

©Copyright 2015 by Bradley J. Steiner - ALL RIGHTS RESERVED.

SWORD and PEN

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

NOVEMBER 2015 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 and our most recent interview with John B. Wells on Caravan to Midnight on

www.prescottcombatives.com.

In Memoriam

This Edition of *Sword and Pen* is dedicated to the memory of Jim Gregg; one of the very few and very excellent teachers of real close combat shooting with the handgun and combat shotgun. Jim, whom we originally met when he lived and was teaching in Edmonds, Washington, was never too well-known outside of law enforcement and security circles. However, he, and his training in good, solid, reliable point shooting, was passed on by him to countless city, state, and federal enforcement officers, as well as to members of Canada's RCMP. When we relocated to Seattle in 1982, and in the years subsequent to that, we encouraged our students to take Jim's training, in addition to our own combat shooting instruction. Some did. **All** who did so were delighted with what Jim taught them. Over a period of 43 years Jim Gregg taught nearly 13,000 people how to use

their firearms *for real*; when their lives were at stake, and when their enemy was not a cardboard cutout, but a killer who was also armed.

Jim wrote a true classic in the field of combat shooting: *The Gregg Method of Fire Control*. More than well-worth reading.

God Bless You, Jim.

"Jim Gregg's method of training has given Border Patrol Agents in this sector realistic firearms training that we feel better prepares them for conditions found in deadly confrontations." -John Montoya Chief U.S.B.P. Chief Patrol Agents' Association, Laredo, Texas

Editorial

The Challenge Of Mental Conditioning

ALTHOUGH absolutely critical in the process of training for violent combat, nothing is as neglected by the majority of “combat teachers” as is mentally conditioning their students for the task. And amongst students —— or prospective students —— of self-defense, the awareness of the fact that their *minds* no less than their bodies will need to be trained for personal combat, if they are to be at all successful, is virtually nonexistent. It is as though they believe, rather magically, that simply learning physical techniques will automatically adjust their mental state to one in which they will be able to handle anything that comes their way.

Techniques are certainly essential. Without the physical **skills** it is unlikely that

a person could deal with a dangerous, experienced, and determined aggressor; possibly *more than one aggressor*, and/or perhaps an *armed* aggressor, or an attack from behind, etc. And **poor** techniques (such as those normally employed in competition, or those that are complex, acrobatic, or that aim at *control* rather than disabling) might very well get the user killed or maimed in any real violent emergency. So, techniques do need to be such as we and as our associates teach them: **extremely aggressive, simple and basic, proven in actual combat, doable by nearly everyone of any age, and adaptable to the widest possible variety of situations and circumstances. And, such techniques must be properly taught with mental conditioning for combat laced into the instruction.**

For some people who have been formally or experientially schooled in violence and how to deal with it (i.e. elite military unit combat veterans, seasoned law enforcement officers who have been in, survived, and were victorious in street combat, persons who grew up with violence in their youth because of where they grew up — or possibly *how* they grew up [with physical abuse, etc.]) additional extensive, in-depth, and deliberate mental conditioning efforts may not be required. Some, simply because they fully comprehend the problem at hand, need nothing further than the proper *combined* effort of quality technical instruction that is laced with mental conditioning to learn precisely what they need. We have had numerous long-distance students who have studied our DVD Course report that they were **ready** when the balloon went up, and they even surprised themselves at how well they did in defending themselves; how “ready” the material in that Course — mental and technical — had made them. Our experiences over preceding decades, and the experiences of Prof. Bryans, has normally been that our enrolled class students, after a relatively brief period of instruction and practice (say three to eight months — at most) are *well prepared mentally*, and they report that they **feel** it and **know** it, as their self-confidence has skyrocketed. *This occurs because of the manner in which our classes are conducted.* We teach the best techniques, and we teach them in a unique manner that **instills proper mindset** *while* students train.

But those who train in traditional martial arts, and even those who train in

more practical arts, where their teachers do not have the knowledge or the ability to correctly address the matter of **deep mental conditioning for combat** as well as teach physical techniques, generally need serious additional work so that in addition to **KNOWING HOW** to execute the right techniques, and possessing the potential ability to execute the right techniques, the students **WILL DO IT, AND WILL TAKE FULLY COMMITTED ACTION** when a critical situation arises.

Once you have acquired the skills, the question then remains: “**Will you use those skills with proper concentrated, speedy, and ruthlessly aggressive action when they are needed?**” No need to question if you “can” defend yourself; the question is: “*Will you?*” And that poses a **mental**, not a physical problem.

Our method of teaching utilizes our 40+ years of experience with hypnosis, and its application to training the mind. For those not able to attend our training personally, we have developed a series of 20 self-hypnosis programs, covering all aspects of mental conditioning for unarmed and armed individual combat and self-defense. We do not mention this purely for commercial purposes. We raise the point because of the powerful life-changing relevance that this can have for those needing proper mental conditioning for combat. Perhaps students who attend a really good school of combatives ——— but a school whose instructor is unsophisticated in that aspect of training that trains the student’s mind for physical combat and self-protection, will find professionally prepared self-hypnosis instruction just the ticket to fill a critical gap in their training.

You cannot acquire a properly conditioned mental set for combat merely by being *told* that such a mindset is necessary. Most teachers certainly do that much, and their intention is commendable. *But it will not do the job.* The mind must be **reached** and **changed**. To use an analogy: Many people who smoke realize that the habit is bad for them, and that they should quit. But that *knowledge* ——— even when reinforced by well-intentioned friends or family members ——— has no effect on their continuing the habit. **Only when their “mind is changed”, literally, do they give up smoking, and lose all**

desire to smoke again.

Doubtless **you** “know” that mental conditioning, combat mindset, fear control, the ability to be ruthless, aggressive, and to respond *instantly* to the awareness of an attack, as well as a dozen or more other facets of mental readiness to “do it for real” are all necessary if you are to be optimally prepared when danger threatens you or yours. But your training program must address this directly and intensively, or your *knowing* will not be enough to insure your *doing*.

Bradley J. Steiner

Once Again: EYES And THROAT

TAEKWONDO Master Richard Chun once described a match that he witnessed in Korea between a *yudo* (Korean judo) and a taekwondo black

belt. This match lasted less than a minute, and the crowd nearly rioted — everyone wanted his money back, since there was no real “contest” at all. The judo man moved in to seize the taekwondo man, and the taekwondo man kicked him once. The judo man was **down** and **out**. He did not even have the chance to grab the taekwondo man’s gi! (It is perhaps worth mentioning here that Korean judo, according to that which we have been told by a few judo men who have observed it, and by one Korean Taekwondo *and* Yudo master — the late Sang Soo “Tiger” Kim of the Bronx, N.Y.) is if anything *more* aggressive and tougher than Japanese judo.

In any case it is clear to all who are honest enough to accept the **FACTS**, that **striking/kicking** is — *as far as real combat is concerned* — much

more effective and efficient than **throwing/grappling**. With exception of only a handful of *combat* throws (none acceptable for use in competition) and a select number of holds (too dangerous for sport), **blows of the hands, feet, and other body parts** is without question the key and the core to truly effective close combat and self-defense.

Yes . . . there are judo men, wrestlers, and so-called “MMA” fighters who are quite capable of defending themselves. But these are exceptionally skilled, relatively young, and well-developed *experts*. Boxers, kick boxers, practitioners of any of the three major Chinese *internal boxing* forms, etc. **all** are able ——— if in their prime, highly skilled experts ——— to defend themselves. But for every “grappler” and for every “expert” in the percussory classical Asian martial arts who can readily apply his training to an honest-to-goodness hand-to-hand combat engagement there are **thousands** of students who, after a year or two of such training, drop out and as far as practical self-defense ability is concerned, *take nothing with them for their efforts* that they will be able to use in real combat. We know this,

because over the years we have had numerous individuals (even a few black belts) *with* such training come to us ——— **for real world close combat/defense lessons**.

After saying that for real combat, **BLOWS** will out, we must hasten to add: *only those blows that are suitable for real hand-to-hand combat*, and only if taught properly **for** real combat. Sporting competition ——— whether of a grappling, striking, or **mixed variety** ——— trains the participant to use those striking and/or grappling skills that may safely be employed in a vigorous match. A violent encounter bears no similarity to any “match” ——— “*mixed*” or otherwise. So, when we emphasize the fact that **blows** are

invariably superior to **grappling** (i.e. throws and holds) we are **NOT** suggesting that those blows used in and emphasized for **competition** should be selected for personal defense. Clenched fist punching, fancy, high kicks, and squaring off before trading kicks and punches is **NOT, NOT, NOT** the way to prepare for real world self-defense and close combat. In fact, although (just like grappling) **sport** karate and kick boxing may be **ADOPTED** by an expert to real close combat, it is no more the way to go if close combat and self-defense is the objective, than grappling!

COMBAT is a unique and very separate discipline. And the blows that comprise its backbone, core, and essence are *not* those of sport fighting.

For dangerous emergencies we advocate direct, fast, destructive natural weapon attacks to the enemy's **eyes** and **throat**. These blows may be

delivered with the fingertips to the eyes (thrusting straight-in or jabbing with the cobra-headed hand as Fairbairn taught; or gouging with the thumbs, and sometimes clawing) or/and to the throat (with the hand-axe, throat-lock, half-fist, or/and forearm). The eyes and throat are your **key** targets. Destroy either one and the engagement is over.

The principles for attacking these vital target areas may be summarized:

- Use **ONLY** in a situation where you fear grievous personal injury, maiming, or death. But when you use these skills, *use every ounce of determination, power, and ruthless aggression of which you are capable.*

- Follow up! Never strike once. Use no force until you believe you have no alternative —— then **go!** Attack like a wild animal and do not stop attacking until your opponent has been rendered unable and unwilling to harm you; or until he runs away, or until you can safely escape the scene.

- Use deception whenever possible, and **strive to use the element of surprise.**

- Train to use these attacking actions both **PREEMPTIVELY** and in **COUNTERATTACKING** if you are taken off guard.

- Train high repetitions, using full concentration, visualization, speed, power, and accuracy.

- Get contact practice. By actually hitting and making violent full force contact with training aids (**NEVER WITH A LIVE OPPONENT!**) you will become well-trained and unhesitant in applying full force to an attacking enemy.



Figure 2-28. Eye Gouge.

ABOVE: FROM AN OFFICIAL U.S. ARMED FORCES TRAINING MANUAL. AMAZING (AND GRATIFYING) TO SEE THAT EVEN WITH THE ARMED SERVICES' EXCURSION INTO THE POPULAR SPORTS OF BJJ AND MMA, A DROP OF SANITY AND WAR-PROVEN TECHNIQUE IS STILL TO FOUND HIDDEN AMIDST THE SILLY STUFF!

THE EXTENDED FINGERTIPS THRUST TO THE EYES (OR THROAT) REMAINS ONE OF THE MOST SIMPLE, VALUABLE, AND PRACTICALLY EFFICIENT TECHNIQUES OF REAL HAND-TO-HAND COMBAT. AS WE HAVE NOTED ELSEWHERE: WE FOUND IT INTERESTING THAT THE WWII TRAINER OF THE FIRST SPECIAL SERVICE FORCE, PAT O'NEILL, TAUGHT AND EMPHASIZED THIS TECHNIQUE — JUST AS THE LATE BRUCE LEE DID, DECADES LATER! LEE UNDERSTOOD THAT THE AVERAGE INDIVIDUAL (AND EVEN THE EXPERT) SHOULD RELY ON THE SIMPLEST AND MOST DAMAGING BASICS WHEN IN REAL COMBAT. NOTE: IT IS NOTABLE THAT THE TECHNIQUE SHOWN IS *NOT* A "GOUGE". GOUGING INVOLVES DIGGING THE FINGERS DEEP INTO THE EYE AND RIPPING THEM; NOT THRUSTING RAPIDLY INTO THEM WITH A BOXING-TYPE THRUST. WE ATTRIBUTE THIS FAUX PAS IN UNCLE SAM'S LABELING TO OUR MILITARY'S FALL FROM PRACTICALITY AND REALISM SINCE THE SECOND WORLD WAR.

Live In The Seattle Area?

Call Us About Our Standard Course, Or About Short-Term Intensive Training. Group Classes And/Or Private Lessons. Complete Beginners Always Welcome.

Live Anywhere Else?

Call Us About Our Intensive Courses For Out-Of-Towners. Or check out our Home Study DVDs!

Practical, Effective, Reliable, No-Nonsense

Training In Real Self-Defense!

52 years teaching experience: Including law enforcement, military, security professionals, bodyguards.

We customize courses for anyone with special personal or professional requirements.

206-523-8642

Don't put it off. Start building lifesaving skills and self-confidence before you need it.

An absolute must for city living!

Be sure to visit ...
www.seattlecombatives.com for over 400 articles OF FREE INSTRUCTION, COMMENTARY, and BOOK REVIEWS! Check each section on this web site, and when you've scrolled down to the bottom of each page don't miss clicking on the previous (archived) pages containing many articles! There is a lot of free material on here that is solid close-combat and self-defense oriented. No B.S., no sport, no nonsense, and all FREE; with new articles and instructional pieces added EVERY MONTH!

Use Weights!

A colleague forwarded us a printout of how one school of combatives, in a desire to emulate the “authentic WWII type training” of its students, actually has them doing *log P.T.* You've probably seen this in documentaries in which the training of troops from the WWII era, on up to the present day, workout in large groups, lifting huge logs in a variety of exercise movements, *as a group*, with each participant lending his effort along with his fellows to move and to lift the log in unison.

The SEALs, Army Special Forces, Rangers, and Force Recon (USMC) still use this P.T. approach today, and it makes good sense. It is group weight training, and in addition to building muscle and condition, indirectly serves to a degree to get the men to appreciate how a **cooperative effort** is required and rewarded. But mainly, log P.T. is weight training. **And the only real reason why it is employed is because it is not feasible to provide each trainee with a barbell! Were that a feasible solution to building the men up then rest assured, fewer trees would be chopped down and smoothed out for this traditional type of military strength training.**

For the student of close combat who trains on his own, or who attends private classes and lessons in the civilian world, this log P.T. is ridiculous. It is actually **inferior to weight training** with adjustable barbell and dumbbells, because: a) Use of manufactured progressive resistance exercise can be easily tailored to each individual's exact needs; b) Many, many more high quality exercises may be done by using adjustable weight training equipment than may be done with logs; c) You can train *alone* with weights, and do not require a group to workout with you; c) Weight training is safer than log P.T.; d) The private citizen will not be concerned with working harmoniously with a group of his fellows in order to support a large inflatable boat, a wounded comrade, etc. ***He is training for self and family defense.*** Period. (We suppose that we could add that, for those who train in an apartment it would be most inconvenient to haul a log into his living room, and invite half a dozen or more of his buddies over for a session of log P.T. Those buddies would not only have to be fellow combatives enthusiasts; they doubtless would also have to be a little crazy, as well as unaware that if they just worked out with weights they'd get **infinitely superior results!**).



ABOVE: U.S. NAVY PLEBES TRAIN WITH LOGS TO BUILD STRENGTH AND STAMINA. FOR THESE FELLOWS IT MAKES SENSE. FOR YOU, IT'S IDIOTIC. SUPPORTING AND PRESSING A BARBELL OVERHEAD CAN BE DONE WHEN YOU'RE ALONE, AND WHEN YOU'RE IN YOUR BEDROOM! AND IT WILL PROVIDE YOU YOU THE SAME BENEFITS!

For the 21st century student of practical combat arts and self-defense to train in such an unrealistic manner is foolish and wholly unnecessary. It may have a certain emotional appeal when this nonsense is introduced by some “teacher” who wishes to reproduce not only the techniques of authentic combatives in his course curriculum, but also the exact methods of P.T. employed in the 1940’s, in the training centers where commandos, rangers, raiders, spies, guerrillas, and saboteurs were developed. Nevertheless, it is foolish and inefficient. And **BELIEVE THIS:** You will soon tire of this nonsense! You *won't* keep at it for a lifetime! And weight training is for **life**.

Besides, the P.T. that is done to build the backup strength, condition, fitness, and stamina for close combat and self-defense should be done **ON THE STUDENT’S OWN TIME, AWAY FROM CLASS AND LESSONS!** There is no reason why he needs to have technical instruction time wasted on

something that he can do with the greatest possible efficiency and results —— and do it *far better* —— *at home or in a gym!*



HONESTLY NOW —— DON'T YOU THINK THAT BARBELL CURLS OR DUMBBELL CURLS WOULD BE HELLUVA LOT MORE PRACTICAL FOR YOUR OWN COMBATIVES P.T.?

If you're looking for authentic and truly practical training in close combat, you want a professional that can teach the skills to you and that frankly advises that you should start on a sensible weight training program, and stick with it, if you really want physical excellence to support your hand-to-hand combat and self-defense abilities.

As far as you and your needs are concerned, leave logs to lumberjacks and to youngsters going through BUDS training, in the Navy. **GET A GOOD SET OF WEIGHTS AND TRAIN AT HOME, OR GO TO A GOOD GYM WHERE FREE WEIGHTS AND/OR NAUTILUS EQUIPMENT IS AVAILABLE.** Your group or private instruction in close combat should be teaching you **techniques, tactics, and mental conditioning.**

DVD Course NOW AVAILABLE!



(You Can Learn Self-Defense and

Close Combat At Home!

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

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

— James R. Jarrett,

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

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

— Greg Anderson,

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

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

incredible!”

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

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

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

“Your American Combato is a very good System”

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

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

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

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

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

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

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

— Dr. Albert Ellis,

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

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

— George Kalishevich,

Former USMC Sergeant and combat veteran of Southeast

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

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

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

— Grandmaster John Perkins,

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

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived

directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.

You can order any of the eleven DVDs individually, or you can purchase the entire Course, in which case you pay for only ten DVDs. You receive one FREE!

Each DVD contains the equivalent instruction normally given in four to eight private

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness

- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

combinations” in *American Combato*.

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental ploys applicable to these situations is

emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

• Key principles and tactics of countering more than a single aggressor

• The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC’s Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

DVD#11 KNIFEWORK

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

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

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

Personal checks may take up to three to four weeks to clear, in some cases. For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner
P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

You will want to study these DVDs again and again, as they are rich in content and packed with solid, reliable information and instruction!

The Timeless Makiwara!

WHEN determining how to train in the combat arts *today*, as opposed to how training was done in the old classical-arts-days with the strict *ju-jutsu* and *karate* arts it is important not to throw out the baby with the bath water.

Yes, certainly, there is a great deal connected with classical/traditional training methods that — save for those *specifically wanting classical/traditional*

training because they love the art — should be discarded. But there remain some excellent training methods that are just as valid and valuable *today* as they were when the Asian warriors’ “sidearm” was a sword. And the **makiwara** heads the list of those classical training aids and methods that *every single modern combatives student should avail himself of*. It really pays off!

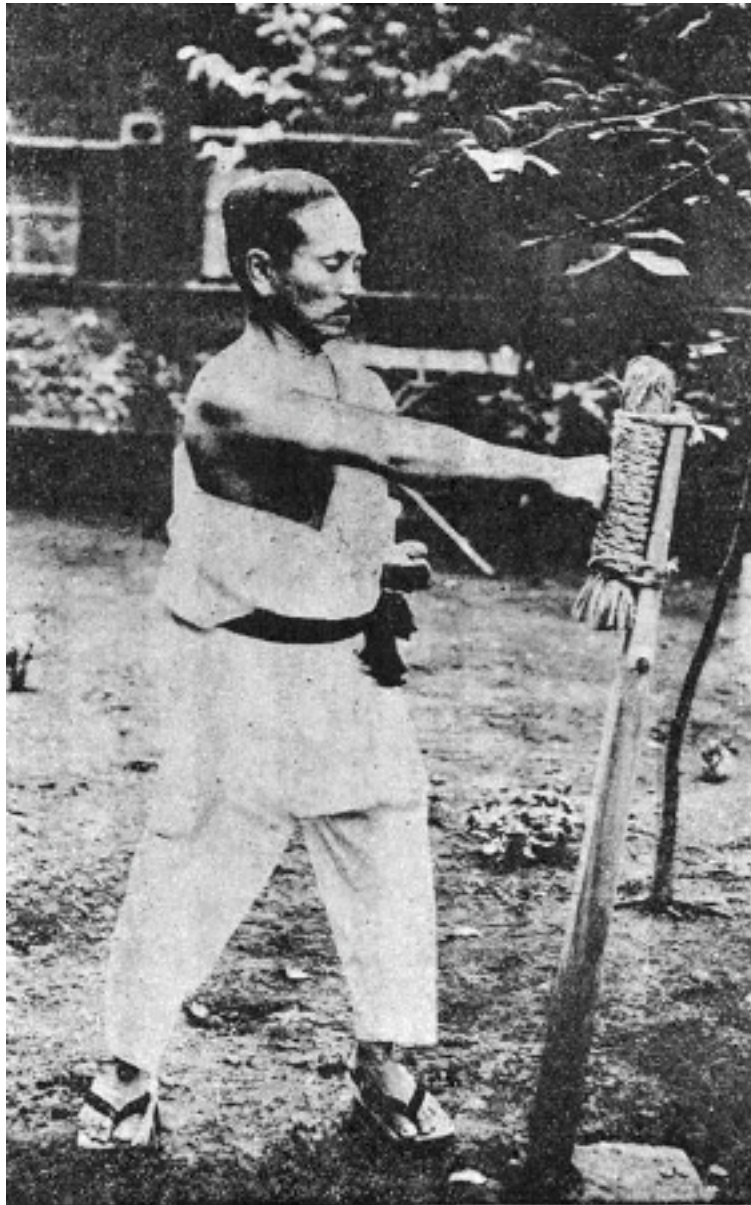


PHOTO OF GICHIN FUNAKOSHI,, THE MAN WHO BROUGHT SHOTOKAN KARATE TO JAPAN FROM OKINAWA. FUNAKOSHI WAS A STRONG ADVOCATE OF MAKIWARA TRAINING. THE SHEAVED STRAW IS NOT RECOMMENDED FOR MODERN TRAINING; BUT THE PADDED STRIKING POST – USING HARD RUBBER INSTEAD OF SHEAVED

STRAW IS A FABULOUS TRAINING AID.

There are excellent training aids available to the combat arts trainee. Heavy bags and dummies of all kinds are available, and each offers some excellent training advantage. However, if we were asked to pick *one single form of supplementary training after weight training, for the person who is after self-defense and close combat ability, it would be the MAKIWARA.*

Despite its age the makiwara remains one superb training device for anyone seeking to develop reliable combatives skills. Replace the sheaved straw with hard rubber, use a solid piece of lumber (instead of the traditionally *beveled* post) and you have a means of developing nearly every single blow in unarmed combat, and just about every natural weapon.

Here are the tremendous advantages of the makiwara that you really should consider:

- Padding can cover the entire board, or specific sections of the board — high and low — to accommodate all levels of striking and kicking.
- The makiwara remains stationary, instead of swinging like a heavy bag, and allows for combat-type blows (as opposed to a boxer's or a kickboxing competitor's type blows) to be practiced in high repetition sets. This develops each individual blow to its highest level, while hardening the natural weapons employed when delivering the blow.
- The makiwara, properly used, builds tremendous power. It is possible, because the makiwara permits the trainee to stand and to move in the correct way for combat, when hitting, and combines natural weapon toughening with correct striking and kicking *form*. Repeated for many repetitions, this instills correct method in the motor nerves, and one acquires the ability to hit powerfully with natural weapons that are impervious to pain or injury upon contact with the human body.

- The makiwara provides *more resistance* than a human adversary, thus building more real power than is often needed to land devastating kicks and strikes to a live adversary.
- Combat blows cannot and should not be allowed to connect when practicing with a live partner. This is dangerous and stupid. Yet, every combat trainee should get the experience of *really hitting something all-out, exactly as he will need to do in hand-to-hand combat*. The makiwara offers a perfect solution.

About the only drawback to a makiwara is that those who have no space or place to build one, might not be able to avail themselves of the benefits to be derived. One partial solution is to use other means. Striking a steel bar (for the handaxe), placing a padded block on the floor and striking down into it, or using a heavy bag or dummy, etc. All are worthwhile and will do the trick. But *none* will do it as efficiently and well as the old, proven makiwara.

”Old” and/or “traditional” is not always or necessarily a bad thing. It is notable that SPORT karate people rarely if ever train on a makiwara seriously. The strict traditionalists do, but a classicist’s training is very different than a competitor’s. For the COMBAT martial arts individual the makiwara is a marvelous and valuable training aid. By making the striking surface(s) *hard rubber padded*, instead of sheaved straw, and by using solid, unbevelled hard wood planks, like oak, instead of beveled out boards that flex, one has an ideal target for practicing powerful combat strikes and kicks (and making them *more* powerful) with zero restraint — yet with safety. Front and side kicks can be developed easily, and great confidence that you really are able to strike and kick into an all but totally resistant object that far exceeds the resilience of the human body, will be forthcoming.

You need not practice blows for great lengths of time, or even that frequently. Once or twice a week for perhaps 20 minutes is plenty. You can do more, but it’s not required in order to benefit you. And above all remember: *Never* use the makiwara or any device for building huge knuckles and heavily

calloused hands. *That* aspect of classical training belongs to the past!

Human adversaries in real hand-to-hand combat are *DIFFICULT TO STOP*. The physical and mental edge that you get from knowing that your blows are formidable, by training with a makiwara, is one additional asset that tips the scales in your favor in an emergency.

Best of luck in starting your makiwara work!

**Now You Can Train Your
Mind As Well As Your Body, With Our ...
New And Exclusive Self-Hypnosis Programs!
(The *Perfect* Compliment to Our DVD Training Course!)**

“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”

— General George S. Patton, Jr.

Mental Conditioning is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority in the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!*

Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

There are **20 Complete Self-Hypnosis Programs** available:

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat**
- 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***
- 018 - Become Ready, Willing, and Able to Do Anything In
Self-Defense**
- 019 - Eliminating Hesitation and Becoming Decisive**
- 020 - Raising Your Threshold of Pain**

Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for foreign orders.

**Send cash or money order (payable to Brad Steiner) to:
Brad Steiner**

P.O. Box 15929

Seattle, WA. 98115

U.S.A.

From: **The Telegraph (in the UK) - 10/2/15**

WW2 veteran used army training to fight off two armed robbers

‘I remembered my army training and let him have it’: 88-year-old Second World War veteran uses unarmed combat training he picked up over 70 years ago to see off two armed robbers.

An 88-year-old war veteran drew on his army training and saw off two armed robbers from his home with a single punch. Kenneth Brown heard banging on his window as he watched the cricket on a Sunday afternoon and saw two teenagers. He opened the door and the pair pushed their way in, demanded money and one pulled up his sleeve to reveal a knife with a six-inch blade.

But Mr Brown - who is just 5ft 4" tall and weighs nine stone - remembered his unarmed combat skills and thumped the armed thug in the chest.

The men fled his house empty handed and were later arrested.

Mr Brown, of Lympne, Kent, told police he could have done the pair "a lot more damage".

He said: "I didn't think about the danger.

"I told the police I could have done them a lot more damage, but I didn't want to get on the wrong side of the law."

He said: "I heard a banging on the double glazing of my door and there were two youngsters outside.

"They demanded money and one of them pulled back his sleeve and showed that he had a knife.

"I remembered my army training and let him have it.

"I punched him with my right hand on the chest. That pushed him backwards although he didn't fall over.

"Then they both went off. I had no time to be scared and that's how they train you in the army."

Mr Brown served with the Somerset Light Infantry in Asia in the final months of the Second World War.

He was conscripted in the spring of 1945, as the war in Europe was ending but the Allies were still fighting the Japanese in the Far East.

Tom Love and Jack Saunders, both 19, were sentenced to 11 and 19 months' youth custody respectively last Friday.

Mr Brown added: "That may teach them a lesson. Young people like these try it on with old people."

Sentencing the pair at Canterbury Crown Court, Judge Adele Williams praised Mr Brown.

Comments: Remember this news story whenever someone scoffs at the WWII era unarmed combat methods. Also: *Remember what we told you (in Class, for our personal Class students; in our DVD home study course, for our DVD students) about that "basic punch to the sternum" we teach!*

Note also — multiple attackers

armed attackers

defense employed is striking, not grappling

no room for grappling and/or throwing

quality techniques retained for decades

complete disparity of strength and force

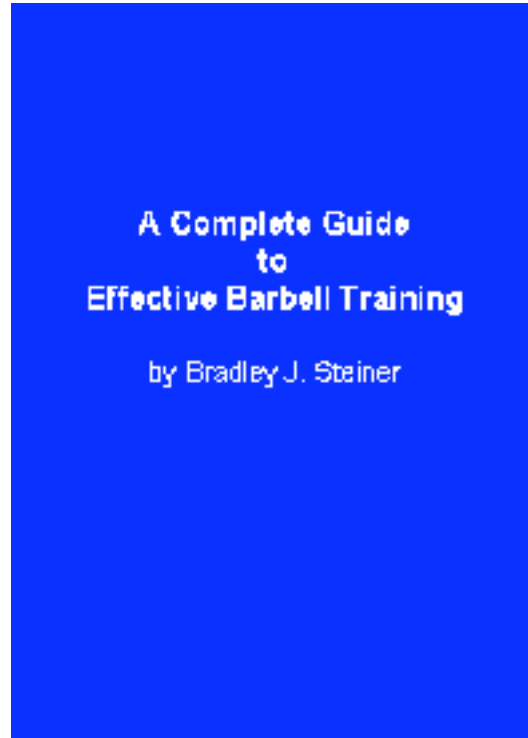
between attackers and the defender

no mats or cleared spacial area
offense —not defense saves victim
absolutely nothing related to sport or contest
“matches” or “fighting”
aggressive mindset in victim is clearly present
competition skills absurd for an 88 year old
defense that works is *simple and direct*

Learn what *really* happens in *real* self-defense emergencies by looking at *real* situations, and to how *real* people *really* handle themselves successfully by employing what *really* works. The sporting stuff is fine if you're into *sport*; but for heaven's sake stop buying into what so many misinformed (or just plain dishonest) “instructors” keep prattling about!

As an aside: Observe the idiocy and injustice of laws that interfere with a person's God-given right to defend himself. Here we have a wonderful 88 year old, law-abiding man in a situation that would — by any sane standard — justify his shooting down and killing his attackers, a) relegated to using his bare hands in order to protect himself against two scumbags who possess a knife and who are nearly 70 years younger than himself, and b) left — as the INNOCENT VICTIM OF DEADLY ATTACK — fearful not to “. . . get on the wrong side of the law” by using “excessive”(?! force. Something to think about.

New Release!



In Stock and Ready to Ship!

A beautiful 6 x 9 softcover book with 112 pages, 15 chapters, including 73 photographs of the author posing for each exercise!

ALTHOUGH written decades ago this book, originally published by Peary Rader in the *original* Iron Man Magazine, contains everything you need to know to use weights sensibly and effectively to develop strength, muscularity, and the kind of solid, all-round condition you need for self-defense and close combat.

“You can order a copy directly from us. If you order this book from us, I will autograph it personally to you.” ***Bradley J. Steiner***

Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign***

orders total cost is \$35. (in U.S. funds) to:

Brad Steiner
P.O. Box 15929
Seattle, WA. 98115
U.S.A.

***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.

**RECORDED IN THE HIGHEST QUALITY
SPEED, AND ON THE FINEST QUALITY CD
DISCS IN "PDF" FORMAT FOR YOUR
CONVENIENCE AND LIFETIME
LEARNING.**

\$30. + \$3. Postage, cash or money order, payable to Brad Steiner. Send order to:

Brad Steiner

P.O. Box 15929

**Seattle. WA. 98115
USA**

Ideas About Self-Defense That Can Easily

Get You Killed

IT'S bad enough that *there is never any guarantee of victory* in any violent self-defense emergency, no matter how skilled you are, how strong you are, how much you know, and how much experience you've had. **All** combat involves the element of *risk*. Not only risk, at that; the truth is that you can be almost certain of being hurt to some degree in just about any encounter with a violent, dangerous criminal — or military opponent, etc. — even though you are victorious. However, certain ideas that are frequently advanced in so-called “self-defense” and “martial arts” programs actually *increase a student's vulnerability* by espousing falsehoods — falsehoods that amount to **feel good nonsense** in some cases, or that advocate skills based solely upon the fact that the skills are “popular”, derived from current fads (i.e. “kung fu”, “jeet kune do”, ninjutsu, full contact karate, MMA, BJJ, and so on). Visitors who are over 60 will remember the older fads.

In any case we strongly recommend that if you currently believe *any* of the following, you excise it from your mind — **NOW**. *None of these widely*

believed myths are true, and any one of them could get you maimed or killed in any actual encounter with a vicious, determined enemy:

1. Follow a sensible force continuum. First, try to discourage an attacker — speak firmly and let him know that you're determined to defend yourself if he attacks you. If you are attacked, try to stop your opponent with minimum force, escalating only if he does. The serious and disabling moves of unarmed combat must only be used when an attack is truly deadly.

Fact: There is zero time for this kind of rubbish! You **cannot** know the **capabilities** and the **intentions** of anyone who attacks you, and it is insane for you to guess. Murders can begin with a wrist grab or a push, and the guy who pulls a gun on you may be doing so to intimidate you, and have no intention to shoot you. Don't play guessing games. When you are attacked, ***attack your attacker*** and neutralize him, forthwith.

2. Wartime close combat techniques are way too severe for ordinary peacetime self-defense.

Fact: Nonsense! The situation in wartime is rarely as serious as it is when dealing with violent criminals (speaking of hand-to-hand encounters). You will in any case be just as dead if a street punk stabs you as you would be if an enemy soldier bayoneted you. Enemy soldiers may be thoroughly decent, responsible people who are temporarily serving their country. Violent offenders serve only themselves, and care not a bit how badly they maim you. They are perfectly willing, all too often, to kill you and your loved ones. Wartime methods (from WWII, to be precise) are ***ideally*** suited to modern "peacetime" self-defense.

3. Be humane if you must protect yourself. Your best option is to apply a pain compliance *ju-jitsu* or *aikido* type technique — just as police are trained to do — without injuring your opponent too severely.

Fact: You need to be ferociously ruthless and merciless when you are set upon by violent, dangerous attackers. These monsters may kill you if you are not. Police are mandated with the responsibility to **apprehend** and **bring in** violators, if possible. *Unless you are a cop, get tough!*

4. You certainly don't want to carry a gun. Guns *cause* more trouble than

they stop. Unarmed skills allow you to do everything necessary in order to defend yourself.

Fact: The powerful handgun designed for combat is the *ultimate* weapon of self-protection. Guns are **used by criminal offenders** to do harm. By themselves, guns are insentient *tools* — as good or as bad as the person using them. Laws hindering private citizens from owning and using guns in self-defense are disgraceful and wholly unjustified. In the United States they are also **illegal** — because the Constitution and Bill of Rights *protects* citizens' right to keep and bear arms.

5. Knives are the weapons of **bad guys** — street punks, and other unsavory types. Knives are not good self-defense weapons.

Fact: Knives are *excellent* self-defense weapons! See the “Fact” response to #4, above. Knives are second only to handguns as weapons of close-in combat and personal defense.

6. If an attacker uses a knife you can defend yourself fairly easily with good disarming skills. And, if anyone uses the “hammer” or “icepick” type of unskilled grip, he is not to be greatly feared.

Fact: Bullshit! Any knife in anyone's hands who is determined to kill you is a supremely dangerous, extraordinarily difficult weapon to defend against. And **98%** of the so-called “knife defenses” that are taught are absolute nonsense.

7. The very best option for self-defense, after a knowledge of unarmed techniques is a good, strong *pepper* or *mace* type spray — or perhaps a *taser*.

Fact: Sprays and taser devices are garbage. They work on the kind of people you will never be attacked by. Against determined — often insane — assailants, such “weapons” normally have **NO** effect.

8. All fights inevitably go to the ground. Therefore you *must* learn ground grappling. And since most adversaries do not have ground fighting skills, *you should first take your attacker to the ground and finish up with a submission hold*.

Fact: This entire myth is the creation of entrepreneurial commercializers who came to the U.S. peddling their judo expertise as “*ju-jitsu*”, and started a

fad. And which, for decades now, has been causing the ignorant, gullible, and inexperienced to train and to have confidence in *as self-defense*, what simply amounts to contest judo — with a strong emphasis upon judo’s *ne-waza* (“ground fighting techniques”).

9. If you do not actively participate in competitive fighting matches (sparring) then you can’t develop self-defense ability. Validate what you learn and practice for self-defense by seeing how well it works in competition.

Fact: If you *do* participate primarily in sparring and in competitive fighting you will possess — at best — only a small degree of actual combat ability because *sporting moves* (which are adaptable to self-defense in some cases, if a high level of ability is present) and not **combat** actions, will have become natural and reflexive to you. For optimum efficiency and capability **in combat and self-defense** you need to train hard and persistently in *combat and self-defense techniques, tactics, and mental conditioning*.

10. Mental conditioning for combat is identical with mental conditioning for winning sporting fights.

Fact: This is simply untrue. The attitude required for combat *sport* effectiveness is just about 180 degrees *opposite* to that which is required for unarmed and armed individual combatives.

11. All bullies and troublemakers are *cowards*, in the final analysis.

Fact: While *bullying* per se may be accurately regarded as a cowardly action, **bullies** are not always or necessarily “cowards”. In fact *most* bullies are cowards; however there are some bullies who revel in violence, and who are perhaps **evil**, but are not cowards. This is one reason why it is wrong to train in “reduced ferocity” when dealing “only” with a bully, who you assume is a coward. **You don’t know if the particular bully who intends to victimize you is in fact a coward.**

12. Quality combat skills will work on anyone, once mastered. You need no physical strength, per se. Just knowledge and skill.

Fact: Knowledge and skill is of course a great asset, and usually the key to victory; however, **strength** — raw physical strength — is an immense

asset, and remains, no matter who believes otherwise, *inevitably* a contributing *factor* in all close combat situations.

13. It really does not matter *which* martial art you train in. They are all equally effective for self-defense once you become skilled.

Fact: All legitimate martial arts that properly educate and train their students are **worthy**, and **valuable**. However, for self-defense and military hand-to-hand combat the **combat methods** (not sporting methods, and not methods that attempt to combine sporting methods with combat methods) are the ones you need. Combat arts are not “superior to” sport-fighting or classical arts. They are simply *different*. Combat arts fulfill the requirements of self-defense not competition. The techniques, tactics and mindset are completely different.

14. In self-defense *never make the first move*. Perfect your blocking skills, and be prepared to **defend** yourself.

Fact: An attack minded psychological set, and an **OFFENSE-based** technical repertoire and tactical orientation is needed for *real world* success in man-to-man battle. As we first wrote in the 1970’s: “**When you are attacked, attack your attacker!**” Your purpose is defense; your means is offense.

15. By developing great power in your strikes and kicks you will be able to handle multiple opponents by using one blow apiece to dispatch them.

Fact: Although it is certainly possible for a well-trained, determined person to defend himself against multiple attackers, but the idea that attackers — individually or in a pair or group — can be dropped with a single blow apiece is *very* unlikely. Certainly, training in self-defense that teaches students to *expect* to be able to do this is outrageous.

16. Women, girls, and children who learn combat skills and self-defense will be able to meet any man and defeat him in any emergency, using the same skills and tactics that men learn, in the martial arts.

Fact: This is a popular but ridiculous and dangerously misleading idea. People *like* to hear and to believe this, but it just isn’t true. Women and children — with possible *occasional* exceptions — simply cannot meet a dangerous, determined male adversary on anything like an equal basis. For every woman

who is like Mohammed Ali's formidable daughter, there are hundreds of thousands who *just cannot hope* to be as effective in violent combat; and it is dangerous for women to believe that this is not so.

Women and children need special **physical/technical** and **tactical** training that is specially suited to their unique needs.

17. As is the case with females and children, the *elderly* need have no concern about defeating a young, strong man in his late teens, 20's, or 30's after he acquires ability in martial arts.

Fact: While it is certainly possible for an elderly individual to effectively defeat a younger assailant, there are only rare and unusual persons in their 60's, 70's, 80's or beyond who can easily do so or who can reliably do so in almost every instance. Normally, elderly persons — like handicapped individuals — should rely **primarily** on firearms or other weapons *first*. Bare hands and feet should be relied upon *only when a weapon is unavailable*. And any senior who is serious about being able to defend himself better stay in shape, and train regularly in **quality** techniques.

Difficult and unpleasant as it may be to reject that which you may have believed for a long time — or been told by one or more “experts” in the martial arts — we **urge** you to abandon all beliefs in *that which will not work, accept the facts, and work hard to learn what really does work!*

Our standard for close combat and self-defense methods, with and without weapons, is that they be **WAR PROVEN**; i.e. tested and demonstrated to have been effective under the *worst* conditions — both when employed in literal wars, **and** when employed under dangerous, desperate warlike conditions — during encounters with dangerous criminals by law enforcement officers, and when employed by private citizens against would-be murderers, kidnappers, home invaders, bullies, and troublemakers of every ilk.

We probably could come up with more myths about what works in real hand-to-hand combat if we needed to. But those seventeen will suffice.

Take them to heart, reevaluate your training and previous convictions about individual combat and personal defense if you must do so. This will pay you handsomely. One day having done so may save your life!

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**:

- 1. We must be quoted in context.**
- 2. Credit must be given for that which is quoted/referenced.**
- 3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal approval or agreement.**

PLEASE be sure to tell others about this site and

about our other web sites.

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

YOURS IN DEFENSE,

Professor Bradley J. Steiner

www.americancombato.com

www.seattlecombatives.com

www.prescottcombatives.com

—end—