

©Copyright 2011 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

DECEMBER 2011 EDITION

www.americancombato.com

www.seattlecombatives.com

Editorial



An Important Thought For Christmas

THIS is truly a beautiful time of year. For many of us it means sharing good meals, good conversation, and good times with those who are closest and most beloved. In some cases that may be family, in other instances it may be friends, and in still other instances it may be family and friends — or simply someone special. But Christmas time is a time when we make time for ones who are dear to us, and who matter most. An excellent opportunity, when you look into the faces of loved ones this Christmas, to remind yourself how important protecting and defending these precious people is to you. And, how important it is to be able to defend yourself, so that you will be here for many Christmases to come, and be able to share all that is good with your loved ones.

We have always believed that effective self-defense ability and physical hardihood were inestimable values to be pursued and appreciated by all intelligent, decent, and fully educated men. Today, it appears to be a minority of men who really are *men*, and who take seriously the matter of protecting and defending their loved ones, and being able to defend themselves, as well. We assume that *Sword & Pen* is read each month by those men who are included in this minority group.

The socioeconomic situation in America today is not at all good. There is a serious rise not only in violent crime, but in *hideous, excessive, mindlessly brutal and savage* violent crime. One need only read the dailies or check the on-line news reports to confirm that what we say is true. And because it is true, it is only sensible and reasonable to be certain that, should this evil come to you or yours, you possess the self-confidence, skills, fitness, mindset, and tactical conditioning to *handle it well*. It is too late to learn combat arts when you are under attack. And that asinine, self-delusional muttering (i.e. “It won’t happen to me, I don’t look for trouble”) is little consolation when it *does* happen to you. It is happening to someone every few minutes! No one needs to “look for trouble”; all too often it comes looking for *you*.

Instead of spending your money on junk this Christmas, why not invest in

good, solid training in self-defense? It is a gift not only to yourself, but to all who depend upon you. And, giving a gift of self-defense training to someone else who has an interest in the subject will always be a deeply appreciated Christmas present. You might purchase a course with a *reliable* and *professional* teacher, if you can locate one in your area, or you can obtain our DVD Course which will enable a person to learn on his own, and to acquire a solid grounding in combative skills and mental conditioning. This is not a gift — for yourself or for another — that will be forgotten as mid-January of the New Year approaches! It will be a gift that provides a greatly enhanced life for the recipient, and that, by *next* Christmas, will have been instrumental in building the skills and confidence so highly prized by any rational human being in today's world. It will be a gift that enriches the life of the recipient for the rest of his life!

In any case, take the warmth and love of this great season and relish it as being one of the great rewards of being alive, to be shared with those who are special to you. And let all of the greatness of this Christmas Season push you to finally *do* something about learning the art of self-defense, as you appreciate what importance such a step will be for you and those dear to you.

May God Bless You and yours, and may you have a very, very, very Merry and loving Christmas!

Bradley J. Steiner

Distancing: A Crucial Element In Successful Knife Defense



HERE'S a point that we want to make, and although we're sure it will get some classical-traditionalists in both the *ju-jitsu* and the *karate* arts a bit miffed, we *hope* that anyone serious about practical self-defense will take that which we say very seriously:

If a person armed with a knife is able to launch a surprise attack against you from within arm's reach, and if he is determined to kill you, then you stand almost no chance whatever of defending yourself successfully against his onslaught — *regardless of your level of skill, degree of training, physical condition, knowledge, or experience.* You might survive such an attack but you probably will not; and if by some fluke you *do* survive, you will suffer very serious injuries.

If you are at all familiar with our work over the last half century then you know very well that we *practice, believe in, teach, research, and love* combat arts and the study of self-defense with and without weapons, and personal readiness conditioning. We do not say that which we do in order to deride the martial arts or to suggest that studying them is pointless. Far from it! Although we disagree vigorously with much of that which is popularly taught as “practical self-defense” and “realistic close combat” training today, we know that **proper, realistic** training is one of the most valuable activities a person can participate in. We also believe that far too many individuals who practice (and also, who *teach*) martial arts, have a wholly unrealistic concept of the possibilities that strictly *unarmed* combat skills would permit even an expert to perform. This becomes painfully apparent in the case of defending against knife attacks.

Yes there are some good techniques of knife defense that do offer those who master them an excellent fighting chance to save their lives in a situation where they must deal with an assailant who is armed with a sharp blade. However, even the best techniques offer no “guarantee” of success; and in order to be effective there is one prerequisite: ***You have got to see the attack coming in time to react to it and employ the counterattacking action needed to save your life.*** And when we say this we are referring to those techniques that are the *best* — those that are war-proven — and you can completely

forget about and discard the bulk of that nonsense that is generally and widely taught. In the case of many of the popular *ju-jutsu*, *kenpo-karate*, and other so-called “knife defenses” even if you do see the attack coming, those techniques would likely not prove to be effective. The popular “wrist catches”, “armlocks”, “takeaways”, “trapping and throwing”, etc. that thousands practice with great enthusiasm, and that wow audiences at demonstrations and exhibitions, **WILL NOT WORK UNDER COMBAT CONDITIONS AGAINST ACTUAL, DETERMINED ENEMIES WHO ARE ARMED WITH KNIVES.** Years ago a popular “knife self-defense” book appeared, which presented what was presumably a “special forces” system of defending against knife attack. The author was himself a bona fide SF soldier and a dedicated martial arts man to be sure; but the material presented was unworkable, impractical nonsense. It depicted the attacker and defender in preliminary poses, with the defender fully prepared to handle an obvious attack in a predetermined manner. The authenticity of this so-called “method” derived from the fact that the author was a martial arts enthusiast and a military trainer. Instead of gis, the men illustrating the skills wore camouflage fatigues. Absolute nonsense. Under ideal, controlled, exhibition conditions a black belt expert could make the techniques work (assuming that his attacker cooperated sufficiently). Under **combat** conditions the defender would not even have a chance to assume the fighting stance portrayed in the photographs, let alone have the capability of making the actions work against a determined killer.

Do not confuse what works in the dojo with what can be relied upon in deadly hand-to-hand combat.



WHEN THE LATE W.E. FAIRBAIRN WROTE, IN *GET TOUGH!* THAT NO UNARMED MAN HAS ANY CERTAIN DEFENSE AGAINST A KNIFE HE WAS TELLING THE TRUTH!

Complexity inhibits practicality!

In a deadly emergency only the most simple and basic actions can be relied upon. These may be executed instinctively and correctly *under stress*, once an adequate degree of practice has conditioned the body to perform them.

First and foremost in regard to defending against knife jabs, stabs, thrusts, and slashes is ***DISTANCING***. This is something that in fact should be developed at the outset of any self-defense program. *A student must become “distance sensitive” whenever facing anyone who interacts with him and who is not personally known to him.*

Train yourself to stand *outside extended arm’s reach* whenever you face someone you do not know personally. Make it a habit. No exceptions. Man, woman, child — young or old — *no exceptions*. You will then have formed a potentially life saving habit.

Accompanying this *distancing*, of course, must be ***mindset***. You must never be in any mental state below *Condition Yellow* (“relaxed alert, and wary”). If you are a law enforcement officer then you must never be in any condition other than “*Condition Orange*” (“anticipating trouble/violence/an attack, etc.”) when you are on the job and either **approaching** or **being approached by** anyone whom you do not personally and well. (It should go without saying that anyone must click into *Condition Orange* at the slightest hint, indication, or intuitive sense of impending danger from anyone whom one is interacting with, and whom one does not know personally and well).

This distancing, along with proper mindset, permits your peripheral vision to observe and your mind to evaluate, a stranger’s entire body — head to feet — and his every move, however subtle. Properly distanced, no one can reach you or harm you with his hands and feet without ***taking an obvious step toward you in order to close the distance***. If a stranger steps toward you

with no apparent aggressive intention (and an experienced piece of street scum might well do this before striking) then you simply *reestablish* proper distance, by stepping back. A polite “Sir, please stand back,” as you readjust may be taken with some surprise by the stranger, but there is hardly any reason for you to care. **It establishes your wariness of the need for a security perimeter, and sends a loud warning to any stranger with evil intentions that you are in a state of heightened alertness.**

Should the step toward you be offensive, then you have but to launch your own instant and ferocious preemptive attack in order to gain the upper hand and speedily neutralize your foe. And here is the specific application (and need for) proper distancing in regard to a knife attack:

Should you perceive your man *reaching* for a knife or about to draw a sharp blade while you are distanced correctly, you can break his knee with a kick, advance and chop him in the throat, etc. *You can get him before he has a chance to use his concealed weapon against you effectively.*

Should you observe a sudden knife attack come at you while you are distanced, you can evade the path of the attacker’s thrust, slash, or stab in time, and then attack him and neutralize him.

We know all about such techniques as the block and armlock counters, the x-block defenses, etc. We also know that these actions almost always *require* a dimwitted, slow moving, half-assed attack in order to be applied effectively.

People whose intention is murder and who are counting upon their knife to enable them to stab you to death will not come at you in a dimwitted, slow moving, half-assed manner! Do not deceive yourself!

If you are to have a chance to save your life against a determined knife attacker then accept the desperation that will be involved in the very nature of the onslaught, and the determination behind your enemy’s action. Distancing enables you to sidestep or to pivot, and thus to save your body’s most vulnerable target areas from the assailant’s blade. Then, it’s *kill or be killed*, and make no mistake about it. Close the distance fast, and use every lethal

action you are capable of to save your life!

While far from being 100% foolproof (**nothing** in close combat is “foolproof”; and only a fool will believe that there there could be such a thing) the concept of distancing and evading, then attacking, is about your best bet for saving your life in any knife attack situation.

Sensible Weight Training:

How Heavy Is “Heavy”?

THE single finest supplementary exercise for the hand-to-hand combat devotee is **weight training**. Not merely because strength is a requirement in all man-to-man encounters, but because *nothing* better or more fully develops every desirable physical attribute — and does so safely — than does sensible, progressive resistance exercise. *Speed* of movement is enhanced through proper weight training (despite any nonsense beliefs to the contrary); physical *toughness* and *resilience* are enhanced when the body is correctly weight trained; *health* is cultivated with weight training; *flexibility* is improved when weight training is followed; *agility* is bolstered with a good, all round weight training routine.

Our message is (in case we have not as yet made it clear): ***TRAIN WITH WEIGHTS!***

In past issues of *Sword & Pen* we have discussed the best exercises, the right way to perform them, and we have made numerous suggestions regarding scheduling and setting up routines of training. Always we have emphasized: *Work progressively and patiently and seek to add resistance whenever possible to your exercises so as to insure continued gains in strength and development.* We also pointed out that **genetics** determines how far along the road to strength and development you will ultimately be able to go, and that once you have achieved your *genetic potential* you should strive to continue training to maintain your best for the rest of your life. It normally

takes two to three years of regular, correct training for a person who begins weight training between the ages of sixteen and 25 to actualize his genetic potential. Some people might be able to keep gaining for a bit longer . . . others might hit their objective in slightly less time. But the time frame we provide is a generally good one.

You make gains and stay in top shape *only* by **heavy** training. But what is “heavy” when it comes to weight training? How do you measure your poundages and determine that you are in fact training heavily enough to attain your personal best?

Unfortunately, too many who train with weights believe that some arbitrary poundages “are” or “are not” per se *heavy*. For example, they would believe that a man who curled 100 pounds for six repetitions was training heavy in the curl exercise. The truth is, however, that what constitutes *heavy* is entirely subjective. A poundage is light or heavy solely dependent upon the individual trainee and how much weight *he* personally must fight against in order to do the exercise in question. If a man is just starting out in training and, due to past illness or long self-neglect he is only able to work with the empty bar when he does the curl exercise, then — for him — the empty bar is *heavy*. For a person in his late 20’s who has been training hard for years and who enjoys a muscular bodyweight of 200 pounds at a height of, say, six feet, 100 pounds might be relatively light for his curls.

Our experience in weight training, which goes back to the early 1960’s, has taught us two practical indicators that infallibly enable a trainee to gauge when he is training heavy, and these indicators have ***nothing*** to do with arbitrarily set poundages that any notables in the physical culture field may believe to be “heavy”:

1. If the weight that you are employing makes you work *hard* to correctly complete your set of repetitions, even fight for the last one or two reps *without cheating*, then the weight is heavy. (Note: If you must cheat in your performance to do the exercise then the weight is too heavy. Cheating is acceptable only occasionally, and only when striving to push specifically to outdo previous performances).

2. If anyone wishes to set *realistic* goals for target poundages in exercising (not in “*lifting*” attempts, where a single repetition is employed) then the following is an excellent approximation of what to strive for:

Curls — A weight that is about 45-50% of your bodyweight is a good exercising poundage

Presses — A weight that is about 60-65% of your bodyweight is a good exercising poundage

Rowing — A weight that is about 70-75% of your bodyweight is a good exercise poundage

Bench pressing — A weight that is 80-85% of your bodyweight is a good exercise poundage

Dead lifting — A weight that equals or exceeds your bodyweight by 10-15% is a good exercise poundage

Squatting — Same as dead lifting

For exercising (i.e. utilizing repetitions of about six to eight per set) those poundages are good guides. If you’re training along those lines you are training *heavy*.

We know that there are some exceptional people who, blessed with great natural strength, a heavy bone structure, and the potential to excel to an abnormal degree, will surpass the general poundages we have indicated for those exercises. However, for the statistically average trainee we believe that we are on target and that our recommendations are quite valid.

Use our suggestions and your own training experience coupled with common sense, over time, to determine proper poundages for any other exercises that you may elect to employ with weights. *Just don’t worry about “measuring*

*up” to anyone else’s personal achievements or standards. We are **all** individuals.*

We can promise you this: If you have never trained with weights previously and if you are a serious combatives student, you will be dumbstruck at the change in how you feel and in how you can perform your skills after two steady months of sensible, progressive weight training.

So get started!

IT’S NOW AVAILABLE! (And in time for Christmas!)

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense *realistic* and *war-proven* unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970’s by Bradley J. Steiner, which crystalized into the *American Combato (Jen•Do•Tao)*[™] all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the *original and authentic System* — and the *only authorized presentation of American Combato* — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System’s originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O’Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly

instructs in real world, lifesaving combatives doctrine.

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

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

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

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

DVD#2 *BASIC BLOWS*

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

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

DVD#3 *ATTACK COMBINATIONS - FIRST SERIES*

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

This DVD focuses on attack combinations leading with *HANDAXE CHOPS*

and *THRUSTING ACTIONS*, the first two categories of “attack combinations” in *American Combato*.

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

DVD#4 *ATTACK COMBINATIONS - SECOND SERIES*

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

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

DVD#5 *COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT*

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

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

DVD#6 *COUNTERING THE UNARMED REAR ATTACK*

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

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

DVD#7 *COUNTERING KNIFE AND CLUB ATTACKS*

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

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

DVD#8 *COUNTERING HANDGUN AND SHOULDER WEAPON THREATS*

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

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

DVD#9 *COUNTERING MULTIPLE ATTACKERS*

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

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

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

DVD#11 *KNIFEWORK*

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

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

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

All DVD purchases are of course nonrefundable.

CAUTION AND WARNING!:

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

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

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

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

Consider this DVD set as a Christmas present
for someone special — perhaps yourself!

Keep On Attacking!

IF you have ever been to a county or state fair or to any amusement park and tried your hand at one of the arcade shooting galleries you might recall an interesting fact about the targets. Those that were *moving* garnered greater points when hit than did those that were stationary. Why? Well, obviously because it is more difficult to hit a moving target than it is to hit a target that is not moving.

Hardly a revelation.

Consider now the implications of this for self-defense. If a defender goes into action (i.e. *movement*) when he is attacked, then he is a more difficult target for his assailant to strike or to take hold of.

If we recognize this fact and if we then add an ingredient to it — i.e. to make that movement ruthlessly and relentlessly aggressive and offensive — we arrive at one of the single most important tactical imperatives for winning in personal combat: i.e. ***Attack the very second that you believe yourself to be in danger, and keep on attacking until your enemy is completely neutralized.***

“Keep on attacking!” Imbed that admonition into your psyche and let it direct and guide your training in self-defense as well as any actions that you may find yourself forced to employ in some unfortunate, real life predicament.

When you are attacking you are not only moving, you are in reality moving *in*

the most effective way possible. If you are under attack there are only four possible reactions you or anyone can have:

- You can do nothing
- You can try to escape
- You can try to react defensively
- You can go on the attack, yourself

Doing nothing is obviously a worthless option.

Trying to escape makes excellent sense, *if* escape is feasible. In the kinds of predicaments we train to cope with, however, escape is not feasible.

Sometimes — at the outset of certain kinds of surprise attack (a choke hold, for example) — it may be necessary to be defensive, and to act to neutralize the potential danger of the attacker’s preliminary move. **But *no* defensive action is adequate *unless it is followed up immediately with overwhelming, fierce aggression.***

Going on the attack, yourself, as soon as possible, is the single most important tactical imperative in *any* self-defense emergency.

When you are attacking you are safest. This is because your assailant becomes unable to focus on whatever it is that he originally intended to do to you, and must now concern himself with that which *you* are doing to *him*. Since you are in motion while attacking your enemy, you are the most difficult to stop. You are hard to strike or to grab hold of effectively.

The specific technique that you employ against your adversary, **so long as it is simple, destructive, and applied with 100% commitment, speed, and force**, is secondary to the “attack, and keep on attacking” tactical imperative.

Bear this in mind, *please*, and you will greatly enhance your own training and your practical ability to use what you have acquired, if ever you need to use it.

On combat you are **WINNING** when you are attacking; you are **LOSING** when you are defending.

Get **REAL** In Your Training, Now!

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

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

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

2. *ATTACK COMBINATIONS* — \$15.

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

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

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

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

4. *RULES OF SELF-DEFENSE* — \$17.

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

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

5. *THREE MONOGRAPHS* — \$22.

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*.

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

Also available is the quality revised *Paladin Press* reprint of our 1970's Classic that "started it all" in this "WWII methods/practical combat/offense based fighting, etc." movement:

***The Tactical Skills of Hand-to-Hand Combat* — \$14.**

We will autograph your copy, and we will include a document available from no other source, explaining the significance and role of this little Classic in making the martial arts seeking public aware of an entirely new and more effective approach to personal combat than had hitherto been

taught or recognized, outside the military and intelligence training circles of the Allied Forces, during the second world war.

We pay first class postage on *all* purchases, except foreign orders. Please include **\$3.00** per item, additional (U.S. dollars) to cover air mail shipping overseas. Send your orders, with cash or money order *only* payable to:

**BRAD STEINER
P.O. BOX 15929
SEATTLE, WASHINGTON 98115
U.S.A.**

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

- 1. We must be quoted in context.**
- 2. Credit must be given for that which is quoted/referenced.**
- 3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, or school may be made with 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 agreement.**

It must be remembered that *Sword & Pen* and the entirety of www.americancombato.com and www.seattlecombatives.com is copyrighted, private intellectual property. Anyone interested in the *commercial* use of any of our material should contact us directly, in writing.

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

Until next month, we wish you good training!
Stay combat ready!

YOURS IN DEFENSE,

Prof. Bradley J. Steiner

**www.americancombato.com
www.seattlecombatives.com**

— e n d —

