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

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July 2019 Edition

Editorial

*Self-Defense Training Is A Necessity!*

**ASSUMING** that you have not been sequestered in a salt mine you doubtless have been aware of the catastrophic mass shooting that took place last month in Virginia Beach. Twelve human beings dead and four hospitalized, before armed law enforcement arrived and shot the murderer. A more eloquent argument for *private citizens to be armed* could not be manufactured! Had one or more of those people who were targetted by that shooter been armed, it is almost certain that far fewer people would have perished in that debacle. Yes, of course, “even one” innocent victim is too many; and there can be no dismissing of the value of any number of innocent lives

— but tragic as it would be to see a few innocent people shot, it would have been good that *more* than a few didn't get shot. But in an attack of the kind that took place it is doubtful if all of the victims could have been saved. The shooter was well armed and took everyone by surprise. His mind was set and he wanted to kill. What's more, he possessed the mindset that enabled him to kill. *All of which again points to how important it is for private citizens to be armed and skilled with their weapons! And how vital it is for the decent private citizen to be ready, willing, and able to go instantly to the extreme of lethally stopping a murderer — and not falter or hesitate at the critical moment.*

Then there were two news stories about completely innocent tourists who were violently attacked while visiting the Dominican Republic. One poor woman was beaten to a point where the scum who had attacked her left her for dead. Shortly after that news story appeared *another* reporting the murder of a husband and wife, also visiting the Dominican Republic, and at the same hotel where the other lady was attacked, shortly prior.

Certainly a working knowledge of serious, **real** self-defense, might have saved one or more of the three victims in the Dominican Republic. At least they would have had a chance, instead of being helpless victims.

These victims were all completely innocent of wrong doing, and thought themselves to be safe in their hotel — they were not in some sleazy tavern, nor were they walking through a city park at 2am. They were not arguing with anyone. *They were on vacation.* **But trouble in the form of predatory human garbage may come after you, in spite of your having given no reason at all for them to attack.**

It absolutely amazes us when we receive calls or emails from people expressing what they call “serious interest” in training with us. Some of these people of course *are*, and they follow up and train. But then there are those who never follow through. We cannot help but think that these individuals have no real idea of what a feral world we live in. Doubtless *some* of them read the news . . . and yet they apparently come away from the daily reports of hideously atrocious crimes committed against their fellow citizens believing “well, that’s too bad, but these things happen to those who are unlucky or who use poor judgement”. **NONSENSE** “These things” happen to perfectly decent, responsible, even *careful* people who **are zeroed in on by predators**. The truth is violence is a very real and constant threat to anyone living in human society *anywhere on planet earth*.

We recall another news story about some poor woman who was apparently abducted actually *jumping out of the window of the apartment where her captor had brought her and had been repeatedly raping her for hours*. The sewer animal who had been violating her is still on the loose, although the good news is that the woman is now safe and she will (we hope) recover from her ordeal.

What in hell is keeping you either from enrolling with us or ordering our DVD Course? Do you *ever* plan on accepting the fact that your protection remains **your** responsibility? And what of your loved ones? Don’t you want to be prepared to defend *them* should the need ever arise where it is necessary to do so?

We’ll teach you an attitude that will prepare you to deal with the lowest, scummiest, most vile physical offenders. We’ll teach you techniques that **WORK**. Not the competition-masquerading-as-combat bullshit, or the esthetically beautiful “artsy” histrionics that dazzle audiences in movie theaters and in martial arts demonstrations. ***We will teach you how to turn the tables on the most savage piece of street sh–t, and ruin his entire day! We’ll teach you skills that were taught during wartime to***

*enable soldiers and marines to close with and destroy hardened, trained military opponents.*

**But *you* have to appreciate how important it is to learn this stuff — before it's too late.**

**Bradley J. Steiner**

# **DVD Course Now Available!**

***You Can Learn Self-Defense and Close Combat At Home.***

***Here are a few comments about us and what and how we teach, from a handful of***



***the many genuine authorities  
in the field of close combat***

# ***and self-defense who are familiar with us and with our work:***

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

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

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

**— Greg Anderson,**

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

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

**— Detective Ralph Friedman (NYPD Retired),**

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

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

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

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

**“Your American Combato is a very good System”**

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

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

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

**“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”  
— Grandmaster John McSweeney,**

**The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jitsu, 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)<sup>™</sup> 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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### **Commonly Touted Myths About Point Shooting**

**“When you raise the most valid of points, you will be grazed by the most hollow of souls, and the most vacant of personages.”**

**— Justin K. McFarlane Beau**



**POINT** shooting, regardless of what the popular opinion is to the contrary amongst “gun bugs” today, is *real world combat handgun shooting*. Commercial interests that have grown up around the fantasy introduced by the late Col. Jeff Cooper and his friends have been misleading many into believing that some “new technique” has replaced point shooting. **Only in the area of competitive sport shooting has any “new technique” come on the scene. As far as actual, close range, quick reaction work in real combat is concerned, point shooting is — as it has been since first introduced as method — the way a handgun should be employed in honest-to-goodness *real* deadly encounters.**

To learn about point shooting — to learn its history, methodology, and record — we refer you to the following works:

*Shooting To Live*, by William E. Fairbairn

*Kill Or Get Killed*, by Rex Applegate

*The early works* of Col. Jeff Cooper

*Combat Shooting For Police*, by Paul Weston

*Officer Survival: Tactics For Armed Encounters*,  
numerous authors, published by  
Calibre Press

*The Gregg Method of Fire Control*, by Jim Gregg

*Quick Or Dead*, by William Cassidy

*Combat Gunfighting*, by Michael T. Rayburn

What we wish to address here and now are four irritating and absolutely absurd and misleading (for those who believe them) **myths** about point

shooting. Advanced (we personally believe) for commercial reasons much more than due to actual ignorance of the truth, these myths are — for those who know about actual close combat — little more than stupid nonsense. But the typical individual who is looking to learn how to employ a handgun for self-defense and protection of his family might easily be conned into believing that which is popular rather than that which is true. And so, for the sake of anyone concerned about what is true as far as combat use of the handgun is concerned, let's flush the damn myths down the proverbial toilet:

**MYTH #1:** Shooting from the hip, which is an alternate designation for point shooting, is a very difficult, time-consuming, and questionable method of shooting. To be able to shoot from the hip accurately can take months of hard, daily practice and a ton of ammunition.

**The truth is:** If you remove the words “which is an alternate designation for point shooting” the above statement is true. But point shooting is **not** hip shooting, and those of us who teach point shooting do **not** advocate hip shooting at all! Point shooting is a method of aiming via the employment of one's natural ability to point at objects with one's finger, combined with proper gripping and trigger-pulling (**not** “squeezing”) and body positioning *under combat stress*. Hip shooting is not natural. Point shooting is as natural as anything can be. It simply takes what happens to the human organism under deadly combat confrontational conditions and coaxes it into applying the phenomenon to shooting.

Do not believe anyone who tells you that hip shooting and point shooting are the same . . . or even that they are related!

**MYTH #2:** If you don't work at point shooting incessantly the skill will not be retained.

**The truth is:** The so-called “new technique” (and its derivative and copycat versions) is a ***perishable skill***. During the second world war recruits in the OSS, Ranger, Commando, Raider, and the famed First Special Service Force units were taught point shooting. ***And they***

*retained it throughout the war with no review, ongoing practice, or even frequent individual gunfights.* Many who learned the skill used it (there is tons of documentation from the war years that substantiates this; but hardly any one individual used it frequently. In the Pacific Theater, Jeff Cooper himself used it to kill two enemy soldiers[!] ).

Col Rex Applegate told us, quite some years ago, that persons coming into the OSS often had **zero** experience with any firearms. Agents graduated the training after expending perhaps 30 rounds of ammunition, and three or four hours of training, quite capable of using their sidearms lethally (which many did). *And all of those agents retained the skill they learned without any further training, or review of method.*

Look at the quantities of ammunition required in the popular “shooting schools” today, that teach the “new technique”. Look at the admission (by some) that (*their*) *method of combat shooting is a perishable skill.* So, naturally, you’ll need to return for review and more supervised shooting and advanced course work, right? Get a hint of commercialism here? Well, *their* shooting style (which is a competition style, whether they admit it or not) indeed instructs in a perishable method (no one stays sharp in *any sport* without continual practice and review of technique). But point shooting? No way does that skill, **once learned**, leave its possessor. It is too natural, “instinctive”, and accommodating of every psychophysical occurrence experienced in deadly battle. In point of fact the stress of combat *facilitates* the point shooting reaction!

**Myth #3:** It is ridiculous to limit oneself to one-handed shooting, as advocated by point shooters, when anyone can see that holding one’s sidearm with both hands provides stronger support and greater accuracy.

**The truth is:** A combat handgun is not so heavy that one needs both hands to “support” it. One hand will do very nicely. But the idea that point shooters limit themselves to one-handed shooting is bullshit. Point shooting may be done, and is **taught**, with two hands as well as with one hand. The point is that you do not *need* two hands in a close combat situation, and often (as is the case with police) a flashlight is held in one

hand while pursuing the adversary. Or one's other hand is utilized for something else. Combat (i.e. point) shooting should be mastered as a one **OR** two-hand shooting method — both being practical, necessary, and functional in real world situations.

**Important Note:** Point shooting also recognizes and its proponent teachers instruct in the use of the handgun's sights when time, distance, and lighting both necessitate and allow for the sights to be employed. This occurs in only a tiny number of actual armed encounters where the handgun is used; perhaps 3%. And, we want to emphasize, when engaging targets that shoot at you from a sufficient distance to make the use of the sights on your weapon a feasible action, ***get the hell to cover, drop to prone, MOVE, go to kneeling, etc. But do not try to stand there, pick up the weapon's front sight, remain bolt upright and fire, as is done in match events, when someone is trying to kill you.***

**Myth #4:** Point shooting is purely theoretical. Point shooters *think* that their method will work, but only use of the sights produces quantifiable accuracy.

**The truth is:** Point shooting works, and *has* worked — with fabulous success! — for almost 100 years. Just read the effect of the point shooting method in the combat encounters experienced by members of the Shanghai Municipal Police (who were Fairbairn's first point shooting students, following his establishment of the method) when officers of that Department put their training into use. To claim that point shooting doesn't work, or, as someone once wrote, that it is a "fraud"(!!!) is to establish for all time one's ignorance not only of handgun shooting, but of all of that which is attendant lethal close quarters combat.

It is the "new technique" that is purely theoretical. **Point shooting grew out of actual combat shooting experience, and the study of its phenomena are inextricably a part of real world close combat.** *Nothing* in point shooting doctrine is "theoretical". The method has been working for those who learned it since it was developed, and quite possibly WWII and the experience of the 10,000 or more men who learned point shooting then, and who used it successfully in wartime battle, comprise the largest group to verify this. The "new

technique” has *never* been validated in real combat, and in point of fact agencies (like the California Highway Patrol and the FBI) have dropped instruction in the method and resumed point shooting training for their recruits. The “new technique” grew out of competition shooting experiences **ONLY**. In fact you may hear proponents of the “new technique” state plainly that its proof and validation lies in the fact that “all of the competition champions” use the method. So what? We are not concerned here with competition but with, as Fairbairn put it, *shooting to live*. “Point shooters never win the world class shooting matches,” some “teachers” of the method will say. *Of course they don’t!* Point shooting is a combat method, and competition is not combat! Point shooters, to the best of our knowledge, have rarely if ever entered these popular shooting matches at all. But they *have* engaged live enemies and successfully shot them first, in deadly encounters.

At this point we will stop — for now, anyway.

Hopefully we reach those sensible few who are interested in staying alive and who appreciate that the method that has proven — in war and in peacetime — to enable them to do just that, is the method that they need to acquire. As is the case in unarmed close combat, that which is used **for real** is not the same as that which one employs for friendly recreation.

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Need help in selecting a handgun for personal protection?  
Check out the latest article in the “Articles”? Section of  
[www.seattlecombatives.com](http://www.seattlecombatives.com)

### The Tomahawk\* And Fighting Knife

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\*The tomahawk type to which we now refer is the *La Gana American Tomahawk*, made famous by that outstanding USMC instructor, Peter La Gana, during the Vietnam War. Since La Gana devised his formidable tomahawk for the modern U.S. marine several similar versions have been

**produced by others. Providing quality manufacture, the general design is excellent.**

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**TWO** very old weapons — in the case of the knife, actually *ancient* — are the tomohawk (hatchet) and knife. That each is lethal in hand-to-hand combat cannot be argued. In fact, we teach *both* these weapons to our students at black belt level. But is it possible to establish either one as the “superior” of the two? And if so which one is it? And why? And finally: If one of these close combat weapons is superior, why waste time teaching the other, and why not just teach the one that offers the greatest advantage?

We see this matter as being similar in some ways to the old — and we feel ridiculous — debate that so often rears its head amongst handgun aficionados; i.e. “Which is better, the revolver or the autopistol?” In the case of handguns, of course, the answer is simple (for anyone who has any level or degree of understanding about the nature of close combat, about individuals who may need to participate in it, and of the varied circumstances and situations in which real world close combat occurs). That answer is: *“Both revolvers and automatics are valuable and effective handguns. Only by specifying a context, a person, a mission, a need, and circumstances in general, is it possible to say that ‘for this particular purpose a revolver [or automatic] is the better choice of sidearm’.”*

It isn’t exactly the same with the tomahawk and the fighting knife, but it is somewhat similar.

Clearly the tomahawk is not a practical carry weapon for the private citizen. There are probably few ways to get as speedily detained by police officers as there is by walking down the street with a tomahawk either suspended from a sheath, or (gasp!) in your hand. On the other hand a knife is readily concealed. It may be illegal in your jurisdiction to carry one, and we advocate always obeying the law. Still, in theory the knife — and we mean a stout, well-made combat knife — *could* be

concealed pretty easily by almost anyone, theoretically anyway. A knife is a more convenient carry weapon.

For the soldier or marine in full battle dress it is simple and convenient to pack a tomahawk on his web gear; but it is even easier to pack a knife. So, at least for the combat soldier and marine, either one or both weapons ought not present any carry problem (except that of administrative, and that of course can make the fighting man's decision for him).

Our experience over a considerable number of years of teaching as well as *decades upon decades* of personal training, is that the knife is a much easier weapon for the average fighting man to master than is the tomahawk. We also find the knife more maneuverable and versatile in how it may be wielded to inflict injury upon the enemy. However, *if we look at the likely result of a single slash or stab wound*, it is not at all likely to produce the shock, degree of injury, and disability that a powerfully wielded tomahawk strike can produce. Knives generally lack shocking power, despite their lethality. You can come close to taking an enemy's head off with one whack of a sharp combat tomahawk! Also, the piercing hammer-like opposite end of the tomahawk's blade can cause massive injury, *and with the first whack*.

While certain types of heavy clothing can definitely prevent a knife slash from penetrating or even from being felt, the *blunt trauma* of a strong and fit combatant's powerful smashing blow with a tomahawk, will be felt. And it could knock an enemy down, with its weighted, clubbing effect.

On the other hand a sharp fighting knife with the usual six to seven inch blade length will almost certainly *penetrate just about any clothing with a strong thrust or stab*.

Although we have devised ways to train students how to strike powerfully with the tomahawk *as they draw* the weapon from a belt sheath, it remains obvious that in order to finish an enemy with certainty

in close quarters combat with the tomahawk, a powerful, fast *chopping* action of the blade that hacks through his body's vulnerable target area is needed. We even teach how the tomahawk can be utilized with excellent effect while maintaining the drawing grip, but the fact remains that, against a fierce and determined enemy in battle, it is the formidable chop (normally repeated rapidly, a number of times) that ends the engagement. There is no mystery about how the tomahawk works, any more than there is about how the knife does its damage. One viciously hacks and chops into the enemy with the tomahawk *at some point during the attack*, once the opening is secured. (If you ever saw the excellent motion picture *The Patriot* with Mel Gibson, you saw therein — without the intention of the movie being instructive — how a tomahawk is ultimately employed in combat. Gibson, in a frenzy over the murder of his son, viciously and relentlessly hacks a British redcoat to death. No finesse or acrobatic art here! But supremely effective.

Both the tomahawk and the knife may be utilized in conjunction with unarmed techniques (and in fact being able to do this is, in our view, a necessity, and so we teach it with *both* weapons). Still, we have found that the knife has an advantage here because of how wieldly it is. Yes, the La Gana tomahawk and similar types are certainly wieldly — and often bewilderingly so — once the student has learned how *and worked hard at being able to do it*; but a lot less practice is needed to become truly close to being unstoppable with a knife.

The knife may be held in a variety of grips, although the basic combat grip is normally preferred. For the tomahawk to yield optimum effect it needs to be held, well, *like a tomahawk!*

For home or apartment defense (in places where firearms are available only to police and those wealthy or connected enough to get permits — and by this we refer to those outrageous and unconstitutionally regulated “may issue” dumps) knives and tomahawks might either or both be kept around to protect home and hearth.



One great plus with the knife is that once you acquire practical skills with it you have virtually *any* knife at hand (kitchen, utility, hunting, lockblade folding, etc.) as a potential weapon. Screwdrivers, small sharp sticks, and shards of glass, too! Using the knifework you've learned, *any* of these implements and objects can serve you in an emergency. Mastering the tomahawk does not really offer much "carry over skill" with objects-at-hand.

So what's the bottom line? We urge every serious combatives student to avail himself of *quality* training in *both* knifework *and* in the combat use of the La Gana type tomahawk. Even if the private citizen has no immediate use for the tomahawk he can benefit from learning its combative uses.

Who knows what the future will bring?

(**Note:** Very, very few teachers have any idea of how to teach the tomahawk. It was not urged as a common weapon in the military — before, during, or following WWII. And, except for during the revolutionary war in America and the civil war, no troops *generally* could be found with tomahawks as back-up sidearms. Much tactical knowledge did exist amongst the American Indian regarding the tomahawk, and of course Peter La Gana developed some quality skills, as did we, in *American Combato*. Unlike La Gana we do *not* believe in throwing the tomahawk (or the knife), and although much of his doctrine was excellent we do take exception to the *throwing*. *Don't throw your weapon!*)

Both the tomahawk and the fighting knife are formidable, deadly, and *very* psychologically intimidating weapons. We recommend that serious, long-term combatives students master *both*. The fighting man who is permitted to do so (i.e. normally Special Forces or other *special operations* man) may select the weapon he prefers for the mission he is assigned. He might select both. Ditto for the private citizen.

Which (if either) is best for *you*? **You decide!**

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## **DIRTY!: No Matter How You Slice It**

**TOO** many people are attracted to the study of martial arts because they believe that these methods offer some kind of “refined”, “artistic”, “sophisticatedly-humane”, and, oh yes, “*secret*” way to defeat virtually anyone — once mastery is achieved. This idea was rampant during the years following WWII when the arts of judo and ju-jitsu (initially) were becoming popular, and then later on when *karate* and *kung fu* became the rage. Today, it isn’t as bad, but in one way it is *worse*. That is, the popularizing of **competitive sport** (vis a vis the UFC and latterly MMA) which now leaves those interested in acquiring self-defense ability with the idea that by training for open (or “mixed” or “anything goes”, ad nauseum) *competition*, the ultimate level of practical ability can be achieved. This is dangerously inaccurate drivel, and its promotion by popular competitive figures (we feel for commercial purposes, mainly) is leading many people down the worst possible road to failed close combat proficiency.

To begin, let’s get this **absolute myth** of certain types of competition having “no rules” out of the way. *Bullshit!* All one need do is go on line and check the very extensive sets of **RULES** that obtain in such events as the UFC and MMA. Almost amusingly (if it weren’t pathetic and tragic) most of the rules forbid doing *exactly what a properly trained self-defense student or military combatant must be conditioned to do immediately, with all-out force, and — preferably — using the element of complete surprise.*

Yes indeed UFC and MMA matches are tough, aggressive, and often quite brutal. But that doesn’t make their respective doctrine suitable for persons who want and need no-nonsense, reliable methods of manhandling and lifetime self-defense. What someone looking for combat training needs is savagery that enables him (or her) at any age and perhaps not when in all that great a condition, to maim or kill, or knock unconscious any violent physical offender who **attacks** him — not who faces him in an arena. And get this straight, even if the

commercializers and true believers in the bullshit do not get it straight: **A real attack is akin to an assassin's attempt to take out his target. The individual who is set upon often gets very little or no warning, and he has *not the slightest idea* of what is inside his attacker's (or *attackers*, plural!) head(s). The attacker's ability, background, intentions, armament, level of desperation, or you-name-it is rarely known (or discerned in time), and the individual is an UNWILLING participant, a *victim*, not a sporting opponent. Often loved ones are in danger and must be protected, too. And rarely does street, troublemaking, or criminal scum attacked *unarmed*.**

If you see a relation between this kind of chaotic, dangerous insanity and “*sport*” your problem is not tactical . . . it is psychological.

And all of this of course leads to the conclusion that, no matter how you look at it, *real* self-defense against violent individuals demands *foul, dirty methods*; there is a need for the individual defender to have an attitude of savage brutality, abandonment of anything resembling rules, sportsmanship, or fair play. Like it or not (and an awful lot of people, including so-called “martial artists” do *not* like it at all) *this* is what every student of self-defense and every military man **needs to have pounded into him**. And the techniques that he strives to acquire must never be diluted by considerations of forbearance, mercy, compassion, or even human decency. Sorry, but self-defense is **war**; and the object in war is to *win* . . . by any means possible, because wars are fought for survival.

Regardless of how you might *like* it to be, things are the way they are. To set about attempting to learn self-defense as though it was some kind of high class way of defeating monsters without oneself being at all monstrous, is fanciful crap . . . utter sh–t, and we cannot stress that too powerfully.

If you learn this lesson and if you train in skills that enable you to apply its meaning, then you are on the right track in learning self-protection and individual combat. *Forget about the flash, sizzle, and beautifully*

*impressive acrobatics*. They are worth **NOTHING** when a dangerous enemy moves in to kill you! Save the pretty stuff for demonstrations, fun, movies, and TV shows. But under no circumstances entertain the thought of employing such balletic crap against a sudden, aggressive attacker whose intention it is to do you real, serious, and immediate harm.

We are fully respectful of the legitimate classical martial arts. But we are also aware of their many limitations — especially for the 21st century person. Military men hundreds or thousands of years ago would necessarily devote many hours a day to their hand-to-hand combat work. Today, however, *even professional fighting men in the military services* do not have hours every day for hand-to-hand combat work. The philosophy of the modern Special Forces soldier, Ranger, or Navy SEAL may be similar to the Samurai of feudal Japan . . . but his training priority is **modern weapons and equipment**, supplemented with a *sprinkling* of unarmed action — *not* ju-jitsu and swordsmanship! A modern member of just about any elite unit today can count upon *hours* — not months or years — of hand-to-hand. And private citizens whose interest pushes them to pursue training in the private sector, and who attend training for *years*, cannot devote more than perhaps six to eight hours *per week* to training — tops. Most spend less. Efficient, hardcore, no-nonsense skills that get the job done without fanfare, pomp, or circumstance are what's needed. This means direct savagery: Low kicking that is *basic*, not fancy; eye attacks; open hand blows to the weakest and most vulnerable targets; no effort to “arrest” and “control” (except sometimes in police training); elbow smashes; head butts; biting; and so on; the use of objects at hand as weapons; knifework; stick fighting; handgun use, and so on. Those who balk at this must realize that there really is no other reliable way to prepare for the worst; and preparing for the worst is exactly what self-defense and close combat training is all about.

Take this **TRUE** incident from the 1960's, which occurred in our own hometown at the time, New York City, the Bronx:

Frank Ryan, a first class close combat *all-combat* karate teacher was at Yonkers Raceway with his wife. Two men began making obscene and offensive comments about the lady, suggesting by their tone and attitude that they were about to make quick work of Ryan, and do as they pleased with Mrs. Ryan. *Stupid goddamn fools!*

Without a tremor of hesitation Frank Ryan went into preemptive action. He violently seized the closest maggot and bit the bastard's ear off — spitting it out in front of the shocked scumbag's (and causing the piece of sh-t to faint on the spot). Before Frank could dispatch sewer-garbage number two, the second load of crap was running away, and — *literally* — screaming! This was all reported in the news, by the way. Back in the early 1960's a quite different breed of **true human** populated the Big Apple. People *applauded* Ryan's action, as we did. Would that every foul-mouthed anti-social pile of stinking manure would be dealt with as marvelously when he dared to impose upon humans.

We recall reading some untrue slop in his monthly column, by one of the BJJ bigwigs, some years ago in a major “martial arts” periodical proclaiming that one cannot defend against multiple individuals.

**Bullshit.** Of course using a ground-oriented grappling **sport method**, the bigwig was quite right. *But he was dead wrong (and every legitimate combat instructor now or in years passed knows he was). Problem is, people disdain the truth and resent reality.* It's nice to think that there's an impressive, showy way to do things. And if doing things that way limits practicality? So what! Just recreate reality and say that what is, really isn't. The racket isn't new . . . and it certainly isn't limited to combat arts. Nor is it ever likely to go away, since so many morons fall for it.

No one gets anywhere in this field via self-delusion, or by following the latest fad or trend. Get to the place of confidence and ability by following the right road, staying on it, and perfecting that which it teaches along the way.

If you're in this for real self-defense, then **train** in and adopt the **mindset** and **tactical orientation** that will *honestly* give you that which you want.

Never mind what the newsstand periodicals and the popular trend tells you. There's no escaping the fact that *only* the dirtiest, most savage and brutal, *ruthlessly* destructive methods are necessary.

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## **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*.

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*(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)*

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**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)*

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**Brief #5: Rules Of Self-Defense**

*(Of course there really are no "rules" in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training)*

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**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)*

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**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)*

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**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*



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

*(Learn exactly how to be ten steps ahead of anyone who approaches you with dangerous intentions. Be ready without appearing ready) \$4.*

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*(Never be shaken again when some punk or troublemaker makes it clear that he intends to beat your head in. Instead, be ahead of him, by mastering the right tactical skills for dealing with the threat) \$4.*

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*(Bullying is always a cowardly act; but people have been injured or killed by bullies, and many people are scarred for life by a scumbag bully. This most politically **incorrect** presentation will teach you the truth about how to handle a violent bully. Here’s the unvarnished truth!) \$4.*

**Brief #15: *Spontaneous Reaction, Not “Lightning Reflexes”***

*(Action is always faster than reaction. The real secret to being able to handle any attack is to cultivate an immediate and spontaneous reaction. Do not depend upon blocking.)*

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**Brief #16: *How To Hit With Great Power***

*(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility.)*

**\$4.**

**Brief #17: *Adopting Classical Karate To Modern Close Combat***

*(Although a powerful martial art, classical karate has numerous drawbacks for the person seeking self-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.)*

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**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.)*

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**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.)*

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**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.)*

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**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.)*

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**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.)*      **\$4.**

**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*

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*(Methods employed by trained agents and underground warriors who fight in reistance to tyranny.)* **\$4.**

**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.**

**Brief #43: *Developing The Spy's Attributes***

*(In this turbulent 21st century when Western Civilization itself is being destroyed, the unconventional and unusual attributes of the secret intelligence agent can serve to equip the serious individual for survival by teaching him what history's great secret agents relied upon to survive and win while operating amidst hostile forces.)* **\$4.**

**Brief #44: *Resisting Interrogation (Including The Polygraph)***

*(An encapsulation of all you need to know in order to effectively resist even professionally qualified interrogators — short of their using torture. And the polygraph section will surprise you; the method works!)* **\$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!

## Practice, Practice, Practice!

**IN** any art, martial art, visual art, performing art, art of clothing design, art of building weapons, houses, or vehicles, etc. or the art of persuasion or argument, *doing*, once the mechanics have been learned, remains the *only* path to *perfecting*, and to truly expert, masterful performance. Because the techniques of close combat and self-defense are simple, some people believe that serious practice and hard work is not necessary (as, they believe, it is in the classical Asian arts, which tend to be elaborate and complex). Wrong. *Because of what is at stake when combative skills are brought into practical application, one might argue that deadly serious, regular and intensive practice is **MORE** important for the student of actual, real world combat methodology than it is for the person participating in a strict classical art, or in a competitive sport.* We know very well that plenty of hard, serious practice is necessary in *any* form of martial art one cares to study. We would say that ***there is a great deal more at stake*** in training in self-defense and close combat than there is in either traditional methods or contest skills.

You are not training for fun or for recreation — although combat training certainly can be *enjoyable*. You are training in order to prepare for and *stay prepared for* the unfortunate situation of being confronted by violent attack. This violent attack may be against you or against a family member or close friend. *In any case, being defeated is not an acceptable option.* And in order to avoid losing, in order to prevail, you need to have the skills that you are learning driven into your motor nerves and *embedded* there! That means practicing. It means practicing often and regularly. And nothing can take its place.

We stress this with our personal students. We emphasize it for those who train with our DVD Home Study Course. Occasional, sporadic effort does not produce mastery. Intense, regular, serious effort *does*.



Too many martial arts students constantly seek out “new techniques”. They strive to build extensive repertoires of skills. In so doing they neglect to settle down to the process of **mastering those skills that work, and that work especially well for *themselves***. *American Combato* teaches the skills that work. But every student must, over time, discover those techniques that work particularly well for himself. And then perfecting those techniques becomes the order of the day. No one needs a vast array of techniques. One needs those quality techniques that suit him best.

When you discover those blows, combinations, counterattacks, weapons, and tactics that *fit you like a glove*, then set yourself to practicing them endlessly. That is what will insure that they will be “there and ready to serve” when and if the worst ever happens. We all hope it never will . . . but if that awful, catastrophic moment comes to you where there is no option but destroying a dangerous felon before he destroys you, you want to be ready and able to neutralize him speedily and well — and at minimum injury to yourself.

*Attitude and mindset also need “practice” of a sort.* Repetitious review, reminding, constant referral in thinking about how to apply, and ***always remembering why*** training is so important and thereby staying motivated and enthused.

Heed these words which come from a lifetime of training, study, research, practice, teaching, and — thank God to a lesser degree — *some* personal experience in application.

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**— General George S. Patton, Jr.**

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### **Combat Kuzushi**

**KUZUSHI** is the art of unbalancing an opponent to one of the known eight directions of vulnerability: i.e. *front, rear, left side, right side, left rear corner, right rear corner, left front corner, right front corner*. Developed in *ju-jutsu*, kuzushi is given much greater specific emphasis

in **judo** training. This is because judo emphasizes throwing to a much greater degree than does ju-jutsu . . . judo being, after all, practiced often as a sport, and depending upon throwing to bring one's opponent to the mat. Ju-jutsu includes other means of bringing one's enemy down, as well as by throwing.

We strongly suggest that you obtain a good basic textbook on judo. It will contain a detailed description of kuzushi and a clear explanation of how the judoka uses kuzushi to maneuver his opponent off-balance prior to executing a throw. In judo, there are three stages to the execution of a throw: 1. Break the opponent's balance, 2. Position oneself for the throw that is to be executed, and 3. Execute the throw.

*American Combato* makes use of kuzushi, but in a somewhat different manner than is utilized in judo and ju-jutsu.

First, we regard "balance" as having two components: *physical balance* and *mental balance*. We aim to upset both in a combat situation — and ideally to do so simultaneously.

The finesse of classical ju-jutsu is nice, but we deem it impractical and impracticable for most *real* hand-to-hand engagements and self-defense emergencies. We do not, therefore, grasp our opponent by sleeve and collar (judo) and tug, yank, jerk, and pull him in a variety of directions, striving to position him so that his body may be tossed, his leg or ankle may be swept, or he may be tripped with ease. Nor do we jab mildly with an intentionally mild *atemi* in order to make yanking the adversary off balance easy. For actual combat purposes we:

1. Combine a fierce yell with as destructive a kick or hand or arm blow as we can generate, striving to inflict serious injury. Then we seize the adversary *anywhere we deem it suitable at the moment* and literally **slam** him off balance to the deck with one of the key basic combat throws (note: these are *not* judo throws).
2. Combine a sharp, growling yell with a powerful blow to the face, neck, head, or throat, getting our entire body behind the blow and

moving in behind the action, **or** stomping powerfully into the adversary's knee or shinbone . . . and by thus striking his *high* or *low* body area with a powerful blow, completely ruining his balance.

We do **not** concern ourselves with *leading* an opponent into one of the angles of unbalance; we *smash into him aggressively* and ***drive*** him off balance. We call this “combat kuzushi” and it was a similar variant of the skill that the late Pat (Dermot) O’Neill adopted when he taught the First Special Service Force the few judo-type throws that were part of the wartime method he trained the “*Devil’s Brigade*” in.

Remember that when a man’s balance has been broken it is impossible for him to make use of whatever strength and size advantage he might theoretically possess. Try standing on one leg only and with one or both hands keep someone half your size or even smaller pressed strongly against a wall. Easy when you’re solidly balanced on two feet; *impossible* when you do not possess balance.

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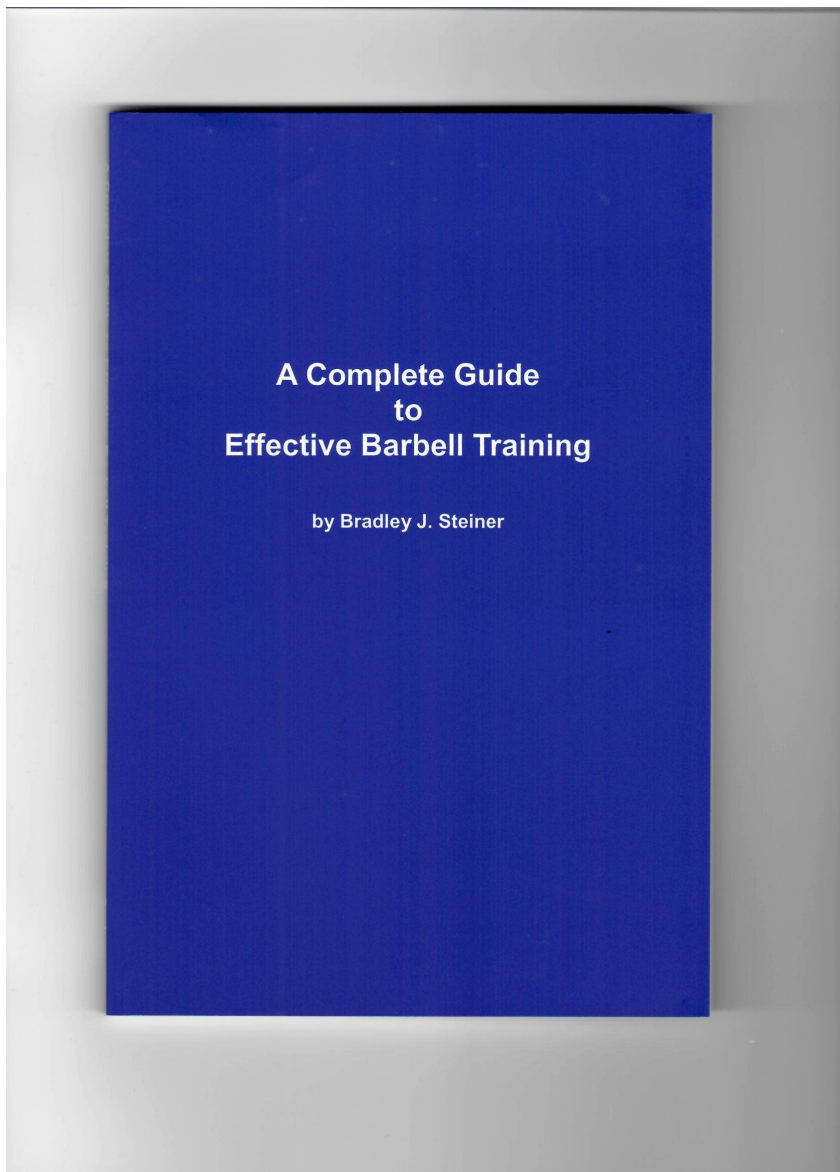
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