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Sword and Pen
Official Newsletter Of The International
Combat Martial Arts Federation (ICMAF)

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December 2018 Edition

Editorial

The Morality Of Self-Defense

IF we remember correctly from reading it 40 or 50 years ago, the late psychologist Dr. David Seabury wrote:

“IF YOU BELIEVE THAT YOU ARE RIGHT YOU HAVE THE STRENGTH OF TEN”.

No doubt or question about it: The inner certainty and unwavering conviction that you and that what you are doing is *right* imbues you with a power capable of withstanding and defeating tremendous opposition.

There was a time when Western culture was unhobbled by the fog and doubt of collectivist “thinking” that infects virtually the entire world, today. “Nothing is all ‘right’ or all ‘wrong’,” the fraudulent ‘intellectuals’ tell us. “Don’t think in terms of ‘black’ and ‘white’ ” we are cautioned, because “there is good in the worst of us, and bad in the best”. And, “things are not all black or all white . . . most things are gray”. (Gray is a result of *blending* white and black; so you cannot get gray unless you have both distinct colors available. Similarly, without defining and knowing what is black and what is white *morally*, we cannot have an individual whose character is a mixture of both; and when one knows what is ‘right’ and what is ‘wrong’, there can be no excuse for choosing that which is wholly or partly wrong).

Get people to start sympathizing with violent felons; start them pondering how, even the “worst of them” has some good in him; and get decent, aboveboard *normal people* to start doubting whether in fact *they* are really any *better* than violent predators, and the ability of those decent, aboveboard, normal people to defend themselves will shrivel. “After all,” they will inevitably be thinking, even if they are unaware that this is indeed their premise now, “what give *me* the right to injure anyone else? Even if the person is violent, that doesn’t justify my using violence against him.” Those retaining at least *some* common sense will seek to modify that which they regard as “allowable” in self-defense, without becoming mere vegetables seeking to be eaten. “Well, yes, I guess we *do* have the right to protect ourselves. But guns? Knives? Really brutal unarmed combat methods? No . . . that’s going too far.” Nonsense! We hope that you can at least *begin* to see the absolute crap that is widely touted for what it is. And here’s why:

If you want to be able to defend yourself well then you need to have a clear appreciation of the moral rightness of doing so. **You have a 100% perfect right to defend yourself, and anyone who attacks you is 100% wrong. *Period.***

It does not matter in the least whether your assailant is young or old, male or female, from a deprived or privileged background, wealthy or

poor, employed or unemployed, stupid or brilliant, a member of an ethnic majority or minority . . . ad nauseum and etcetera. The only thing that matters is that **you** have a perfect right not to be physically injured, terrorized, robbed, raped, bullied, pushed around, or threatened in any way with violence. If any such danger to you offers, then you are morally justified in doing whatever you need to do in order to decisively stop your attacker(s). And you need not consider the attacker's comfort, well being, welfare, or suffering one iota. **THAT** is the moral certainty with which the successful defender operates.

Although it is politically *very* unpopular to say it, violent types, troublemakers, semi-humans with poor impulse control, bullies, strong-arm punks, and so forth ***are not properly to be regarded as human beings who possess the same rights as those whom they presume to victimize.*** Get with that. Feel it. Believe it.

It is not necessary that you advertise the fact that this is your philosophy. With the generality of the public today choosing to function as braindeads, with their “politically correct” mind power turned down so low that it cannot function outside the parameters set for it by those posturing lice who dictate what is and is not *socially acceptable*, it makes no sense at all to care what “they” think. You do not need the agreement of others to be able to defend yourself in an emergency. You need to be your own man, to think for yourself, and to think sanely and self-servingly. Your morality should serve you, not those who would victimize you. Be uncompromising in this. Put on whatever face you may need to in order to get along with the flotsam and jetsam with whom you work at the office, but **be clear and be absolute in your own mind about the fact that YOU, if targetted for violent violation are on 100% solid moral ground defending yourself with everything in you, and disregarding your attacker, completely.** In plain English: Any violent bastard who initiates physical attacks on others is to be dismissed as evil; his well being is no one's concern — *least of all* the concern of those who he would harm. ***To damn hell with any violent offender.*** And any apologists for such monsters can follow the scum right into the fiery pit!

In San Francisco not long ago some subhuman lump of s—t, using a sidearm stolen from a law enforcement officer, shot and murdered a young lady who was walking with her father. **This monster was found “not guilty” at trial.** This is moral turpitude . . . on the part of the goddamn jurors and the black-robed overseer of injustice posturing as a “judge”. *There was a time in the history of America when such a despicable example of pseudo-human life would have been strung up by an uncontrollable lynchmob!* The root cause of this betrayal of reason and justice is **moral**, not legal.

It is *moral* to kill in self-defense. It is immoral to kill in order to carry out a criminal action. This concept, self-evident to any rational, thinking mind, is **not** self-evident to the mindless fools that pollute urban America today. *That* is what permits twelve people to find a cold-blooded murderer “not guilty”, and a “judge” to allow such a verdict to pass. **And the Nation’s population to shrug and not become incensed and outraged at the terrifying injustice committed!**

We are down to this: *If there is to be justice for those victims of violence, then it will be dealt out by them. Their “fellow citizens” cannot be counted upon — either to see to it that justice is done after the fact, or to appreciate the righteous nature of any act of self-defense that intended victims are able to utilize successfully to save themselves!*

Another incident recently in the news. A man mentioned to a woman whose vehicle was parked illegally in a handicapped space outside a convenience store that her car should be moved. The female’s male companion, upon exiting the convenience store walked up to the man and violently shoved him onto the ground. An injury from such an attack could be fatal if the individual who is shoved hits his head on the pavement. *The man who was shoved did absolutely nothing physical to provoke violence from the female’s companion. All he did was admonish the female to move her vehicle.* When he hit the pavement after being thrown to the ground he drew a handgun, obviously fearing for his life. We would have felt fear for *our* life, were we in that situation. . He shot

his attacker with his legally owned and licensed handgun. From the surveillance camera that recorded the event, the male attacker apparently was planning to followup his mindless onslaught against someone now perceived by him to be a helpless victim — ***until that gun came out!***

Initially — and properly — no charges were filed against the man. A check of the surveillance film showed that the man acted in self-defense. **However . . . under pressure from the savages in the community (who apparently felt that there was something unfair about a victim refusing to submit to a possibly fatal beating by a mindless victimizer) *charges were filed, and the crime victim was put in jail!*** Here is what happens when justice and reason lose the moral highground against *feelings and irrational emotion*; the morality of fools.

To be fully prepared for self-defense you must be fully possessed of self-respect. And you need a reasonable, just **morality** that verifies and confirms your absolute right to live and to protect your life against any who would threaten to jeopardize it, and violate your right to life.

The way things have been going for the last 40 years, and the outlook for a future that is the result of a continuance of the insanity that is ruining America, makes it all important that you set your own mind right, and hold to an uncompromising morality of reason and justice. **That** will stand you in good stead . . . not only in a self-defense emergency, but in all aspects of your life. **Self-defense, survival, being free of the interference of those who refuse to think, and being 100% unapologetic about holding your life, your well-being and the lives and well being of those dear to you as INVIOLE** is what your morality needs to demand in these troubled times. More: you must appreciate that this is *right*; it is *good*; it is *correct* and in accord with what fully human “human beings” need to live by *no matter what others may have been brainwashed to believe*.

If you believe that you are right, you have the strength of ten. And that is precisely what you want to have, plus a sound repertoire of solid techniques and skills, supported by a strong, fit body.

There can never be guarantees when it comes to violent combat and defensive emergencies . . . but with the proper morality — i.e. an uncompromising morality that upholds self-defense, **your** self-defense — you will have the odds heavily weighted on your side.

Bradley J. Steiner



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!

Can Gutter Tactics Be Justified?

OUR quick answer is: “You’re goddamn right they can be!” But that doesn’t treat the question seriously enough, and it may not provide the motivation that we wish to provide to decent men and women to *USE* gutter tactics if they ever find themselves needing to defend against a dangerous, violent felon.

One of the finest original instructors of practical, realistic defense methods was the late Bruce Tegnér. His books on self-defense are still highly recommended, and he is one teacher whom we regret never having been able to meet in person. Still . . . his views and advocacies are *not* entirely consistent with our own. He was a man way ahead of his time, and it is our fervent hope that modern students of self-defense will acknowledge his contributions and use his books on *Jukado* (Tegnér’s System) as valuable references.

A couple of major points of difference between Bruce Tegnér’s philosophy and curriculum of self-defense and our own are:

Tegnér did not believe that the extreme (WWII type) methods of military close combat were suitable for self-defense. He felt them to be too brutal and violent. We disagree. If anything, we would say that in some instances they were not violent, brutal, cruel, and ferocious *enough*.

Tegnér was not a proponent of firearms for self-defense, or of knives. We most certainly *are* a powerful advocate of firearms and modern edged weapons for self-defense.

Tegnér was an advocate of what might be referred to as using a force continuum. He categorized attacks against which defense measures were to be used as: annoying, mildly threatening, serious, and deadly. We differ. We differ because we cannot read minds and we are well aware that what *seems* like a mild or annoying action on the part of some scumbag just could lead to murder.

Tegnér (being the California State judo champion) understandably included a series of judo throws in his self-defense methods. We prefer to use the much more destructive — and for self-defense, **reliable** — combat throws, as advocated by Fairbairn, Applegate, and O’Neill.

There were a couple of other points of disagreement that we could name, but we wish to state that we nevertheless like Tegnér’s practical approach throughout his self-defense teaching, and see great value to it.

Plainly put — which is how we prefer to put *everything* — **gutter tactics are a necessary, commendable, valuable, irreplaceable, most highly desirable** category of tactics for real world self-defense. The more foul, underhanded, “dirty”, unfair, non-sporting, cruel, deceitful, and *deadly-dangerous* your self-defense, the more effective it will be!

Be Clear And Specific About Your Goals

WE insist that there are four broad, very general, categories of modern “martial art”:

1. Sporting-Competitive
2. Theatrical
3. Classical-Traditional
4. Combat-Defense

There is no “better” or “worse” or “superior” general *type* or *category* of martial art. It all depends upon what your personal interest, need, and objective is. All of the methods and systems are good . . . but they are not all good for the same thing.

What makes this whole subject so confusing for many are two facts:

- Sporting-Competitive and Classical-Traditional arts do have some carryover value for self-defense. All of the categories offer methods that provide exercise and fitness. So . . . it is quite possible (and *many* sporting-competitive and classical-traditional schools do this) to sell a *sport* or a *traditional system* as a combat system, *per se*, to those who inquire about instruction and specify that they are looking for training in self-defense. **We maintain that this is wrong.**
- There is a widely-believed myth that an art can be a **sport**, a **fitness activity**, and a **self-defense method** *per se*; in short, “all things to all people”. **We maintain that this is wrong.**

The truth is that your greatest benefits, and the finest instruction, come from schools and teachers that have *one single emphasis* and only one single emphasis in their program. The sporting-competitive school that does nothing but train for competition, produces the best, toughest, and most likely to become champion pupils. The most successful classical-traditional school produces true traditional martial *artists*; persons who can perform their skills *exactly as they have been performed* for hundreds or possibly even thousands of years! And the combat-defense school best readies students for what hopefully they will never need to

face: i.e. a life-threatening encounter with one or more unarmed or armed enemies, either as a private citizen or as a member of the armed forces. (We believe that at this point we can put aside the theatrical schools, since we know that they teach actors and stunt men *stage* combat and mock fighting that *appears* to be real, but that has as its only purpose the presentation of realistic-appearing fight scenes — for stage or screen.)

Our teaching — and this web site — is for those whose interest is solely that of **self-defense** and **close combat**. We have no problem saying that, over the years, we have referred people to other schools where their interests would be better served. Our instruction can teach an individual *nothing* about competition — except possibly how to get disqualified approximately three seconds after the start of any match. Nor do we offer much for those interested in a classical martial art or way. There is some surface similarity in some of that which we teach to, say, ju-jutsu or karate; but it ends at a surface level — and goes no deeper!

Because this matter has become one of genuine proportion and significance, we produced PDF Training Brief #28 to guide anyone who needs it toward exactly the right kind of school and teacher for real world self-defense. Anyone following the guidance in that Training Brief will know *exactly* what to look for and **how to be certain that he has found** authentic, professional instruction in the art of serious close combat, for private citizen or military purposes. It can be daunting for those with little or no experience and knowledge of the field, and a wrong choice will certainly lead to lost time, lost money, and very possibly, poor training *for that which the individual is seeking*.

In a nutshell, some tips we'll provide right now :

√ Any school or teacher frankly claiming that what is taught can readily be a sport, fitness method *or* self-defense system is likely to be diluting considerably the “self-defense” that is part of the curriculum. Classical schools that urge that their approach (whatever it may be) offers an air-

tight method of modern self-defense are — perhaps unwittingly — misleading you. The classical arts are all beautiful and valuable, but their application in hand-to-hand combat leaves much to be desired. You probably will need at least two or three *years* of hard training before you can begin to employ the skills taught in actual predicaments of danger.

√ Schools that stress an enormous amount of solo *kata* or forms may be excellent classical-traditional schools, but there is no solid carryover between classical karate kata and combat.

√ Schools that stress controlling, holding, locking, and throwing an attacker with perhaps the inclusion of a small sprinkling of kicks and hand strikes will not ready you for extremely dangerous situations.

√ Teachers that insist on competition as the “proving ground” for skills and abilities are not likely to give anyone seeking practical defense and combat all that much of value. *After all, if you can use it in competition, it is probably nowhere near as decisive and destructive as actual combat and defense techniques need to be.*

√ Blows ——— kicks, open hand strikes, elbow smashes, knee strikes, gouges, biting, butting, and clawing, and the foulest tactics imaginable are what you **must** have for real world use. Any school that does not stress at least 60% blows should in our view be avoided. And what you really want is a school where 85% of the program revolves around combative blows, etc.

√ Throws of a certain kind are very useful in close combat, but if you are urged to learn the typical judo type throws (that require and permit breakfalling when they are employed) look elsewhere. Combat throws do not permit breakfalling, but throw an adversary in a manner that offers him no chance of protection against the fall.

√ Teachers insisting that there are “secrets”, “mysteries”, and “hidden methods” that only he and his method will impart to you eventually, are rooted in fantasy. For self-defense you need reality.

√ Schools or teachers who disdain instruction in disabling and maiming skills, and prefer to teach “humane” or “non-injurious” self-defense are perhaps the greatest indulgers in fantasy! In self-defense **anything goes**, and there is no nice way to accomplish your defense. Either you or your assailant is going to be badly injured.

√ Schools teaching what is virtually an *endless* number of self-defense techniques — all of which are pretty complicated and are rigidly situation-specific — are not offering what is translatable into a practical repertoire for personal protection.

√ Schools where teachers or their assistants cause injuries to students as a normal part of the training. These psychos claim that they are “toughening up” their students or preparing them for “real combat”. Nonsense. These schools are poorly run and you will be hurt more during the training than you’d likely be hurt in the street — with no benefits for your pain!

√ Schools where the “exclusivity” of *their special instruction* creates an atmosphere where questions are not allowed, and where the teacher disdains anyone who fails to learn immediately. A good teacher will answer your questions and will understand that everyone learns at his own unique pace.

Our PDF #28 provides a comprehensive, in-depth guide to finding a good school and teacher, and we recommend it for those who wish to save time, money, and energy in their search for the ***right instruction*** for themselves.

**Another Horrendous Tragedy/Catastrophe That
Should Tell Us All Something**

THIS last October 27 the news carried an appalling story about the mass-murder of eleven innocent people in a Synagogue in Pittsburgh, PA.

It certainly appears from the news report we read that the shooter was motivated very strongly by anti-Jewish sentiment. But frankly, *why* this crackpot was prompted to commit the atrocious act that he committed is far less important than the fact that he *committed it*. To us, the horrific school shootings, Church shootings, and *all* and *any* criminal shootings — regardless of who may be “hated” or why — underscores one important thing: **The private citizens of this Country should be lawfully armed and competent with their weapons so that they are *not* the easy, helpless targets they so often are!**

Neither handguns nor *any other* type of firearm or other weapon has ever been kept out of the hands of criminals and crazies by laws against those weapons; and no weapon ever will be kept out of the hands of these societal misfits by the passage of any law or laws in the future. *The only people who are rendered **disarmed** and so often **helpless** by the existence of gun laws are the decent law-abiding private citizens — precisely those most likely and most often to be victimized by those who have no regard or respect for the law.*

The police do the best that they can, but the police are rarely if ever present when the serious, violent victimization of innocent people takes place — whether the criminals carrying out the crimes are armed or not.

Private citizens have a perfect right to own, maintain, carry, and use firearms! This right is violated in the extreme in a number of cities in our Nation today — but it **is** their **RIGHT**, nonetheless. Some cities and states are far better than others, but this whole idea that the **simple right of the private citizen to have access to the tools of self-defense should be abridged and violated in the same Country where the basic *RIGHT TO LIFE* is regarded as sacred, smacks of nuttiness.** How can you have the “right to live” without the concomitant “right to defend your life”?

There is more concern in this Country for the right to life of violent felons — even convicted murderers! — than there appears to be concern for the decent citizenry. *People living in some neighborhoods of some of our once-great cities are subject to domination by armed criminals.* Laws have had no effect on these monsters obtaining whatever weapons they wish to possess; and they **use** these weapons against a legally **disarmed** populace.

Hell, in England, a beautiful Country populated largely by decent, intelligent, hard-working, straight-forward people, **knives as well as guns** are forbidden the citizenry! Yet follow the news. **Murders in England by felons armed with knives and guns are rampant.** What a difference it would make for the safety and security of the overwhelming majority of the British people — *of the people throughout the United Kingdom, in fact* — if they were properly armed and used their weapons well when necessary, in legitimate self-defense.

Our deepest sympathies always go to the victims of violent crime and to their surviving family members and friends.

We have no illusion that the restoration of the private citizen's right to keep and bear arms will eliminate armed criminal violence entirely. But we in America have tons of historical evidence that an armed populace is one of the greatest deterrents to armed criminal activity . . . and we have but to look at the difference between the violent crime statistics of New York City, Los Angeles, San Francisco, Chicago, and so forth, versus the statistics where citizens are armed and are free to protect themselves.

No, guns are not the “only solution” to the travesty of violent crime. However, guns provide a powerful level of protection for would-be violent crime victims, and certainly all students and teachers of modern combat arts should recognize this and stand up for the 2nd Amendment.

If only a few of those people in that Synagogue on October 27th had been packing!

Is It Time For A Change?

THE human body completely renews itself every few months. And, less frequently, the human body actually *changes* . . . in strength, energy level, flexibility, etc. Normally you likely would not really notice any significant changes until perhaps somewhere between five and ten years go by. But over the long haul we *all* notice that we're considerably different than we once were.

Visitors who have been training seriously since their late teens or early 20's and who are now in their 50's or beyond have *certainly* recognized that they no longer possess the energy and strength that they had in their youth. But real changes occur more often than every 30 years or so; in fact they occur *much* more often, and a good general policy for your personal training routine is to make it a habit to review it carefully every six years, and honestly assess yourself and your program . . . and *make the appropriate alterations so as to insure your continued, successful training for life*.

None of us escapes getting older. In fact we often joke with friends that "getting old is better than not getting old". If anyone attempts to train at 50 the way he trained at eighteen, he will find that he has gone down a most disappointing path. *Discouragement, fatigue, sliding backward as opposed to moving forward or retaining his ability*, and an unfortunate sense of "What the hell's the use?" will certainly be his fate.

One of our personal objectives when we were organizing the curriculum of *American Comabto (Jen•Do•Tao)* was to make the System a true **lifetime System**. That is, we threw out anything that demanded acrobatic feats, extreme flexibility, great strength, or *anything* that would diminish with age to the point where the person who could *once* do the techniques could *no longer* do them — due to the natural lessening of those attributes of youth that permit such techniques to be done. Fortunately, good combat skills are uncomplicated, direct, and *highly* retainable. Assuming interest, reasonably good health, discipline, and desire,

virtually anyone of any age can learn and develop the skills that we teach. In point of fact, for example, we have had distance students (i.e. those using our DVD Home Study Course) in their late 70's tell us how much they are benefitting from their training! Most of those who order our DVDs are in their 30's or 40's . . . but regardless, they *all* can practice the skills with enormous benefits, as a result. **And they all can use them, if necessary, in the real world, in actual emergency situations.**

But even with those skills in *American Combato*, the intensity and the quantity of training done by a student will be influenced by his age, and by how long he has been training.

Above all, be sensitive to your physical changes and needs. Instead of doing two-hour practice sessions, when and if you find that just plain exhausting and non-productive (although it worked out fine when you were in your teens and 20's!) drop your practice periods to an hour and a half — or even one hour — now that you're approaching age 40. The idea is that training sessions should be *productive*. You should feel, as a result of your training sessions, like your skills are a bit sharper, faster, stronger, and that you feel a bit more confident in your ability to actually use them, should that unfortunate need ever arise. "A lot" of training is nowhere near as effective as **quality training**. Yes, vigorous teenagers and fellows in their 20's and sometimes even their 30's, often have no problem at all deriving full benefits and satisfaction from two hour practice periods. *But if this is no longer true of you, cut back!*

If you're in a system that emphasizes high or acrobatic kicks (like taekwon-do, or northern shao-lin ch'uan fa, etc.) we **strongly** suggest that you stop the extreme stretching and high kicking as you approach your mid-30's. First, because this can definitely harm your body; second, because your ability to do high and fancy kicks will (whether you realize it or not) diminish as you enter your later years, *and will not be suitable for personal defense, even if you kicked like an acrobat when you were 25!*

Certain techniques that you perhaps practiced only slightly (because they were “too simple”, and you were fascinated by the fancier stuff, like the more elaborate throws taught in many ju-jutsu schools, or the holds and counter-moves) should get renewed attention as you age. *Osoto-gari*, and *O-goshi*, as well as *Ouchi-gari* and *Tai-otoshi* would be more suitable for personal protection, if you insist on sticking with judo. Combat throws would always be ideal, and those that we teach can be done at any age — but your school might not be teaching them.

Keep all self-defense techniques **simple** and **destructive**. The more easily and speedily you are able to **severely injure** an attacker, the better. Leave the more complex stuff for the really young fellows who do nothing but train, and for demonstrations; *not* for the real world.

Never neglect weaponsry! A walking stick *that you have learned how to use correctly* could easily tip the scales for you in a situation where you found yourself facing two young punks, while you’re preparing to celebrate your 60th birthday! Firearms and edged weapons (just be certain that you own, carry, and use them **LEGALLY**, according to the laws where you live) are indispensable tools of self-defense. And their importance becomes greater as your physical capabilities diminish with age.

Changes should be made as they are needed. Our experience seems to indicate that in *all* instances revision of one’s training and of one’s technical *focus* in training becomes necessary every five to ten years.

You will most assuredly *not* be the same person with the same abilities when you are 60, that you were when you were 20. However, if you adjust, modify, and sensibly alter your training *as you age* you just as assuredly **WILL** retain the ability to defend yourself well.

Remember that all of what we’ve said applies to your **physical training**. Students of close combat and self-defense (or students of classical/traditional arts *who wish to be able to use what they train in for close combat and self-defense*) should workout regularly and sensibly with

weights. Leave the gruelling and extreme workouts for youngsters; **but do not abandon weight training because you are no longer impressive at the beach!** Eighty and 90 year olds should be training (albeit mildly) with weight resistance exercises. You want this marvelous form of physical exercise to be a permanent part of your life, and to remain your key supplementary physical training to bolster your self-defense abilities.

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(There are numerous “techniques” for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that th American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.) **\$4.**

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(There are more martial arts schools and teachers in the State of California or New York alone than in all of Asia! And today there are hundreds claiming to be teaching practical, reliable close combat and defense. From the Founder of the first comprehensive and authentic all-combat American martial Art here is a complete guide to locating and evaluating the right teacher for you. Also — what to do if you have limited recourse and can't find a teacher.) **\$4.**

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*(In this 21st century the student of practical self-defense needs impact practice more than the kind of comprehensive natural weapon hardening typical of the classical “karate” schools. Still, for the super-enthusiastic self-defense/close combat student there are some efficient toughening approaches that should be used if hardening of the **practical** weapons is desired.)*

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Self-Defense Requires A 24/7 Commitment

TRAINING occupies a certain number of hours per week. However, the very real threat of possible violent criminal attack exists at all times and in all places. In fact, if you are training with a professional who knows what he’s about, and with his students, in a proper training environment, the safest place you’ll ever be is the training area! Yes, an occasional sprain or other very minor injury *might* occur from time to time; but people rarely get injured in a professionally conducted combat arts program. We have been teaching since the early 1960’s and we have **NEVER** injured any student. Our three finest teachers — the ones who taught us real, honest-to-God no-nonsense war-proven skills, with zero

B.S. (Applegate, Nelson, and Geier) *never once* caused us any injuries. We contrast that with much of the classical ju-jutsu we trained in, where **we never left a class training session without some injuries and black and blue marks**. Something our visitors might wish to ponder at length, and reflect on its implications for some of the “self-defense schools” out there.

As far as self-defense and close combat is concerned, the danger (i.e. of encountering one’s opponent or enemy) occurs *outside* the training hall, and at any time of night or day. You cannot make an appointment for a surprise attack by violent felons.

We incessantly remind our students that they must commit to a conscientious *lifestyle of readiness* . . . to maintaining a state of situational awareness and astute alertness whenever they are out and about, circulating in any part of the world where they encounter persons they do not necessarily know.

To some this may sound bothersome or “excessive”. “Come on, it isn’t dangerous *everywhere!*” they might say. “In fact it is *potentially* dangerous *everywhere,*” is our answer, and all anyone need do to verify this is follow the daily news. Certainly there are neighborhoods in every reasonably sized city where it might be said there is a *greater* chance of running into trouble than there is in other neighborhoods. And yes, frequenting seedy bars and taverns, as opposed to spending time in the local library or in church, is a foolish way to needlessly increase the possible risk of trouble; **but note how many times the news tells us of murders in theaters, in churches, in schools, and in other places where one normally would feel “safe”**.

Competition “fighters” must be ready for their scheduled training sessions and their scheduled matches. But there are no *schedules* for being attacked. Thus, the only sure and certain way to be as prepared as possible is to be continually and constantly in an aware state of mind, ***at all times***.

If this sounds excessive or “daunting” then you really need to acquaint yourself with the problem of criminal violence in the world today. There really is no point to learning the physical skills of self-defense if you are not determined to be prepared to use those skills if you have to do so. And no one can predict where, when, or why you may find yourself needing to employ self-defense skills in the course of your normal, everyday life.

We’re giving you a valuable warning here. Please pay attention to it!

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Did Bruce Lee Advocate Preempting?

WE were never a fan of the late Bruce Lee. We always respected his abilities and believed that he made some valid points regarding the flaws inherent in much of what classical martial arts systems advocated. But we were in no sense of the word either a fan of the late actor, or an enthusiast of his "*Jeet Kune Do*", something that we saw as Lee's personal style, than as any kind of "martial arts system" per se. We are still of this opinion.

Recently, out of curiosity, we viewed some videos on YouTube in which Lee either appeared personally, or was discussed by people who knew

him. We came away with a thought that we believe our visitors might find interesting.

We carefully observed Bruce Lee's specific actions when — either in a motion picture/TV context he was performing a fight scene, or in some demonstration he was presenting his Art of *Jeet Kune Do* before an audience. Two things were very apparent:

1. Something we noted years ago was Bruce Lee's reliance upon a lightning fast eyestab with his fingertips, followed by a side kick; or a side kick followed by the eye stab. **Pat O'Neill** (the famous WWII hand-to-hand combat instructor to the U.S./Canadian *First Special Service Force*) advocated essentially the exact same technique! O'Neill's "side kick" was odd — appearing to be more of a front kick delivered to the side — but his extended fingertips stab was standard. *We do not mean to imply here that Bruce Lee "copied" O'Neill.* He probably was unaware of the O'Neill System, being so immersed in the more conventional fighting arts of Asia and the West, as he was. We teach an attack combination in *American Combato* that involves a fingertips thrust to the eyes followed by a side kick to the knee. It was in our case (as we are certain that it was in Lee's) simply a matter of seeing how effective such an attack is, merely by exercising common sense. Lee's preference for this attack — for this *type* of attack — became very clear and obvious to us.
2. Bruce Lee's so-called "System" — i.e. *Jeet Kune Do* — almost definitely appears to have been ***his personal expression of instant pre-empting of an adversary's action.*** While certainly sound and valid (in fact the bedrock of our own System, *American Combato*) his personal preference for preempting seems to have been blown all out of proportion as a some kind of "new martial art of *Jeet Kune Do*". We say this because of Lee's own words. **He himself pronounced that his was the "system of no system" (something we interpret as plain bullshit, or as an admission that *Jeet Kune Do* was never "a system" per se, but rather Lee's spontaneous personal style of fighting).** Lee said that his *Jeet Kune Do* has no

set curriculum (which, to a rational mind, **proves** that it could not have truly been a “system” at all).

Finally, the very name that Lee gave to his supposed “system”: *Jeet Kune Do*. Translated it means “**Way of the Intercepting Fist**”. Think about this.

To *intercept* is to **prevent by interferring with**; to stop something en route before it arrives; to obstruct someone or something so as to prevent it from continuing on its path; to cut off or to deflect; etc. In reference to combat and self-defense “intercepting fist” would symbolize or represent **PREEMPTING**: *and it would not be surprising to us if in fact this was Lee’s main tactical imperative and strategy*, logically causing him to dub his style *The Way of the Intercepting Fist* — *Jeet Kune Do*.

What is clearly obvious and apparent to us, especially after an interesting sojourn through the YouTube offerings is that Bruce Lee was a physical anomaly. His hand/eye coordination, speed of reflexes, inclination toward flexibility, ligament and tendon strength, and inherent agility, all enabled him to excel as he did. He did nothing per se “odd” or “unusual”; he just everything so incredibly fast and with such acrobatic coordination that it *appeared* as though he had tapped into some kind of insight, knowledge, or (and we hate the word) “*secrets*” that others had thus far missed. **Nonsense**.

Lee’s rudeness, cocky disrespect for real Chinese masters, and his arrogance (perhaps due in part to his age) as well as his personal fighting style was certainly brought up short when he had that famous encounter with Wong Jack Man — a **brilliantly accomplished** martial arts Master in the true sense of the word. This Northern Shaolin Master (as well as Master of other styles and methods) did, according to what we have been led to believe from our researches into the matter, **defeat Bruce Lee soundly**, while literally hamstringing himself by *refusing to use his own powerful kicks* (which, magnanimously, he did not employ, since he felt sure that would result in Lee’s death — something Jack Man did *not* want to cause), and by *not* resorting to lethal or maiming actions (which Lee apparently opened the fight with, something that casts doubt in our mind as to Lee’s true character).

We have digressed a bit from our basic point.

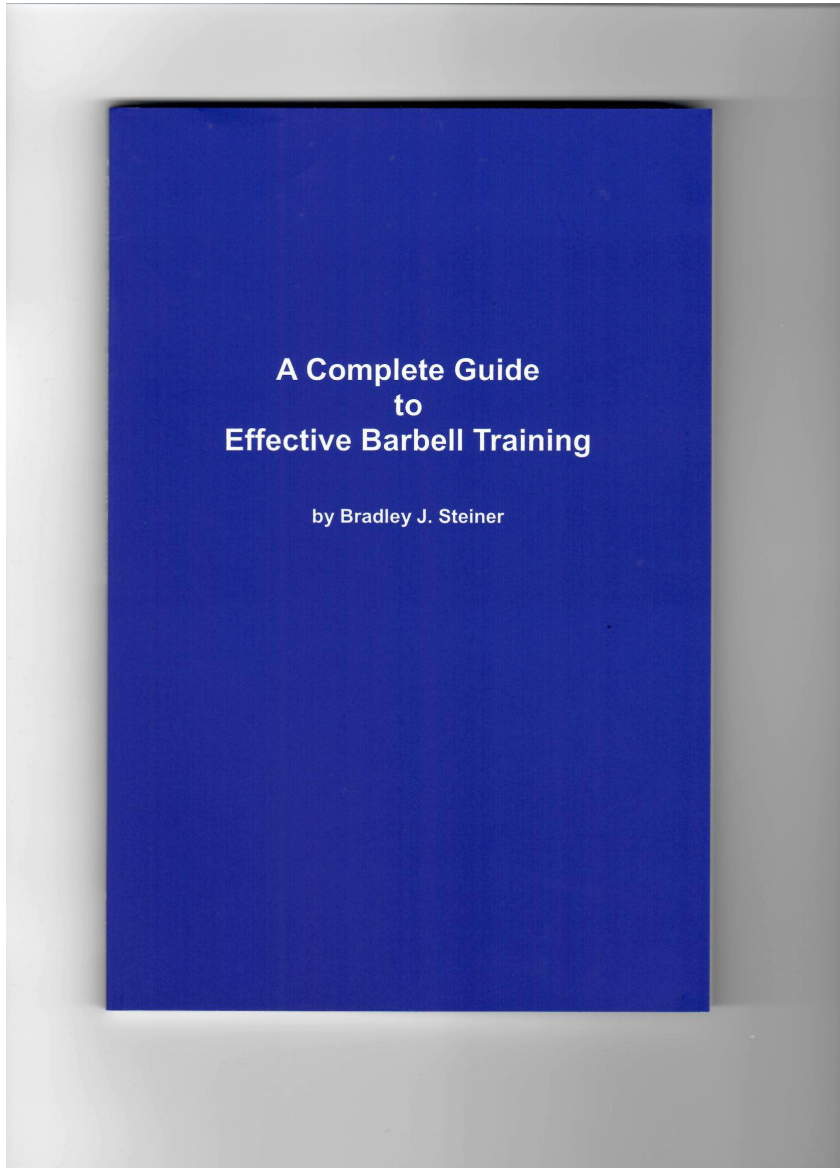
Bruce Lee was to unarmed fighting what “Jelly” Bryce was to gunfighting: I.e. a *NATURAL*. This is nothing wrong or bad, and it certainly does not speak poorly of Bruce Lee; it simply explains why his excellent strategy (i.e. of preempting), combined with his excellent natural hereditary gifts for physical performance, and coupled with his youth and fanaticism for training, produced a martial arts enthusiast who stood out as he did. (Remember, the actual Chinese masters of the time were very quiet and private. They taught openly — Chinese and Caucasian students, despite nonsense expressed to the contrary — but they hardly even acted within their communities to advertise their offerings. Lee was flamboyant, and extremely disrespectful to other Chinese teachers. Hardly anything to admire.

Bruce Lee’s “discovery” of that which the combat teachers of the Allied forced during WWII knew and stressed — i.e. **offense must be stressed; not defense!** — certainly helped propel him to the heights that he achieved before his untimely death. In fact they enabled him to give the genuine, established martial arts masters of that time a run for their money.

It really does seem that “Attacking the Attacker!” makes a helluva lot of sense!

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