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SWORD and PEN

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

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www.americancombato.com

www.seattlecombatives.com

*We wish you a Blessed, Merry Christmas! May you
and yours Enjoy the Most Joyous of Holiday Seasons,
and May God Bless and Keep You For Endless
Christmases to Come!*



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

THIS IS AN EXTRA-LONG CHRISTMAS EDITION!

E d i t o r i a l

Never Lose Sight Of Your Primary Purpose!

TRAINING in *any* martial art will provide exercise, discipline, and the opportunity to learn a great deal about the background and history of martial arts and studies throughout the centuries. However, if your objective is self-defense and close combat training ***make sure that that, and not those ancillary benefits, remain the primary focus of the mental, technical, and tactical training that you receive.***

If you are studying and training on your own because there is no professional teacher in your town or city from whom you can take lessons, then make certain that the books, DVDs, and any other materials that you make use of to advance your abilities through self-training *are such that they enable you to do just that*, and not merely “learn about” all sorts of vague, esoteric concepts, get a nice fitness workout, and add a measure of self-discipline to your daily schedule.

If you are training for the acquisition of practical combative martial skills then every training lesson or class — or every self-training session — should be devoted to

- Learning, and hard practice of, basic, obviously

destructive and reliable, *combat* (not competition or classical) techniques

- A preponderance of *offensive*, rather than merely “self-defensive”, tactical and technical material; cultivating the mindset and physical capacity that enables you to “attack *and keep on attacking*” in any unavoidable self-defense emergency with serious and proven combinations of reliable techniques
- Counterattacking actions that swiftly enable you to *disable* (not “control” or spar with) an opponent — or opponents — and immediately *turn the tables* on any dangerous attacker who catches you off-guard, and start *attacking him!*
- The fostering of the **fighting spirit** — the *attack minded warrior’s spirit* — and not some otherworldly, mystical, far out esoteric doctrine that makes you feel like an initiate into some arcane cult

Supplementary physical training that emphasizes the proper use of weight resistance to build all of the required and desirable physical assets for violent combat, and training in conditioning the natural weapons so that they become and remain formidable, and so that **impact drill** and practice are possible in a safe venue, without endangering practice partners, should be included in your schedule outside of regular class or in addition to the independent learning of skills.

*All of these things come together and focus — laser-like — on the core purpose and objective of **making you mentally, physically, tactically, and strategically well able to engage and prevail over any dangerous***

attacker under any conditions, anywhere and at any time. Obviously a tall order, and that is why *everything* must be geared in a direct, focused, no-nonsense way toward that specific objective.

We have all learned a great deal about practical close combat and self-defense methods since the close of world war two, but there still remains an entrenched degree of ignorance — of an almost “religious” commitment to the fanciful, the mystical, and the exotic (or the competitive) — amongst many in the so-called “martial arts field”. *Too many people still deceive themselves into believing that their practice of ancient classical doctrine as it was taught in the distant past, or participation in sporting competition and sparring bouts, will prepare them for hand-to-hand combat either in war or in an urban street survival predicament.*

Many who follow our writings and/or who use our DVD Course and other training materials have no access to qualified instruction in real world close combat and self-protection. Since we cannot personally and repeatedly condition the minds, and train into their bodies, the technical skills that they require, we repeatedly emphasize these things in our ongoing efforts here and on our **www.seattlecombatives.com** sites.

And a review and reminder for those whom we *do* train personally, never hurts.

Bradley J. Steiner



Coming In 2013!

**FIRST SELF-HYPNOSIS PROGRAM AND
FIRST COMBAT TRAINING LECTURE**

AVAILABLE NOW!!!!!!!!!!!!!!!!!!!!!!!!!!!!

The most extensive line of mental conditioning materials ever!

Available through our web sites exclusively!

Now you will be able to train yourself not only in the techniques of self-defense with our 11-DVD Self-Teaching Course but also in every nuance of the mental conditioning aspects of combative readiness using our professionally prepared mental conditioning programs! We will be offering:

- **A complete line of self-hypnosis programs on CD discs, and**
- **A series of conditioning talks on CD discs . . .**

So you will be able to benefit from the kind of training lectures that until now were available only at our Schools and in or Classes, or at specially arranged seminars for military, law enforcement, protective service, and security professionals!

Mental Conditioning!

"Mental conditioning is fully 90% of what it takes to win in close combat and self-defense emergencies!"

Of course techniques and the best, war-proven physical skills are also necessary. Our 11-DVD Home training Course amply provides those techniques and skills. Now comes an exclusive new line of Self-Hypnosis Programs and Combat Training Lectures — enabling you to achieve the highest and most effective level of mental conditioning for violent combat possible! Learn

techniques, and acquire the proper degree of mindset and psychological preparedness — at home, on your own time.

An internationally respected and sought after teacher of combat arts, and a state licensed hypnotherapist and Fellow in Clinical Hypnotherapy, with half a century of solid teaching experience, research, and study, Prof. Steiner is personally producing these two powerful products for anyone concerned about developing the ultimate in personal combative preparedness!

The first Self-Hypnosis Program and the first Combat Training Lecture are now available!

1. Self-Hypnosis Program 001 — Fear Into Fury! - Mastering Fear Energy

This professionally prepared self-hypnosis program will condition your mind so that you will never again dread any reaction of fear — whether in response to a troublemaker's verbal threat, or to an actual physical attack! By using hypnosis, Prof. Steiner will personally administer the trance induction and suggestion process

that forever ends any feelings of trepidation or shame that the onset of fear might once have brought about in you. NO MORE FREEZING UP. NO MORE PANIC. NO MORE INABILITY TO ACT BECAUSE YOU FIND YOURSELF GRIPPED BY FEAR IN ANY EMERGENCY!

With this incredible self-hypnosis program you will actually learn to welcome fear — to embrace it as your ally, and to use the tremendous physical and psychological focus that fear enables you to generate to act immediately and effectively in self-defense. The troublemaker, bully, mugger, or thug who initiates an altercation with you will actually be triggering the perfect reaction within you that will enable you to use all of your skills and strength and determination against him!

The big question, once you have learned and developed the practical skills of close combat and self-defense, is not "**Can** you employ these devastating techniques?" — Rather, it is "**WILL** you employ them?" After you have worked earnestly with this powerful self-hypnosis program for just a short period of time, your answer will be a resounding "YES! You're damn right I WILL employ them!" And you will be forever free of the nagging doubt, the worry, and the sense that 'if you freeze up you won't be able to use your skills', because you will know and feel for certain that when you feel fear it will mean that you are now able to generate the most destructive explosion of FURY!

Self-Hypnosis Program #001 - FEAR INTO FURY! - MASTERING FEAR ENERGY, on a quality CD\$25.
PLUS \$5. SHIPPING & HANDLING

2. Combat Training "Lecture A" — Rules of Self-Defense

Prof. Steiner delivers a no-nonsense talk that is crammed with

information, advice, counsel, suggestions, and guidance on how to be really prepared for any close quarters engagement with a dangerous attacker. Acknowledging at the outset that the idea of "rules" in the conventional sense has no meaning or application in anything-goes self-defense situations, Steiner proceeds for a full hour and a half to discuss and explain 20 of the most important core concepts that decent people must be guided by when they train for real world self-defense. This is "typical Steiner", in that it is direct, 100% honest and to the point, and wholly incorrect, politically! Prof. Steiner knows that of which he speaks. And when you listen to this lecture you will be pushed mentally into the kind of psychological state-of-resolve that you must possess if you hope to be a match for the most dangerous and determined violent types. Ninety minutes of instructional dynamite that you will want to listen to again and again!

Rules of Self-Defense"Lecture A" on Two CDs\$30.
PLUS \$5. SHIPPING & HANDLING

Send your payment in cash, Postal Money Order,
or certified bank check (personal checks take up
to a month to clear), payable to Brad Steiner:
P.O. Box 15929 Seattle, Washington 98115

**Watch for the many other Self-Hypnosis
Programs and Combat Training Lectures to be made
available in the months ahead!**

KNOCK YOUR ATTACKER SENSELESS!

IN a self-defense emergency, as opposed to a sparring bout or a sporting contest, the challenge confronted is one of *get the other guy before he gets you*; or, as the late Col. Rex Applegate so aptly put it in the titling of his wartime Classic, **“KILL OR GET KILLED!”**

Virtually every type of competitive or match type of “fighting” involves individuals beginning at an appointed moment and commencing to *fairly exchange techniques — each endeavoring to prevail over the other by a more skillful application of agreed-upon actions*. All well and good; *necessary* in fact, or the resulting match degenerates into a chaotic brawl, and poses a great and senseless danger to both participants.

In training for actual, honest-to-goodness emergency preparedness, your objective is simple: *knock your man senseless, and do it **NOW***, before he has the opportunity to do it to you (or possibly to do even worse to you).



THE ABOVE PHOTO, TAKEN FROM BERNARD COSNECK'S CLASSIC *AMERICAN COMBAT JUDO*, ILLUSTRATES A MOST POSITIVE WAY TO SPEEDILY DISPATCH A DANGEROUS ASSAILANT: USE THE PROVEN EDGE-OF-THE-HAND BLOW (OR "HANDAXE CHOP") IN A WHIPPING SMASH TO HIS PHILTRUM. THIS BLOW IS ALSO EFFECTIVE AGAINST THE BRIDGE OF THE NOSE, THE TEMPLE, THE CAROTID SINUS, AND THE NAPE OF THE NECK, ETC. THESE TYPES OF BLOWS ARE, PROPERLY, *BANNED* IN EVERY FORM OF SPORTING ENGAGEMENT. BUT IT IS CRUCIAL TO REMEMBER THAT *NOTHING* IS BANNED IN HAND-TO-HAND COMBAT WITH A DANGEROUS PHYSICAL ASSAILANT!

Law enforcement officers, security professionals, and soldiers represent the very few categories of people who, after experiencing and surviving the "real thing" understand completely the difference between actual combat and artificial (sporting or sparring) "matches". There are private citizens who have learned the lesson (painfully!), but these types of professionals experience the real deal since they *live* and *work* with it as part of their occupations.

It is often the single most difficult part of teaching self-defense to get students to appreciate the reality of that for which they are training to contend. They have watched judo contests and karate matches. They've seen MMA and UFC (etc.) bouts. They have been brainwashed to assume that *this* — i.e. planned and regulated *contests* — exemplifies the last of learning when it comes to preparing for hand-to-hand combat and personal defense.

However, *actual* engagements do not occur according to planned scheduling. There are no roped off areas, safely cleared for the match, and there are certainly no mats! Often, the attacker is armed. The attack may come when you are old, sick, out of training, or when you are with loved ones. There are often *multiple* assailants, and many attacks commence by surprise — from *behind*. Attackers may have a size and strength advantage (forget about “weight classes”), or the advantage of youth and great agility. There are no referees. There are no rules or regulations. The attacker is often under the influence of narcotics or alcohol. An attacker may do **anything** he wishes to do, and *he* decides where and when he will move on you. He will often be mentally deranged, sadistic, or motivated by psychopathic indifference to life and limb. The attack may occur in semidarkness, pouring rain, or on an icy pavement — or when there is snow on the ground.

Hopefully you get the picture. There are no rules, no time to “spar”. The overriding need is to neutralize the enemy ***RIGHT NOW***.

The fastest and most expedient way in which to neutralize a human adversary is by employing blows of the hands and feet that are calculated to knock out, maim, or kill. These must be generated *at once*, the very moment you realize that you are under attack. And they must be generated with murderous fury and power — total commitment of all of the force that you are capable of delivering — without mercy. *To hold back even slightly is to assist your attacker in injuring you.*

The blows that are appropriate for hand-to-hand combat are not the same blows that one may use in a contest. Combat blows are directed to targets that are extremely vulnerable. The **EYES**. The **THROAT**. The **CAROTID ARTERIES**. The **EARS**. The **KNEES**. The **KIDNEYS**. The **TEMPLES**. Etcetera. And “blows” — when speaking of unarmed combat — include such actions as **BITING**, **GOUGING**, **RIPPING**, **BUTTING**, and **CLAWING**.

In combat one must *keep on attacking* with those vicious blows, and relentlessly sustain the **offensive**, because that is the *only* way to stop a determined enemy. One does not strike once to gain a “point”, or step back

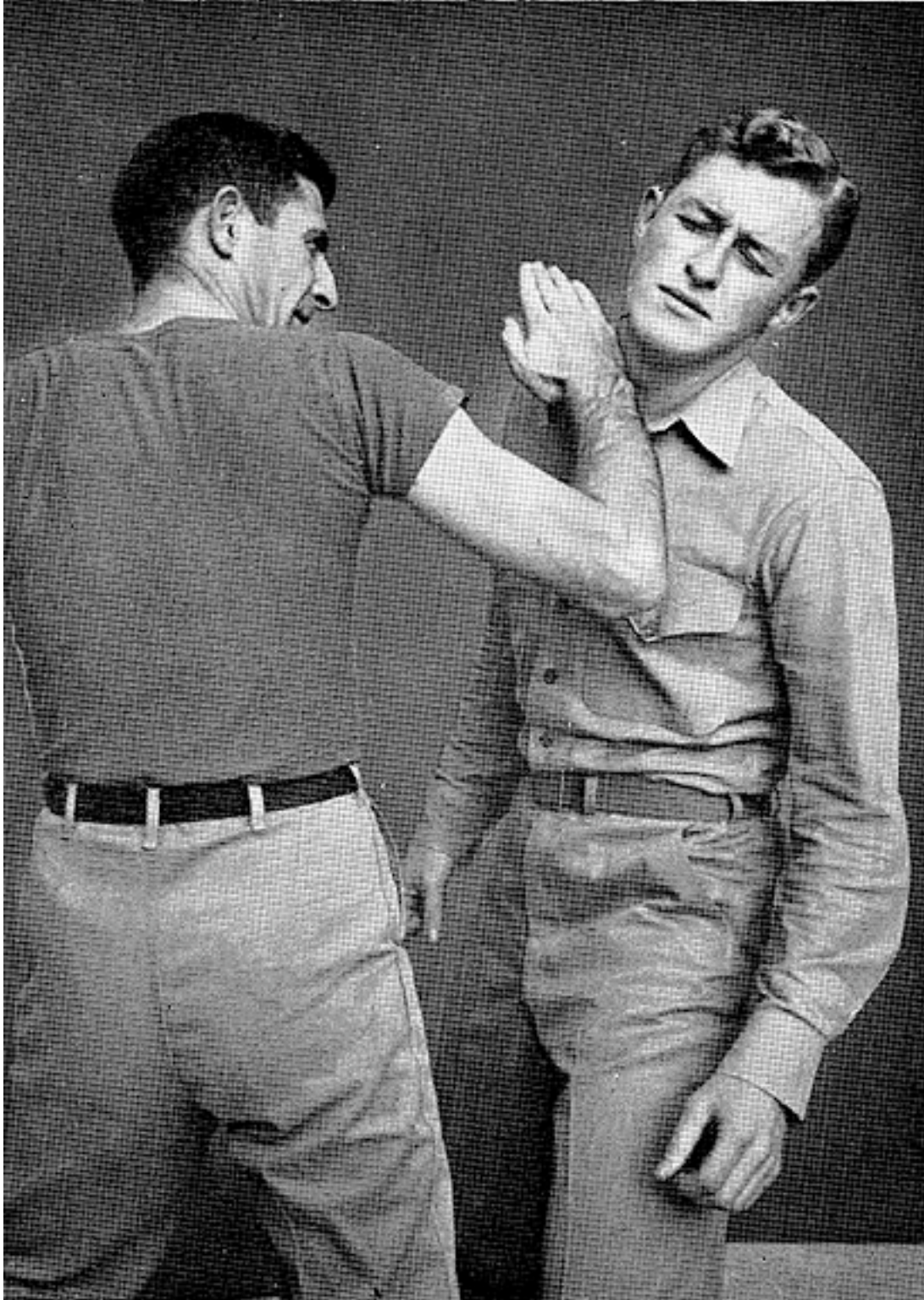
after striking to see if the attacker has “had enough”. And one ***certainly*** does not attempt to restrain one’s attacker, or to defeat him by applying a “submission” hold! *This is for **sport!*** (Can you imagine the result if you were to apply a submission hold to one attacker, when a second or third was present? — Possibly armed with a knife? Or what if the man against whom you are striving to apply a controlling hold is himself armed? — Do you *really* think you will escape without being stabbed or shot?). Get with the *real world*.

There is no way to know anything about your attacker — his motives, his objective in attacking you, his capabilities, his past criminal history, his threshold of pain, his desperation to avoid arrest at any cost, perhaps even his own willingness to die, etc. — when he suddenly attacks you. **Thus, you *must assume the worst***. If anything can be said to be anathema to the combat mindset it is *optimism* in regard to your enemy’s potential for harming you!

You must end an encounter quickly! There is neither time nor mercy to waste. You did not want or ask for the emergency that has been thrust upon you, and it behooves you to resolve matters without delay. Whatever damages a violent offender suffers as a result of his victim acting in self-defense is the *attacker’s responsibility*. He asked for it.

Your attitude must be one of unhesitant ferocity . . . of *all out* ferocity . . . that gives not a fraction of a second to the attacker to realize what is happening *His attack must trigger yours*.

You do not act to “control”, “restrain”, or “discourage” a violent offender. You act at once to **STOP** him; to *knock him senseless!*



THERE IS NO MORE RELIABLE AND DEPENDABLE A WAY TO “KNOCK A MAN SENSELESS” THAN BY WHIPPING A POWERFUL HANDAXE CHOP ACROSS HIS CAROTID ARTERY! IN THE ABOVE PHOTO, TAKEN FROM THE CLASSIC *COLD STEEL*, BY JOHN STYERS DEMONSTRATES THIS BLOW. IT CAN TAKE SIX MONTHS TO A YEAR FOR A YOUNG MAN IN HARD TRAINING TO DEVELOP THE ABILITY TO KNOCK A MAN OUT WITH A SINGLE PUNCH TO THE JAW. THIS BLOW CAN BE LEARNED BY ALMOST ANYONE IN TEN MINUTES, AND A

PHYSICALLY FIT, HEALTHY TWELVE YEAR OLD — OR A WOMAN — CAN EASILY KNOCK OUT A POWERFUL, LARGE MAN BY CORRECTLY EMPLOYING THIS STRIKE.

There are quite a number of excellent blows that may be employed in order to knock an adversary senseless. We teach the sixteen key (and *finest*) blows in *American Combato*, and include a repertoire of **50** which are taught throughout a study of the entire curriculum, to 3rd degree black belt. If a student truly *masters* only the first **four** (as described and demonstrated in our DVD #1) he will be formidable, indeed!

The important thing is to not only *learn the techniques*, but also to remain “fueled up” — i.e. **mentally prepared and conditioned** — so that in a crisis you will *use* those techniques decisively.

Anyone who unjustifiably offers violence to another deserves neither consideration nor mercy; so give him neither. Decide that, should you ever be so unfortunate as to find yourself in a dangerous emergency where only physical force can save you — **USE FORCE, AND USE IT CORRECTLY!**

Don't spar or compete with your enemy. **KNOCK HIM SENSELESS!**

There's still time to order our exclusive 11-DVD Self-Training Course for Christmas! It makes a terrific present for anyone interested in self-defense, and it's a great Christmas present to give yourself!

DVD Course NOW AVAILABLE!

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

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

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

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

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

IMPORTANT NOTICE!:—

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

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

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

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

Minors lack the proper judgment and emotional restraint and discipline and should not be entrusted with the techniques contained herein. Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

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

Contents:—

DVD #1 FUNDAMENTALS

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

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

DVD#2 *BASIC BLOWS*

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

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

DVD#3 *ATTACK COMBINATIONS - FIRST SERIES*

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

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

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

DVD#4 *ATTACK COMBINATIONS - SECOND SERIES*

• Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable,

offensive combatant in close quarters combat. You'll be an expert at taking the battle into the enemy's camp and *attacking your attacker!*

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

DVD#5 *COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT*

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

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

DVD#6 *COUNTERING THE UNARMED REAR ATTACK*

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

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

DVD#7 *COUNTERING KNIFE AND CLUB ATTACKS*

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

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

DVD#8 *COUNTERING HANDGUN AND SHOULDER WEAPON THREATS*

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

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

DVD#9 *COUNTERING MULTIPLE ATTACKERS*

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

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

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

DVD#11 *KNIFEWORK*

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

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

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

All DVD purchases are of course nonrefundable.

CAUTION AND WARNING!:

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

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

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

Are You Taking Full Advantage of Both Of

Our Web Sites?

BOTH www.americancombato.com and www.seattlecombatives.com are rich sources of instruction and information on all aspects of self-defense, personal security, physical training and readiness, and combat weaponry.

Years of back issues of this Newsletter (*Sword & Pen*) may be accessed and printed out for future reference. Each issue contains important commentary and instruction. Dozens of valuable articles, how-to pieces, book reviews,

and miscellaneous information are all available **FREE** on the **www.seattlecombatives.com** web site. You can access *previous* postings of articles, instructional pieces, and book reviews easily by scrolling down to the bottom of each page in each segment of the site.

There is also information about training that we offer. If you have “always wanted to learn real world self-defense” then why not contact either our self, or Prof. Bryans and *do something*, finally? We offer group classes, private lessons, specially tailored training for anyone who may need it, and intensive short-term courses for out-of-town visitors.

It is too late to learn and to build confidence and skill once you’re attacked. And *someone* is getting attacked *somewhere*, every minute of the day. **It could happen to you.**

Our live personal training, our DVD Course, CD publications, and **FREE** web site Newsletters and article postings offer anyone with any degree of seriousness the opportunity to learn one of the most valuable things a person can ever acquire: *The ability to walk with confidence, and the knowledge that you are always ready to defend yourself and those you love. And we KNOW our business.* We learned from the best, and we speak with the experience of more than half a century of a combination of personal training, teaching, writing, researching, learning, doing, and training!

The Fear You May Be Afraid To Name

Please read and remember the following three words and their definitions as I have provided them, before going on to the main body of this article:

1. **“RESENTMENT”**: A feeling toward someone or something that he/it has no right or business being there; that his/its presence constitutes an *offense* – a *violation*.

2. **“HATRED”**: This is animosity carried to its absolute limit of intensity. It is a powerfully intense desire to see its object wiped out, destroyed, eliminated, forever crushed out of and erased from existence.

3. **“RAGE”**: This is a formidable drive within oneself to undertake murderous action personally — to **act on** one’s *resentment* and *hatred*.

OVERCOMING the inappropriate reaction that one may have to fear is a major problem for many who aspire to confidence in self-defense emergencies. Please do note how we put this. It is *not* “fear” per se that is ever a problem (although many erroneously believe that it is); rather it is *one’s inadequate and inappropriate reaction to the fear that one feels, and the subsequent inability that one suffers as a result of that reaction, when as a result one does not act appropriately to the prevailing emergency.*

What countless students and potential students of self-defense, and what far too many “teachers” of self-defense, fail utterly to realize is that ***FEAR IS HIGHLY DESIRABLE, AND OFFERS THE PERSON EXPERIENCING IT A TEMPORARY SURGE OF POWER AND RESILIANCE THAT HE OTHERWISE WOULD NEVER HAVE.***

In the throes of fear you are — if you know how to make use of the **fear energy** — a temporary *superman*. We in the martial arts have all been told about the old lady who, seeing her grandson trapped under a vehicle, *lifts the end of the vehicle* (an “impossible” feat under normal conditions) *and frees her trapped grandchild*. Now think for a moment. What do you think is the first thing that floods an elderly grandmother’s mind when she sees her beloved grandchild trapped under a vehicle? *Fear*, obviously. If she were relaxed and in a happy or pensive state of mind she likely would find it a grueling task to lift 50 pounds, let alone a one and a half to two ton vehicle! **It is the tremendous and overriding fear that enables such a feat by such**

a person to be accomplished. And the story is no myth, by the way. It *has* actually occurred.

Fear is your ally. But not if you misunderstand fear, dread its onset, and feel helpless, ashamed, embarrassed, and paralyzed when it occurs.

Here is one major fear that many males have, and that (unlike the fear of being physically hurt, or being unable to protect a loved one) they *almost never admit*. Neither to themselves, nor to anyone else:

The fear of being humiliated by being inept at one's effort to defend oneself, and finding oneself made a helpless fool of by one's tormentor.

This blocks quite a number of people from defending themselves against bullies, incidentally. Often mistaken for “cowardice” by the person who feels this unpleasant reaction when confronting physical abuse, it can be cured in rather short order, and the person who formerly felt inadequately awkward and likely to be made to appear a hapless buffoon, can become a person capable of a terrifyingly savage retaliatory *explosion of violence*, **if** he conditions himself properly.

We provide a powerful program of training in our *Self-Hypnosis CD Program #001 “**Fear Into Fury!**” Mastering Fear Energy* that anyone afflicted with this fear can readily employ to reverse things — completely, and fast! But we have no problem providing some tips that you can use right now, even without the tool of hypnosis, to embed the proper programming into your mind:

In point of fact the *ultimate* humiliation occurs when, subjected to violation that realistically can and ought to be handled with appropriate defensive force, the individual meekly submits. Seen by anyone “looking on”, the person who fights back *is displaying an impressive degree of courage and dignity*, even if he is defeated by his attacker. Who in his right mind respects a violent offender, whether bully, gangster, or whatever? The truth is that ***no one can,***

in reality, be “humiliated” merely by losing, when he undertakes to defend himself — even if his defensive effort fails! The bully or other troublemaker, on the other hand, often suffers enormous embarrassment when he is revealed to be the coward that in fact he is, and when the situation he provoked proves to be equally unpleasant for *himself*. It is **BY NOT FIGHTING BACK**, *never* by being defeated because you did not defeat your attacker, that you in effect cause your own humiliation. *You are in complete charge.*

Violent **resentment, hatred, and rage** — *combined* — is the key to overcoming any “fear of being humiliated” by failing to successfully defend yourself. *Resent* the obvious outrage and violation that any form of physical assault upon your person presents. There is **NEVER** justification for physically lording it over another human being, bullying, beating, or intimidating him, or otherwise encroaching with aggression upon his person. *Never!* Make no allowances for troublemakers. Offer no rationalizations or excuses for them under *any* conditions. Resent them, through and through. Close your mind forever to any and all who are apologists to any degree and in any context for *anyone* who physically violates or who threatens to violate another person. If in some academic setting some intellectual **QUACK** with a Ph.D. after his or her name presumes to offer excuses for the behavior of violently antisocial types, *recognize the despicableness of his advocacies, and turn away from such teachings. Academic credentials and a teaching post in a college or university does not make anyone “correct”; and it certainly does not place anyone in a position where he or she becomes an authority over YOU, and over YOUR OWN REASON AND BETTER JUDGEMENT.*

“Hate” is a loaded, emotive word. Too many have been brainwashed into believing that hatred per se is wrong in all contexts. No matter how great the atrocity, no matter how evil the perpetrator, regardless of how outrageous and wrong the violation . . . “*Don’t hate.*” That’s the self-sabotaging poison that too many decent people have been encouraged to swallow. And, as a result of swallowing this bilge these people find themselves ***de-energized*** when they are confronted by human evil. When ***VIOLENT, WHITE-HOT***

HATRED is called for and wholly justified, such victims of inane propagandization find themselves standing helpless, with no wind at all in their sails! They can't really fight back because no *hatred* for their tormentor rises within them. **Change that, and change it NOW**, and foster the most unforgiving, murderous hatred for human predators that you are able to foster within your psyche. *The hatred that foments a desire to destroy overcomes any fear of humiliation or defeat, and impels the one who feels such a driving force within himself to **ATTACK**, and to **DESTROY**.* And that is precisely what you *want* to feel, *should* feel, and have every *right* to feel, when you are set upon by any predator. These monsters are not human, and they deserve the destruction that a hatred for them on the part of their intended victims can bring about.

“Rage” is another loaded, emotive word. The ridiculous phenomenon of “anger management” as a kind of New Age therapy modality appeared on the scene when our cultural integrity began to rapidly disintegrate — around the mid-1970’s. Now certainly rage at any and all frustrations in life is a sign of mental illness. **However, rage — *murderous rage!* — at the prospect of being injured unjustifiably, or of seeing anyone close to you so injured, is all but a necessity for living securely in this feral world!** When the person who has been targeted by a bully or troublemaker explodes with a *killing rage*, then the victimizer becomes the victim — as he ***should!***

Rage wipes away fears of losing, of being embarrassed or humiliated, or of inadequately handling a crises. *It drives you to **action!** It drives you to effective, aggressive, destructive retaliatory action . . .* and that is the key to defeating the outrage of violation!

In rage lies your salvation!

Anyone initiating physical violence or the threat of injury upon you or yours **must** be greeted with a **rage** that knows no bounds; an unbridled ***killing-fury*** that drives you like a machine of destruction against him!

Remember this equation:

Resentment + Hatred + Rage = *That critically important attitude and mental set that makes an intended victim of violation a far more dangerous threat to his victimizer than his would-be victimizer is to him! It is that mental-emotional state in which the individual focuses not on what may happen to himself, and what his opponent may do to him; rather he focuses instead upon that which **he** will do to his **opponent**.*

Cultivate and nurture those three key ingredients *now*, and never fail to reinforce and sustain them at all times when you train and practice, and whenever you think about self-defense and the protection of anyone dear to you, and you can pretty well rest assured that that “fear that you may be afraid to name” will plague you and hinder you no more!

.....

A Constant-Carry Personal Protection Handgun

THE handgun, not the samurai sword, ninja darts, weighted chain, nine foot pole, sai, or nunchucks, etc. is the modern, civilized man’s personal sidearm, And so-called “martial” training that fails to instruct in *modern* weaponry is severely limited in what it can offer the student seeking comprehensive self-defense instruction, *even if the unarmed skills it includes are viable.*

There are some who take up “martial arts” because they don’t like guns, and they feel that unarmed training (or learning how to use nunchucks or a sword) is somehow “okay”; while shooting down a home invader or other would-be killer is, somehow, “wrong”. **The first thing that these people need is a serious education in the nature of real violence and violent criminals,**

and an orientation in real world philosophy. Some of these individuals probably need psychotherapy as well. Frankly, anyone who believes that there is something wrong with owning and using a firearm in lawful self-defense, but using a *tonfa* to repel a home invader is okay, is as much a fool as someone who would refuse to own a fire extinguisher; preferring instead to throw pails of water on a fire, because that is somehow “morally superior” to using modern technology! (And there ARE such fools — in bunches like grapes! — in the martial arts field!).

We are *not* interested in debates. If you disdain firearms as proper and appropriate weapons for free men to own and use in self-defense, we have not the slightest respect for your position and we’d suggest you continue believing whatever you wish. Just don’t bother us.

It is frightening and unfortunate that there are places in America that make the ownership, carrying, and use of handguns for private citizens all but impossible. We obviously cannot help with that if you live in such a location. Perhaps relocation to a more “decent and person-friendly” place is in order. On any account we certainly urge that **YOU DO EVERYTHING LEGALLY**. Do not keep a firearm if the law where you live forbids it, and *always* obtain the necessary licenses or permits both for ownership and concealed or open carry, as required by law where you live.

Our assumption here is that you are able to lawfully purchase and keep firearms, and that a carry permit may be obtained in your city.

What type of sidearm do we recommend for constant (daily) carry?

We admit at the outset to being old fashioned. We do *not* like many of the handguns manufactured and popularized during the last 20 years, and we definitely (not without some experience and a *lot* of research and study) feel that several of the older handguns actually serve best. (Please, no e-mails or phone calls arguing about how *you* love such-and-such. We **admit** that this is simply our personal, (but educated) opinion, and we realize that some people

will disagree with us and have their own — very valid — opinions on the matter.

Years ago we went armed 24/7. We found it impossible to settle on *one* handgun for the purpose. At times the one favorite handgun that we carried (the Colt Commander Model) was, despite its light weight, still too large for us to conceal . . . and so we had a second weapon (a .38 Special Smith and Wesson Chiefs) which we wore comfortably in a manner that we could not use for the Colt .45. Point number one: ***You may well find that, if you wish to be armed constantly, you will need at least two different pistols to accommodate that requirement.*** Wearing a business suit makes carrying many excellent sidearms concealed in a shoulder holster comfortable and convenient. But suppose you are not wearing any jacket at all, yet need to carry concealed?

Once again, for the sake of any ultra-sensitive “pistoleros” out there who may read anything regarding firearms while perched on the balls of their feet, just waiting to pounce on a statement with which they take issue, **what follows is simply our educated opinion.** Take it for what it’s worth to you. We are not saying that our recommendations are necessarily or always “the best for everyone”.



OUR PERSONAL FAVORITE CONSTANT CARRY SIDEARM: THE SERIES '70 COLT

COMMANDER IN .45 ACP CALIBER. LIGHT AS A .38 SPECIAL SNUBBY, THIS SUPERB PISTOL PACKS THE CAPACITY AND THE PUNCH OF THE WAR-PROVEN COLT .45 GOVERNMENT MODEL. IT MAY BE A LITTLE TOO *LARGE* (NOT TOO HEAVY - JUST TOO *BIG*) FOR ALL TYPES OF CONCEALED CARRY — I.E. WE COULDN'T WEAR IT IN AN ANKLE HOLSTER — BUT IT IS, IN OUR VIEW “OLD RELIABLE” WHEN THE CHIPS ARE DOWN AND YOU MUST SHOOT TO SURVIVE.

So here is our list of recommendations:

1. Heading the list for all-day, all-the-time carry whenever it is feasible to wear it suitably, is the old Colt Series '70 Commander Model .45 automatic. This is the *lightweight* (i.e. aluminum frame) original Commander — not the all steel “Combat Commander”.

This weapon is slightly more challenging to control in rapid fire than the all steel Government Model, but it is quite manageable with a little practice. We have handled some of the later “compact model” .45's of different manufacture, but none handle as well, in our experience as the old Colt Commander.

Wear it in a shoulder or high hip holster and you hardly notice you're carrying it, as it's only 26 ounces. And its *flat* configuration makes it more comfortable than a revolver to wear in an inside-the-pants holster.

2. If you need or prefer a 9mm we would say that the Browning Hi-Power is the way to go. We recommend the original Belgium-made model. This weapon is as natural a pointer as any handgun could possibly be, and it is so reliable that it's boring! It carries comfortably in a variety of modes.

The Browning Hi Power also comes (in the more recent manufacture) in .40. We see no reason for this caliber, as it is *slightly* more powerful than the 9mm and definitely *not* as powerful as the .45 ACP. So . . . if you want an optimally powerful weapon, go with the Colt .45; if you need a 9mm carry the Browning. The *older* Brownings (i.e. those that were not assembled in Portugal) would be our hands down preference. Many are available in used condition — and “used” means nothing with a Browning Hi Power because these pistols simply *never* wear out!



ABOVE IS ONE OF THE ORIGINAL RING HAMMER BROWNING. LATER VERSIONS (ALTHOUGH NOT THE *CURRENTLY* MANUFACTURED VERSIONS) WERE ALSO BELGIUM MADE , BUT NOT WITH THE RING HAMMER. EITHER RING OR STANDARD HAMMER VARIANTS OF THE BELGIUM MADE PISTOL ARE EQUALLY EXCELLENT.

3. We believe that revolvers are as valuable and practical as semiautos. Each type of pistol has its unique advantages and disadvantages. We recommend the Smith and Wesson Model 10 or Model 13 *heavy 3" barrel/round butt* (Model 64 or 65 respectively for the stainless steel versions), This is a fabulous carry weapon. The Model 10 is .38 Special exclusively. The Model 13 is .357 (which also fires the .38 Special cartridge — so it probably makes the most sense to purchase *this* Model).

Unfortunately, this weapon is no longer manufactured by Smith and Wesson. However, you can find these revolvers for sale on various sites selling retail arms and ammunition.

Note: It would be a serious mistake to assume that because a particular weapon has been discontinued by the manufacturer it is not worth purchasing.

Quite to the contrary! A number of great firearms have been discontinued and in their place the manufacturers have offered (in our opinion) much less desirable arms.



ABOVE IS THE MODEL 13 IN 3" BARREL AND ROUND BUTT. A GREAT CARRY WEAPON. THE EXAMPLE SHOWN IS NICKEL-PLATED. WE PREFER BLUED OR STAINLESS STEEL.

4. A whole series of compact .38 Special revolvers by Smith and Wesson are *highly* desirable for the individual seeking a constant-carry weapon, perhaps to be worn in an ankle holster. Our ankle holster weapon was a Model 60 Chiefs. However, after Smith and Wesson's reissuance of their Centennial Model (in .38 Special) *that* would be our choice, if we were purchasing a 5-shot snubby today.

Take your pick:

- Chief's Special
- Centennial
- Bodyguard

The 5-shot .38 Special versions are the best. We found the .357's in such small configuration to be annoyingly uncomfortable to fire. Besides, at close range (where these little revolvers will be used) well-placed .38 Special rounds are more than adequate. **Note:** Three in barrel versions of the Chiefs and the Bodyguard have been manufactured, but we always prefer the two inch barrel models. If you can carry a three inch barrel sized weapon, get the Model 10 or the model 65.

You can obtain these little 5-shot weapons in blued or stainless, and in standard or aluminum framed configuration. Watch out with the lightweight aluminum framed 5-shot snubbies! They are *really* hard to control in rapid combat firing mode — so be prepared to *practice*!



ABOVE: THE OLD .38 SPECIAL SMITH AND WESSON BODYGUARD REVOLVER. ONE OF THE BEST CONSTANT CARRY PIECES.



THE ABOVE IS THE REISSUED SMITH AND WESSON .38 SPECIAL CENTENNIAL MODEL. IN OUR OPINION *THE FINEST .38 SPECIAL SNUBBY* EVER MADE!



THE ABOVE IS THE SMITH AND WESSON CHIEFS IN STAINLESS STEEL (MODEL 60) WHICH WE CARRIED IN AN ANKLE HOLSTER WHEN WEARING OUR LIGHTWEIGHT COMMANDER WAS NOT FEASIBLE. A GREAT GUN! IT COMES IN BLUED STEEL, ALSO. SMITH AND WESSON ALSO MADE ALUMINUM-FRAMED VERSIONS OF ITS OLD 5-SHOT SNUBBIES WHICH MADE THEM TRUE AIRWEIGHTS.

5. One of the old Colt Detective Specials or Cobras (aluminum frame) will do admirably as a carry piece. Each is .38 Special. Each carries *six* rounds, which some feel more comfortable with than the Smith and Wesson's five.



THE ABOVE IS THE BLUED STEEL COLT DETECTIVE SPECIAL. A SIX SHOT, UTTERLY RELIABLE SIDEARM WHICH SOME MIGHT PREFER OVER THE SMITH AND WESSON FIVE SHOOTERS.



THE COLT COBRA (ABOVE). OLDIE BUT GOODIE! LIGHTWEIGHT FRAME AND SIX ROUNDS.

Ammunition:

- If you carry a .45 we recommend *strongly* that you opt simply or the standard 230 grain full metal jacketed round (hardball). *You do not need any kind of hollowpoints or other “enhanced” cartridge if you use a .45. And the hardball round is 100% **reliable** in feeding and function.*
- If you carry a 9mm pistol we’d suggest going on line and finding the old Winchester Black Talon rounds for sale. They are very expensive, but you won’t be firing them unless to save your life. Practice with standard 9mm fmj rounds . . . but load up with BT’s when you carry. If you can’t find the BT’s, we’d suggest Winchester’s *Supreme T-Series SXT* rounds.
- If you carry a .38 Special revolver we’d suggest Remington, Winchester, or Federal .38 Special 125-grain jacketed hollowpoint ammunition in +P configuration (or +P+, if you can get it). You’ll need to fire a dozen or so rounds of this stuff to become familiar with the kick (it’s stiff!), but you do want to carry this for practical use.

That sums it up. We know about the terrific Walther PPK and PPK-S and other little autos in .380, and we know about all of the top quality pistols by H&K, Glock, Sig, etc. and so on. We have simply tried to present that which we happen to feel is the best for the purpose of daily, constant carry — based upon our own experience and the experiences of others with whom we have discussed the matter over the years.

In conclusion we wish to emphasize once again that you should *only* obtain a firearm **legally**, and carry and use it according to whatever regulations obtain where you live. *Never* carry a weapon without the required permit, if a permit is required where you live.

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.

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!

4. *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.

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***The Tactical Skills of Hand-to-Hand Combat —
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BITING



WE saw the above sign at a zoo and couldn't help but smile in amusement. "Perhaps," we thought, "such a sign (adjusted to have the word '*people*' replace the word '*animals*') would be an excellent reminder for our students!"

In reality our students would likely not really need such a sign, since we remind them constantly that ***BITING*** is an excellent technique of self-defense. Biting is certainly an action known to everyone. We all do it daily whenever we eat. It is possible for even a child to exert terrific pressure with his jaw muscles and bite really *hard*; and **there is no place on the human body that is impervious to being bitten!** Bite an attacker anywhere, and so long as you do so *correctly*, the very least that you will achieve is a complete distraction momentarily that will set him up for whatever further attacking actions you deem suitable at the time.

But - if you bite correctly ***and*** bite a particularly susceptible part of your enemy's body, you will always cause him to relinquish whatever hold he may on you and/or to completely abandon any thought of abduction, rape, or other violation that he may have had in mind.

Biting Correctly

Take your instruction from the experts: **animals**. Particularly those animals best known for their biting prowess — dogs.



HE MAY NOT HAVE A BLACK BELT, BUT NATURE HAS GIVEN HIM THE CAPACITY TO APPLY ONE HOLD THAT WILL STOP ANYONE — A DEEP, POWERFUL *BITE!*

How does a dog bite? He sinks his teeth in — *deeply!* — and then proceeds to lash his head about, shaking his adversary into an off-balance position as he drives his teeth as deep as possible into him, endeavoring to *bite a chunk out of his body*. Now ***THAT'S*** biting! So . . . if bite you must in any emergency, do it like an attack trained German Shepherd or Doberman Pinscher: Bite into your foe hard and deep. You want to try to rip out a chunk of his body! In fact, you may well be able to do it if you bite . . .

The Best Target Areas

As we have said, no part of the human anatomy is impervious to bites. However some targets are clearly superior to others, in hand-to-hand combat.

- Bite off the enemy's nose, one of his ears, or one of his lips
- Bite the cheek off an attacker

- Bite into one or more of his fingers and while biting deeply, lash about. This will break the small bones in his fingers as well as crush a bone or two and rip flesh from them.

We feel certain that we have made our point here. Be creative. You will doubtless be able to think of how biting can be used *most* effectively in any grappling situation. The only drawback is mental. You need to overcome any reluctance you may have to *really* tearing someone apart with your teeth — just like a wild animal.

You will use biting in conjunction with other moves (blows, etc.) as you integrate it into your personal repertoire.

Don't play with this, either. Human bites are very dangerous and normally produce very serious infections. This only adds to its desirability as a self-defense technique, as far as we are concerned — but anyone who permits himself to actually bite a training partner should be dealt with just a rabid dog is: He should be put down — *permanently*.

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

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

suggestion of our personal approval or agreement.

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

YOURS IN DEFENSE,

Professor Bradley J. Steiner

www.americancombato.com

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