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

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May 2019 Edition

Editorial

*Bandwagon Jumpers*

**THE** human species is a disappointing phenomenon indeed. Blessed with a mind that is potentially superior to that of any other living creature on the planet, it seems that the majority of people prefer to exist at an intellectual level approximating that of a frog or a salamander. It's easier that way (for them, anyway).

The martial arts field is one area where one finds an amazing variety of "humans". They range from complete lunatics and oddballs, to a small

minority of highly intelligent and realistic individuals. The former, sadly, *far and away* outnumber the latter. And then there are the scoundrels . . . the dishonest commercializers . . . the second-handers who set their antenna so as to feel “what’s hot and what’s not”, and who strive to join the popular mob and say and do what’s in vogue. These pathetic examples of meaningless life are “bandwagon jumpers”. They look carefully to see what is the current fad or “movement” (i.e. what’s riding on the bandwagon now) and gleefully jump aboard or follow behind.

The last big fad (which is still with us, but as more people ever-so-gradually wake up and start to use their brains, is diminishing in popularity *rapidly*) was the UFC/groundfighting-is-the-cat’s-meowe thing. Just as the ridiculous “new technique of the pistol” fooled a couple of generations of ignoramuses who also happened to be gun buffs, so the BJJ/UFC/groundfighting, etc. movement fooled a couple of generations of dullards who fancied themselves “*martial arts men*”.

Now there is absolutely nothing whatever wrong or misguided about *favoring* judo competition, and hence focusing on the inevitable groundwork phase (*ne waza*) which obviously tends to settle the vast majority of judo **contests**. Yes indeed: *When it come to grappling sports, just about every match ends up on the mat/ground*. That is a true statement (and hardly news to any individual who has even a perfunctory knowledge of *judo*, since it has been obvious since the arts of Greek and Roman wrestling were popular, thousands of years ago!).

**But the misrepresentation that “all fights end up on the ground” is pure, unadulterated bull—t.** And by very cleverly suggesting that in fact this horse dung makes sense, and then offering as “proof” challenge events in which the rules virtually *guaranteed* that grapplers would win, some very intelligent martial **con**artists (in our opinion) succeeded in duping a huge segment of that body of individuals referred to as the martial arts “community”.

We never bought the crap. Never will buy the crap. Will make no concession to the crap-peddlers, and urge whoever possesses sufficient

brains to begin to understand the truth, **not give credibility to this flaming MYTH**, if they are looking for realistic self-defense. *Never mind the “bandwagon” (i.e. what’s popular), look instead to the facts, to the experiences of real combat veterans and experts, and to that which the **real world** has been teaching us for countless generations.*

That which works in real combat is no secret. But those who would have you believe that this or that competitive form of “combat” somehow now represents that which works in real combat have done a great job of conning the gullible and the ignorant into believing that the “*secret*” of preparing for real close combat is to become proficient and experienced in *sport*.

You have a right to believe whatever you wish. But so long as you believe that the latest bandwagon is carrying The Truth, you are, sorry to say, a fool.

## **Bradley J. Steiner**

*“If you look for truth, you may find comfort in the end; if you look for comfort you will not get either comfort or truth only soft soap and wishful thinking to begin, and in the end, despair.”*

— C. S. Lewis

# **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!

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### **The Role Of The Combat Handgun**

**HANDGUNS** may be used for a variety of purposes: plinking, target shooting, competitive match shooting, hunting, and self-defense (combat shooting). Each purpose is legitimate, and for those who participate in it, worthwhile. However, the ways in which a handgun may be used are pretty much unrelated. The attainment of proficiency in one particular area does not automatically mean that the shooter may be regarded as proficient in another.

Our sole interest and concern is *combat* shooting — the use of the handgun in a dangerous emergency, when a lethal foe must be shot and stopped, or he will maim or kill the individual, or some other innocent person.

Although it has as far as we know never been explicitly stated before, it bears mention and *deep consideration* that a person may be a masterful competitive or target shooter, yet not possess the mindset necessary to shoot a human adversary in a deadly encounter. **Obviously, the first (and we believe the foremost) requirement of an individual who wishes to acquire genuine *combat* proficiency with a handgun is that he be ready and willing to take human life if necessary in a self-defense emergency.** Not pleasant to say, and certainly not acceptable to *emphasize* in shooting courses, but as true as anything can be. *If you are*

*not prepared completely to take human life in a life or death emergency, then all of the skill in the world with a handgun will avail you nothing, should the catastrophic event ever come to you.*

You might be very surprised to know that many “good shots” would not, in a deadly situation, be able to shoot and kill a live human adversary. In a sense we can applaud the valuing of human life that we may assume is responsible for this hesitation; but realistically — if we value the lives of victims over the lives of their would-be murderers — we have to say that an unreadiness to take the life of a violent felon when innocent life hangs in the balance is a **serious weakness**. Good training in combat use of firearms must address this problem and, where it exists, provide conditioning that assists the student to overcome it.

It is the same with unarmed combat, as it is the same with knifework, and with stick fighting, and with the use of the tomahawk and *all* personal weapons: *The big question in training to use the skills being taught is only partially, “Can you perform the actions required?” Of far greater concern (because it is more difficult to assess) is answering the question, “Will you do what you have learned to do when it matters most?”*

Mental conditioning is the foundation as far as combat use of the handgun is concerned.

The marksmanship problem in self-defense emergencies is just about 100% of the time a simple and easily handled problem. The individual needs to be able to hit his enemy aggressor repeatedly at a distance of usually no more than perhaps ten or twelve **feet**. For the avid shooter who has excelled in competition or target shooting, this range is no problem at all . . . **UNTIL THE “TARGET” IS A LIVE, PROBABLY ARMED AND MURDEROUS HUMAN ENEMY**. Then, whatever marksmanship ability the shooter has *just may become irrelevant* unless his mind is conditioned for combat and he is ready and willing to take a human life. In point of fact there is tons of documentation reporting that persons engaged in what Fairbairn called “shooting to live” have **missed**

**their targets completely at distances between little more than a *foot*, out to a yard and a half!** Shooting cardboard cutouts, pop-up targets, enlarged photographs, etc. is one thing. Killing a man before he kills you, is quite another.

Self-defense emergencies impose great stress and involve confusion and chaos. This naturally and automatically imposes different demands upon a shooter than a match event or visiting the range on a Saturday afternoon. Thus the manner in which one physically handles a sidearm when shooting in combat is unique. The proper method, formally developed in the early part of the 20th century in Shanghai by William E. Fairbairn is **point shooting**. This Method, in which use of the handgun's sights is **omitted**, perfectly accommodates the natural, involuntary stress reactions of the human organism, and "goes with" those natural reactions, using them, and enabling the shooter to hit his enemy accurately and speedily, despite stress, fear, surprise, and all of the accompanying phenomena of deadly, armed combat.

The combat handgun is a personal defense weapon intended and ideally suited for **CLOSE RANGE, QUICK REACTION** shooting of human adversaries. The inherent lack of power that a handgun offers (it is the least formidable of the basic firearms: shotgun, battle rifle, carbine, and submachinegun) is compensated by the weapon's *handiness*. A handgun can be carried 24/7, and it can be carried in a relatively comfortable and unobtrusive manner, while leaving one's hands free, and even in many instances while not even appearing to be armed at all.

The handgun is of course an essential weapon of self-defense. We disagree with gun laws that make it difficult for decent citizens to own and to carry sidearms, and we do urge that every student of self-defense start thinking about the handgun (and not the samurai sword, nunchucks, or other antiquated classical weaponry) as the modern weapon for personal defense.

When dealing with multiple assailants, armed attackers, home invaders, carjackers, kidnappers, rapists, much larger and stronger troublemakers

who threaten to maim or to kill, **the handgun provides what is often the finest protection possible.** The handgun is an *equalizer*. The elderly should be encouraged to arm and to master the defensive use of the handgun, as should many who are handicapped or for whatever reason are frail and unable to offer any serious defense if attacked. We of course believe in the responsible use of handguns, and we advocate obeying all laws pertaining to firearms, by everyone who wishes to be armed. But we insist that handguns are valuable tools of self-defense, and in today's feral society they provide the edge that many need, and that every decent private citizen deserves to have.

Back in the days when the six shooter was carried routinely by many, the following inscription was placed on someone's revolver:

**“Fear no man, no matter his size. When trouble threatens call on me . . . and I will equalize!”**

Can't see anything wrong with that sentiment!

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**42** New Instructional Presentations - **AVAILABLE NOW!** Many  
more . . .

**COMING VERY  
SOON!**

# PDF Training Briefs

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons*.

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

We will have three categories of “PDF Briefs” for sale:

- 1. Self-defense and close combat**
- 2. Urban survival and spy tradecraft**
- 3. Physical training**

*Here's how this works:*

- **Select the PDF Briefs that you want.**
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Currently Available Training Briefs are listed below. **Make your selection!**

**Brief #1: *The Last Speech Given By Col Rex Applegate***  
*(Full unedited speech with accompanying commentary)* **\$4.**

**Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons***  
*(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations” {U.S. Pentagon} )* **\$4.**

**Brief #3: *Fairbairn’s “Silent Killing Course”***  
*(Original and full outline as Fairbairn drafted it — with commentary)* **\$4.**

**Brief #4: *“Stay On Your Feet!”***  
*(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives)* **\$4.**

**Brief #5: *Rules Of Self-Defense***  
*(Of course there really are no “rules” in a*

*self-defense emergency; but this Brief  
synopsizes those precepts that will guide  
you to realism in your training)* **\$4.**

**Brief #6: *Close Range — Quick Reaction!***

*(What you don't learn in the shooting  
schools, but what has been proven to be the  
right way to use a handgun in personal*

*defense and in war)* **\$4.**

**Brief #7: *Remembering Charles Nelson And His Valuable Lessons***

*(We remember our years with “Charlie”;  
including some of the actual self-defense tips he  
taught, and a copy of the Men's Magazine article  
about Charles Nelson, from 1960)* **\$4.**

**Brief #8: *Most Common Street Attacks - Per Dept. Of Justice And  
Other Studies - And Tips On Defense***

*(Here are the most likely ways in which you may  
expect to be attacked; with powerful tips on how best  
to be prepared to defend against them)* **\$4.**

**Brief #9: *Kicking In Close Combat And Self-Defense***

*(The war-proven kicking techniques that will work  
in real combat — and serve you for a lifetime!  
Absolutely devastating kicks requiring no stretching or  
loose clothing)* **\$4.**

**Brief #10: *The Really Vital Vital Points***

*(No nonsense about “secret” nerve centers or bullshit  
about hidden targets. This teaches all of the truly  
reliable vital points that really stop strong, determined  
aggressors — not merely cooperative students in  
practice sessions)* **\$4.**

**Brief #11: *Interactive Tactics — The Approach (1)***



*defense exclusively. This Brief explains in detail how to modify any classical method you are studying so that it meets the necessary standards for real combat and street survival.)*

**\$4.**

**Brief #18: *Adopting Kodokan Judo To Realistic Self-Defense***

*(Although judo is much more than a mere “sport”, it is not an all-in combat method. Some judo experts may be able to apply their training in real combat, but to make judo really effective in an emergency the modifications enumerated in this Brief are necessary.)*

**\$4.**

**Brief #19: *The Two Biggest Technical Errors Made In Self-Defense Training***

*(Essential instruction for anyone training in any system or style for self-defense. Teaches how to overcome those errors that result in nearly 100% useless “self-defense” techniques.)*

**\$4.**

**Brief #20: *Self-Defense Training For Senior Citizens***

*(A truly complete compendium of guidelines and technical instruction that works for senior citizens who want to be able to defend themselves. No “feel-good, socially palatable, politically correct bullshit”. Here is the truth about how to be truly prepared to defend against some of the lowest scum on the planet.)*

**\$4.**

**Brief #21: *Fighting Vs. Self-Defense***

*(Legally, morally, technically, tactically, mentally, and physically, “fighting” and “self-defense” are different. This Brief teaches how and why this is so — and explains to every student and teacher of self-defense just why it is so important to understand the difference.)*

**\$4.**

**Brief #22: *The Importance Of Solo Training***

*(Training without a partner is essential for the fullest*

*development of self-defense skill and mental preparedness. This Brief teaches why this is so, and how to train solo with optimum benefits and maximum practical skill development.)* **\$4.**

**Brief #23: Find And Depend Upon Your Best Techniques**

*(Every student and expert is different and everyone serious about self-defense must discover and perfect his own best skills, which need to be drawn from combat-proven doctrine. Here's how to do it.)* **\$4.**

**Brief #24: Observations, Thoughts, Notes, And Miscellany About Self-Defense And Close Combat**

*(A potpourie of insights and tips covering all aspects of practical self-defense and close combat as garnered in over 60-plus years of immersion in and passion about the subjects.)* **\$4.**

**Brief #25: Tactics For Countering A Gun Or Knife Threat**

*(There are numerous “techniques” for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that the 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.**

**Brief #26: Triple Your Learning And Retention With Mental Review**

*(Few give any thought to the importance and value of mentally reviewing the physical skills that they acquire and wish to be able to use. Fewer still do their “mental reviewing” correctly. Learn how from this Brief, and start to enjoy much greater progress in your personal skills and confidence building.)* **\$4.**

**Brief #27: The Fighting Knife: A “Must Master” Weapon**

*(This is a unique instructional work for all students of*

*self-defense and close combat. It offers a complete analysis of the significance of the fighting knife — its indispensable role in the combat arts curriculum — and valuable training advice for achieving mastery.)*

**\$4.**

**Brief #28: *Finding The Right Teacher And Method For Yourself***

*(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.**

**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.***

**Brief #34: *How To Evade Foot Surveillance***

*(Tradecraft that teaches you how to ditch a tail; discover if you are being followed. Escape foot pursuit. How to do it for real.) **\$4.***

**Brief #35: *How To Evade Vehicle Surveillance***

*(Outside an intelligence training center this is the most detailed and complete exposition of the subject.*

*Complements Training Brief #34, and is priceless information for self-defense in a modern urban setting.)* **\$4.**

**Brief #36: “73 Rules Of Spycraft”**

*(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.)*

**\$4.**

**Brief #37: “Going Gray” (Secrets Of Clandestinity)**

*(In secret intelligence work it is often essential to “go gray”; that is, to become anonymous, low profile, uninteresting. The opposite of James Bond! This Brief explains how to do it for the private citizen who is concerned about autonomy, security, privacy, and low-profile living.)*

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**Brief #38: Secret Communications — Part 1**

*(The methods used by secret operatives to communicate securely may be of value to private citizens who are merely concerned about privacy, security, and protection. This is tradecraft the pros use!)*

**\$4.**

**Brief #39: Secret Communications — Part 2**

*(Much more solid tradecraft enabling you to engage in secret communications with the efficiency of a trained intelligence officer!)*

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**Brief #40: How To Conduct Secret Meetings**

*(Methods employed by trained agents and underground warriors who fight in resistance to tyranny.)*

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**Brief #41: Training Your Observational Skills**

*(Spies are taught to notice everything. You can learn to be as alert and observant as the finest secret agents, if you’ll follow the guidance in this Training Brief.)*

**Brief #42: Urban Escape And Evasion**

*(Escaping from captivity is a fascinating aspect of*

*tradecraft training for secret intelligence and special operations military people. It takes courage, fitness, resolve, ingenuity, and a mastery of that which is described in this Brief.)* **\$4.**

These valuable Training Brief presentations are perfect compliments and supplements to our DVD Home Training Course and/or to any martial art you may be training in!

---

### **Throwing The “Switch”**

**WHEN** we were a boy in grade school a neighbor owned a beautiful German Shepard named *Brandy* whom we loved to play with, pet, and interact with, whenever she was out for a walk with her master. Brandy was a beautiful example of the breed, and was absolutely friendly and affectionate. She loved to be petted and to get lots of attention, which we were delighted to provide. We have always loved dogs.

Brandy was powerfully built but for a long time gave us the impression by her loving and docile demeanor that she missed her calling, in a sense, and lacked the formidability and aggressiveness for which German Shepards — as guard and as military dogs — were famous for. Never did she growl, never did she appear even slightly angry or prepared for an encounter. All this gorgeous dog wanted was to be friendly, playful, and soak up as much attention as she could get! Or so that was our impression until . . .

One day we were outside with Brandy and her master in front of the building where they lived. We were busy rubbing her ears and enjoying her company, when a couple of our contemporaries (two useless, stupid examples of wasted life) were passing by. They were kids from the

neighborhood . . . but we avoided them as best we could. Both were obnoxious and enjoyed starting trouble.

As this pair of dildos passed, the one nearest to ourself looked at us with an angry stare. He then raised a hand, while walking, as if to threaten us with a punch. He growled “Hey!” as he did so.

Before the fool could bring his hand down Brandy bared her teeth and while growling ferociously literally *lurched* at him like an angry tiger. Her master instantly reigned her in — using both hands and all of his strength, while shouting “No! Down Brandy!” The dog missed catching hold of the imbecile’s arm by a hair’s breath! The worthless pair of bacteria scattered fast.

Well . . . so much for our belief that Brandy did not possess the quality of aggressiveness that her breed was known for. *In fact, Brandy was just like any of the large, intelligent breeds of canine. She was programmed very well by Nature to be as aggressive and violent as a situation or threat might apparently demand; however, given affection, friendliness, love, and a desire to be friends and to play, the powerful dog was as gentle and nonaggressive as any creature could be.*

“Boy,” we thought to ourself after the smoke cleared, “it’s too bad that *we’re* not trained and programmed to be the way German Shepards are, in our ju-jitsu and self-defense classes! ***That***, come to think of it, would really be an important boost in our preparation to react to sudden, unprovoked violence!” **And in that moment, with Brandy and her master there with us, we *did* come to think of it!**

And we’d like *you* to think of it . . . and to think of it often and deeply . . . and train hard to embed in your psyche that life-preserving reaction to the threat of unanticipated physical danger from a violent piece of sh-t. You might think of it as *throwing the switch*.

We are convinced, as we have said and written often, that fully **90%** of practical effectiveness in close combat is ***mental***. The technical and

physical is of course important and necessary, but the engine that runs the vehicle is your **MIND**, not your muscles!

Providing the physical formidability is there, everything else is mental. Brandy possessed the physical strength, agility, speed, and knockdown power, along with biting power, to take virtually any size man off his feet and tear his throat out. *But it was Brandy's natural programming to bring all of that physical capability into play the very second the dog perceived a threat that made the animal's ability available on demand when needed.*

It is, dear reader, the same with *you*, or with ourself.

The ability to “throw the switch” and transform instantly into a vicious, aggressive, attacking murder-machine is exactly what the student of self-defense requires in order to be able to protect himself from determined, experienced, likely stronger and larger (maybe also armed) offenders. The repertoire must be a good one, to be sure. Remember, techniques and physical ability *are* important. To use the example of dogs for a moment: a little dachshund with Brandy's mental set would certainly prove somewhat of a threat to a human adversary, but Brandy's muscular power, size, agility, biting strength, and resilience\* obviously give her a huge advantage — even if the dashshund has an equal degree of attitudinal ferocity.

Lesson for **you**? Work incessantly on mental conditioning as you work on technical training, and on your physical training and strength development. You want to know and feel deep inside yourself that, should sudden violence explode in your face, you will **not** be shocked into inaction or so surprised that you will pause, hesitate, and attempt to *think*. You want an ability that enables you to switch **immediately** from your normal, natural, friendly, everyday state of mind to a **WAR FOOTING**. You want, insofar as it is possible to cultivate such a rapid and correct reaction, to insure that any attack against you literally *triggers the attacker's own destruction*.

Do not think that this is impossible. It *is* a challenge, and it *is* easier to master physical techniques of a practical nature than it is to insure a mindset that is fully prepared to command those techniques into full, unrestrained, immediate, all-out **USE**. But you *can* do it.

Nothing can help you better or faster, if you are unable to attend our classes, than our self-hypnosis programs. Work with them *and* your technical/physical development, and your practical readiness — your realistic preparedness to handle real violence and danger — will skyrocket.

Your goal is to instill and to be ready to throw that “switch” that changes you from your normal, passive, nonaggressive, civilized and friendly self, into a **war machine** — literally willing and able and fully determined to **destroy** any deadly violent offender who would destroy you, or who would destroy those dear to you.

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\* The physical resilience of a large guard or attack dog (Shepard, Pinscher, Corso, Malinois, etc.) is amazing. There have been instances when these dogs have taken three or more .38 Special rounds and *still continued to attack and bring down their foe. Humans who aspire to combat readiness can learn from this.* There are limits, of course, but by expecting to be hurt and by focusing fanatically on your own frenzied attack and the destruction of your foe, you will be a lot more formidable than the person who stops upon being hurt and focuses on his pain, instead of on transforming that pain into killing hatred and resolve.

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**— General George S. Patton, Jr.**

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tors” were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

---

### **The Fabulous Ear Box Attack**

**THE** “ear concussion blow” (we call it the ear box) developed and taught by William Fairbairn to the commandos and secret agents of WWII is as valuable and important an unarmed combat technique today as it was in the 1940’s. Properly done it will drop the strongest man immediately, and even if not perfectly rendered, the ear box will set your adversary up for whatever followup you wish to apply.

The ear box is, of course, **outlawed** in all competition and sporting fights. Conceivably, the blow can be lethal when done by a powerful individual. (**Note:** *All* powerful blows to the head are dangerous!)

While classical karate has always recognized the ears as vulnerable targets, the classical equivalent of the ear box attack — i.e. *kumade*, or the “bear hand strike” — is inferior to the cupped handed blow as Fairbairn advocated it.

The karate blow (*kumade*) utilizes a relatively flat striking surface. The hand is held open, fingers flexed and curled fully, and the exposed surface of the flattened palm serves as the impact surface. This is a good strike, to be sure, but *not* as good as the ear box. The ear box, with hands tightly formed in “cups” as if you were trying to scoop up water, *compresses air into the ear canals when struck with great power, and*

## No. 23. Smacking the Ears

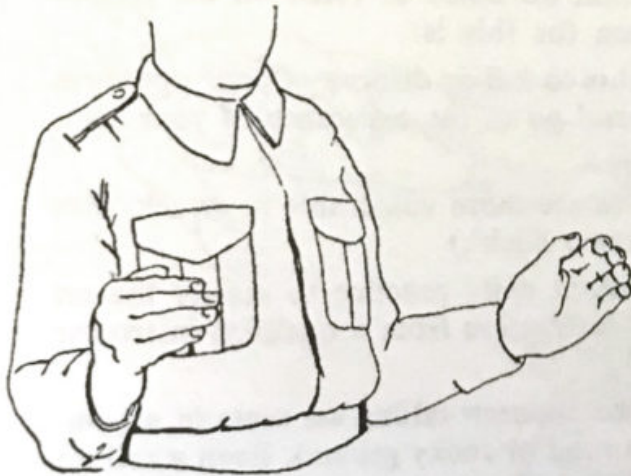


Fig. 76

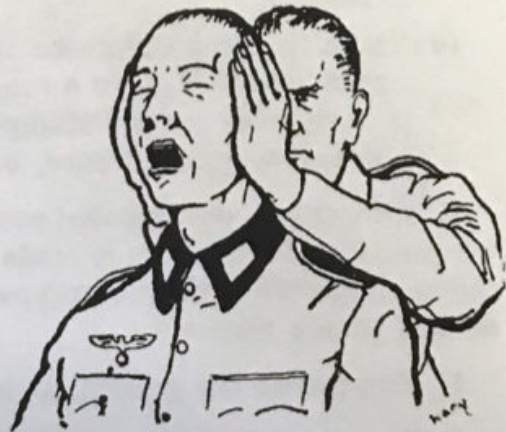


Fig. 77

FROM *ALL-IN FIGHTING AND GET TOUGH!* FAIRBAIRN ADVOCATED THE EAR BOX AS ILLUSTRATED ABOVE.

*this bursts the eardrums.* It could cause internal bleeding and often, concussion.

The two-hand ear box is admirably suited for situations where coming to the aid of someone being attacked is necessary. Come up behind the person who is attacking the individual whom you intend to protect and apply the earbox.

After kneeling a man successfully in the testicles, or driving an uppercut into his solar plexus — or perhaps a straight punch into his sternum

— an opportunity arises to apply the ear box as a followup. If the opponent is doubled fully over, then the ear box is applied as though you were smashing cymbals.

Seizing the ears and ripping them off the attacker's head is quite possible after administering the ear box.

**No physical contact whatever should be made when practicing this blow with a partner!** Stop the blow two to three inches from the partner's ears.

Practice full power ear box strikes on a dummy or heavy bag. Practice in the air against imaginary opponents is effective also. *When training your strikes in the air always bring your hands about an inch close together when the blow is completed.* You always strike as though to “clap” your hands, physically. Do not train to “strike your enemy's ears”; train to smash your enemy's head flat by crushing it with the smashing ear box blow.

### **Training and application tip:**

Always employ this blow with your forearms about parallel and vertical, and your elbows *in*, not spread apart. This method of delivery allows you to employ your powerful pectoral muscles and adds great force that might otherwise not be applied.

### **Further uses:**

We train our students in *American Combato* to employ one-hand ear box attacks in certain situations. No wide-swinging looping blows, but close in, powerful, elliptical strikes. These are *very* effective. In addition to the single cupped palm blow impacting the ear, the adversary's head will naturally turn as the blow is struck (the neck is a hinge joint) and by following through very naturally after ear-boxing, the striking hand is cocked for a full power handaxe chop to the adversary's face or neck. (A third blow — a straight heelpalm strike using the *rearmost* hand — can follow the chop with great force as the body turns *into* to target).

When the double ear box is applied from the **front** (i.e. versus a double clothing grab, underarm bearhug attempt) instant followup by thumbgouging the eyes is an easy, natural move.

An inside foot-edge snap kick to the shinbone can bring an opponent's head forward in a perfect setup for the ear box. When kicked in the leg, the natural reaction is for one's hands to *drop* — thus opening up the face/head for attack.

A great advantage of the ear box is that you will never injure your hands no matter how powerfully you strike (try it on a heavy bag and see for yourself). Additionally, the blow can be delivered with no warning action or telegraphing. The hands may be raised as though to plead for no violence, and then smashed without warning over the attacker's ears.

We're certain that any who really apply themselves to mastering this blow, and its simple variations, will come to appreciate what a valuable weapon it really is for self-protection.

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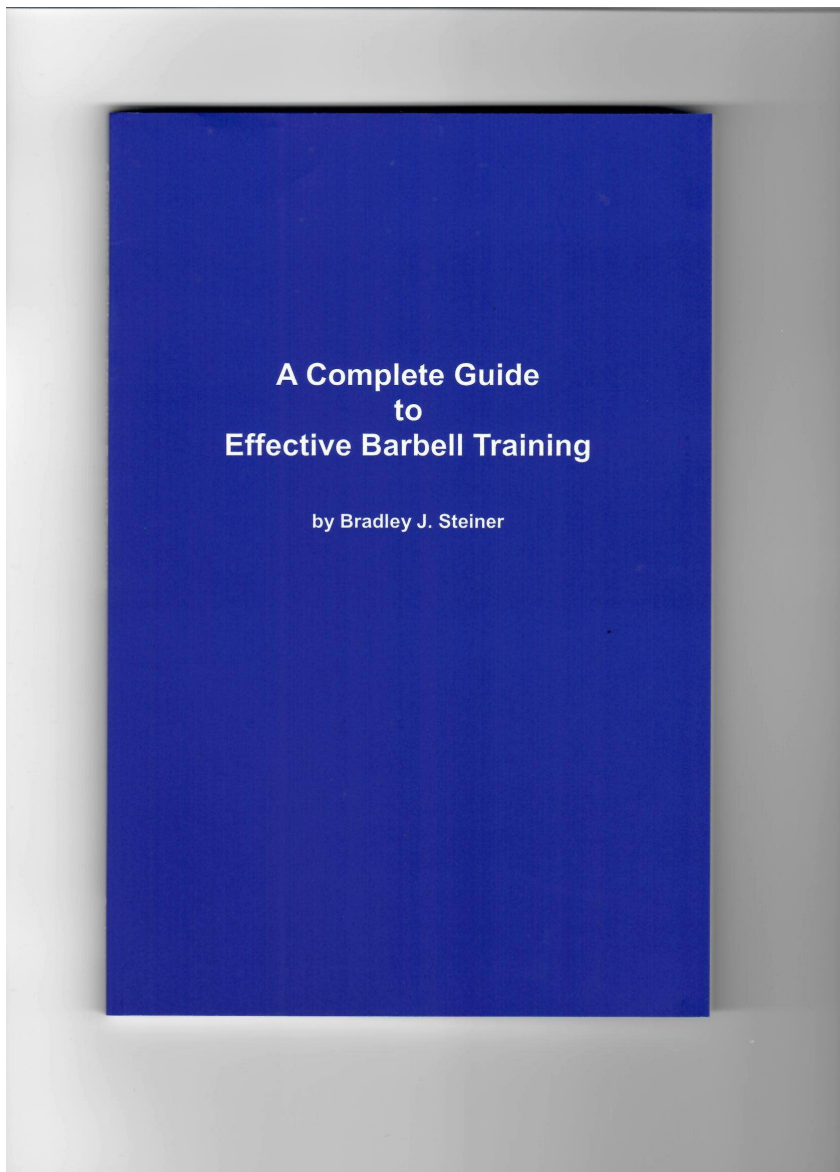
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