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

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Editorial

The Bottom Line

INDIVIDUAL combat is *dangerous*. Only a fool gets into fights, and only a bigger fool advocates fighting as some sort of “proof” of manhood or toughness. (Obviously, we are *not* speaking now of competitive sport “fighting” but of that which the law defines as “**mutual combat**”; i.e. *real* fighting . . . physical combat in which two or more persons actually square off in a tacit agreement to do battle.)

Fighting ought properly to be regarded as “*two sided stupidity in action*”. That is, the two opposing factions or individuals who engage in combat do so willingly, by a kind of mutual consent. I.e. One stupid troublemaking bastard belches out his challenge: “Let’s step outside and settle things there!” The other stupid bastard actually *agrees* to this, and steps outside to do battle. *That’s* fighting, and we maintain:

- a) That it is *never* (no, **never**) justifiable to get into a fight; and fighting per se can *always* (yes, **always**) be avoided.
- b) That professional, quality combatives/self-defense/“martial arts” training *never* teaches or condones fighting. What such training does teach is **self-defense**. That is, *not engaging in mutual combat, but mastering the skills of decisively neutralizing someone who is an assailant*.

When someone *attacks* you and you defend yourself, we do not define that as “getting into a fight” or as “agreeing to fight”. Instead, such action should be recognized for exactly what it is: *A wholly justified reaction to imminent danger and personal violation*. It is also, we insist, an **anything goes** situation. No one ought be saddled with any responsibility for measuring or judging by conscious deliberation what he will do to an unavoidable attacker. A victim has every right to defend himself — **period**. His reaction may well result in the injury or death of his assailant. **Far better that this be the outcome than that the injury or death of an innocent victim be the result of an attack**. And this latter result is, tragically, all too often the result of the mindless, senseless violence that so many have learned to expect in their cities and neighborhoods today.

Back in the 1960’s a cousin of ours married a terrific fellow. His name was Joe. That was his real name. We will not give his last name.

Joe was a NY City bus driver. He had grown up tough — real tough — on the streets of New York City, and had had more than his share of street fights. Joe was Puerto Rican and grew up in a very tough area, where fist fighting was a normal, everyday occurrence. As Joe told us

once: “If we didn’t get into a fight on any particular day, it seemed odd . . . like something was wrong.”

Being intelligent as well as tough, Joe realized that living as was “normal” in the neighborhood where he lived was crazy. So he changed his attitude early on, and by the time he was in his late teens he would never agree to fight. He went into the army and after being honorably discharged a few years later, he became a bus driver.

We spoke with Joe about how he regarded fighting, what he had been told to do if someone wanted to fight with him, and his experiences until he came to his senses.

Joe never knew his father. His mother was a hard working decent woman who struggled to teach Joe and his brother both how to survive, and why they should *get the hell away from the dangerous environment in which they lived.*

Joe explained that his mother had told him to do **whatever it took** to win a fight, if he got into one. “Use a stick if you have to,” she had told him. “If you’re up against a guy who is much bigger and stronger use a stick with a nail in it!” she urged. Joe listened well. Both he and his brother became terribly vicious and effective fighters. “I always went into a fight ready to f—ing *kill* the guy I was fighting,” he said to us. “I didn’t think about ‘rules’ or any bullshit like that. It wasn’t that way where I grew up,” he said. “If you were in a fight you did whatever you could to beat the sh—t out of the other guy. I even bit someone once.”

Joe became familiar with guns as a teenager. By the grace of God he never shot anyone and was never arrested for possession of a firearm. But he could handle a revolver well by the time he was fifteen. And in fact when he got out of the army he actually joined a range in New York and got a permit to own and use a handgun at the range. This was the early 1960’s. Things were not great as far as firearms ownership and use went at the time, but they were much more reasonable for people who wanted to possess handguns then. “Mere possession”, if you were

arrested for it in the early 1960's, was a **misdemeanor**. Nothing to sneeze at, but not the outrageous big deal it is today.

We asked Joe what his feelings were about using a gun against another person. "I always reminded myself that no matter how big or strong a guy is he *isn't* bulletproof. And I never had to, but I would have shot some f—ker if I needed to." "Even if he was *not* armed?" we asked. "I was determined to win. If that meant shooting a guy, I'd have shot him if I had a gun in my hand at the time. Today I am glad that I didn't have a gun during any of those fights," he said.

Think about that. **That is the attitude of a real tough guy. That is a violent person's attitude on the street. He will use a knife, a gun, a machete, a hatchet, a stick, a rock, a bottle, or a trash can cover. And that is one of the reasons a sane person *does not get into fights*.**

People who cut their teeth on street level violence will use weapons against unarmed individuals — either unarmed jackasses (who agree to fight with them) or unarmed victims (whom the violent types might choose to attack). The properly trained defender reacts to a violent attack that he cannot avoid by doing anything he can to neutralize the threat. He doesn't bother with rules, with restraint, with measuring his response, or with *anything* except protecting himself and anyone who is with him who depends upon him for protection.

SELF-DEFENSE HAS NOTHING — *NOTHING, NOTHING, NOTHING, NOTHING, NOTHING* — TO DO WITH SPORTING COMPETITION! ROLLING AROUND ON THE MAT AND STRIVING TO SECURE A SUBMISSION HOLD IS TACTICAL SUICIDE IF ADOPTED AS "SELF-DEFENSE" STRATEGY!

Relying on squaring off, executing deft high kicks and spinning kicks, or fancy maneuvering, off-balancing, and throwing, as well as clenched fist punching and the many clever holds and locks that so many misguidedly waste years perfecting in various "dojos", is also tactically suicidal. *The chances of such acrobatics and competitive art working in vicious hand-*

to-hand combat (often against truly hardened, tough violent felons, or multiple attackers, or attacks from behind, etc.) are infinitesimally slight.

The bottom line in real close combat is that you must anticipate a desperate, experienced, often drug or liquor-fueled attacker or attackers **who are willing and prepared to do anything to you!** And your attacker(s) may be counted upon to have done it before, to others. If, God forbid, you are ever attacked by a violent offender, it is almost a certainty that you will *not* be the first individual to have been assailed by him.

Are you ready for this? You may be if you train in quality combat skills, and if your mental and tactical preparation is in order. But if your concept of “self-defense” equates with your concept of “fighting” — either because you erroneously think that competitive sport prepares you for combat **or** that self-defense entails squaring off with someone in an agreed-upon fight, you are **far from ready**.

A couple of years ago we had a most unrewarding experience with a dilettante who had enrolled with us after we were recommended to him by another former student. A big fellow, physically fit, and with exactly the kind of personality that brings up our last meal, this individual inevitably spoke glowingly of the MMA and how wonderful it is, and of how tough these guys are. We gently suggested once or twice that he locate a teacher and school where he could follow this — to his way of thinking — “great way to prepare for self-defense”. One day during a private lesson this gentleman suddenly came at us aggressively, intending (as he mumbled to us later) to show us how a surprise tackle could neutralize what we do. ***Immediately we snapped a tiger’s claw thrust into his face — stopping it a fraction of an inch short of contact, because we knew this clown wasn’t really attacking.*** He was visibly shaken. “Wow,” he commented. “That could’ve hit my eyes,” he said, “and I ran into it.” He was mumbling as much to himself as he was to us. “That’s right,” I said. “And believe me, if you had been a real attacker I would not have stopped after striking your eyes.” He stood sheepishly by for a moment. “Look, self-defense can’t be played with. I

told you this before,” I said. “If you aren’t convinced that this approach works, it’s best to leave. My personal training, and everything I teach, is geared 100% to actual emergency self-defense and close combat. It *can’t* and *shouldn’t* be played with.”

This fellow was, from the beginning, a half-hearted student. After his first year he left. **If he had accepted reality, trained regularly and hard (instead of casually and infrequently), and if he had left sport and competition alone but focused on combat he would have gained an awful lot in the time he was with us.** But, alas, it was not to be.

We have nothing at all against any form or version of martial training (for classical art, competitive sport, or combat) that anyone wishes to follow. It’s all good, but it certainly is **NOT** all good *for the same thing*. Virtually everything we teach (from attitude to tactics, to techniques and counterattacks, to the use of weapons, etc.) is wholly unsuited for — and in fact is **banned** in — competitive fighting of all types. And while we derive some skills that we do teach from some classical methods, our program bears no relation to that of any traditional martial art. *And the traditional martial arts are great!* Our only point is that, if you are concerned about self-defense, you must focus on the **bottom line**; i.e. exactly what are serious, real world attacks by dangerous, hardened felons like, and what *really* will work when you are pressed to defend yourself against these monsters? And for heaven’s sake are you fully appreciative of the fact that “fighting” (other than in sport) is insane, and has nothing whatever to do with “self-defense”?

Learn this.

Bradley J. Steiner

“Per capita aggravated assaults in the U.S. increased almost sevenfold between 1957 and 1993.”

— **Dave Grossman, On Combat: The Psychology and Physiology of Deadly Conflict in War and in Peace**



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!

Sparring: Is It An Essential Component Of Close Combat/Defense Training?

YOU hear it all the time: “Without freestyle sparring in whatever you are doing, there is no preparation for self-defense. You must spar.”

With all due respect to those who honestly believe that (and with utter contempt for those who know better, but foster the lie because it serves their commercial interests) we must insist that sparring is *not* necessary in order to learn how to defend yourself or dispatch an enemy in military hand-to-hand combat. Please note, before jumping to the conclusion that we could not possibly be correct, because “everyone knows” that you have to spar in order to duplicate what really happens in a violent encounter, that we are **not** suggesting you do not have to drill and practice realistically. But if you really do want to practice realistically (meaning, as close as possible to the “real thing”) then you must ***avoid*** sparring and instead work with simulated combat drills — for offense and defense — that omit nothing that must be used in *real* combat.

The roughest “sparring” that exists is probably that which we observe today in MMA and the UFC. No doubt about the fact that the young fellows who train hard and fight hard in these events can almost certainly handle a real assailant in the street. *But so can hard training boxers, wrestlers, judoka, karate and kick boxing competitors.* And MMA and the UFC have a plethora of rules, restrictions, and regulations, *just like every other combat sport.* The fact is, of course, that all of that which is banned in fighting sports is exactly what you

need, want, and should be working incessantly to *polish* and *perfect* for self-defense. **MORE:** Unlike *any* combat sport, you should be training hard in offensive, preemptive techniques. You should be mastering strategies and tactics that **are not permitted (and should not be permitted) in any “sport”**. Deceit and deception, attacking an assailant who is convinced of your helplessness *at the very moment when you perceive his greatest vulnerability*, and willfully, deliberately, with every ounce of your strength, speed, concentration, determination, and, yes, ***hatred***, going for his body’s most vulnerable targets. Eyes, throat, testicles, knees, sternum, solar plexus, and so on ***right away***, and following up relentlessly and ruthlessly with no mercy, forbearance, restraint, compassion, or hesitation. Biting into your opponent’s face, neck, or other exposed body part. Ramming a finger up into his nostril, or tearing apart his mouth with your thumbs. *These* are combat skills. These are techniques and actions that have no place in any context, save that of unavoidable self-defense or defense of a loved one. **No correlation exists between such mayhem and a combat sport.**

One popular figure in the MMA, while essentially laughing at the advocacy of serious combat skills, and saying, in effect, “Well we (i.e. the MMA guys) can use those techniques, too!” His suggestion implied that the MMA was far superior to “mere” self-defense/combat training because *in addition to* the skill of MMA fighting, the practitioner could always resort to what the trained combatives user will use.

The truth is, of course, that this expert was actually conceding that in a desperate emergency it would indeed *be* the skills of serious hand-to-hand combat, and not the sporting skills employed to win a match, that the MMA fighter would rely upon. *But his intention was to show that MMA was necessary because it bolstered and added to what true combatives offers.* **WRONG!** Training incessantly in MMA or any other fighting sport will instill in the motor memory the use of and the immediate resorting to **competition-winning techniques**. Now it is certainly true that a young, physically powerful, tough, in-hard-training MMA fighter *who retains the hand-to-hand stuff in the back of his mind* would most likely be able to defend himself . . . either with no recourse

to maiming or killing actions, or by “recalling” them during the engagement. **All well and good for the active, young, in-training and competition MMA guy, but how many people who want and or need real world training in practical self-defense and close combat have the interest, energy, desire, time, or incentive to even dabble in MMA, let alone reach a level of serious ability in it, so that they can adopt it to combat?** Anyone, by the way, could do the same with any fighting sport you can name and, keeping a few “dirty tricks” on a mental shelf *just in case*, acquit himself marvelously in most any self-defense predicament. Good judo men and boxers can generally make mincemeat of a street punk (and their training does not damage their bodies and produce the injuries that MMA is known for!

The student of self-defense (if he is *really* being taught *real, reliable* self-defense) does not commit sporting moves to motor memory. Instead he learns to “go for the throat” instantly and with no warning, and with every ounce of concentration and force he can muster. True, he doesn’t “fight” with an attacker, per se. ***He attacks him. And if the attacker succeeds in taking him off guard, he learns to counterattack and become the offensive party in the engagement, taking the war to the enemy’s camp, in a manner of speaking.***

To develop combat ability (i.e. the readiness and willingness to knockout, maim, or kill when a life threatening situation confronts him) the student trains **IN THAT, AND IN THAT, EXCLUSIVELY**. For him combat is not a sport. It is a weapon. Like a handgun. Or a fighting knife. It is brought into play *only* when absolutely necessary and when violence simply cannot be avoided. No sparring. No fighting. The self-defender *goes to war when avoidance is impossible*. The competitor fights all the time . . . according to rules, against another competitor, on a mat or other safe surface, at an appointed time, with regulations, a referee, and a moral obligation to fight fair.

Sparring instills the sportsman’s philosophy and methodology.

Combat training instills the philosophy and methodology of war. (“Martial” need we remind you, means “of or pertaining to war”).

To attempt to spar with the techniques of close combat would be stupid, probably illegal, and demonstrate only that the entrants in such “contests” were dumber than animals. We applaud those combat sports that carefully regulate the fighting and strive to insure safety for the contestants. This is why we give our highest marks to Kodokan judo, and Western boxing as fighting sports. And, *in the street*, judo men and boxers do as well or, we would expect, better than MMA fighters *when they are forced to use their sporting experience in actual defense*. Over the many years (now over 60) that we have been involved in the martial arts we have known and have heard or read about **many** instances where boxers and judo men have defended themselves splendidly against actual aggressors. Rarely if ever have we heard of an MMA or UFC man being successful against an actual street attack.

No fighting sport is fully suitable for preparing someone for combat and self-defense. Only an art that is constructed, intended, and taught *exclusively for the purpose* will serve best in that regard. The mental training and conditioning alone is so extreme and different from *any* kind of sporting contest, that it alone stands out as being missing totally in all competitive sports.

If you enjoy competition, have at it! Take up MMA, enter the UFC, train to your heart’s content in anything you like. But please understand that the core and essence of training methodology for **combat** and **self-defense** is high repetition drill, hard practice of counterattacks with partners, the mastery of brutal attacking combinations that enable you to preempt, and building the blows of unarmed combat to a peak by smashing into dummies, posts, and heavy bags, whenever possible. Sparring may be fun . . . but it won’t ready you for a survival situation when your life is at stake — and that could be any time you are attacked by a violent offender!

We appreciate that our views will be rejected by many, and that is unfortunate . . . for *them*, should they ever find themselves needing to defend their life in a real world attack emergency.

Live In The Seattle Area?

Call Us About Our Standard Course, Or About Short-Term Intensive Training. Group Classes And/Or Private Lessons. Complete Beginners Always Welcome.

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Practical, Effective, Reliable, No-Nonsense Training In Real Self-Defense!

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Brief #29: *Conditioning The Natural Weapons*

*(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.)* **\$4.**

Brief #30: *Analyzing The Combat Merits Of A System*

(All of the martial arts are good; but they are not all good for the same thing. Very definitely, there are distinctive characteristics that make a system in question better for combat and personal defense than another system. This Brief provides the information needed to properly assess a given system's value for combat — not for competition or tradition.) **\$4.**

Brief #31: *Repetition And Attitude: The Real “Secret” Of Developing Ability*

*(Most who take up martial art training of any kind do not succeed in achieving their desired objectives. And the reason is simple: They do not do enough, and they do not do what they do with the right spirit and attitude. Ninety five percent of those who consider themselves “martial artists” spend more time on backyard-gossip type “forums” and other idiotic medium instead of **training hard with the right mindset**. Here's how to do it right!)* **\$4.**

Brief #32: *The Moscow Rules*

(Principles of intelligence tradecraft are extremely valuable to those who are serious about self-defense. During the Cold War secret agents working in the most difficult denied areas for CIA [and England's MI6] were guided by an above-Top Secret set of rules called the "Moscow Rules". Now declassified (but still in use by secret servants) these Rules are valuable for all seriously concerned self-defense students. \$4.

Brief #33: *Tiger Moves*

(The late John McSweeney was a close friend and colleague of ours for many years. He is correctly known as "The Father of Irish Karate", and in addition to being a marvelously practical and realistic teacher of armed and unarmed self-defense, John was the creator of a System of exercise which he called "Tiger Moves". We recommend that everyone — including those who train with weights or some other medium — learn this excellent Program.) \$4.

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(After his death a paper by Allen Dulles (Head of CIA) was found among his effects. Titled "Some Elements Of Intelligence Work" this Document was an unpublished goldmine of tradecraft. Here it is reproduced in full. A marvelous companion to The Moscow Rules.)

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The Key Fundamentals Must Never Be

Forgotten

YOU cannot solve a problem if you don't know that you have a problem. This is so obvious and clear that we will assume anyone reading this will accept it as axiomatic. Yet, people presumably training in martial arts for self-defense seem to cavalierly (if unwittingly) cast aside this crucial fact. *They work hard and train in the dojo. They realize that they must physically practice their skills. But they virtually ignore*

that which will make their recourse to their developed skills possible, in an emergency.

They are not fanatical about establishing and maintaining a level of wariness and situational alertness.

Pereceiving that trouble is afoot is halfway to handling it. All too often, however, once a training session is over and a student leaves the school, his mental state reverts to one that approximates that of the typical individual who does no training at all, and who hasn't a clue about how to physically deal with violence.

We must be fair here. We are not necessarily blaming or condemning all persons who train in self-defense for this gap in their preparedness. All too frequently *no emphasis is given to personal defensive tactics, and to the maintenance of a mindset that will serve outside of training.* For some reason, the “teacher” assumes — and passes this potentially fatal assumption on to his students — that somehow the development of physical combat skills alone will *automatically* take care of the student in real world situations. No way!

First of all, *no one* is surprised when, showing up for training at the school, or readying himself for some practice at home, that he will now be doing combative techniques. Practice and drill is scheduled. But violent attacks take victims by surprise. No one keeps a list of appointments for life's emergency moments. **You can be a literal master of the techniques of close combat, yet if you are taken unawares (say, from behind, or when your mind is simply drifting) you can be taken out by any amateur who is unhesitant about attacking you, and who is determined to maim or to kill you.** Mental conditioning for combat *must* be emphasized at **every single training session**, either by your teacher, or by yourself when you practice on your own. Competitors in the sporting sphere train, properly, to win their matches. They study their adversaries who are almost without exception well known to them prior to any engagement, and



they are conditioned to enter the contest and “fight to win” according to the rules of the game.

The student of **combatives**, however, does *not* know who will be attacking him. Nor does he know when, where, or why. Besides, *unless he is a complete and total horse’s ass*, no student of combat/self-defense *wants* to do battle. If he possesses any common sense at all, and if his teacher is teaching him properly, he has established within himself a commitment to **AVOIDING** physical violence. Sport fighting is one thing; but there can be no excuse for engaging in fights that are *real!*

The person training in self-defense, *for* self-defense, is conditioned (or **should** be) both mentally and physically, to react to a violent attack with overwhelming and merciless violence, himself. This means that he must be *prepared* for such violence at all times and in all places. Not because he seeks trouble, but precisely because he does *not* want trouble, and his motive is to be aware of any impending trouble situations and — hopefully — avoid them; or, if avoidance is impossible, to *deal* with them, by bringing into play the physical skills that he trains in for that purpose. To be thus prepared means *alertness*. Situational awareness **as a habit**, simply because real violence can come at any time.

One of the greats of American martial arts, going back to the late 1950s' and early 60's was a man named John Kuhl. Originally a student of Peter Urban, Kuhl went on to develop his own approach to martial arts which, unlike the GoJu karate which he had originally studied, John modified strictly for practical self-defense. He called his System "*Combat Karate*", and he ran an excellent school in Manhattan. Students drilled incessantly on good quality basic karate hand and foot blows, and on realistic scenarios which duplicated real world situations in which they might find themselves. Kuhl was a powerhouse. The former U.S. Air
JOHN KUHL ON THE COVER OF *OFFICIAL KARATE*, SHOWN REACTING TO AN ATTACK FROM BEHIND. SENSEI KUHL WAS THE REAL McCOY! HIS DEPARTURE FROM CLASSICAL MARTIAL ARTS INTO WHAT HE CALLED "COMBAT KARATE" PRESENTED MANY HUNDREDS OF GRATEFUL STUDENTS THE CHANCE TO TRAIN EXCLUSIVELY FOR SELF-DEFENSE, WHILE MOST MARTIAL ARTS SCHOOLS (1950' to 1960's) FOLLOWED A CLASSICAL/TRADITIONAL PATH.

Force man was extensively weight trained. He combined size, strength, skill, and *attitude*. And one day it all paid off . . . John was an NYPD Reserve Police Officer. Returning to his apartment after a shift one evening he immediately perceived three scumbag punks moving in on him. It was an attack, and the fools (thank goodness!) chose the wrong victim. When the smoke cleared two of the scumbags were dead. One might as well have been. John saw the situation unfolding because despite being tired and anxious to get home, he was **alert**; he was mindful of everything around and near him, and he saw the sewer rats as they made their approach. His focusing for years upon practical

situations and reactions to them, made his adaptation of his considerable karate skills possible at the right moment. **John was somewhat surprised that he was about to be attacked that day, *but the attackers could not “take John by surprise”.***

No one leaves his house in the morning knowing that some violent offender is going to jump him or come at him with lethal intent. **But a properly trained student of close combat and self-defense is never *taken by surprise at the approach of trouble.*** True, a person can be jumped from behind. But it is not that easy to get behind a fully alert, trained man and attack him. Quality counterattack training will, to a degree, prepare him for dealing with attacks from behind. But *most* attacks (and this applies to completely untrained people, as well) become very apparent before contact is made. To be inattentive could mean no reaction at all to such an attack, which *will* likely take the victim completely by surprise, and leave him at the mercy of the assailant.

The proper mindset for the self-defense student is constant awareness of his surroundings and who is in those surroundings. We live in a violent and dangerous world. We have a number of antisocial, psychopathic, dangerously violent misfits among us, no matter where we live; and we cannot be prepared “just in case” unless we are committed to being alert at all times — ***just in case.***

A proper state of situational awareness is achieved by **making the decision — consciously and deliberately — to live that way.** There is no “secret” to it. Nothing “mysterious” or “martial artsy” about it, at all.

It can be unnerving to realize that trouble is about to occur from *that individual, right there!* That is where good training in quality skills, and a mind made up to **ATTACK THE ATTACKER** ahead of time, will do everything possible to insure your escaping serious injury. When you are equipped with good skills, and when you’ve additionally set your mind so that you are unhesitantly ready to use them — all out! — when you must, all that remains is to **realize that now it is necessary to do so.**

And *that* will occur as a result of your being ever-vigilante, always alert, situationally *aware*. Those who study with us know that we lace every class in combat techniques with a heavy dose of mental conditioning!

There are no secrets, no mysteries, no “hidden skills” or “advanced training” of any kind that is necessary — or that even exists! The prepared combatant has consciously prepared; that’s the whole of it. And that conscious preparation begins with being certain that you are **never** taken by surprise because you are aware, alert, and realize that you live in a dangerous world.

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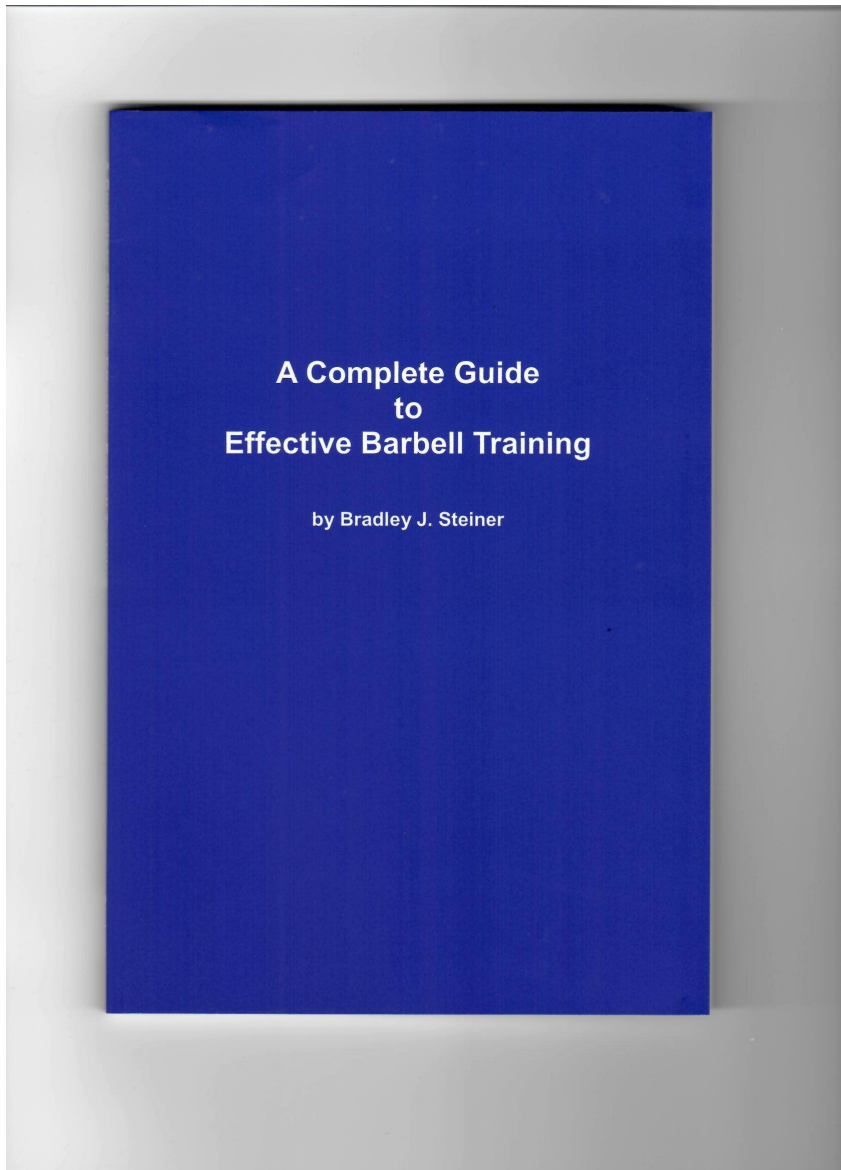
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Potential Danger Of Using A Door's

Peephole

WE read with disgust some time ago that a gentleman living in a Bronx housing project (a man in his 60's) was awakened shortly after 6am by knocking at his door. When he went to the door and used the peephole to see who was there, the monster outside fired a round through the peephole into the man's eye. *Miraculously* and very fortunately, this victim survived. The piece of sh-t who shot him was not known or arrested, although a generalized (probably useless) description was provided. Oh, how we hope someone blows his damn head off!

We loved a movie that we had seen on YouTube, made in England. Title is *Vendetta*. In it a member of s street gang uses a screwdriver to punch through a door's peephole and blind the victim in one eye. **This movie is fiction. When we saw it we shook our head. "I wonder if any of the street manure would ever actually stoop to *this*?" we thought. Well, we saw that movie three years ago . . . and sadly and disgracefully the answer to the question we asked ourself is "yes".**

Many, many years ago when we lived in the Bronx we lived alone in an apartment in a very unsavory area. One night, very late, we were awakened by a knock at the door. We had no peephole. We did not bother to go to the door and ask who was there. Instead, we grabbed a fighting knife (Fairbairn-Sykes commando knife, if you're interested) and we got out of bed and poised ourself for a possible break-in — which we would have greeted, hopefully with success, by knifing

whoever the hell the bastard(s) was! We were scared and we could not be all that confident that a knife was sufficient, but possessing a handgun at that time as a resident of the Bronx was impossible; and we no longer had our old .22 rifles. So . . . thank God there was no attempted break-in. Getting back to sleep was, let's just say, not that easy. We were, however, *very, very* grateful that nothing further happened.

We think that, unless you already know who is at your door because you are expecting the person, and when you go to the door and ask, their response from outside confirms it is who you are expecting, ***do not go to your door, use a peephole, or open the door.*** Perhaps you could go to a window and check to see who is out there. **IF YOU DO NOT KNOW THE PERSON(S) DO NOT OPEN THE DOOR!!!!**

Anyone can claim that they are with any city utility company or service agency that they wish. They can even wear the appropriate uniform. *The correct reaction to a reply by someone outside your door who claims to be from any company or office, is to tell them to please wait a moment. One touch you might add is: "I have to lock up our doberman". Now get on the phone and call the company/agency/office from which your caller appears to represent.* If you do not receive confirmation that the individual indeed is from where he claims, **CALL THE POLICE IMMEDIATELY, DO NOT OPEN YOUR DOOR OR COMMUNICATE WITH HIM FURTHER.** We would also add that **if you legally possess a firearm NOW is the time to grab it! Wait, gun at the ready in case a forcible break-in occurs, until the police arrive.** When the police arrive have NOTHING in your hands, and do EXACTLY what they say. **Under no circumstances open your door to confront whoever is there. Remain ensconced inside your home or apartment!** If you realize the door is being broken in **DO NOT** open fire until the invader(s) enters your dwelling. **Do not fire through a door or a window!**

Recommending peepholes *was* a good idea — once. Apparently, the living sh–t has sunk several notches since those days, and now their sadistically psychopathic procedures include this latest unspeakable act.

It is important to remember that if you are injured through a peephole or even through the door (shot, lengthy blade thrust through the door) you would probably be 100% helpless to prevent a forcible break-in, thereafter. So be careful. The animal who shot the tenant in the Bronx fled right after the shooting, so the shooting was entirely senseless and reflected the mindless, animalistic subhuman status of some of the recent crop of urban predators. Killing and maiming *even when it doesn't mean grabbing the victim's money or property* is apparently par for the course with these scum.

Be warned.

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What The Hell Ever Became Of Self-

Control And Simple Respect And

Courtesy?

WE note that CenturyLink’s News carried a news story on this last 11 March reporting that a very well-known MMA fighter had been arrested — *again* — for violence directed against an innocent individual. This time, allegedly, a cell phone worth \$1,000. was taken from an individual

by the fighter and not returned, in addition to there having been some unwarranted force used against the victim by the fighter.

We recall many news reports over the last ten years regarding the egregious conduct of MMA/UFC types exploding and venting their rage (on girlfriends, vehicles, pedestrians, doormen at clubs, etc.).

In any instance where the news reporting is accurate and true we believe that the guilty parties should be **banned forever** from competition fighting. *What kind of asinine conduct is this? And why the hell is it being tolerated at all?*

We cannot recall even one case of a competitive judo man getting into trouble outside the dojo by fighting (brawling). And we remember with a smile about the *worst* conduct we ever witnessed in competition karate. The late Joe Lewis (1960's) protested loudly what he felt were unjustified calls by referees against him. Lewis changed a lot in his later years . . . but he had some reputation as a youngster. *Today*, Lewis' worst conduct would be barely noticeable compared to the outrageous, inexcusable **criminal violence** that seems not to be at all that shocking, coming from men whom one would expect to be models of courtesy and civility *outside their competitive action*, so to speak.

We have not seen but have been told about actual fist fights breaking out between MMA opponents prior to their actual professional fights. ***How disgraceful!***

We bring this up here because we hope to steer prospective students of self-defense away from MMA and into real professional training that equips them not to be champions, but to stay alive and survive in violent emergencies. This MMA/UFC attitude is an abomination. It reflects the exact opposite of the attitude and demeanor that should be expected of *all* individuals who train seriously in a combat system. If you insist on going the popular MMA route, go ahead. But remember: there are some really high quality, professionally taught programs in serious personal defense being taught, and if you prefer classical martial arts there must

be hundreds of quality black belts or otherwise qualified teachers of these worthy arts. And in either case — quality combatives/defense or traditional martial arts — you will be taught correctly to avoid trouble, and to conduct yourself with self-control, respect for others, and courtesy at all time.

Martial arts of *any* kind should not be encouraging violent troublemaking, *machismo*, and criminal conduct.

A Different Animal Entirely

WE maintain that 90% of combat effectiveness with or without weapons is a *mental* phenomenon, and has little to do with formal skills acquisition. (Heaven knows we regard physical techniques as being important and essential . . . but no techniques will work, regardless of the possessor's degree of mastery, without **MINDSET**).

Few students and teachers of self-defense and close combat (the classicists and competitors may not be entirely wrong in failing to address this matter, but combatives students are way off if they miss it!) are truly aware of the enormous **difference** that exists between the sort of monster-versions of “human” beings who prey upon people and normal, civilized, reasonable *humans*.

If a person ventured into jungle or wilderness territory where huge, powerful, dangerous man-eating and man-killing beasts were found, it would be obvious that — a) He would be well-advised to be acutely *aware* of the fact that these dangerous monsters were present, be super-alert at all times “just in case” one of these monsters went after him when he was in this wilderness territory, and b) He would be further well-advised to be mentally and physically equipped to destroy any of

these predators instantly, should he have the misfortune of encountering any!

While considering a “jungle or wilderness territory” where “dangerous beasts” are found it seems that just about anyone will agree: *Be alert, be aware, be armed and be mentally and physically prepared to destroy such beasts or to be killed by them* if necessary, is just simple, sensible, good advice. Common sense, really.

The puzzled expressions, raised eyebrows, quizzical looks occur when, viewing homo sapien beasts of prey as being no less a threat (and, likely, *more* of a threat) than so-called wild animals, one urges that preparation for defense against these creatures demands the same awareness and alertness, as well as the same physical/technical/mental preparedness to **destroy the predator before he destroys you**, as does preparation for jungle and wilderness survival.

It so behooves people who are decent, reasonable, and for want of a better term, are “normal”, to finally acknowledge (**and to damn hell with political correctness!**) that members of their species who are predators

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1. Choose to be predators. Jungle animals and beasts of the wild who are predators are such by virtue of their *nature*. They are born the way they are . . . preying upon other creatures is their means of survival. A great white does not attack a swimmer because he resents the fact that the swimmer is in a better socio-economic position than himself, because he dislikes the ethnicity of the swimmer, because he is trying to prove to other great whites that he belongs in their gang, because he had a fight with his wife and — being a total fool, can think of nothing else to do to relieve his frustration but attack someone. A great white attacks, kills, and consumes because **nature programmed him that way**. Certainly great whites are a threat; but they are not “evil”, per se.

2. Select their target-victims. These low-life scum who we all would be better off had never been born, target those whom they pounce upon very carefully and thoughtfully. Like hunters who go after game. No piece of gutter-garbage wants to pick someone who shoots him, or who can beat the living sh—t out of him, or even someone who defends himself well enough to seriously delay the scum’s escape, and possibly cause the creature to be arrested. Homo sapiens who prey upon members of their own species *choose* to be predators, and *carefully select* those upon whom they prey so as to avoid getting injured or caught, themselves.
3. Are not predators because they are poor. Poverty does ***not*** cause people to turn to crime and violence; making the decision to turn to crime and violence causes them to do so. Some of the most marvelous people have come from awfully deprived backgrounds, neighborhoods, and broken families. It is no accident. *These individuals exercised their minds, saw the pointless dead-end that prison and death row offer the violent offender, and determined that they were going to be something worthwhile in this life.* And so it came to be.
4. Have never chosen to rise to the true, full level of a *genuine human being, and do not respect or appreciate (or, likely, even understand) how precious and sacred is human life.* A properly brought up child by the age of five or six learns to be careful when playing with others. To respect their property. To understand that they must not ever initiate violence with another person. Violent scum usually “learns” early on that he can intimidate, beat, torment, and control others — even take their property — simply by exerting force or the threat of force against them, and completely disregarding *their* rights, so that his *desires* can be fulfilled.
5. Delight in seeing others cower, relent, and comply with them. Their solution to living is to conquer other humans, not (as civilized, genuine *humans* aim to do) conquer nature.

When you think about bullies, troublemakers, muggers, “toughguys” who love to fight, you should feel contempt, resentment, and hatred.

When and if you ever have to react to any of these subhuman beasts because they have targetted *you*, determine to react as you would to any wild animal. **Do whatever is in your power to protect yourself and stop the wild beast from injuring or killing you.**

You must rid yourself of the incorrect assumption that “after all, the attacker is a human being, too”. When you start to see it otherwise, and begin to view these living mistakes as worthless, dangerous, subhuman garbage, you’re on the right track.

Finally, if you really find it so difficult to put the predatory homo sapien monster in the category of “dangerous wild beast” where he (it?) belongs, speak to some actual victims of muggings, beatings, strongarm robberies, rapes, etc. You will come away with a philosophy akin to ours: i.e. that contrasted with the violent offender, toxic bacteria is — by *far* — morally superior!

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Professor Bradley J. Steiner

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