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SWORD and PEN

Official Newsletter of the International Combat Martial
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E d i t o r i a l

Christmas Once Again



WITH every year that passes, it seems to us that the passing goes faster and faster.

The years do fly by, and with the Holiday Season, Christmas, and New Year's time upon us, we almost feel that it is our duty to remind our readers that they should *get going* and *get going now* with actions that bring them closer to the personal goals they wish to achieve. Neither we nor they are getting any younger, and that which is important to you now will be no less important *next* year — so why not get started working toward it **TODAY**?

Now is the time to purchase a terrific Christmas present for yourself and/or for anyone dear to you: A course in serious, practical self-defense. If you “intended to get started” on such a program *last* year, please note that a year has slipped by and you've still done **nothing**. Why not take steps now that will enable you to look back next year at Christmas time and feel that you've accomplished some of that which you had set as an objective for yourself to attain?

While Christmas time is always a time of great joy and cheer for most of us, we cannot overlook the fact that the situation prevailing in our Nation today remains grave. The cities — where the majority of people live — have become very dangerous places, indeed. Violent crime is *not* declining, despite what the media liars may from time to time proclaim, and it is imperative that you take steps to be ready *just in case*. Once you are attacked it is too late to learn self-defense.

In a recent discussion with one of our students whose objective (very wisely) is to quite smoking, we learned something that amazed us.

“I did some math regarding how much my combined pack-a-day smoking and latte-a-day drinking costs me,” our student told us.

“So,” we said, “how much does it cost?”

“Four thousand, seven hundred dollars a year,” he said.

As we came to and picked ourself up off the floor we asked if we had just heard him correctly. We had. Can you imagine **\$4,700.00** a year for cigarettes and coffee? The coffee, well, okay, maybe that's not too bad. But spending thousands on a habit that **without doubt or question by any sane person** is harmful to you, is foolish.

We remember, now that we're on the subject of crazy spending, that someone once told us that, each weekend, he'd spend about \$100.00 — sometimes closer to \$150.00 — on bar-hopping and booze every weekend. This, presumably, gave

him whatever it was that he felt to be “pleasure”. We ourselves do not drink (although we see nothing wrong with *moderate* alcohol consumption), and so the idea of spending between \$400.00 and \$600.00 a month on booze puts us off, somewhat. Since we were told this by an acquaintance well over fifteen years ago, the dollar cost for similar indulging must be considerably greater today.

What we cannot understand is why otherwise intelligent people happily part with two to three times the amount of money that good training in a health-enhancing, confidence-building, potentially lifesaving program in close combat and self-defense would cost them, but they balk when they consider the price for good instruction! Ah, well.

We shall try to appeal to the good sense in all and sundry who are visiting this site: ***The cost of good training in the art of personal combat is cheap at any price, when you consider what it will bring to you, and the benefits that well may manifest in some emergency, for those you love.*** It costs far less to learn how to defend yourself than it does to gradually kill yourself with a pack-a-day smoking habit!

Stop making excuses. Get started training today.

Aside from money another common (and ridiculous) excuse for not getting started is, “I’m not physically ready yet. I have to get in shape.”

Look — you do not need to be in any particular state of heightened fitness in order to begin training. Training assists in *building* fitness; and besides, you can and should combine a good all round weight training program with your combatives training. Training in close combat and self-defense begins with whatever intensity of effort you as an individual are able to put forth. You can start off very lightly and even gingerly in your training — if you are long out of condition and have no background in exercise — but do not tell yourself that you must “build up first”, and then you’ll start training. Nonsense. Start training ***NOW***, and you’ll begin to build up.

“I’ve got to wait until after . . .” **OR** “My plan is to begin when . . .”. Just stop it. Get started *now*, and stop giving yourself excuses for doing nothing. Don’t allow another year to slip away while you’re still “intending” to begin a program of self-defense.

Here is a great lesson for living, in general:

There is never a “right” or “ideal” or “best” or “perfect” time to get started in pursuing that which you want to do and feel will benefit you. Begin **now** — start where you are, with what you’ve got, and do whatever you are capable of - **right now**. Waiting until the time is right is to be on an endless procrastination loop, and you will be living like so many people who “intend” this or “plan” that, and so on — and **who never get anywhere, ever.**

The time will go by whether or not you attain your goals, so why not begin striving now to attain them?

Would it not feel good today if you could say to yourself: *“Last year at this time I made up my mind to begin learning self-defense, and I have come a long way on that path! I am so glad that I got started!”*? Well, you have the chance *now* to set the stage for exactly that terrific feeling come next year. And what’s more you’ll be happier and more satisfied with yourself along the way *toward* that “next year” as you practice, learn, and develop the lifesaving, confidence-building skills that you desire.

Now let’s hear from you!

Bradley J. Steiner



DON'T FORGET!

When you've finished this Newsletter don't forget to go to www.seattlecombatives.com and read one of the latest feature articles for this month ("monthly instruction"

section) on **LESSONS FROM THE WORLD WAR TWO METHODS** that is sure to be helpful to you in your training! _____

On The Need To Be Ambidextrous

WE have said it many times before, and it is a truth that bears repeating frequently: *Any form of competitive match “fighting” or sporting contests actually train you to do the **wrong** things, as far as self-defense and close combat is concerned.* There is nothing wrong with sporting competition per se, but you are making a huge mistake if your interest is in personal combat and defense skills, and you believe that you can attain your objectives by becoming a competition fighter.

Remember Bruce Lee? Remember the Bruce Lee fad? One of the notable things about Lee’s teaching is an excellent representative example of precisely how **misleading** it really is to confuse that which prepares a man to *spar* and to *compete*, versus that which prepares a man to *engage an enemy or an adversary in close combat*.

Bruce Lee introduced the idea of the **STRONG SIDE LEAD** in a fighting stance. Unlike the boxer’s *weak hand lead*, Lee advanced the idea that leading with your strong side made the most sense in serious self-defense (as Lee erroneously *imagined* “serious self-defense” to be). The truth is, of course, that the practice of consciously *leading with either hand or side makes sense **only** when referring to **competition and to sport***. Otherwise, for personal combat in self-defense, the idea is nonsense.

If the speediest and most natural position from which to face an approaching stranger is your *left* side, then a left side “lead” position makes sense. If the speediest and most natural position from which to face an approaching stranger is your *right* side, then a right side “lead” makes sense. And here, of course, when we refer to a “lead” we mean in that which we call a **RELAXED-READY STANCE** — i.e. off-angled, facing the individual at a 45-degree angle — we most certainly do *not* mean any sort of formal and obvious “fighting stance” per se.



YOU CAN CANCEL A SPARRING MATCH OR CONTEST IF THIS HAPPENS, BUT YOU JUST MIGHT BECOME A MORE LIKELY TARGET FOR ATTACK! IN A SITUATION WHERE ONE ARM IS IMMOBILIZED, YOU *MUST* BE ABLE TO USE YOUR OTHER ARM T MAXIMUM EFFECT IN AN EMERGENCY!

Being steeped in the absurdity of “competition-as-preparation-for-combat” it is certain that many will not comprehend in the slightest the idea that a *fighting stance* per se is not needed for self-defense. This is because only two possibilities exist as far as self-defense is concerned:

1. You will be *aware of the troublemaker’s approach*, or
2. You will *not* be aware of his approach.

If you are aware of the approach of **ANY STRANGER** you will (if properly trained) assume a relaxed-ready stance. You will be off-angled, distanced just outside of arms’ reach - where you will *stay* - and your eyes will remain on the stranger’s face, as your own hands rest unobtrusively at your own sternum level. Whether your left or right side “leads” will of course depend upon which side most expediently faces the stranger at his approach. Now, **you are ready**. You will maintain your relaxed-ready position, and you will keep yourself properly distanced *until or unless* this stranger initiates aggression. If he does, you will

ATTACK, and you will keep on attacking until he is no longer a threat. No assumption of any other “stance” is required. In relaxed-ready you are in as excellent a “fighting stance” (and you telegraph ***NOTHING***) as you would be in if you were in the most exotic “*martial arts pose*” imaginable.

If you are ***not*** aware of the approach of anyone who attacks you, *then he will get his initial action in against you, at the very least* (assuming that he does not kill, cripple, or knock you out). While such a predicament is not always or necessarily hopeless, it isn’t good. You will be able to cope with such a situation if — and ***only*** if — the attacker’s action fails to neutralize you ***and*** if you are capable of generating an effective counterattack. ***But you will certainly not attempt to assume a “fighting stance” after an attack against you is launched, and you have been seized, struck, or rushed.***

Is it really that simple? Yes.

There is **NO** correlation between close combat and self-defense and competition or sport. None. Nada. And one of the great myths (perhaps ***cons*** would be a better term, in some instances) is that notion that there in fact *is* such a correlation, and that if one wishes to be ready to defend himself or handle an enemy in hand-to-hand combat then he’d better become some kind of a contest fighter.

When people *face off for a contest* (or for a “fight” per se, which only morons **agree to**) then and only then do they utilize “stances”. And only then might it make some sense to suggest that a “weak side” or a “strong side” lead is more or less desirable for the encounter.



BEING “RIGHT HANDED” OR “LEFT HANDED” AND ASSUMING A “FIGHTING STANCE” THAT REFLECTS THAT PREFERENTIAL METHOD OF EXCHANGING TECHNIQUES MAKES PERFECT SENSE IN BOXING, KARATE, AND IN ALL FORMS OF PHYSICAL CONTEST AND SPORT. BUT THIS IS A MISTAKE IN PREPARING FOR PERSONAL DEFENSE OR UNARMED CLOSE COMBAT.

But back to ambidexterity.

No hand-to-hand combat student can afford to have a *weak* side. Preparation for real world personal combat requires that both hands/arms/elbows/legs be *equally* capable of generating decisive force — and that they be equally able to render accurate and speedy actions under the stress of an emergency situation.

There is a corollary to the above: *No hand-to-hand combat student can afford to have a **strong** side!* If you do feel that you have a “strong side” then you will be influenced accordingly in how you attempt to manage a confrontation. **This is an unnecessary impediment to simply attacking and destroying, and in serious**

self-defense and close combat you cannot afford ANY impediments.

Remember that the first awareness you might have that you are in fact under attack is a sudden injury to, or immobilizing seizure of, your “strong” arm. Then, consider how your ability to resist and your personal confidence at the moment might be affected. But if you are *ambidextrous* and function with equal efficiency and strength on *both* sides with *all four limbs* you will stand a greater chance of effective retaliatory action.

You may have something in your “strong” hand at the time of an approach. Obviously, if what is in your hand is a weapon, and if you are holding it properly so that an attack can be initiated by employing it, you will not likely be attacked or approached in the first place (except perhaps by a police officer!). If what you are holding is an *object that can serve as a weapon*, then you will be obliged to employ your “weak” hand to assist in what you do with that improvised weapon. If the object in your hand will not serve as a weapon, then you will *throw it into the adversary’s face* if you are attacked, and your followup will likely be with your “weak” hand. Should the weapon/object be in your “weak” and not in your “strong” hand, then you will want to have the ability to use that weapon/object with the same authority as you would, had it been in your “strong” hand.

You cannot afford to have this “weak” and “strong” hand dichotomy operating in a potentially hindering way against you in any emergency! You want both hands/sides to possess the speed, strength, and capacity for accuracy, so that regardless of whether you are unarmed or armed, and no matter how you may be approached or suddenly find yourself confronting anyone, ***you are ready***.

The attainment of ambidexterity in developing close combat and self-defense skills is not difficult. Mainly, it is something that you must simply be *aware needs doing*.

Left-handed people, in our experience, tend to be much more naturally capable of using their right hands well than are right-handed people able to use their left hands. Still, except in the rarest of cases, *both* left and right-handed individuals need to address the matter of cultivating what we call “*bad side proficiency*” when they come to training in this subject.

The following suggestions should be helpful:

- Obviously, **never** fail to practice any technique or action on both sides when you

learn them and when you train in developing them. *At the very least* do an equal amount of training on whichever side and for whichever limb initially tends to be weaker than the other.

- It is very often helpful, especially during the first six to twelve months of training, to devote more time and effort to whichever is your weaker side. It does not follow, by the way, that because you are right-handed you will therefore be “right-legged”, etc. Some people do initially favor, for example, their right hand *and* their right leg (when hand striking and when kicking), but some people do not. If you find that your right-handedness is accompanied by left-leggedness, do not feel that you are abnormal. You are quite normal, as people do tend naturally to vary in this regard.
- During your daily activities *consciously make yourself use whichever hand is your “weak” hand*. Carry things in your weak hand. Open doors with your weak hand. Turn on faucets with your weak hand, and turn them off with your weak hand. Lift things with your weak hand. Etcetera.
- Until you *feel* ambidextrous with any given action, do more repetitions of it with the side that lags behind. This will not be necessary for very long. However, it is a truly valuable way to speed up the process of ambidexterity in combative skills development.
- A most valuable training method is to allow yourself *only* the use of your “weak” hand and arm when drilling in counterattacking and attacking techniques. This forces you to rely upon what would normally be your weaker side, when training in skills that normally allow you the use of *both* hands.
- If you have access to a chinning bar, practice simply suspending your weight while holding onto the bar with your “weak” hand. This is an excellent strengthener.
- Going through a normal training class or practice session, use a light (2-1/2 or 5 pound) ankle or wrist weight on your “weak” side limb. **Caution:** Do not do this more than once a week.
- Aside from the attacking and counterattacking (i.e. “self-defense”) techniques that you must drill in, remember always to train ***both*** sides when working on the assumption of a relaxed-ready stance, moving in the relaxed-ready stance, and when executing the various evasive steps (“*taisabaki*”) of side-stepping, pivoting,

turning, etc. that play a critical part in reacting to many forms of physical aggression.

We also want to mention this: Insofar as weapons — stick, fighting knife, tomahawk, handgun, shoulder weapon — are concerned, it is surprisingly *easy* to develop ambidexterity. You will see this for yourself as you learn and train, and as you are introduced to the use of weaponry, in the course of your combatives development. We mention it now to round out this discussion. It is mainly with *unarmed* skills that the matter of developing *both* left and right sides equally requires serious attention and merits concern by teacher and by students.

How Much Do You Know

About Psychopaths?

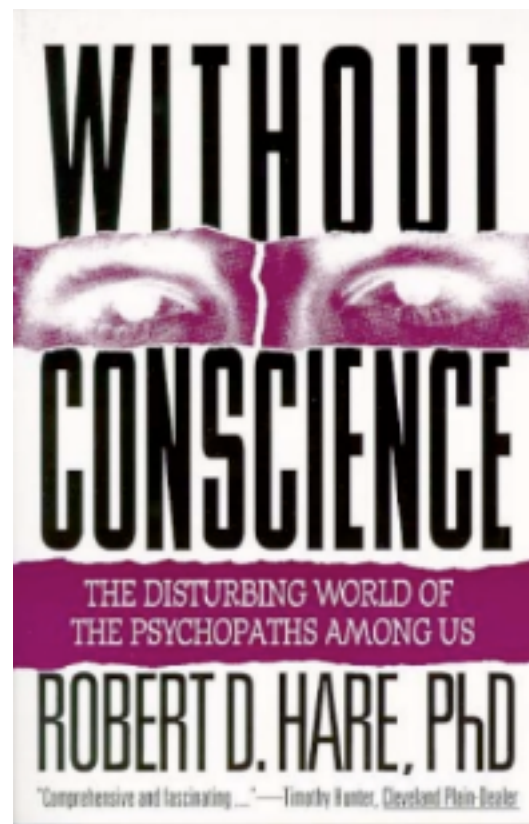
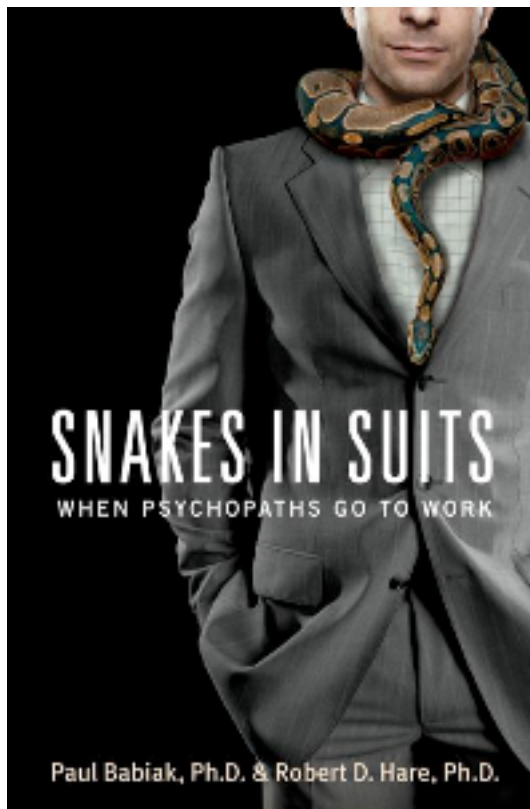
IF your answer is “Very little, if anything,” you are in excellent company. Most practicing psychologists know *very little* if anything about psychopaths. And, truth be told, there are almost certainly more psychopaths *teaching the martial arts* than there are martial arts teachers who know anything meaningful about psychopaths, *per se*!

In unfortunately *too* brief and encapsulated an explanation, the psychopath is an individual who possesses no conscience, for whom the person and property of others means nothing (save that these others represent “things” for his use, manipulation, and consumption), and who apparently exists in a kind of “*world consisting solely of himself*” and in a universe in which “*only the gratification of his own personal impulses*” holds any motivational power over him. The psychopath may be defined as being, in his philosophy and behavior, *antisocial*.

Not all psychopaths are violent offenders. Most violent offenders, however — certainly the horrific violent offenders — do tend to be psychopaths.

Rent or purchase the motion picture *FUNNY GAMES*. That is a chilling and outstandingly enacted presentation of the psychopathic victimization of, for want of a better term, “normal” people. *IN COLD BLOOD* is another motion picture that you might wish to search out, as is the documentary *HELTER SKELTER*. Of course you could always read those last two books, as we require our students to do, but if you’re more inclined to sit back and watch and listen than you are to read (as many people seem to be, today) then rent the two movies.

The psychologist Robert D. Hare is certainly one of the world's great authorities today on psychopaths. In fact he may be considered to be *the* authority on the subject by many. His books are highly readable by lay people, and we recommend them strongly.



TWO OF Dr. HARE'S GREAT WORKS ON THE PSYCHOPATH. WE RECOMMEND THAT EVERY STUDENT OF SELF-DEFENSE OBTAIN AND STUDY BOTH THESE OUTSTANDING BOOKS.

Alan Harrington authored a wonderful book, *PSYCHOPATHS*, which has been on our students' required reading list for decades. In fact, one of our students, the late psychiatrist Gary Tucker, MD (who was head of Psychiatry at the University of Washington School of Medicine, and who appeared in the "top 100 physicians in America" book) knew Harrington, and agreed with us that the book is excellent. Unfortunately it is out of print; but it is well worth hunting for.

THE MASK OF SANITY, by Hervey Cleckley, MD is the classic text on psychopathy, and has long been on our students' list of required readings, but many find this valuable tome to be too onerous a task. We think that tackling it is

well worthwhile.

Some visitors might ask: *“I am studying self-defense. Granted I need to know how to recognize and handle potentially dangerous violent threats, but why would you recommend my studying psychopaths per se in such depth and detail?”*

Our answer is: The martial arts is inundated with mystical and fanciful, and also with *utterly irrelevant B-U-L-L-S-H-I-T*. Your objective, whether you realize it or not, requires that you become a hardheaded realist and focus upon learning about whatever constitutes the *real threats* in the *real world*; and psychopaths — especially the violent ones — are your greatest potential problem. Learning about them, getting to understand how to identify them, coming to grips with the serious life-threatening danger that the worst of them may pose to *YOU* and to *YOURS* is critical. *Do not think that “you can tell”* if someone is or is not a danger, merely by his appearance, his initial behavior, or whatever stated beliefs and convictions he might express. **Mundo nulla fides** (“trust no one”; at least *no one who you do not know, personally and well, and for a long time!*). Nothing can achieve the necessary cautionary mindset and — if required — mercilessly aggressive and decisive offensive mindset that you ***MUST POSSESS*** for self-defense better than coming personally to grips with a serious understanding of how predators think, feel, function, and will *gladly* strive to violate and injure you in the worst possible ways.

Some unfortunate innocents believe that we exaggerate or embellish when we speak of the pure evil and the ferocious danger posed to them by would-be assailants and troublemaking violators. The cure for this — for *them* — may well be their independent exposure via a careful study on their own of the works of psychological and psychiatric professionals, to an explanation of the hideously real threat that the psychopath presents to all decent human beings in modern society.

Our advice: Throw away the books on fanciful nonsense and the macho crap about how to be the baddest dude in the world of challenge fighting, and start educating yourself in that which you *really* need to know about the very *real enemy* whom you are likely to face if you are ever attacked, and against whom you will also want to be able to defend those you love.

If you know little about psychopaths, correct that as soon as possible! Study this subject! If you are a self-defense instructor you have an obligation to become educated in this area.

Fostering The Development Of

Speed In Technical Training

SPEED is of course essential in the carrying out of any self-defense technique, or in the rendering of any attack. The faster you *react* to that which an enemy commences to do to you, and the faster you *neutralize him*, the better. The question is: “*How do you achieve and maintain combatively efficient speed now, and for the rest of your life, as you train in the art of close combat and self-defense?*”

We recall, years ago, seeing an advertisement for an instructional video by a teacher whose claim it was that he would teach you to hit “20-something times in a second”. We seem to recall that it was “27” or “29” times . . . something like that. Impressive, certainly. Not having had any personal experience with this teacher’s methods or with anyone who had attempted to utilize the video instruction in order to attain that degree of speed in his hitting ability, we cannot say yea or nay in regard to the *genuine authenticity* of the teacher’s claims.

But let’s say for the sake of argument that the method actually *could* and *would* give those who followed it the ability to hit 20-something times in a single second. **We would not recommend this approach for practical self-defense.**

Surprised? And we opened this piece by emphasizing the importance of speed!

Speed is certainly critical. But *so is balance, accuracy, and power*. Anyone who is in fact hitting someone “20 or more times in a second” is ***NOT*** hitting that person very powerfully! And the accuracy with which 20-something blows can be delivered to a similar number of vital points *in a second*, is seriously questionable.

Let us ask you this: “Would you prefer to be struck by a martial artist 20 times or more in a second, or by Mike Tyson ***once*** in a second?”

Mike Tyson (and *no*, just for the record, we do *not* like the individual) must be recognized as a hard-hitter, and a fast-moving boxer whose blows are certainly fast *enough* for use against other boxers in serious match fights. And does anyone doubt that a punch from Tyson that lands well to a man’s jaw is going to knock the recipient out? Maybe even cripple him?

We are not touting either for Mike Tyson *or* for boxing; we are simply making

the point — a point well known and accepted by boxers — that hitting **powerfully** and **accurately** is every bit as important as hitting **quickly**.

So speed is crucial, but it must not be regarded as the be-all and end-all of attributes required in hand-to-hand close combat.

For teachers and students alike who are concerned about the effective cultivation of this most important combative attribute, we provide the following suggestions that will enable *speed* to be thoroughly and practically developed for close combat and self-defense:

1. Keep your techniques simple.

The simpler that any technique is, the faster it can be brought into play, and the less chance there is that any perception of it by the recipient in time to take any action against it will be possible.

2. No wind-ups.

“Chambering” as taught in the classical/traditional percussory *karate* type arts of Asia is *out*. Better to hit a man with 10% of your potential power in your opening blow (and have it *land*), than generate 100% of your power and have the enemy avoid it. Remember: You rely upon *followup* and *continued attack*, so your initial action need only be an *opener* that paves the way for continuous followup; it need not be decisive by itself.

3. Never telegraph.

Getting into some exotic fighting stance — or *any* “fighting stance” per se, not only is a completely superfluous action that causes not the slightest injury to your adversary, it is also a loud and clear announcement that you intend to do battle!

4. Use the most readily mobilizable natural weapon against the most readily accessible vulnerable target.

By following this rule you waste not a moment in *striking* — and that gives you a speed advantage in tackling your enemy. Develop a sufficient variety in your personal repertoire so that this tactical imperative will be easy for you under all conditions.

5. Build your entire body up to its genetic potential for development.

Strong muscles and a fit, coordinated body that is agile can and will move faster than a body that is under par.

6. Quality outstrips mere quantity.

Constantly seek to sharpen, and to reduce to the bare practical minimum, the number of techniques that you develop. It is far better — and will lend itself to greater speed in selection and application — to possess a repertoire of a dozen good blows that you can employ instantly, than to have an encyclopedic repertoire of 30 or more blows, which are slower into action and are not all perfected.

7. Become a genuine *expert* in that which suits you best, technically.

Expert level skill lends itself to speedy application. As you become expert with any technique you automatically become able to do it faster.

8. Eliminate ***ALL*** psychological hindrances to go after your enemy.

In our Manual, *MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE* we teach you how to do this. But however you do it, ***it must be done!*** So long as you are mentally blocked off so that you hesitate to attack and destroy ferociously and relentlessly, you will not be able to utilize your skills (even if they are the finest skills) with sufficient speed to stop a formidable, determined adversary.

9. Cultivate good tactical distraction and misleading actions that give you the edge and get in the enemy's way of being ready for you.

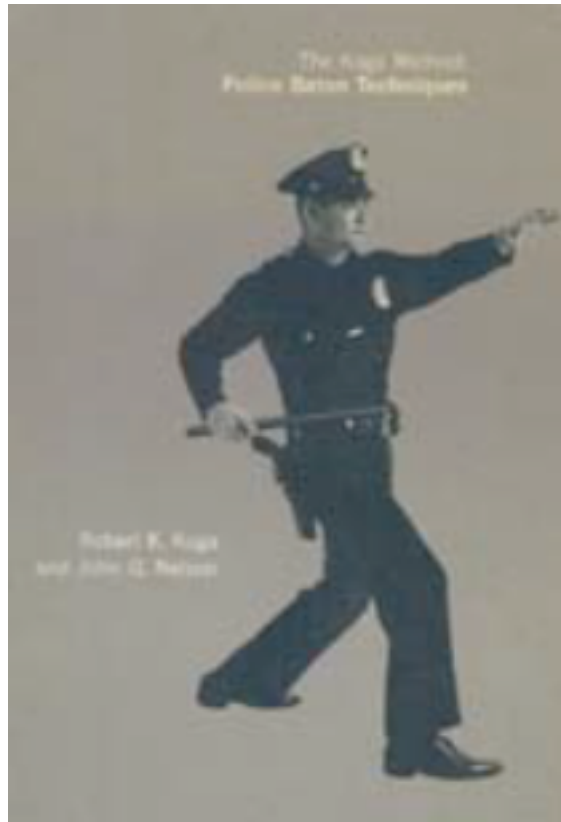
By hindering the adversary's ability to correctly see or know what you are capable of or about to do you *decrease* his ability to cope with you; and this is the same as *increasing* the efficiency and speed with which you now can render that which you do.

Study those suggestions and do everything possible to become as fast as you can be in going after your enemy in a hand-to-hand encounter. Remember as you cultivate this crucial ability that you also need *strength* and you want your fast, powerful actions to be *accurate* — and while in action you must remain *balanced*.

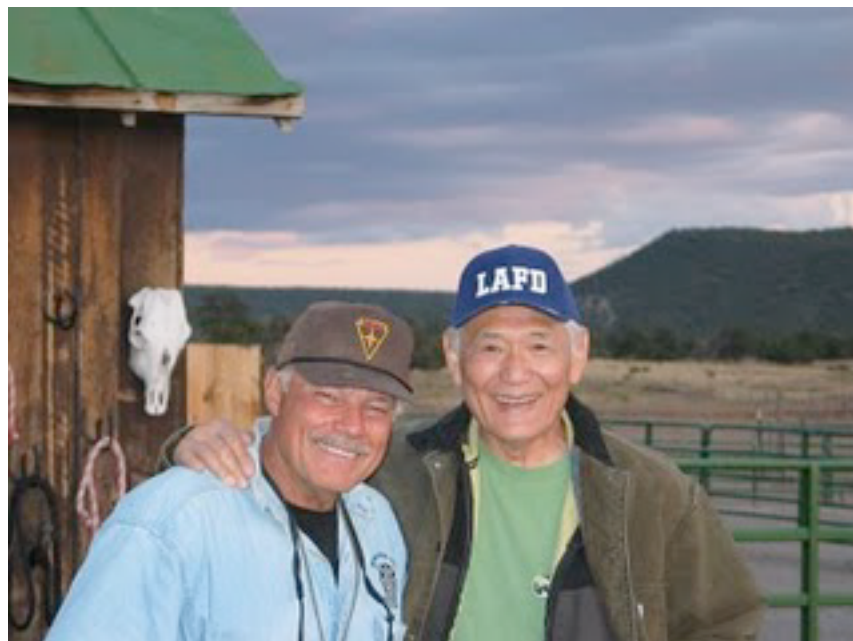
Some Interesting And Enlightening Scuttlebutt

WE'D like to share a recent e-mail exchange between ourself and three of our ICMAF Associate Teachers. We feel that the nature of that which was expressed, and the context, will be enlightening and helpful to our valued and deeply appreciated site visitors. You might want to advise others who you know in the combatives field about this exchange, so that they can read it, too.

First, an introduction to the participants. There is ourself (i.e. Professor Steiner), and there is a noted law enforcement instructor in London, England (who will remain nameless, since the nature of his work at this time is sensitive, and we do not wish to compromise his security). This instructor is intimately familiar through his own training and associations with the "WWII Systems" and was, in addition, a student of the noted British *judo* teacher, Pat Butler. Then there is Robert J. Koga, LAPD, Retired. Sensei Koga is perhaps the single greatest and most influential law enforcement *defensive tactics* and *baton* instructor in American law enforcement history. His teaching of unarmed combat extends into areas beyond and apart from law enforcement to our military, and although long retired, Robert J. Koga remains an icon in the annals of professional police training. Our spiritual brother James R. Jarrett is the final participant. James holds a fifth degree black belt in close combat, is Robert J. Koga's protégé (having studied deeply under him when a member of LAPD, and while a SWAT Officer with that Department). James is, additionally, a former U.S. Army Special Forces soldier, a university professor, and an internationally recognized authority on terrorism. In his excellent monthly blog, *THE FAR RIDER JOURNAL*, he describes himself as a "soldier, horseman, lawman, professor", and "spy". That is a very brief synopsis of all that he is.



ABOVE IS THE EXCELLENT BOOK ON HIS BATON METHOD THAT WAS PUBLISHED IN 1968, BY ROBERT J. KOGA. KOGA'S SYSTEM IS INCLUDED AS ONE FACET OF OUR OWN BROWN BELT STICK FIGHTING CURRICULUM. KOGA ALSO WROTE A CLASSIC ON POLICE CONTROL SKILLS. BOTH OF HIS MANUALS ARE NOW HIGHLY PRIZED AND VALUABLE COLLECTOR'S ITEMS. THEIR CONTENTS ARE AS VALID TODAY AS THEY WERE WHEN SENSEI KOGA'S FIRST PRESENTED THEM.



ABOVE: ON THE LEFT IS OUR SPIRITUAL BROTHER, JAMES R. JARRETT, AND ON THE RIGHT IS ROBERT J. KOGA. THIS IS A FAIRLY RECENT PICTURE.

NOTE: WE HAVE REPRODUCED ALL E-MAIL COMMUNICATIONS EXACTLY AS THEY WERE RECEIVED — SPELLING/GRAMMATICAL ERRORS INCLUDED.

In October of this year we received the following e-mail request from our Associate Teacher in London, England:

“Brad,

“Your views please on Brazilian jui-jitsu as a form of self protection as they are trying to introduce some of it's techniques into our defensive tactics syllabus but the practical ones of us are trying to stop it. Speaking to a friend I have in the FBI at the US Embassy in London he thinks it is being taught at Quantico to FBI Agents.

“Obviously your comments will be kept to myself but as you know I respect your teachings and logic in the world of close combat.

“I do believe you wrote something about it in your sword and pen newsletter a while ago but although I have them all I cant for the life of me find it.

“Thanks Brad

“Stay safe

“XXXXXXXXXXXXX”

We sent the following reply. Obviously, this is our personal opinion and is expressed as such:

For Public Release — Providing All Is Quoted In Context And Credit Is Given:

Hello XXXXXXXXXXXX,

I am aware only of Japanese ju-jutsu and of Western adaptations of ju-jutsu (i.e. Defendu, Arwrology, Defendo, etc.). The Brazilains, as far as I have been able to tell, have merely renamed Japanese ju-jutsu (and JUDO, most particularly — for that ground grappling stuff is NE-WAZA — straight

from the Kodokan) and cashed in on the ground fighting GIMMICK, with which they have been successfully conning morons in the private sector, and in law enforcement and in military training circles across the board, for decades.

The truth is, of course, that a lot of combat-savvy men have completely and properly rejected that nonsense completely. Try rolling around on the sidewalk with two felons, while encumbered with a typical set of street gear, and a sidearm — or try doing it while in military battle dress, in war. Try rolling around on the ground with an enemy armed with a knife or handgun; or an enemy who attacks from behind, or who punches you suddenly, etc. What crap!

Obviously, those with combat expertise laugh at the foolishness of this "Brazilian ju-jutsu" phenomenon . . . as well they ought to; but how many people who are responsible for determining what police and soldiers must learn are really knowledgeable about close combat and self-defense - FOR REAL?

To the extent that that which is hawked as "Brazilian ju-jutsu" parallels Japanese ju-jutsu it is no more or less effective than the latter. To the extent that it endeavors to push ne-waza as effective hand-to-hand combat for the battlefield and the street, it is nonsense, plain and simple.

I think that my White Paper (PDF attached - hope it gets through!) covers this rather nicely; as does the material presented in the introductory portions of MENTAL CONDITIONING FOR CLOSE COMBAT AND SELF-DEFENSE.

I would not doubt that the present day FBI treats that which it regards as its "future agents" to a foolish dose of grappling nonsense. Ce la vie. Nor would I be shocked to learn that the bluebloods at CIA's Camp Peary are encouraged to flop around in the mud and believe that their nonsense is preparing them for engagements with deadly enemies in foreign back alleys.

What I despise about the "Brazilian ju-jutsu" most is the arrogant, aggressive, violent, and disrespectful nature that it seems to advocate and to instill in the adolescent-minded mentalities of those who participate in it. It is possible of course that my observation does not include some whose attitudes do not reflect this disgraceful mindset . . . but I have heard nothing

but confirmation from others who have been exposed to this drivel that they, too, observe this as standard.

Please go ahead and quote me. No need to keep these views quiet. I have been proclaiming them for decades.

**Best,
Brad**

I shared this exchange between the Teacher in London and ourself with a circle of our professional contacts, among them Robert J. Koga and James R. Jarrett — *both men* highly experienced combat veterans, street savvy cops, expert martial arts experts, and longtime teachers. Between them they possess nearly 100 years of **hands on experience** in all aspects of military, law enforcement, and private citizen combative and defense experience.

Robert J. Koga e-mailed me:

> **Dear Brad,**
>
> **I don't usually comment on other peoples thoughts and opinions, but I**
> **had put my 2 cents worth on this toopic.**
>
> **As you know I have 55 years of experience the Law Enforcement field**
> **and I have been teaching LE Instructors as well as many other**
> **Governmental Agencies both US and foreign (friendly) only. Anyway,**
> **your comments are right on target. It seems that our country is a**
> **nation of "FADS" It's one gimmick to another. Particularly in the Law**
> **Enforcement world. I'm loosing count of all the quick fix gimmicks**
> **that have come and gone in my time. I'm not against learning what to**
> **do on the ground if you happen to find your self on the ground which**
> **in my opinion is get up as quick as you can, but more important learn**
> **to stay on your feet. Very few of my students have had roll around on**
> **the ground. Many have taken suspects to the ground in a control. The**
> **last thing I want is for officers to think it's okay to go to the**
> **ground and try to get and arm bar on the suspect. Even if you could do**
> **this, you have a helluva time getting him hadn cuffed if you by your**
> **self. And what do you do if the suspect had a buddy and your alone.**

> You will become a statistic. There are many things wrong with that
> approach. If the suspect is that much better than you are that can
> take you to the ground your in trouble. Mostt likely he has better
> training and skills than the officer. Next the mma rules don't apply
> on the streets where the suspect has no rules and you are leaving your
> self open to becoming victim very easily. Several other considerations
> is that most officer are in lousy shape and don't practice even the
> most basic police functions of searching and hand cuffing. They can't
> hardly control and hand cuff a drunk let alone a real fighter. When
> you consider the average officers are in poor physical condtion, lack
> of good basic training, tight bullet resistant vest with tight fitting
> uniform, and add 35 pounds of gear on his waist they are lucky they
> can get in and out of the police vehicle without gasping for air.
> There may be exceptions but I don't know of any Law /enforcement
> agency that has a required fitness standard. By that I mean a
> reasonable required physical conditioning standard after they get off
> probation. If an agency does have any in service training it very
> seldom has anything to do with physical skills. If you do have any
> physical related training all you hear is complaints from officers
> that they can't participate because of knee problems, back problems,
> shoulder problems. It's a big joke to expect the average officer to do
> ground fighting as if they are training to be mma fighters. I took a
> Swat Team once in full gear and put them on the mat and had one on top
> of another with no special hold but to just try getting up while the
> person on top just used brute force to hold the partner down. They
> lasted about 20 to 30 seconds. They were out of gas and infact had a
> hard time breathing. They started to panic because they had a hard
> time breathing. The heat generated with the vest and all the gear they
> were carrying burned them out. They were trying to get the equipment
> off as fast as they could. Now most Swat guys are usually in good
> shape for running and various physical activity but they are the
> exceptions. There is a difference when you go one on one in an all
> out physical combat mode. I don't care if you run three or four miles
> a day and lift weights the conditioning process and utilization of
> your body and energy requirements is quit different in an one on one
> all out combat mode. Most of the MMA fighters are in good shape
> because that is all they do. If you take the average officer and all
> they know is what they are taught in an Academy and you match them up
> pound for pound with a high school wrestler the wrestler would win and
> if you put them up against a college wrestlere it would even a warm up

- > for the wrestler. For most officers if it weren't for the radio and
- > back up they wouldn't last very long. Try going up against a gangster
- > parolee one on one in an all out fight with out all the gadgets and
- > help. Many would not make home safe EOW.
- >
- > Anyway I've said my piece.
- >
- > Take care,
- >
- > God Bless all the good guys and stay safe.
- >
- > Our Motto is "NO GIVE UP" in broken english.
- >
- > Bob K.

Then, we received this input from James R. Jarrett:

As a young LAPD officer and privileged to study under Sensei Robert Koga for many years, the defensive tactics and suspect control measures he taught are second to none for a professional police officer. His baton training brought me through many scrapes that would have ended quite differently without the advantage of the "force multiplier" of the baton. I choked out or nearly so literally scores of suspects and I always ended up on the ground with them. However, I almost always had backup or it was strictly one on one. In those circumstances in which I faced multiple opponents, I relied upon my baton as there was no way I was not going to remain on my feet. In one very dicey incident facing two wanted felons out of Mexico while working in a very remote area of the North Rim of the Grand Canyon while serving as a National Park Service Law Enforcement Ranger (mounted), I was without my baton which I had foolishly left on my saddle when I grabbed a jeep to chase the bad guys down. In that case, I used strikes and kicks to subdue the first suspect and after getting him into cuffs I chased the other suspect down and did go to the ground to choke him out and into a twistlock to apply cuffs. No experienced martial skills practitioner will ever leave his feet in a real time street confrontation. If things get out of hand, the only way to run is to be on one's feet.

During my ten years in Special Forces and Special Operations, all hand to hand training received emphasized mobility, expedient weaponry and ruthlessness. Exactly what you have been teaching for years. Of all the

various instructions I received during my military tenure, that presented by the Israeli Special Forces was by far the best for simplicity, effectiveness and ruthlessness. The most memorable thing I took away from the specialized Krav Maga was the extraordinary effectiveness both psychologically and physically of teeth as a weapon.

I am nowhere near the class of either you or Koga, but I am here today because of the principles each of you has taught me.

james r jarrett

[NOTE: James Jarrett's reference to *Krav Maga* is to the *genuine Israeli article*, as taught to the armed and intelligence services of that Nation — *not* to the “kick boxing with a Jewish accent” (as we refer to it) that predominates outside of Israel in commercial schools.]

We think that the above contains some real **GOLD** for the serious-minded combatives devotee, and that it contains a potent antidote to a lot of the nonsense that is presently polluting the “martial arts” scene in regard to practical self-defense and serious hand-to-hand close combat.

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

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

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

2. *ATTACK COMBINATIONS* — \$15.

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

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

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use —

or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

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

4. *RULES OF SELF-DEFENSE* — \$17.

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

This Manual is for anyone practicing any martial art who wishes to gear his training and his mental preparedness for the REAL THING! Students in our Classes, and those who take private lessons from us are pounded relentlessly with these concepts; they will be a healthy reminder for

students of American Combato. However, for anyone practicing ju-jutsu, karate, judo, boxing, etc. and who wants to get ready for those "contests" played for KEEPS, this Manual is a "must have" reference!

5. *THREE MONOGRAPHS* — \$22.

Here are three monographs you will not want to miss:

1. *The Myth of Groundgrappling*, 2. *An Annotated Copy of Fairbairn's WWII Silent Killing Course*, and 3. *The Physical and Psychological Factors required For Success In Hand-to-Hand Combat*.

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Two Useful Tactics For

Overwhelming An Opponent

WHEN you are able to preempt an adversary that is always the best way to handle him (short of avoiding him in the first place). It is important to possess a set of reactive counterattacking skills, but dealing with an attack that has “gotten through” so to speak, is the least desirable way to handle his onslaught.

One excellent way to decisively overwhelm an opponent the moment you see that he is in the process of launching his attack is to ***attack him in either a high target or a low target on his body, and then immediately attack a target opposite.*** For example:

- Jab him in the eyes with your fingertips, then slam a side kick into his knee
- Snap a front kick into his shin bone, then box his ears as he doubles forward
- Kick him in the testicles, and as he doubles over, knee him in the face
- Handaxe chop him in the throat, then apply a fingertips jab upward into his testicles
- Stomp on his instep, then apply a throat lock while seizing him behind the neck with your free hand

Any time that you attack *low* you create an opening *high*; any time that you attack *high* you create an opening *low*.

It works with hand-held weapons, too.

- Snap a whipping blow with a stick to the adversary's knee or shin bone. As he drops his hands toward the point of pain, snap a blow high into his temple or side of his neck.
- Jab the end of a stick into the enemy's face, then whip a hard blow to his knee.

Got the idea? It's a quick and easy way, if you are training on your own, to begin to build a few really good combination sequences to employ in an emergency.

Keep it simple, direct, and destructive. And — *never* forget — continue to followup and to follow through until your enemy is harmless!

Another outstanding method of neutralizing a foe quickly is to launch a sharp punching attack into his solar plexus or sternum; or to jab him in the eyes or throat with your fingers, then quickly ***sidestep*** him (he will blink when you land the first blow, and you will be able — literally — to “vanish” from his sight for a moment; long enough to drive a knee breaking side kick into his lower leg as you

complete your sidestepping move.

Once again, this tactical action works well with a hand-held weapon. Experiment. You'll discover two or three excellent attack combinations that suit you perfectly.

Always follow up and keep on attacking once you've launched your initial burst of movements. Go after whatever targets areas offer. Be spontaneous and aggressive, and do not let an opening go by without capitalizing on it with everything in you!

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We shall close this edition of *Sword & Pen* by extending our warmest and most sincere wishes to you and yours for a wonderful, joyous Christmas! The New Year will begin with a new edition of *Sword & Pen*, and — we hope — with the prospect of health, wealth, success, and great happiness for us all.

God Bless!

Don't forget to visit our other site (www.seattlecombatives.com). You'll find instruction, commentary, articles, and book reviews to help you learn, train, and develop.

*A VERY SPECIAL CHRISTMAS WISH TO ALL
OF THOSE SERVING OVERSEAS IN OUR*

NATION'S ARMED FORCES.

Remember that *we* always remember *you*. You are

deeply appreciated, loved, and respected. Thank you for what you do to protect our Country. May you return to your loved ones well and happy, and may you have a joyous Christmas and a healthy, happy New Year.



May you all be blessed this NEW YEAR!



Yours in Defense and with warmest Holiday Wishes,

Prof. Bradley J. Steiner

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