump of s—t. *Even if the kid loses his fight with the bully, the scum will almost certainly never target him again, because it’s risky and too much trouble to do so!*

In the 1950’s and 1960’s when a fight broke out in school the teachers who broke it up wanted to know only one thing: ***Who had started it?*** They were not then brainwashed into implementing a “zero tolerance for fighting” policy that erased the distinction between victim and victimizer. If the bully got the worst of it (which he usually did), the teachers smiled, told the victor to go on back to class, and warned the bully not to push anyone else around — or else.

If the bully’s victim got the worst of it, the teachers were enormously supportive of him, and ***penalized the bully severely***.

Although it is certainly true that public school teachers are much less competent and psychologically balanced today than were *those* incompetent and useless excuses who were licensed to teach when we were a boy, *the lousiness of the teachers is not the major problem*. **It is the lousiness of what they teach and believe, and what it imposes upon youngsters as “policy” within the school system**. Even the occasional *good* teacher can’t make much of a dent.

And parents are to blame, too.

TEACHING A CHILD NOT TO FIGHT BACK WHEN HE IS BULLIED IS TEACHING A CHILD NOT TO DEFEND HIMSELF.

Teaching *anyone* of *any* age not to defend him or herself is evil. It is akin to teaching that person not to seek medical care when ill or not to drink water when thirsty. *This* passes for “parenting”; for “teaching”; for “psychological counseling”?

It is possible that a bully who picks on the wrong person and who is beaten to a pulp *may* learn a life lesson about physical violence, and as a result *may* change his ways and stop starting trouble with those who he believes he can torment with impunity. *But teaching some trouble making piece of s—t a life lesson is NOT important. That is not why intended victims should fight back when bullied.* Teaching decent, respectful kids that they have a perfect right to protect themselves, that those who victimize them are bad people, and that violence is absolutely justifiable and commendable when used in legitimate self-defense ***IS*** important.

Whether you are six or sixty, ***never*** accept the role of victim. Have no mercy, sympathy, understanding, forbearance, tolerance for, or acceptance of, *to any degree*, those who bully you or others. ***Fight back and fight back hard, tough, and viciously!*** And learn to recognize those who enjoin you to remain passive in the face of victimization as subversive, malevolent garbage — whether teachers, school administrators, parents, or other relatives.

You have a **RIGHT** to be left free of the interference of others. You have a **RIGHT** not to be physically struck, pushed, intimidated, threatened, or otherwise tormented or injured by anyone. To exercise that right it is necessary *first* to understand that it *is* in fact a right, and next to appreciate that **YOU NEED TO BE RESPONSIBLE FOR NOT ACCEPTING VICTIMHOOD!**

And please, all of you who purport to “love” children and to be so “concerned” about their welfare: *Never tell a child that he shouldn’t fight back when attacked! Never.*

Bradley J. Steiner

√ Learn to overcome the critical advantages that a violent offender has! Read the latest posting in the “Articles” Section of

www.seattlecombatives.com.

One Size Does *Not* Fit All

HAND-TO-HAND combat is at once complicated and simple. It is complicated because virtually *anything* can happen in a violent personal encounter. There are no rules, regulations, referees, exclusions, fouls, or offside plays. It is simple because only the most basic and direct physical skills (with or without weapons) are viable. Techniques must be *direct, simple destructive, adaptable, and doable under the worst and most adverse conditions*. On top of all of this, the specific methods of application of the skills ***must be molded*** to fit the unique characteristics and psychophysical idiosyncrasies of each student.



EVEN IN THE CASE OF MILITARY FORCES, WHERE CAREFUL RECRUITMENT AND UNIFORMITY IS THE RULE, THERE IS NO WAY TO ERASE THE INEVITABLE DIFFERENCES BETWEEN THE INDIVIDUALS.

If you attend a martial arts school look around you at your next class session. You won't see two people whose physiques even remotely resemble each other. Not only are the heights, weights, and bone structural differences apparent in each individual, but each person's inherent strength varies. His tendons, muscles, and ligaments are unique. How foolish it is, then, to imagine that a rigid, fixed, absolutistic and unalterable style of performance can realistically be demanded of every pupil who trains in the same system. In fact, those martial arts that are most rigidly fixed and unalterable in their technical performance requirements are the *least* practical.

Look at Western boxing for a moment. Boxing has a limited repertoire of four basic punches. Yet you will not find two boxers whose *manner of utilizing and delivering those basic punches* is the same. Advanced, champion boxers often come up with their own unique variations of punching. Now, true enough, boxing is a *sport*; but the analogy is still valid. In order to be fast, natural, and fluid in the rendering of the specific skills in *any* combative activity

(sport, classical, or combat) those skills must *fit the user like a glove*. This is one reason why so relatively few people reach high levels in classical/traditional martial arts systems — the requirements for performance are too restrictive. Only a small number of individuals just happen to be compatible with the rigid performance standards of the art. It's better in *sporting/competitive forms*, since unless you make the movements serve your unique characteristics, they will be useless to you in a match. Still, sporting/competitive skills are *not* appropriate to deadly force encounters in actual hand-to-hand combat, so the types of techniques we are concerned with are:

- Open hand blows, gouges, claws, and jabs
- Very simple low area kicks
- Elbow smashes, knee blows, and head butts
- Biting
- Broadly applicable and adaptive counterattacks against all forms of attack
- Use of modern hand-held individual weapons (manufactured and improvised)

That's a relatively large number of techniques when juxtaposed with any *sport*; however it is a relatively *condensed* and *encapsulated* number of techniques when contrasted with classical/traditional martial arts. There **must** be more techniques in a combat system because combat knows no rules, is chaotic, and *anything* goes. There **need not be** anywhere near the number of techniques in a combat system as there are in a classical/traditional system, *since only the most fundamental and basic techniques can be used in combat.*

And there's this: *When developing any combat techniques a great deal of*

leeway must be allowed each individual student so that the techniques ultimately become “his own”. The fundamentally correct way of executing the techniques is always where each student begins his study. From that point on, once he actually acquires the ability to *do* the techniques, he must then focus on ***DOING THEM IN THE WAY BEST SUITED TO HIS OWN UNIQUE PHYSIOLOGY AND PSYCHOLOGY.***

Take the **chinjab smash**. The fundamental idea is to properly claw the hand and bend it back so that the heel of the hand is well positioned and exposed to contact solidly with the target (normally the underside of the jaw). We teach our students numerous variations of delivery — all simple — and eventually each individual acquires the variations best suited to himself, and then further begins to refine his performance of his best variations with personal nuances of application. For instance: Student “A” and student “B” might both prefer and feel very, very effective and natural utilizing the falling step when executing the chinjab smash. Student “A” however, likes to leave his lead hand uninvolved and simply place all of his effort into driving into his adversary with body weight behind the attack. Student “B” does *his* falling step chinjab smash by whipping his lead forearm and hand around the lower back of his adversary *as* he smashes home his blow. Each student properly focuses upon developing *his personal best method of delivery*. (Further variations are possible, of course. And our point here is to demonstrate that even the simplest of simple hand blows — i.e. the chinjab smash — is open to individual application, variation, and interpretation in practical action.) Over time, as a combat student matures with experience, development, and training, he wrings out all of those techniques that he has been taught — and that suit him — until he possesses his own unique and fully natural personal *style*.

Our System teaches **16** basic blows, **30** attack combinations, and **30** situational predicaments (with variations) as its core *unarmed* combat method. Of those techniques we urge students to focus on developing *their* best blows, *their* best attack combinations, and *their* best counterattacking actions. At Black Belt level this begins to expand and to morph into a virtually *endless* and *unlimited* personal ability to ad lib, and to render appropriate, intuitively guided personal combative actions that **suit himself**, perfectly and

that enable him to deal with any situation. Where and when any particular technique for some reason proves to be incompatible with a pupil, we have him discard it. *There is more than enough material in our System to enable **anyone** to acquire a complete and comprehensive personal combat system and self-defense capability.*

People are all different. If a method of close combat and self-defense is to be practical, realistic, reliable, and if it is to serve the student *throughout his lifetime under any and all circumstances and conditions*, then it must suit **him**, and not demand that he rigidly bend to suit its all-too-often *impractically acrobatic* and *overly complex* histrionics.

We hope we've given some fuel for thought to those concerned about building their personal combat abilities.

√ Are your techniques adaptable – or are you training in rigid, complex skills that won't work outside the training hall? Read the latest posting in the “Monthly Instruction” Section of **www.seattlecombatives.com**

How To Follow A Weight Training Routine With Your Combat Training

WEIGHT training is a most intensive, demanding form of physical training. *Never* should it be followed on a daily basis. The proven routine of three weekly workouts on alternate days remains the *best* way to train, with a possible reduction to two weekly workouts when practice sessions and/or a very demanding workday schedule is followed. Always space workouts so

that there is always at least one or two days *between* workouts. It is workable to train in close combat skills and weight training on the same day, time and energy permitting.

The best way to train is by working your *whole body every workout*. So called “split” routines — popular as they are — are not desirable. In fact, you should discount *all* of the present-day “bodybuilding” procedures except the (*correctly applied*) Nautilus machinery and training. As far as the super-prolonged, three hour workouts and the steroid usage that many follow, **STAY AWAY FROM IT! It is unhealthy in the extreme, and achieves the opposite of vigorous health and rugged development.**

Remember that there really is no special way to weight train for combatives. *Overall, general development* of strength, internal fitness, conditioning, and agility — the result of a basic, all round routine — should always be your objective. This is achieved by training on the following key exercises:

1. SQUAT 2. PRESS 3.CURL 4. ROWING 5. BENCH PRESS 6. DEAD LIFT

Variations of these exercises are perfectly acceptable. Never substitute “lesser” exercise movements for the basics, however. For example: You can do the standard barbell curl, alternate heavy dumbbell curls, simultaneous heavy dumbbell curls, or either version of the dumbbell curling while seated. You should *not* do concentration curls, as this exercise merely pumps up the biceps muscle temporarily and does not permit the use of heavy resistance.

Some abdominal exercise is always desirable in any routine, but remember that a good general workout always affects the abdominal area strongly.



ONE OF THE TRULY GREAT TAEKWONDO MASTERS WHO TRAINED SERIOUSLY WITH WEIGHTS: THE LATE SANG SOO (“TIGER”) KIM. WE KNEW TIGER KIM WHEN, IN THE EARLY 70’S, WE LIVED NEAR HIS SCHOOL, IN THE BRONX, NEW YORK.

Once you have followed a good general schedule of progressive training to the point where you have built up to your genetic potential (usually somewhere between two and three years) you should continue to train regularly, but do not allow yourself to feel frustrated when you cannot appreciably increase your strength and development further. A properly followed schedule will, after two to three years, get you to your genetic limit. Not everyone can be a champion strength athlete or possess a Mr. America type physique.

Once you have built up you want to *maintain* your development. The best way to do this, in our experience, is to follow a weekly schedule of three workouts. One *light*, one *medium-heavy*, and one *heavy*. This will avoid overtraining, enable you to keep your condition and strength, and should prove compatible with almost anyone’s personal schedule.

Every five to eight weeks (you’ll have to gauge it according to your own

unique reactions to exercising) take a week *off*. No weight training. You can and should continue your combatives practice, but give your body a break from the intensive weight work. This will facilitate the maintenance of interest, while being especially helpful in maintaining *strength*.

The question of “How many sets should I use?” always comes up. The answer is that a good workout can be achieved with *two* hard sets per exercise, and for *general developmental and maintenance purposes* no more than a total of three sets per exercise is desirable. Special power-building or weight *lifting* routines may utilize as many as five or six sets . . . but that really isn’t the kind of training you will be using.

Strive to do your exercises in strict, correct form. “More weight” is less effective than the use of whatever weight you can handle **correctly**. The one exception is when training at an advanced level on your *heavy* day. Then, some “cheating” when you perform the exercises can be helpful. Otherwise, concentrate on doing your exercises *correctly* in *good form*. This will give you the best results.

“How many repetitions?” We have always preferred between six and eight repetitions per set when doing all exercises except **calf work**, **abdominal exercises**, and **shoulder shrugging** (if/when these exercises are included in a routine). Fifteen to 40 repetitions can be utilized in these particular exercises, per set.

Keep workouts between one and two hours in length, generally. On *heavy* days a workout might go considerably longer, but only because you will need more rest between sets and exercises, *never* because you do a greater number of exercises.

Good diet, rest, and a positive attitude round out the essentials for getting the most benefits and results from this absolutely essential (in our opinion) form of physical training.

Christmas Is Almost Here! . . .

Consider giving someone special a truly meaningful gift this Christmas! If you know someone who has always been interested in practical self-defense and who has wanted to learn the Art but has not been able to find a suitable school or teacher where he lives, why not give him this terrific 11-DVD Home Training Course that will be used and remembered — and that will continue to provide benefits — for the rest of his life? And if you want to give yourself a Christmas present that you'll enjoy and benefit from for the rest of your life, why not purchase this training Course for YOU?

DVD Course NOW AVAILABLE!
**(You Can Learn Self-Defense and Close
Combat At Home!)**

The First and Only Complete Self-Defense and Close Combat Course in American Combato (Jen•Do•Tao) on High Quality DVDs!

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense *realistic* and *war-proven* unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the *American Combato (Jen•Do•Tao)*TM 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.

CAUTION AND WARNING!:

These DVDs have been prepared in high quality and are protected by a COPY GUARD that prevents illegal duplication! These DVDs will play on DVD players and not on computers. Any attempt at unauthorized and illegal duplication may result in damage to the equipment employed.

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!

Road Rage Insanity



RECENTLY a neighbor of ours was arrested and charged with first degree murder. He is accused of deliberately shooting and killing another driver while in his own vehicle, within a mile from where he lives. We read the charging papers and are familiar with the details of the murder that took place. We will

not say that the arrested individual is guilty, because he has not been convicted at trial . . . but we will say this about the murder (and whoever the murderer turns out after appropriate legal proceedings to be):

The crime was ugly in the extreme — absolutely without any apparent mitigating factors — and we believe whoever did murder the driver in question deserves the death penalty, or life imprisonment without the possibility of parole, at the very least.

This damn “road rage” phenomenon needs to be put to an end, forthwith. *Everyone* who drives in *any city anywhere* often experiences considerable frustration, rage, and annoyance. That is no justification for so much as **yelling** at another driver, let alone initiating any physical force against him. But it seems that a percentage of those who travel our nation’s roads and highways cannot understand this fact. So — ***they need to be gotten off the roads. Period.*** There is enough inconvenience and bother engendered by traffic jams, extremely busy rush hour crowds, and vehicle trouble, without having infantile, impulse-dominated **A—HOLES** presenting lethal threats to us all. *If a person cannot manage his vehicle without reckless driving, driving under the influence of alcohol or drugs, getting into fist fights, or pulling a firearm because he’s upset, then he’s unacceptable in human society. Get rid of him. Get him out of everyone else’s hair. No one needs such human garbage on top of the already frustrating vicissitudes of daily life. We ALL have to live with the inconveniences that are sometimes foisted upon us by others. Those who can’t do this without losing control belong in a cage in a zoo, or should be fed to sharks.*



A MORON IN ACTION! ALLOWING YOURSELF TO EXPLODE OVER SOME FOOLISH NON-EVENT IN TRAFFIC IS INEXCUSABLE. AND *RESPONDING* TO SOME FOOL WHO EXPLODES IS THE HEIGHT OF FOLLY.

From the self-defense standpoint it is very important to appreciate the potential danger that exists whenever you are behind the wheel. The average person probably is never so well exposed to so many absolute strangers as he is when out driving. You probably pass a few hundred *unknown people* during any half hour drive. Guaranteed a percentage of those few hundred are out of control swine who have not the slightest idea of what it means to respect the person and property and dignity of others. So drive *guardedly*. **NEVER** get into any arguments on the road. Ignore anyone's yelling or cursing at you while you are driving. Steer clear — *literally* — of anything resembling trouble. If someone takes your parking space, shrug it off and drive around until you find another.



A MONKEY — OR A MORON — IN A SUIT AND TIE IS STILL NOTHING BUT A MONKEY (OR, A MORON). DO NOT THINK THAT YOU CAN CLAIM “SELF-DEFENSE” WHEN YOU RAISE YOUR HAND TO SOMEONE BECAUSE YOU DON’T LIKE HIS DRIVING!

So far we are unaware of anyone who has been convicted of a road rage crime of violence being hanged. And we don’t expect it to happen, either. This is sad and unfortunate, as it only detracts from the existence of deterrents that might make some brainless s—t think twice before exploding and harming someone “because he got angry”. **If people understood that their lives would be terminated if they permitted themselves to physically violate others (or *kill* them) just because they “got angry”, it *might* motivate such self-centered human garbage to *THINK* before indulging their insane desires and drives.** In any case, we cannot understand why someone who shoots and kills another human being because he “got angry” on the road should be tolerated in human society.

Road rage, like drunk driving, exists to the degree that it does because we **tolerate** it.

We also have some strong opinions about females who apply makeup and do their hair while driving, and idiots of both genders who read, text, or enjoy intense cell phone conversations while driving, but those views are outside the scope of this present discussion.

Get REAL In Your Training, Now!

REGARDLESS of what you may be studying or training in at present — even if you are self-teaching, via books and DVDs — you can benefit beyond measure by availing yourself of the CD text materials we have prepared and are offering for sale:

1. THE MOST EFFECTIVE BLOWS OF UNARMED COMBAT — \$13.

This concise Manual, which may be read on your computer screen or printed out in a hard copy, describes the **16** most crucially important blows which comprise the “basic blows” syllabus of *American Combato (Jen•Do•Tao)*. You’ll learn what the blows are, how to execute them, which targets to strike, and the best ways to perfect their development as natural hand-to-hand battle weapons.

2. *ATTACK COMBINATIONS* — \$15.

Here in one powerful Manual is described **30** of the most reliable, effective, destructive combination sequences that we teach in *American Combato*. The descriptions are easy to understand, and anyone who really masters a half dozen of these unique attack combinations will be a thoroughly formidable person, indeed, in hand-to-hand combat!

3. *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* — \$30.

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

4. *RULES OF SELF-DEFENSE* — \$17.

Perhaps the most politically INCORRECT presentation of 20 "rules" (ahem!) for winning in anything-goes close combat and self-defense. Each rule is presented with sufficient descriptive force so that you will definitely "GET IT", and a few dramatic illustrations help to get the point across.

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

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**When (And *How*) To Defend Against
Weapon Attacks**



DEFENDING YOURSELF AGAINST A DEADLY WEAPON ATTACK IS *ALWAYS* HIGHLY RISKY. THE PHOTO ABOVE SHOWS BRITISH COMMANDOS TRAINING IN COUNTERS TO AN ENEMY WITH A BAYONETTED RIFLE. ONLY WHEN LIFE AND LIMB IS AT STAKE AND YOU CANNOT ESCAPE, SHOULD YOU TAKE ACTION AGAINST AN ARMED ASSAILANT.

WE (and probably *you*, too) have seen numerous demonstrations — on YouTube, on instructional DVDs, in live demonstrations, etc. — of techniques of “disarming”. Actually, the term *disarming* is not the best one to describe counter-weapons actions. One is never concerned with literally **DIS**arming (i.e. taking a weapon away from) an armed man. One is, properly, concerned with **countering the weapon threat or the weapon attack**. And this is *never* an easy matter in the real world.

Effective counter weapon techniques do exist. We teach them all. However, that persistent **myth** that such techniques may be applied with 100% certainty and without risk to the defender *must* be dispelled. It does you no good to be deluded about the realities of handling an armed enemy, although many martial arts schools and teachers seem to delight in teaching students knife, club, and gun defenses as though they were teaching counters to a wrist grab! The **psychological** difference when you have to handle an armed man, alone, make dealing with him considerably more challenging than dealing with an unarmed individual.

Understand this, and *never* forget it: **It doesn't matter if your attacker is an expert with the weapon he employs against you, or a rank amateur. ALL ARMED ATTACKS ARE DEADLY!**

Since there is no possibility of foretelling what may be on any potential assailant's mind, **YOU** must be the authority figure whenever facing a deadly weapon. *If* you are convinced that the man holding the weapon is after your wallet, car keys, or other item of replaceable property, we advise surrendering whatever he wants to the armed opponent. There are two reasons for this:

1. It is insane to risk losing your life over replaceable property.

2. It is not worth killing someone (due to the potential legal problems that *you* might face, if you do kill someone) when you can buy your way out of the predicament by complying. **And you must use lethal force if/when you decide to physically defend against an attacker who uses a deadly weapon.**

We say: *Take counter weapon action only to defend innocent life and limb.* Pay no attention to those who provide impressive visual demonstrations of how to take a gun or knife *away from* an opponent. This is bullshitsu, and only encourages the fallacious notion that *disarming* is easy. It isn't.

Remembering that *you* and *you alone* are, and of course must always be, the final judge of whether or not to take counterforce action against anyone who attacks you with a weapon, it goes without saying that you must err on the side of extreme caution. **If, no matter what an armed assailant may say, you *feel in your gut* that his intention is to kill you or to kill (kidnap, rape, etc.) someone who is dependent upon you for protection, then TAKE ACTION! Give no benefit of even the slightest doubt to any violent offender, ever; least of all to one who is armed!**

When you are unarmed and must defend against an armed enemy there is only **one level of force appropriate: LETHAL force.** This does not mean that you want to kill the attacker. It only means that when you have no choice but to defend against him, you must be **unrestrained in the degree of damage you inflict. Go all out. One hundred per cent. This is the time to attack the throat, the eyes, the testicles, and to show not the slightest bit of reluctance to apply the fullest measure of strength and fury of which you are capable.**

YOU MUST RENDER AN ARMED ATTACKER UNCONSCIOUS! So long as he is conscious, he remains a potential threat. If he is killed by your actions, *he asked for it.* If not — so long as he has been decisively neutralized — well and good. *But he must not be allowed to remain conscious!*

In our DVD #8 where we teach techniques of pistol and shoulder weapon defense we demonstrate *with someone holding an actual Colt .45 automatic pistol* and pulling the trigger the moment he realizes that we are taking defensive action, that an attacker *can* be thwarted and his attempt to shoot you completely and reliably evaded by utilizing correct countering strategy. And *that* is step number one in all weapon counterattacks: **Get out of the line of fire, the direction of the stab, slash, cut, or blow.** This must be your first action in any weapon counter.

What is the next step? It is the *last* step. And we already addressed it: **Lethally attack the weapon bearing assailant.**

Many years ago (during the late 1960's/early 1970's) when we taught Officers of the NYPD, we enjoyed demonstrating the *handgun takeaway* illustrated in *Kill Or Get Killed*. **However**, we did this *purely* as a demonstration to impress officers of what — theoretically — a trained man can do when a gunman confronts him. (Back then, NYPD Officers carried either Colt or Smith and Wesson .38 Special revolvers; and those old 4" barrel revolvers were ideal for this type of demonstration). ***We never, ever advocated that technique for the real world! We taught (and continue to teach) war-proven counter weapon tactics in which the proven two-step procedure is used.***

The same two-step procedure must dominate *all* weapon counters: Knives, clubs, broken bottles, baseball bats, hatchets, etc. **1. Get out of the immediate path of danger — knocking aside, dodging, or immobilizing the weapon, then 2. Attack the enemy with lethal force.**

When a knife attack is generated by a determined assailant *some* degree of injury is all but inevitable. You must prevent a lethal slash or stab, but understand that injuries of a lesser kind are to be seen and accepted as a tradeoff — for saving your life! **Save the kill zone, and don't sweat inconsequential injuries that can be taken care of after the attack in a hospital emergency room.**

We have perhaps disappointed some by presenting this rather grim picture of

weapon defense. So be it. You will be much, much better off by accepting reality and *not* deceiving yourself by wishful thinking. Weapon bearing attackers are *deadly* attackers, and unless you can shoot them down before they move in to kill you, you are in serious, deep trouble. Unarmed defense *is* possible against an armed assailant — providing the defensive action is tactically sound, and brutal enough.

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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PLEASE be sure to tell others about this site and about our other web site. *We would like as many as possible to benefit from the information and instruction that we provide!*

YOURS IN DEFENSE,

Professor Bradley J. Steiner

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