

©Copyright 2016 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 2016 EDITION**

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

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

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

## **E d i t o r i a l**

### **Don't Miss The Enormous Benefits Of Mental Conditioning Through Hypnosis**

**THAT** the mind's role is absolutely crucial in preparing for self-defense or combat of any kind is and has been evident to professionals in the field of martial training for perhaps thousands of years. The big mistake that many make is to assume that if they learn physical techniques that will automatically condition their minds for using those techniques where and when necessary. Thus, many today believe that because they train in a martial art ——— even a

martial *sport* — they will, when and if the time ever comes and they need to *use* their training in a crisis, they will automatically be able to do so.

For some very, very few people the technical training alone is enough. However, for most individuals it is only the beginning. The great question, once you learn the skills and tactics of close combat and self-defense is *not* **“Can you manage to perform what you’ve learned if you are actually attacked?”** but **“Will you do so?”** In an unfortunate and, sadly, large number of cases, the answer proves to be **“No.”**

Studies proved some years ago that many soldiers *do not fire their weapons in combat*. Obviously, it is not because they “do not know how”; it is because they have not been properly conditioned mentally for deadly combat. If they were not well able to fire their rifles they never would have graduated basic training. **But in basic training soldiers fire their weapons under controlled *artificial* conditions. No one is actually shot. And — as we have been endeavoring for decades now to communicate to those who carry handguns for self-defense — the “shooting schools” that have you fire countless rounds during your week of “combat training” are not necessarily preparing you for violent, deadly combat! There is an enormous difference between shooting at an insentient *target* downrange, and shooting at a human being — *and killing him*. Being “shot at” with blanks in a field exercise is quite a bit different than being shot at for real, by enemies who want to kill *you*. This all pertains *exactly* to unarmed and hand-to-hand combat. Because hand-to-hand is so *up close and personal* it might even apply more strongly!**

Many years ago we developed a method of class instruction for martial arts training that incorporates a means of *effectively* conditioning the minds of the students for readiness to use that which they learn, *for real*. This teaching method evolved from our many years of training and study in hypnotism and the conditioning of the human mind through that means. Although we have been studying hypnosis and using it since much before 1987, we have been professionally licensed since then as a “hypnotherapist” and we are a “Fellow In Clinical Hypnotherapy” with the American Society of Professional

Hypnotherapists.

A few years back we produced a series of **20** *Self*-hypnosis programs on CDs. Each Program covers a known and proven aspect of mental readiness for close-combat and self-defense emergencies. If you are interested there is a presentation of these Programs later in this Newsletter, the title of which explains what the Program deals with and covers.

Hypnosis is a powerful, proven, sometimes *amazingly* effective process by which the **subconscious mind** can be accessed speedily. The subconscious is the repository of all that we **truly** feel, believe, know, want, don't want, remember, etc. And while *consciously*, for example, we may think that we will act decisively if we are attacked, ***it is only if we believe this genuinely to be true at the subconscious level, that it will in fact certainly be true.***

Quick and simple example: Millions of people “want” to quit smoking. They **consciously desire to do so** and “know” that they should. *But they don't.* They *really do want to* —— consciously. But only when they want to at the **SUBCONSCIOUS** level will they actually quit. And at that point it really won't be difficult!

We do not work with people to quit smoking, or to overcome their fear of heights, public speaking, etc. which, amongst many other things, can be and is effectively dealt with by professional hypnotists all the time. **We specialize in using hypnosis for combat and defense training, for physical training, and for survival skills.** It is for our work in *these* areas that we were made a Fellow In Clinical Hypnotherapy. *And we have been at it for more than 40 years.*

We wish to bring this incredibly safe, simple, effective, and proven tool —— i.e. hypnosis —— to your attention. It can and it will help you to achieve the mental conditioning for violent combat, survival, and defense that is your objective . . . **IF** you avail yourself of its use.

Self-hypnosis can be every bit as effective as personal hypnosis sessions; and

the process can be accomplished with far less expense, and without leaving your home.

Something to consider.

**Bradley J. Steiner**



“Our greatest foes, and whom we must chiefly combat, are within.”

**Miguel de Cervantes**



**BLOWS PREVAIL OVER GRAPPLING!**  
(In *Real* Combat)

*Read the news article below!*

*(From Wednesday 10 August 2016 News)*



## **Judo medalist beaten up while celebrating on Copacabana Beach**

By **Henry Bushnell** Dirk van Tichelt won his first Olympic judo medal Monday. (Getty)

Dirk Van Tichelt probably didn't envision one of the greatest days of his life ending in the hospital. But that's exactly where the Belgian judoka found himself Monday night hours after winning his first-ever Olympic medal.

Van Tichelt won bronze in the 73-kg judo competition on Monday. Naturally, he went off to Copacabana Beach that night to celebrate the achievement. And that's where things went awry. Van Tichelt was reportedly assaulted by a thief on the famous beach, and was struck in the face. He was taken to the hospital after the incident.

The thief, who was reportedly Brazilian, came away with a cellphone, but, crucially, not with a bronze medal. That allowed Van Tichelt to take this epic picture the following day:

*Dief in Rio steelt gsm en slaat Dirk Van Tichelt. Gevolg: blauw oog voor onze bronzen plak: <https://t.co/kFpnQ36398>  
[pic.twitter.com/rMuuoUoVF5](http://pic.twitter.com/rMuuoUoVF5)*

— sporza (@sporza) August 9, 2016

The Belgian Olympic Committee released a statement confirming the details, and saying that Van Tichelt didn't require treatment at the hospital. He appeared at a media event the next day with a black eye, and, undoubtedly, a smile on his face.

Van Tichelt now has more than just a medal to commemorate his Olympic success.

**WE have not the slightest doubt that in a**

competitive match this outstanding judo-ka would clean up the mat with the scumbag punk who assailed and robbed him. However . . . when the situation is one of real combat, BLOWS delivered powerfully and speedily PREVAIL.

Those who do not want to believe the truth never will. But training for competition is NOT adequate preparation for close combat and self-defense. Outstanding ability in competition is NOT equivalent to combative readiness and expertise in unarmed combat.

Hopefully you will ponder the lesson clearly demonstrated by this unfortunate event. This takes nothing away from the judo-ka. He is a medal-winning Champion. However, competitive grappling — however hard-fought — is not close combat for REAL. Bear in mind this judo-ka is an Olympic medal winning expert in contest-winning condition and at the *peak* of his judo ability; in his prime. Draw your own conclusions about what chance

you would have against a vicious attacker with a mere year or two of your "grappling training" and the ability it has given you.

\* \* \* \* \*

**ACTUAL ATTACK WITH BOXCUTTER CAUGHT ON FILM IN THE BRONX! SEE BELOW . . .**

THE photo below shows a *real world attack* by a worthless, dangerous scumbag, as it unfolds against a complete stranger for no apparent reason. *Think you could (or would even want to) attempt to "go to the ground with a piece of s—t like this in such a situation? BUT OBSERVE HOW BY DOUBLING AWAY AND LEANING A POWERFUL KNEE-BREAKING SIDEKICK MIGHT SAVE SOMEONE IN SUCH A SITUATION!*





# *DVD Course NOW AVAILABLE!*



*(You Can Learn Self-Defense and Close Combat At Home!)*

**Here are a few comments about us and what and**



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

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

**— James R. Jarrett,**

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

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

**— Greg Anderson,**

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

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

**— Detective Ralph Friedman (NYPD Retired),**

**Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’.**

**Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.**

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

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

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

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

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

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

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

**— Grandmaster John McSweeney,**

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

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

**— Dr. Albert Ellis,**

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

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

**— George Kalishevich,**

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

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

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

**— Grandmaster John Perkins,**

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

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

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

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

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

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this instruction again and again, and save the



# DVDs for your children to study when they are old enough.

## IMPORTANT NOTICE!—

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

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

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

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

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

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

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

## Contents:—

### **DVD #1 FUNDAMENTALS**

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

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior experience in any martial art can understand and develop the skills! These are the first four of *American Combato’s* 16 Key Blows (originally regarded by



W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

### **DVD#2 BASIC BLOWS**

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

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

### **DVD#3 ATTACK COMBINATIONS - FIRST SERIES**

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

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

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

### **DVD#4 ATTACK COMBINATIONS - SECOND SERIES**

- Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which

enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable, offensive combatant in close quarters combat. You'll be an expert at taking the battle into the enemy's camp and *attacking your attacker!*

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

### **DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT**

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

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

### **DVD#6 COUNTERING THE UNARMED REAR ATTACK**

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

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

### **DVD#7 COUNTERING KNIFE AND CLUB ATTACKS**

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

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

## **DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS**

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

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

## **DVD#9 COUNTERING MULTIPLE ATTACKERS**

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

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

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

## **DVD#11 KNIFEWORK**

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

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

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

All DVD purchases are of course nonrefundable.

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

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

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

**Strength And Condition Are Enormous**

**Assets**

**THE** truth is that a person in reasonably good health and with normal strength

can, providing he has the right mindset and possesses quality close combat skills, do an excellent job of defending himself. While strength and good condition is an undeniable *asset* in self-defense, it is not always a *necessity*. (The old idea, prevalent in Western societies in the 1950's and through some of the 1960's that "strength is **irrelevant** if you're a judo/ju-jitsu expert" is plain hogwash. Strength — as well as size — is *never* "irrelevant", and the fact is that judo and ju-jitsu experts have always tended to be pretty strong individuals.).

Close combat and self-defense depend upon a number of factors for success, including **luck**. Thus sheer physical strength and one's level of fitness and condition never constitute *The One Thing* that will account for victory, **But these factors will contribute to it (as their lack will in some measure reduce one's odds of victory)**. This is reality.

And this is why we so strongly advocate that anyone who wishes to acquire the ability to defend himself follow a planned schedule of weight training.

It is really common sense. How could the shape one is in and the strength that one possesses *not* be a factor in physical combat? It is undeniable and should be self-evident to anyone that *all other things being equal, the stronger combatant will be victorious every time*. And while it is true that there are probably no instances (certainly not many) where all other things are equal, that obvious fact does prove that strength is a factor, and that strength may prove an *important* factor, in every instance of man-vs.-man combat.



**IN PRISON. THE INDIVIDUALS THAT YOU MAY ONE DAY HAVE TO DEFEND AGAINST UNDERSTAND THE IMPORTANCE OF PHYSICAL TRAINING AND STRENGTH. THESE GUYS ARE NOT CONCERNED ABOUT “WINNING A MATCH”. IN AN ATTACK THEY WILL TRY TO KILL YOU!**

For the participant in **combat** and **defense**, as opposed to competitive or classical martial arts, we'd opine that weight training and natural weapon hardening and conditioning are the *most important supplementary exercise forms that can be done*. Certainly the competitor will benefit from greater strength as will the classicist; but for these individuals dexterity, agility, and technical form tend to be the essential things that a P.T. program should cover. After all, no sporting match is a **battle for survival**, and the intricate moves of ju-jitsu and karate demand fine motor capability, rather than the gross muscular exertions of hand-to-hand combat. If you lose a match or don't make brown belt when you'd hoped to, it's not the end. If you lose to a mugger or other street assailant it may well be the end!

Be smart. Get strong. Train with weights.

Sensible weight training provides other benefits besides strength. All round weight training is perhaps the finest conditioner, health, and fitness builder there is. It builds **resilience, toughness, self-confidence, much greater available power for combat blows of the hands and feet, and the ability to withstand attempted holds and other actions with more likelihood of success than you would have**

**without having been weight-trained.** It also cultivates well being in general, which makes for effective training and greater self-discipline.

You can benefit to a degree by following a *strength-oriented* calisthenics course. Freehand exercises are effective and valuable. However, freehand exercise cannot equal the effectiveness in building strength that weights provide.

If you are in this seriously then we urge you to start on a good, sensible, realistically planned weight training routine. As little as 30 minutes of intelligently planned weight training done three times a week will pay you back a hundred fold. And while very serious trainees will likely progress to spending between one and two hours several times a week in weight training, *it is not essential to go that far in order to attain marvelous results.*

You need not join a gym or “health club” — in fact we recommend strongly *against* doing so. Purchase an adjustable barbell and a pair of dumbbells. You can add weight as you need to, and you can store your weight training equipment under your bed. **You can obtain at least as good, and usually MUCH BETTER results training at home than by joining a club.** There’s no travel to and from the gym; there’s no time wasted waiting for equipment; no personality clashes; no clash with your time schedule, and no B.S. from incompetent “trainers”.

Our book, *Complete Guide to Effective Barbell Training* will get anyone started right, and will provide the keys to a lifetime of effective physical training with weights.

Weight training will enhance your training in self-defense. **Guaranteed.**

---

## **The First Few Seconds**

(You See More Than You Realize; You Can *Do* More Than You Think;

And You Can *Act* More Quickly Than You Believe)

**TRY** to think back to the days of your childhood. Remember a time when



either a school bully or just some psycho kid-toughguy zeroed in on you for his latest round of entertainment? Moments before the little bastard became physical *he made it clear that he was going to do so*, and no words you summoned at that point would prevent its happening. Possibly you were present when some other youngster beside yourself had been similarly confronted. The punk was not then addressing you, yet you could “feel” what he was building up to doing to the other kid. Alas, the little bastard finally *did it*, and chalked up another victim to his insane urges.

Unfortunately, troublemaking for “fun” and despicable acts of bullying do not end after one graduates sixth grade. As the daily news repeatedly reminds us all, such acts of unforgivable evil often become worse . . . more dangerous and much more destructive as brainless, out-of-control, emotionally and impulse dominated chronologically grown-up persons carry on their damn bullshit into “adulthood”.

There are people in this world ——— lots of them ——— who delight in venting their insane desires to dominate, humiliate, injure, maim, and sometimes even *kill*, whenever their “feeling” to do so arises, and someone whom they perceive suitable grist for their mill is in the vicinity. Members of the human species who prey upon other members of the species abound. You probably would not be visiting this web site or approaching the matter of learning close combat and self-defense if you did not already understand and believe this.

**Very often** these despicable forms of inhuman life provide their victims with enormous assistance in being able to defend themselves, **IF** those would-be victims understand the right attitude and tactical mandate for action that we teach in *American Combato*. It centers about the *first few seconds* of the confrontation.

**Read, study, memorize, and *think about* the following statement:**

**THE TIME TO BRING YOUR TRAINING INTO PLAY  
FULLFORCE AND TO DECISIVELY STOP AN ADVERSARY  
IS THE VERY MOMENT WHEN IT IS CLEAR TO YOU**

## **THAT YOU ARE IN IMMINENT DANGER!**

*This means, in effect, that your opponent does **NOT** have to “make the first move”. He need merely make the first *statement or gesture of intent* — *facially, verbally, or by posture and demeanor*. This would constitute an **assault**, as we understand the meaning of the term. When that happens, **clean his clock! Allow no one that option***

In any case the time to act is when you become convinced that if you *do not* act, your opponent will take and gain the initiative, and likely seriously injure, maim, or kill you.

This does not occur in the case of every violent attack, but it happens *often*: the attacker approaches and, braying like the ass he is, he proceeds to threaten and to challenge, perhaps to insult yourself or a companion, maybe to demand money, or an apology for some imagined “insult”.

*Technically*, of course, proper training will have conditioned you to **immediately establish distance between yourself and the approaching presumed a—hole, so that *if* his approach has even a hint of a hostile motive you will have made it necessary for the scumbag to take a step in order to reach you.** (Note how an Olympic medalist in judo [Dirk van Tichelt] was recently punched and knocked down, then robbed, by a piece of s—t. (See news article elsewhere in this edition of *S&P*). **Judo does not train you for combat, and the judo man did not immediately distance himself from the lout who approached him. Had he done so, he likely would have been able to use his black belt level judo ability to handle the scumbag.)**

Once an approach convinces you of possible trouble you will click to **mental condition orange**. Now you’re ready. *Make sure that you full take advantage of that fact should you need to.*

A demand for money, your car keys, you to “come with him”, triggers **ATTACK**. You neutralize him.

A fist clenching and rising, an aggressive reach, the assumption of a “fighting” stance, the onset of a shove or push, a blocking of your path and a refusal to let you go when you ask, triggers **ATTACK**. You neutralize him.

If and when there is more than one individual then be *quick* to seize the initiative and attack with murderous intent. **More than one opponent is a deadly threat**. Ditto if there is any weapon present or even if the verbal threat of intending to *use* a weapon against you is made.

You were not put on this earth to be someone’s victim. Should anyone act in a manner that suggests you are *his* particular victim, deal with him as you must; and **don’t** hold back, be merciful, or hesitate in any way. This scumbag is *potentially your deadly foe*.

On more than one occasion we have been asked by one or another “sensitive”, “concerned”, “socially responsible” liberal a—hole: **“Brad, how the hell do you *know* that the person who initiates a violent action against you either intends to hurt you seriously, or even has the ability to do so?”**

The answer is: **“We do not know, and we have no way of knowing! Therefore we must assume that we may be harmed seriously, and take no chances. Nobody is going to get away with injuring us or a loved one *at all* if we can prevent it. And the odds are good that we *can* prevent it, and we damn well will do so! The safety, well-being, protection, even *life* of a violent criminal attacker **DOES NOT MATTER TO US IN THE LEAST**. we want to hurt no one. We will**

**never start trouble, and we will go to extremes to avoid violence. However, if we have no alternative but to defend ourself or act in defense of someone who is important to us, we damn well will. And a violent, dangerous predator can expect the same consideration from us as a physician would give the polio virus.”**

We take no responsibility for your use, misuse, abuse, or misunderstanding of the message herein presented. **YOU** are responsible for your actions and for your use of this or any other material we present.

We offer the instruction that we do in good faith and with the sincerest desire to contribute to the safety, welfare, and security of decent people seeking to learn self-defense.

In any crisis the first few seconds are critical. Use your knowledge of this fact to enhance your ability to defend yourself.

---

**DON'T BE DUPED!**

**(Widespread belief and acceptance does not equal credibility!)**

**TWO** amazingly relevant quotes:

**“A lie told once remains a lie but told a thousand times becomes the**

**truth.”**

—Joseph Goebbels (Minister of Propaganda for the Nazis)

**“Tell a lie loud enough and long enough and people will believe it.”**

—Adolf Hitler

**WHEN** that particular adaptation of Japanese **judo** and ju-jitsu referred to as “Brazilian Jiu-Jitsu” burst on the scene in the United States, it was very cleverly presented in that venue in which those who practiced it excelled, and in which the majority of Americans are most drawn to when it comes to methods of “fighting”: i.e. **sporting competition**.

There would have been no problem with this at all **IF** the admittedly excellent Brazilian competition fighters had not introduced three absolutely ridiculous, absurd, and 100% **untrue** ideas regarding their particular forte, which they have been promoting interminably since, and with which they have conned the duller elements of martial arts enthusiasts (which sadly happen to be a majority):

- All (or the majority of) hand-to-hand encounters go to the ground
- Competition is the acid test of the merits of ***real* combat** and **self-defense** techniques and tactics.
- Defense against multiple attackers is impossible

Using the philosophy and methodology of Goebbels and Hitler, this “Brazilian Jiu-Jitsu” was promoted endlessly as being the “best” ***self-defense*** system of all. It had **The Answer**. All combat arts, including the most modern derivative combat systems, were strictly from hunger; unless they proved their superiority against the competitors who specialized in ground grappling, these arts were to be laughed at and dismissed as nonsense. The brilliant propaganda/commercialist ploy was then introduced: The “Gracie Challenge”.

In effect that absurd bullshit amounted to this:

“If you claim that what you do is effective you must prove it by winning in a venue that is irrelevant to your purpose: *competition*. Specifically, **our particular brand of competition**, on *our terms*, by *our rules*, in *our arenas*, according to how ***WE*** have decided the thing will be run.”

Foolishly, many excellent karate, kenpo-karate, and **real** ju-jitsu and kung fu experts accepted — one might say, incredibly and amusingly accepted — this “challenge”. **Of course they lost!** And none of them seemed to have the common sense or tactical wisdom to see through the bullshit con that was run on them!

**FIRST**, throughout history the *challenged* has *always* had the choice of weapons and terms. Had any of those real experts who were fooled into accepting contest terms had made the conditions realistic (and there are many ways that they easily could have done *that*), the so-called “BJJ” would have been put in its proper place in the eyes of the braindead public.

**SECOND**, the many rules and regulations accompanying these “challenges” — to this day followed in both the MMA *and* UFC sporting events — literally **set up all entrants** (or “acceptors of the challenge”) to fight the enemy’s game on the enemy’s terms, and in the enemy’s carefully constructed venue! **But all of the “challenged” had trained for the real thing; not a contest-by-rules and referee.**

But a sharp level of incisive intelligence and tactical as well as technical wisdom is *not* typical of those participants and even most experts in the martial arts — sad to say.

For decades now the **propaganda** so skillfully employed by this fad that now has — in our opinion — **ruined** quality combat training *and* the practice of classical martial arts far and wide for most people, is accepted as The Truth. But it’s false. **Really** untrue, and so proven by reality.

***Competitive judo matches*** “always go to the ground”, and the ne-waza that follows — or its Latin American approximation — certainly *is* a necessary part of **S-P-O-R-T** fighting. But *real* combat — self-defense — “goes to the ground” when victims who cannot resist are thrown to the ground or knocked to the ground. **And wartime experience and training has demonstrated that one ought NOT go to the ground with one’s enemy in combat, and that in reality hand-to-hand combat for real *rarely if ever* goes to the ground when a properly trained combatant deals with an attacking foe. In that rare event when a skilled combatant ends up on the ground he must fight a STANDING adversary who knows enough not to join him there! In the still rarer event when a combatant actually ends up on the ground *with* his adversary, THE TECHNIQUES HE NEEDS ARE COMPLETELY DIFFERENT THAN THOSE SEEN IN MMA/UFC CONTESTS!**

The *last* test of what works in combat is competition! Competition is the opposite of combat. There may be surface similarities between some of the actions employed in sport with those that one relies upon in combat, but *that’s it*. And, before the propaganda effort (which has been successful) enjoining everyone to believe that combat methods must be validated in sporting contests (especially those in which the contestants rely on ground grappling), ju-jitsu, karate, kenpo-karate, etc. experts would have — properly — **LAUGHED** at such a ridiculous assertion! *And they would have been 100% correct.*

The misrepresentation that it is not possible to defend against multiple attackers must be chalked up either to: 1. A deliberate **lie**, intended to further validate the nonsense that BJJ — a System in which multiple attacker defense ***IS*** indeed ***impossible***, because you do not grapple on your feet and then on the ground with two or more attackers! —or— 2. Genuine ignorance regarding what combat training entails, requires, and can enable a person to do, once well trained; not to mention complete ignorance of *combat*, per se!

We have personal knowledge of many instances — some with our own and with Prof. Bryans’ students! — of trainees defending successfully



against more than one attacker. Other **combat** experts, like the late John Kuhl, and the Korean Richard Chun, as well as elderly men reported in the news (one an over-80 retired SAS soldier, and the other a man in his 80's who was simply handy with his fists), and a WWII veteran who handled two attackers in his home; **one armed with a knife** ——— demolished more than one attacker who assailed him. ***In fact this is not uncommon! Not in the real and true history of close combat and real martial (as opposed to “sporting”) martial arts and daily self-defense crises.*** There were judo men, like an old friend from Japan of the late Charles Yerkow, or like the late Theodore Kuwashima, who dispatched two assailants (and who, by the way, handled them with relative ease, because he did the unexpected and took them by surprise; something that must be drilled for defense, and that is *not* dealt with relevantly in any sport.

We are not concerned about the imbecilic, the commercially motivated, the dishonest, etc. who will rant and rave and speak pejoratively about us and that which we present in live training and via DVDs and printed instruction. Nor are those who **WILL ACCEPT OR BE EVEN PARTIALLY INFLUENCED BY THE PROPAGANDA** because it's “popular” and because “it's what everybody is doing”.. To hell with them. But we *do* care about those who are honestly looking for the truth about self-defense, and who wish to enroll for real and reliable self-defense training.

For many years we have researched the facts. We have gone to great lengths to learn from those who **did it all for real** , the now touted WWII methods; either by personally receiving instruction from them, or by studying their records, and whatever written documents, films, and instruction they provided. We also learned what the classicists could teach us today ——— by studying ju-jutsu, karate, ch'uan fa, kenpo-karate and varmannie. If you wish to learn the truth and benefit not from *our* experience necessarily, but from the experience of every legitimate and authentic purveyor of the truth regarding close combat and self-defense, the material is here. We present it personally in our lessons and classes, and through the medium of our DVDs and our **FREE** online articles and newsletters.

We do not engage in unnecessary polemics against anyone. We do not propagandize (it isn't necessary!) and we entertain no vision or desire of establishing that which we teach through a myriad of schools that pop up like acne in every major city. **Our forte has *always* been and remains: the truth and that which works in the fields of armed and unarmed close combat, self-defense, physical training, and mental conditioning.**

Take it or leave it.

---

## **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!**

**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

---

***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**

---

### **The Mighty .22 Rimfire!**

**WELL**, maybe "*mighty*" is stretching it a bit. However, you rarely if ever hear of a .22 caliber handgun being recommended for self and home defense. This is most unfortunate, since with only a modicum of really very easy practice the .22 is a most potent little round, and will serve a large number of all too often *overlooked* and *ignored* people well. For example:

» Very frail and elderly people

» Disabled people (wheelchair-bound, for instance)

» People relegated to a sick bed

» People who find managing what would normally be regarded as an “ideal” defensive handgun (say .38 Special, .357, .38 Super, .45ACP, etc.) difficult, because while needing a gun, they simply aren’t inclined to work all that hard at mastering it

Most gun nuts are aware of only two categories of people: 1- Gun bugs, and 2- Others.

Fanatical gun lovers often fail completely to recognize that not all of the “others” are necessarily *anti-gun*, or afraid of guns, or emotionally distraught at the idea of having a gun in the house, etc. Many are very intelligent, realistic, decent human beings who simply want one or two guns for home and personal protection, but who aren’t interested in becoming ardent members of the “*gun culture*”. (By the way, it might surprise some of the “pistoleros” out there to know that every major police department has officers who have no particular love for their sidearm, or great interest in becoming a great shot. This, in addition to those officers who are magnificent shots and train incessantly with their sidearms).

We think it genuinely tragic that far too many good people in the four categories we enumerated *do not* secure and maintain firearms because of idiotic and endless gunshop advice, lecturing, and “recommending” of wholly unsuitable arms by (possibly) well-intentioned yahoos. We actually were asked by one 83 year old not-too-vigorous retiree if we could “just tell him what handgun to buy and teach him how to use it, without recommending guns he can’t handle well?”. We did. He’s delighted. We recommended a Ruger target automatic. After a few hours of training he now keeps it with him beside the bed at night, and he obtained a carry permit so that he can have it accompany him when he is out and about.





**ABOVE: WHAT WE WOULD CONSIDER A NEAR PERFECT CHOICE FOR ANYONE IN ANY OF THE FOUR CATEGORIES WE LISTED WHO WANTS TO ENJOY THE PROTECTION OF A HANDGUN, BUT CANNOT MANAGE TO MASTER ONE OF THE “APPROVED COMBAT PISTOLS” THAT GUN BUGS DROOL OVER. A GREAT WEAPON FOR ELDERLY WOMEN AND LADIES WITH VERY LITTLE PHYSICAL STRENGTH OR DESIRE TO TRAIN WITH, SAY, A .45!**

The Rugers hold ten rounds, and just about *anyone* can, with a couple of hours of training in point shooting, place five or six rounds in the kill zone of a home invader in two seconds with one of these superbly manufactured and utterly reliable handguns.



**SOME MIGHT PREFER THE TERRIFIC SMITH AND WESSON MODEL 617. THIS REVOLVER ALSO HOLDS TEN ROUNDS AND IS COMPLETELY RELIABLE AND POTENT. *BOTH***

***REVOLVERS AND AUTOMATICS ARE RELIABLE AND EXCELLENT SELF-DEFENSE WEAPONS. JUST WALK AWAY FROM THE FOOL WHO TELLS YOU OTHERWISE.***

For anyone preferring a revolver, one cannot do better in our opinion than the Smith and Wesson Model 617. A stainless steel 10 shot beauty. The four inch barrel may hinder this weapon's concealability, yet it *does* provide more potency for the round that is fired than would a two inch snubbie. The *weight* of this weapon may make it a better bedside than carry gun for some people. Loaded it approximates a Government .45.

If you or anyone you know and care about is in one of the four categories of people who could be well served by a good .22 companion, by all means urge him or her to

- » **Take a good handgun safety and familiarization course**
- » **Try out both the semi-auto and the revolver herein recommended, at a range where they can be rented, and pick the one that is preferred.**
- » **Purchase the preferred weapon**
- » **Learn point shooting**
- » **Obtain a CCW if at all possible; but at least keep the weapon closeby at home**
- » **Smile and walk away when some gun nut “highly recommends” you get yourself a race-tuned .45 auto or a good .357 “wheel gun”.**

---

As we receive numerous requests to quote items and passages that appear here in *WORD & PEN* and on our other web site, [www.seattlecombatives.com](http://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](http://www.americancombato.com)

[www.seattlecombatives.com](http://www.seattlecombatives.com)

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

*—end—*