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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

www.prescottcombatives.com

LISTEN TO OUR RADIO INTERVIEWS!

Prof. Bryans and ourself each did 1-hour interviews on the Rick Barnabo Show in Phoenix, Arizona. If you go to prescottcombatives.com, click on “home”. When “news media” drops down, click on that — — and there’re the full interviews! . . . and listen to our interview on Coast to Coast am with George Noory and our most recent interview with John B. Wells on Caravan to Midnight on

www.prescottcombatives.com.

**Merry
Christmas!
We wish all of you
and your loved
ones a joyful,
loving, very
memorable
Christmas!**



Editorial

Zero Tolerance For Violent Offenders!

WHENEVER physical violence must be used in self-defense the situation is an unfortunate one. But in such an instance the use of force is certainly **not** “wrong”, “inappropriate”, or “unjustified”. It is **absolutely justifiable** and **wholly necessary**!

The idiotic idea of establishing a “zero tolerance” policy — in schools, businesses, or *anywhere* — for violence, per se ought to cause people to bristle with rage and resentment and to **REFUSE** to accept such an asinine encroachment upon their fundamental right to defend themselves. But apparently it does not. Like banning firearms, banning violence does **absolutely nothing** to prevent those antisocial creatures who revel in violence, who are troublemakers, bullies, and related bipedal scum, to enjoy themselves at the expense of those who *obey the law, and/or who adhere to “policies” that have been established by the institutions that they attend and the places where they work*. Actually, such laws and such policies **encourage** the violation of decent people, by creating an atmosphere in which the dregs of society (who never care at all about laws or policies) feel very safe running amok. It is, for example irrefutable that where firearms laws are *least restrictive*, violent crime (especially armed violent crime) is least prevalent. When schools did not enforce those “zero tolerance” mandates that they stupidly enforce *today*, **suicides** and serious psychological problems such as nonviolent students suffer from today were not a national problem. Kids knew intuitively how to handle bullies and troublemakers who physically assaulted them: *They fought back*. And when some miserable excuse for a human being decided that he was going to torment a contemporary, **that contemporary punched the bastard’s face in**, and the lousy scumbag learned to curtail his particular form of destructive entertainment.

Once, many years ago in junior high school (“middle school” west of the Mississippi) a larger, stronger student thought it would be fun to shake our hand and proceed to squeeze it until we were in pain. We happily found that a ju-jitsu trick that we had learned worked, when we ended up throwing the kid over our hip and onto the lunchroom floor. *He never tried that crap again, and we were never bothered by him again.*

Recall that **wonderful** video that appeared last month showing a teenage boy coming to the rescue of a blind friend who ——— almost unbelievably ——— was punched by another student at their high school. The student who came to his blind friend’s rescue moved in and punched the miserable coward. The coward hit the ground, and the situation was resolved. And, almost certainly due only to a desire not to be the target of popular resentment, the young hero was *not* expelled for “using violence”. Even creatures as cowardly themselves as the school bully could grasp that **NO ONE** would tolerate seeing a right-thinking teenage boy victimized by their stupid and harmful “policies”.

That piece from UK news that we posted last month, in which an 88 year old man made quick work of two nineteen year old vermin ——— who were armed with a **knife!** ——— mentioned something we found disgraceful: **That 88 year old man stopped short of following up and rendering his assailants completely harmless (i.e. by knocking them unconscious) because he feared being thus on the wrong side of the law.** What an atrocity! An elderly man who had been fortunate enough to learn quality hand-to-hand combat during his years in the army, **is now afraid to do “too much” to a pair of armed felons who threaten his life, in his own home!**

Thank God that here in America anyone threatened in his home by two armed intruders would be justified in **shooting down both of them.** That is, in nearly every state. Some of our states have deteriorated almost to the point where private citizens need to be in as much fear about using force to protect themselves as the good people living in the UK.

What properly ought to exist is **ZERO TOLERANCE FOR VIOLENT CRIME, AND FOR THE VIOLENT OFFENDERS WHO COMMIT IT.** *That* is sanity. And *that* would soon result in a safer, more peaceful and

reasonable social order.

Ethical and professionally qualified experts who teach self-defense and close combat always emphasize to their students that they must *never* bring their training into play unless they are forced to protect themselves, or to defend other innocent persons. So the problem of societal violence cannot be solved by restricting peoples' right to learn how to defend themselves (with or without weapons).

Violent crime can only be rationally fought by allowing and **encouraging** decent people to learn self-defense, and to be fully prepared to defend themselves when necessary, against even the most ferocious and dangerous aggressors. **Violent criminals who fear their would-be victims, no longer attempt to victimize them.** *And it is right that violent offenders learn that their actions can and probably will bring them pain, suffering, injury, and possibly even death.* The bully **should** be fearful. The home invader **should** be fearful. The carjacker **should** be fearful. The knockout puncher **should** be fearful. The would-be rapist **should** be fearful. The abductor **should** be fearful. The troublemaker **should** be fearful. But the decent, nonviolent citizen **should NOT ever be** fearful!

Only when an absolute and aggressive **ZERO TOLERANCE FOR VIOLENT CRIME** policy has been suitably implemented — and implemented throughout every nation that truly seeks safety and civility for its good people, will violent criminal activity diminish significantly. There is no other practical solution, and it is a distraction imposed upon the populace by political psychopaths, to suggest that there is.

When the decent people in a society are well equipped, with training, knowledge, unarmed techniques, and also with weapons, in **ALL ASPECTS OF SELF-DEFENSE**, and when they are supported — instead of thwarted, threatened, and hamstrung — by the law, *then* violent criminal conduct becomes a very, very dangerous and risky activity for the scum who pursue it. And that is *exactly* how it ought to be!

Bradley J. Steiner

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A Very Important Message

WE frankly do not feel that we would make a very good police officer. We feel that the job has become more thankless and unfair to *good* cops than we ever imagined it could have become. However, if times were different, and if *real justice* could be meted out to the kind of scum that prey upon us, then we could see a role for ourself in law enforcement.

One of those crimes that we would like to investigate and bring those who are guilty of to justice is **human trafficking**. We believe this to be one of the vilest, ugliest and most inhuman of crimes. Targeting the young, deprived, helpless and hopeless, and then using up their bodies, souls, and minds in order to gain profit by forcing these victims to cater to the lowest drives and impulses of the lowest living garbage amongst the “human” species, should bring *torture* and a *slow death* to the perpetrators. But it doesn't. At best it brings arrest and legal prosecution. Nowhere near enough; but it will have to do.

We wish to pass on to our visitors information that we pray to God they never need to use, but that they will hopefully retain — just in case — and that they will **PLEASE** circulate to every decent person they are acquainted with.

Saving Innocence
P.O. Box 93037
Los Angeles, CA. 90093
Phone: 24 HOURS A DAY 1-888-373-77888
———**or**———
1-323-379-4232
email: info@Savinginnocence.org

This is not a “law enforcement organization” per se, but it is an Organization that offers help and education. Help to the families and loved ones of victims of human trafficking, and education for the rest of us about this heinous activity. Their mission in their own words:

“To rescue and restore child victims of sex trafficking

through strategic partnerships with local law enforcement, social service providers, and schools, while mobilizing communities to prevent abuse and increase neighborhood safety.”

We normally have nothing to do with “groups”, “organizations”. “forums”, “clubs”, “gatherings”, “movements”, ad nauseum. But we are grateful to be able to make an exception here, and urge everyone to become aware of, concerned about, and if possible active in contributing to the eradication of this most despicable, inexcusable, horrific, and malevolent crime of human trafficking.

When Are *You* Going To Get Started?

THE Holiday Season is a great time to bring this up. It is close to the end of another year, gift giving is common, and people start to think about what their “New Year’s resolutions” will be.

Socioeconomically, this Country is enjoying no pinnacle of grandeur and success. Urban violence is at a terrifyingly high level; and the *quality* of the violence is monstrous. People getting beaten, stabbed, shot, run over, shoved around, and so forth literally for nothing. Talk all you want about how violence is under control, how murder, rape, armed robbery is down(?), and so forth, *anyone living in a major metropolitan center knows very well that many cities and many parts of other cities are as or more statistically dangerous than some war zones*. Violence is *not* “down” — it is on the rise. And our decrepit economy only makes things worse.

One the best investments you can make is in a reliable course of training in self-defense and close combat. Ours is certainly one of the finest, and you can train with us in a variety of ways. First, you can become a regular student. Classes are held six times a week, and private lessons are available seven days a week. Or, you can arrange to come to Seattle (or to go to Prescott) and take an intensive course of all-private lessons. You’ll learn enough to be able to defend

yourself, and you will practice to develop that ability after you return home. Within a couple of months you will enjoy a technical ability and a level of self-confidence that will change your life for the best.

Or, you can order our DVD Home Study Course. Train at your pace; and so long as you train, you will learn every bit as well from our carefully prepared DVD Course as from personal instruction. *The DVDs have been prepared for persons who need to learn without a live teacher, and who have little or no previous experience in anything.* Everything is carefully and clearly explained, gone over physically in an easy-to-follow manner, and you are told *how to apply yourself to your daily training, for best results.*

It is of course very helpful if you have a practice partner, but even if you train entirely alone you can learn how to defend yourself, and you can build a high level of skill through serious, hard, regular *practice*. Remember, this is not a sport, and it is not rooted in classical/traditional Asian martial studies. This is all-practical, all-realistic, war proven close combat and personal protection material. It incorporates and expands upon all that the greats of the 1940's gave us (i.e. Applegate, Fairbairn, Sykes, Biddle, O'Neill, Brown, etc.) and offers a unique *modern* combat art that extends far beyond the limits of the abbreviated WWII methods.

Buy yourself or a loved one the gift of confidence and real personal defense ability! Get started training now. The means is open to you, one way or another; and you and your family will reap direct and enormous benefits from your decision.

How would you feel if you needed to defend yourself or a loved one, and couldn't do it?

Get started training this year!

Be sure to visit ...

www.seattlecombatives.com for over 400 articles OF FREE INSTRUCTION, COMMENTARY, and BOOK REVIEWS! Check each section on this web site, and when you've scrolled down to the bottom of each page don't miss clicking on the previous (archived) pages containing many articles!

There is a lot of free material on here that is solid close-combat and self-defense oriented. No B.S., no sport, no nonsense, and all FREE; with new articles and instructional pieces added EVERY MONTH!

DVD Course NOW AVAILABLE!



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

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

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

— James R. Jarrett,

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

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

— Greg Anderson,

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

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

— Detective Ralph Friedman (NYPD Retired),

Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has

received, among other awards, the coveted 'Combat Cross'. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

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

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

“Your American Combato is a very good System”

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

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

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

“From you I learned the valuable lesson of ‘attacking’

**instead of ‘defending’ when you have to defend yourself”
— Grandmaster John McSweeney,**

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

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

— Dr. Albert Ellis,

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

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

— George Kalishevich,

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

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

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

— Grandmaster John Perkins,

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

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

DVDs!

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

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

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

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

instruction again and again, and save the DVDs for your children to study when they are old enough.

IMPORTANT NOTICE!:—

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

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

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

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

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

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

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

Contents:—

DVD #1 FUNDAMENTALS

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

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior

experience in any martial art can understand and develop the skills! These are the first four of *American Combato's* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

DVD#2 BASIC BLOWS

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

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

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

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

DVD#6 COUNTERING THE UNARMED REAR ATTACK

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

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

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

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

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife

- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

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

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

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

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

DVD#11 KNIFEWORK

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

- Defending yourself with a knife

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

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

All DVD purchases are of course nonrefundable.

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

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

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

Two Possible Targets You Can Exploit

In An Emergency

THE *liver* and the *spleen* are both extremely susceptible to powerful, sharp impact. Unusually powerful blows to either of these targets can potentially kill; and either is an excellent target for knife attack. Both from the standpoint of **offense** and **defense**, it pays to know about these vital targets.

The liver is located in the upper right-hand section of the abdominal cavity. The spleen is located under the ribcage and above the stomach in the *left* upper section of the abdomen.

Visitors can do their own research if they have detailed interest in the function of these two vital body organs; however, for the purpose of **practical self-defense** we simply wish to point out that powerful attacks to either of these targets can prove useful when you are attacked by a dangerous, powerful adversary. *Under no circumstances should blows be permitted to these organs in competition or in any kind of self-defense training.* These are among the “for real” vital points.

We remember many years ago (early 1960’s) when a youngster died in a competitive karate match in California, during which, tragically, a kick delivered by his opponent connected and ruptured his spleen. **There are very good reasons why the *properly* run classical karate schools do not allow freestyle sparring until considerable experience and skill has been gained. In Japan it was once customary *only* for black belts to engage in jiyu-kumite!** This of course was when karate was taught as a *combat art* exclusively — and when blows were controlled, landed **short** of contact, and the vital (as opposed to the contest) points were advocated in karate training. Contact karate, so-called, weakened the Art for **actual close combat use**, while allowing the fools who enjoyed pounding on each other to feel like tough guys, as they limped away from their matches with black and blue marks.

You do *not* permit contact with combat blows to vital targets. Period.

Anyway . . . the *liver* and the *spleen* have long been recognized as highly attractive targets to Westerns boxers. Normally, boxers would reserve their punches to these points for street survival emergencies. Any *experienced* boxer would almost certainly be able to maim or kill a man by punching him full force and repeatedly in these locations, and he would intuitively avoid going all-out with punches there, unless immersed in a truly life-threatening dilemma.

In self-defense — in *American Combato* — we are *only concerned with real world, practical, unavoidable self-defense*. We do not compete, we do not play, we do not see a “recreational” application for violence, and the only time we raise a hand against anyone is in **lawful, legitimate defense against unavoidable attack**. So . . . the fact that any particular target is especially vulnerable, and that any particular blow may be especially destructive is of firsthand concern to us, and we retain that knowledge and we cultivate that skill — *for any potential emergency where it may prove valuable*.

We believe that the following basic blows are particularly effective against these two targets:

1. The close-in, clenched fist uppercut (or for some positions, *hooking*) punch, and
2. The inverted heelpalm. (To form this, simply flex the hand for a normal heel-of-the-hand blow, then turn the fingers toward the ground, projecting the heel upward and forward). This can be used to deliver an upward *or* a hooking heelpalm blow — close-in, arm at a right angle, as a kind of “trip-hammer” blow.
3. Most particularly against a larger, taller adversary: A *forward* or an *upward* elbow smash blow.

We again caution: Blows to the liver and to the spleen are dangerous and almost invariably harmful, even when struck by accident. So do your **contact** training on a dummy, heavy bag, padded post, etc. *do not use actual contact when practicing.*

As regards weapons:

1. Driving the end of a walking stick, baton length, or yawara type stick powerfully into an adversary’s liver or spleen can of course be very effective.
2. Both the liver and spleen are excellent targets for deep knife thrusts, close-in (for example in military hand-to-hand combat).

Experiment with various predicaments where you might find yourself obliged to act in self-defense, and see if this discussion has provided any worthwhile fuel for thought about how you might attack the liver and/or spleen effectively. See if modifying any of your pet attack combinations and preemptive tactics so as to include these actions would suit you.

Take what’s useful, and discard what doesn’t work for you.

This is real world, ongoing training.

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

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

— General George S. Patton, Jr.

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

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

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

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
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Reality And Handgun Stopping Power

THE combat handgun, revolver and semiautomatic, is a ***close range quick reaction*** weapon. It cannot perform like a rifle. It is the least powerful and destructive of all hand-held firearms, and there is ***NO*** handgun that is practically designed and realistically suitable for normal people to carry on their persons for long stretches of time, concealed, that offers guaranteed

stopping power *even when its round solidly impacts with its intended target* — which is a living, breathing, dangerous and life-threatening human enemy. No, not even the .44 magnum.

You almost certainly will never read anything like this in a monthly gun magazine; nor will the fact be frankly faced or emphasized if you throw out a couple of thousand on some “name shooting school’s” course. People do not like to hear this.

As is the case with *unarmed* self-defense, people are inclined to believe what they want to be told about armed defense measures, and to acquire wholly unrealistic and inaccurate ideas about the realities of deadly interpersonal conflict.

Yes, the powerful combat handgun — semiautomatic **or** revolver — is the ultimate self-defense carry weapon. But that does not mean that it is perfect, or that its use will automatically enable its possessor to successfully drop every variant of lethal attacker.



BOTH REVOLVERS AND SEMI AUTOMATICS ARE EXCELLENT FOR PERSONAL PROTECTION. THEY DO CONSTITUTE THE ULTIMATE WEAPON FOR SELF-DEFENSE, BUT NEITHER IS PERFECT, AND

NO ROUND THAT FIRE IN EITHER SHOULD BE EXPECTED TO DROP A DANGEROUS ATTACKER “EVERY TIME”. SHOT PLACEMENT IS THE CRITICAL THING. WE RECOMMEND THAT PERSONS WHO ARE LEGALLY PERMITTED TO GO ARMED SELECT A HANDGUN THAT THEY FIND MOST COMFORTABLE TO CARRY IN .38 SPECIAL, 9MM, .38 SUPER, .40 CALIBER, .357, .44 SPECIAL, OR .45 ACP. THEY COMPRISE THE ROUNDS MOST SUITABLE TO COMBAT AND DEFENSE. AFTER THAT, IT IS WHERE THE ROUNDS THAT ARE FIRED GO THAT INCREASES OR DECREASES THE ODDS OF STOPPING YOUR MAN.

The idea is that *any serious combative engagement* is potentially life-threatening, and over confidence is a terrible mistake. Train and prepare though you will, always keep a healthy sense of reality about you when thinking about, and God forbid if ever you find yourself confronting, the reality of violent combat.

A conveniently ignored and disregarded fact about so-called “handgun stopping power” is that in certain instances it has little to do with the weapon or the cartridge that has fired it, but with the **individual who has been shot**.

There have been times when persons hit by what would have been regarded as “stopping rounds” *simply did not stop*. A very famous and well-documented **TRUE** example was dramatized in a TV movie starring David Soul. Soul, playing one of a duo of violent, murderous crackpots, ended up with his cohort in a gun battle with FBI agents and local law enforcement officers in the middle of a residential neighborhood. Armed with a Mini-14 and handguns, the two lunatics tragically killed a number of officers before finally being shot dead. *Following the incident, it was determined that the men had been shot lethally; but nevertheless continued to fire at the police and FBI*. Before succumbing to their many wounds these bad guys provided an excellent and never-to-be-forgotten lesson for *all* good guys. That is: **Never, ever underestimate “animal resolve” and ferocity, and an attitude of frenzied, utterly determined commitment. Ever.**

Unfortunately, skill-at-arms is **not** all that will factor into every outcome when handguns (or knives, or sticks) is used by the combatants. **THE LEVEL OF GRIT, RESISTANCE, HATRED, COMMITMENT, DETERMINATION, RESOLVE, AND FANATICISM** possessed by the enemy *always* weighs in and can influence the outcome drastically.

We do not present these facts in order to discourage those who train for self-

defense. Quite to the contrary. Our objective is to get those who really *are* focused upon real world preparation, **prepared**.

For real world close quarters combat employment of the semiautomatic or revolver sidearm you need to master **POINT SHOOTING**, to carry a reasonably **ADEQUATE CALIBER WEAPON** of **QUALITY MANUFACTURE**, and to rely upon **BULLET PLACEMENT** (Center mass, abdominal, head). A 9mm, .38 Special, .38 Super, .40, .44 Special, .357, and .45ACP are *all* quite adequate. Even the .380ACP and the .22 LR rimfire round will often do; certainly better than *nothing*. The key is not to regard these rounds, these calibers, or these weapons, as being any kind of last word when it comes to dropping a deadly, armed enemy. To get *there* you need to get up into .223, .and 308 battle rifle, and 12 gauge shotgun rounds. Nail an enemy once or twice in the K-zone with one of *those*, and definitely ——— barring an act of God ——— that enemy is kaput.

Medals gained in combat shooting *competition* reflect the shooter's ability in basic **NON COMBATIVE MARKSMANSHIP**. Doubtless some “champion” or highly experienced competition shooters *could* do well in an emergency, assuming they had their sidearms at the ready. This is true for competition people in wrestling, judo, boxing, MMA, karate, etc. as well. *Some* of the competitors are able to adopt their skills to *some* actual emergencies. Okay. But in no case does outstanding performance or attainment in armed or in unarmed competitive, simulated and sporting “combat” translate into **COMBAT TRAINING AND PREPARATION**.

People believe it. But it's simply not so.

Build your confidence by ongoing training ——— training of your mind and body, and with not only unarmed but with whatever legally permissible weapons the society in which you live allows you to possess and to carry. Then . . . go about living by striving always to *avoid* violence whenever humanly possible. But appreciate the desperation, danger, and dynamics of violent combat, and *always* train in accordance with *reality*.

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If All You've Got Is Your Bare Hands . . .

EVERY once in a while we like to remind our students and visitors of the immutable *facts* that must always be taken to heart when training for self-defense.

Human attackers are often very difficult to stop. And an awful lot of what many people believe about how to stop them is sheer nonsense. “Blocking”, the application of “pain compliance” holds, getting a would-be murderer into a “submission hold”, “knocking out” an attacker with a fast punch or two, and so forth, are all approaches to various self-defense situations that *might* under *some* conditions be effective; but that *no one should ever train to reply upon as his basic method of dealing with dangerous, criminal violence*



THIS IS A TOUGH, HARD, DANGEROUS MAN. HE IS NO DOJO PARTNER, AND HE IS MORE

INTIMATELY FAMILIAR WITH VIOLENCE THAN 90% OF ALL THE BLACK BELTS YOU'LL EVER MEET. *THIS TYPE OF ADVERSARY IS TO BE FEARED*, AND IF, GOD FORBID, YOU EVER FOUND YOURSELF CONFRONTING AN OPPONENT SUCH AS THIS WHO WAS BENT UPON BEATING YOU INTO UNCONSCIOUSNESS OR DEATH — OR STABBING, SHOOTING, OR CLUBBING YOU — YOU HAD *BETTER* POSSESS REAL WORLD SKILLS AND A PROPER MINDSET IF YOU HOPE TO HAVE A CHANCE TO SURVIVE! GENUINELY DANGEROUS, HARDENED, VIOLENT PEOPLE WHO *LIVE* WITH SERIOUS VIOLENCE 24/7 AND WHO ARE *NOT* EASILY HURT OR STOPPED ARE THE ONES WHO YOU SHOULD BE TRAINING TO DEFEND AGAINST. NEVER MIND THE LOUDMOUTHS WHO HAVE NOTHING TO BACK UP THEIR POINTLESS CHARADE WITH. *HERE* IS WHAT YOUR ABILITIES MUST PREPARE YOU FOR.

Two things may be relied upon in unarmed close combat to drop a dangerous enemy, and save your life or the life of a loved one:

- 1. Powerfully administered, sudden *shock* to the enemy's central nervous system.**
- 2. Total and immediate interference with the enemy's ability to breath.**

These forms of trauma are of course related, and combat techniques that bring about one might very well bring about the other, in the same instant. The point is: *This is what is required in a dangerous emergency against a formidable, hardened, determined attacking enemy.*

We are not going to describe skills that achieve these unfortunately sometimes necessary actions, here. From time to time we do refer to some of them, and our students (live or DVD) *learn* them well. We wanted here only to **make the point again**. A truly vital and indispensable point for anyone training in self-defense. There is far too much ineffective bullshit being embraced and advanced as being reliable, but that is only effective against either a cooperative training partner, a halfhearted punk who runs when resisted, or to win a non-combative fighting *match*. Competition bears no relation to defending against a gang attack, mugging, home invasion, car jacking, sudden attack by a troublemaker (i.e. “knockout punch”, etc.), rape attempt, kidnap attempt, thrill killing, and so on. **Yet these are the serious threats that decent human beings need to be prepared to deal with.** All other forms of *avoidable* physical violence, and *annoying-but-not-injurious* physical pestering should be dealt with by means other than physical force.

We have never lost an *American Combato* student to a dangerous attacker. This is because we do not waste time or energy attempting to instill in him (or her) pretty but useless skills. Nor are we even peripherally interested in winning matches. **Our focus is SURVIVAL.** We train good people to protect themselves and their families against bad people . . . bad people who they have no choice but to deal with by using force, since those bad people are initiating force against *them*. That's it. If you're after trophies and titles, get involved in a combat *sport*. If you enjoy esthetically satisfying *theoretical* combat, as taught in many "martial arts", but are not concerned about handling a genuine killer who might target **you**, train in whatever you like. However, if your intention is to prepare yourself for a horrific event that you pray to God never occurs; and if you frankly "only want to learn how to defend yourself, without the trappings", then get this straight:

That which you train in should be placing in your hands, heart, and mind, the ability to massively shock a violent offender's central nervous system or bring his breathing to a halt, by utilizing your natural weapons in correct, war-proven ways. You need **ferocity** — a warrior's mindset — and the ability and willingness to follow up with murderous rage and commitment until you and any other innocent victim is no longer in danger. **Otherwise, you keep you hands to yourself.**

It's either/or. Stop looking at dangerous violence as if it was some kind of a game, and as though there were all sorts of fancy options available to you, via the martial arts, by which you could elect to deal with it.

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**:

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

YOURS IN DEFENSE,

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—end—

