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

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January 2020 Edition

Editorial

*21st Century Requirements*

**THE** classical/traditional martial arts will doubtless always have an enormous appeal. They are beautiful and fascinating studies, and they bring cultural, physical, spiritual, and psychological enrichment to those who study them in earnest. But they are in no sense a sensible path to realistic self-defense and close combat for the modern age. True enough, an individual with the requisite *years* of intensive training can certainly adopt the classical skills to self-defense emergencies; but this is also true of boxers, wrestlers, judo players, football players, and fencers who have dedicated themselves to the attainment of serious proficiency. Neither sport nor classicism however is an efficient or completely reliable way



**THIS GUY ..... IS NOTHING LIKE THIS GUY!**

for the citizen to ready himself for a violent criminal attack, or for a soldier to prepare to meet an enemy in hand-to-hand combat. The right way for the 21st century man or woman to study self-defense was actually discovered in the 20th century, by force of necessity: WWII.

During the second world war there were a number of Caucasians who had trained seriously in Asian martial arts. Not surprisingly these were in most instances military men. O'Neill, Fairbairn, Sykes, Applegate, Biddle, and a few others. Additionally, there were Westerners (i.e. Brown, Begala, Tegnér, Savers, etc.) who had gained exposure to the Asian arts of combat either through military contacts or by expanding their own sporting-combat horizons. (Note in this regard that Wesley Brown and Joe Begala - USA, and Micky Wood - UK, hailed from a *wrestling* background. This explains why their programs, while good, were flawed by the inclusion of too much sport-type grappling). These men were all called for the war effort, and in different ways, to varying degrees, each contributed his expertise to the development of rapidly-learned courses for the Allies. A byproduct of their efforts was an approach to individual combat (self-defense) that makes perfect sense, is effective, and is supremely *practical*. It is an approach stripped of all

pomp and circumstance, devoid of mysticism and cultural biases, is **simple**, and very destructive. (This last should be encouraging. Unfortunately, many soft souls cannot comprehend why one *must* be destructive when forced to defend one's life against those who initiate destructiveness. Oh, well.)

The WWII methods, as they have come to be called, were *not* complete martial arts. They were not intended to be. However, their philosophy, tactical orientation, and overall methodology provided the basis for formulating complete martial arts. Martial arts that make sense for the modern age. *American Combato (Jen•Do•Tao)* is preeminent in this. Whether anyone cares to admit it or not, the systems of so-called “reality-based self-defense” that have appeared on the scene in the early to mid-1980's derived much of their doctrine from *American Combato*. In one or two cases, in fact, it is obvious that the so-called systems which these individuals present are plainly copies of what we introduced in 1975, and earlier.

In any case it is clear that the man and woman of the 21st century cannot approach the pre-WWII classical methods in order to meet modern self-defense requirements. The student or working person of 2020 does not have the time, energy, or — usually — the interest to devote to the discipline that is necessary if he is to be able to employ classical skills in a modern close combat context. Three months of serious, regular practice of the material in our DVD Home Training Course will produce a greater knowledge and ability with effective self-defense than a comparable number of *years* in a classical martial art. And retaining these modern, simpler skills requires very little time and effort, compared to retaining classical skills. For example, the truly outstanding karate competitor Bill Wallace (known as “Superfoot”), despite having a genetic propensity for the arduous skills and high kicks that he is known for, once mentioned that he spent **three hours every day** in stretching and practicing, just to retain his incredible kicking skills. Most who need

self-defense training have more like three hours per *week* available. For these people — who are legion — martial arts like *American Combato* fill the bill.

It is critical to remember that modern martial arts are studied by all sorts of people . . . ranging from elite military and intelligence operatives to housewives, students, and retired businessmen. These people need training in **mindset** — attitude, psychological readiness, aggressiveness, fear control, protective tactics, etc. — no less, and quite possibly more in some cases, than they need training in physical combat. They also require training in weapons. Not nunchucks, nine foot poles, sai, tonfa, and throwing stars; but **handguns**, **knives**, **walking sticks**, as well as improvised as well as manufactured weapons *of today*.

Finally, it must be emphasized that the present craze for MMA and UFC type brawling constitutes no “advance” in combatives training. *Quite to the contrary*. This sort of “sport” amounts to little more than brawling by the rulebook (and they **do** have **many** rules!), and results in injuries and the formation of competition habits that do not condition mind or body for actual personal combat. Sport and combat are and must forever remain **separate** and **distinct**. You can have one or you can have the other . . . but do not deceive yourself into believing that you can have both.

Simple, basic, destructive techniques. A proper combat mindset. Practical familiarity with modern weapons. *That’s* what you need in 2020 if you want to be fully prepared to defend yourself, your loved ones, and your home.

## **Bradley J. Steiner**

**“The power to cause pain is the only power that matters, the power to defend yourself and your loved ones, because if you cannot inflict pain on others then you are always subject to those who can, and nothing and no one will ever truly protect you”**

—————Unknown

# **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!

### **Three Sure And Fast Knockout Blows**

**PLACE** the point of your index finger at the corner of your mouth. Now run the tip of your finger straight down until it touches the edge of the bottom of your jaw. *That* is a knockout point. It is where the **mental foramen nerve** is located, and it is a favorite target of boxers. A conditioned boxer who has been training and fighting in the ring for six to eight months can knock **anyone** instantly out by landing a powerful straight right or hook to that point on the person's head.

In close combat we do not box. However, there are even more effective ways of striking that target and of knocking a man unconscious

- Use Your Elbow

When directly in front of your adversary use a looping, arcing forward elbow smash *into* and *following through* with force to his mental foramen nerve. No telegraphing. Suddenly whip your elbow up and

across, smashing into the target and *be sure to get your entire body behind the blow, following through with all of your weight*. Use your right elbow to smash into the left side of his jaw, or your left elbow to attack the right side.

This action can serve as an excellent defense move when a person grabs your arm and pulls you towards him. Go with his pull and *add to the momentum he provides* every ounce of bodyweight and strength at your command. Try to knock his head off! If your elbow connects correctly, a certain knockout will result.

- Use The Heel of Your Hand

Again, this is an excellent self-defense action when you are seized from the side (arm, shoulder, collar, hair, and *pulled violently* toward your assailant. Simply go with the force of his pull. Keeping your free arm bent at the elbow, flex your hand back exposing the hard heel of your palm. Connect with the attacker's mental foramen nerve with that "whipping heel palm" blow — your entire bodyweight behind your strike — and *follow through* as though your aim was to knock his head off his shoulders. If you land this strike correctly, your opponent will go out.

- Use The Hammerfist Smash

With your fist tightly clenched you form a very powerful weapon on the little finger side of that fist. This is not a "punch". You will be hitting with a natural weapon that is similar to the handaxe blow. In fact, some might prefer to employ a handaxe chop rather than the hammerfist smash.

Close in to your opponent suddenly whip your fist up and outward, “hammering” the mental foramen nerve with all of your strength and bodyweight. Land the blow properly and you’ve got a knockout.

It may seem an exaggeration to say that if these blows land correctly they will “always” cause a knockout, but in fact this is almost a 100% guarantee. Striking the jaw in this fashion and at this point results in a very weak and vulnerable part of the skull being traumatized, and a shock being sent to the brain. To date there are three instances of which we are aware when students of ours have used these strikes to this target. In each case the heel of the hand was employed and all instances were immediate knockouts. But our solid certainty regarding the efficacy of this type of blow comes from our long-standing knowledge of its effectiveness for boxers. *If you hit the pointm you get a knockout.*

The three variations of the blow — elbow, heelpalm, and hammerfist — are all more powerful and destructive than the clenched fist (save when the fist punch is delivered by a world champion heavyweight fighter) and so these blows work well for underdeveloped individuals, women, and just about anyone who delivers them properly.

Question: “How dangerous is it to knock a person unconscious?”

Answer: Any blow to the head *conceivably* could be fatal. Knocking someone unconscious should of course be done only when self-defense is necessary and you believe that you are in danger. Since you should never raise a hand against anyone unless you believe you must in self- or other- defense, we assume now that you appreciate that these blows are to be employed **only** if and when you are attacked and believe yourself to be in danger. In that case, do not concern yourself with how badly you injure your attacker. Just make sure you do everything possible to prevent him from seriously injuring you or someone who relies upon you for protection!

Remember also: *If you do knock a person out, that **ends** the encounter!* Following up with further offensive actions against an unconscious attacker cannot be justified. Run away. Call the police. Do both. But do **not** reign any further blows or actions upon your assailant once the attack against you has been neutralized. An unconscious individual is no longer an immediate threat.

### A Gentle Reminder

**WE** suppose that a lot of visitors will skip quickly over this little bit of counsel, but we advise **YOU** not to do so. The following is important.

Sanity has very little influence over what most people think and do today, and insanity appears to some degree to have infected our courts and our entire criminal justice system. So . . .

Students of self-defense need to take note, be super careful, and remain constantly aware of the possible serious consequences of ever becoming involved in a situation of violence — *no matter how “right” their actions in such a situation might be*. Regrettably, the influence of that (in our personal opinion, **foolish**) activity known as MMA/UFC has led to the cultivation of a testy, chip-on-the-shoulder, asinine, irritatingly infantile attitude of “tough-guy-ism” which is **INIMICAL** to the appropriate attitude of the serious student and practitioner of martial arts. **If you embrace this stupidity you could end up in serious trouble with the law!** You could end up being charged criminally or/and sued civilly *regardless* of whether or not you were justified in your actions.

Remember this: Worthless troublemakers, toughguys, bullies, and assorted other sewer-snot have no regard for consequences. *Their* worthless lives are a mess to begin with. You, and people like yourself,

have something to lose. *So be absolutely certain that you never allow yourself to engage in violence of any kind and to any extent **unless absolutely necessary for self-defense.***

We appreciate that a percentage of window dummies will take this as urging a “too soft, too unmanly” mindset. **To hell with those jerkoffs!** They will not be there to defend you in court, pay off any lawsuits decided against you, or do prison time for you. *Those morons who subscribe to the rock ‘em, sock ‘em “let’s get down” machismo **bullshit** portent only trouble for those who listen to them or associate with them in any way.*

Be smart. Regard your skill in close combat as a weapon. It is to be kept available . . . quietly and secretly . . . and its actual employment is to be undertaken **only** when you believe that you are in danger, and when the physical attack or threat of imminent violence you face cannot be avoided but must be dealt with — by force.

In today’s upside down, absurdly unjust and frankly ridiculous mish-mash of stupid ideas and even stupider people who live by those ideas, you can get into serious trouble for using force under any but the most obvious and exaggeratedly **necessary emergency conditions**. So decide right now in case you have not already set your mind thusly, that you will never agree to fight with anyone\*, start violence unjustifiably, or be provoked or goaded into physical combat by anyone. *You will use physical defensive measures only when absolutely necessary because one or more troublemakers have placed you in danger.*

While we suppose that the use of **unarmed** combatives (as opposed to **armed** skills) carries with it a *slightly* reduced risk of legal consequences, that may not always be the case. Maim a scumbag for life, or perhaps *take* a life in self-defense, and the situation is a very, very serious one, **count on that!** This in no way means that you should

hesitate to defend yourself or a loved one, it only points to the need to be certain that in fact you believe that a real, tangible, immediate threat exists. **Never** take action in anger or in a moment of indignant outrage. Expect to encounter rude, stupid, dishonest, manipulative, sarcastic, deceitful, exploitative, disrespectful, offensive, thoughtless, inconsiderate individuals, and *shrug 'em off*. Do not allow yourself to be dragged into their arena. Take it as a test of your mental discipline not to be affected by these types.

The real winner in any situation is the person who **AVOIDS TROUBLE**. Leave the mindless violence to the mindless. You have a life, you have a family, friends, a career, and goals that you wish to achieve. None of the living garbage out there is worth one second of your time, one breath of your energy, or one moment of your thought.

Perhaps this little piece has taught you nothing in particular about how to physically stop an attacker. Still, it may well be, *if you take it to heart*, the means by which you successfully avoid allowing the sewer dregs of society to stop *you*, and to encroach upon what should be your primary concern: Living your life and enjoying it!

- This is not including persons who pursue *sporting* contests, formal sparring, or competition between consenting adult participants.

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**46** 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.**
- **List them in clear print, ALONG WITH YOUR EMAIL ADDRESS.**
- **Send us your list and include \$4. for each PDF Brief on your list. Cash or money order payable to Brad Steiner.**

**Mail to:  
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*“How can we afford to sell these training briefs for such little cost?”*  
Answer: *There is no printing cost to us, and no cost to mail. So we simply email the PDF to you, and you can print all the hard copies you wish, and/or read the information on your computer screen!*

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 synthesizes 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)***

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

**Brief #12: *Interactive Tactics — The Threat (2)***

*(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.**

**Brief #13: *Interactive Tactics — The Attack (3)***

*(When and if some troublemaker actually initiates  
violence you want to have your mind and body  
programmed to nail him instantly. This PDF Brief  
covers exactly what you need)* **\$4.**

**Brief #14: *How To Really Handle A Physical Bully***

*(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.)*

**\$4.**

**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.)*

**\$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 th American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.)* **\$4.**

**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 in secret communications with the efficiency of a trained intelligence officer!)* **\$4.**

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

*(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.*

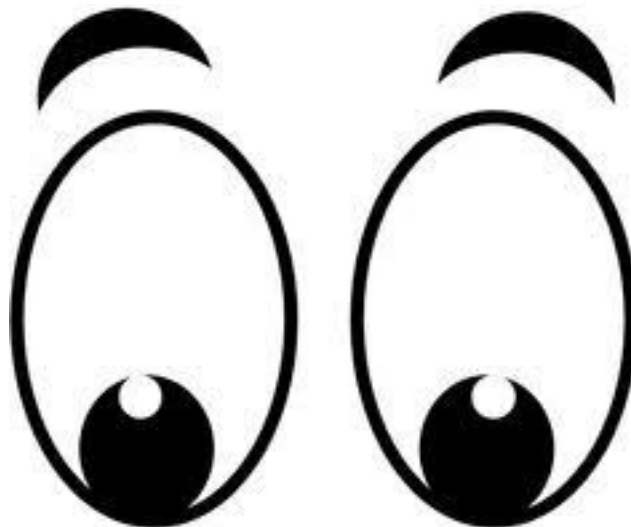
**Brief #45: How To Manipulate Humans**

*(Stop being manipulated and learn to manipulate those who seek to control or to use you by employing the tactics and tricks of intelligence professionals. Manipulation — used exclusively for self-protection and the safeguarding of that which is rightfully yours — is an important, valuable skill.) \$4.*

**Brief #46: Constructing A Realistic Urban Survival, Evasion, And Resistance Kit**

*(Jam-packed with life-saving information about E&E. Goes way beyond just assembling a suitable kit. Contains counsel given to special ops and intel field service personnel.) \$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!



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*New PDF Publication!*

## Combat Handgun Miscellany

Some very helpful and important tips, facts, suggestions, and tactical nuances that the popular shooting schools conveniently avoid mentioning, deny, or are unaware of and do not teach their students. Yet these items — compiled from many source documents and teachings — can go a long way to preparing you to employ your handgun effectively in lawful self-defense.

Not for the avid competition shooter or true believer in the so-called “new technique” of the pistol.

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**Is Your Mind Prepared To Use Your Weapon?**

***WHETHER*** your “weapon” in a given instance is an empty hand strike, a handgun, a knife, or a stick, unless you are mentally ready to use it — at once, and at its full capacity — your theoretical level of physical skill with that weapon matters very little. Simply put, if you are not mentally ready your skill will do you no good — and that includes skill with a shotgun, carbine, battle rifle, knife, walking stick, etc.

A person may miss his target when he strikes out or fires at or stabs for an enemy; but in order to strike out, fire at or stab for one’s enemy in the



**PERHAPS THE EPITOME OF COMBAT MINDSET: THE GURKHA! HERE WE HAVE ONE OF THE MOST FORMIDABLE WARRIORS ON EARTH. POUND FOR POUND ONE OF THESE NEPALESE WARRIORS IS PROBABLY THE TOUGHEST AND MOST DETERMINED FIGHTING MAN IN THE WORLD.**

**A SINGLE GURKHA ONCE ROUTED AN ENTIRE BAND OF ARMED TRAIN ROBBERS — USING ONLY HIS FAMOUS KNIFE. AND IT IS WORTH NOTING THAT THE GURKHA’S TECHNIQUE OF KNIFE MANIPULATION IS *NOT* COMPLEX. HOWEVER, IT IS DRIVEN BY THAT MATCHLESS MINDSET. AND THE GURKHAS ARE SPLENDID EXAMPLES OF COURTESY, FRIENDLINESS, RELIABILITY, HUMILITY, AND DECENCY, AS WELL AS BEING FEARSOME IN BATTLE. MAYBE SOME OF THE UFC/MMA CROWD WILL TAKE A HINT!**

first place, a proper mindset for combat must be in place. Unfortunately many people believe that mastering technical combat skills automatically prepares a person to use them. In cases where this appears to be the case it is only because the individual in fact *already possesses* a suitable mindset.

The truth is that the majority of people who need self-defense training have a woefully inadequate psychological set as far as violence is concerned. Notice that there are people who appear able to defend themselves quite well (they take no pushing around from anyone) yet who are not per se “trained” or “armed” in any way. Their **attitude** is correctly adjusted and in place. When anyone attempts to victimize these people they just lash out — swing back, grab and slam, etc. — using whatever spontaneous (if unapproved) actions they are capable of generating. We all have likely known of one or more of these individuals from our grade school days.

Fear alone does not account for an inadequate combat mindset. At least *fear of being hurt, oneself*, does not. (Fear of legal consequences very well may, or even fear of creating a situation that will go on again and again if one fights back, and so one doesn't). *Whatever the reason, it is absolutely essential that the student of self-defense develop and maintain a proper combat mindset. Without it, he may hesitate, falter, commence an inadequate degree of force, or simply freeze.*

There is for the professional teacher whose speciality is combat and defense the question of *how* a correct mindset may be encouraged in each student to whom he teaches techniques. There are several ways this is accomplished. (At the outset, however, let us frankly concede that *no one who is dead set against seriously injuring a violent offender can ever cultivate the attitude and skills needed*. Such a person might be able to learn some relatively mild “tricks of self-defense” that will work on an opponent who is more of a pain-in-the-ass than a *dangerous threat*. But as far as being able to handle a dangerous and fierce attacking

criminal or troublemaker, it's not going to happen without a suitable mindset.)

1. The absolute unjustifiability and pure evil of any violent offender should be hammered home again and again, until the student has no illusions about a bully or a punk or a troublemaker or a mugger or a gang member "needing understanding". There's no justifying a scumbag's behavior because, as a child, he was injured by a scumbag's abusive treatment. Truth be told, anyone who has been victimized by physical abuse or bullying, etc. should know more than anyone that such treatment is inexcusable and wrong. In any case, **anyone** victimized by the bleeding heart liberal philosophy who always manages to "see the criminal's point of view" **must** be disabused of this stupid, utterly self-destructive orientation. It may be popular among academics, but one does not look to academe for guidance in how to survive attempted murder.
2. Students must be told of the countless tragedies that violent scum have caused; deaths, maimings, terrorizing of the weak and innocent, rapes, psychological breakdowns, and so on. No one is immune from being targeted. Read and study the news reports that describe what these worthless beasts do to human beings. No one is immune. Self-defense students need to comprehend the **senselessness** and **mindlessness** of violent offenders, *and that unless the student develops instant retaliatory violence of his own as his "built-in" almost automatic response to unjustifiable violation, it will almost be too late for him to act*, in any actual, sudden emergency.
3. As repetition and regularity is the key to success in physical training, so it is the key to mental conditioning. *The right attitude must be repeatedly and forcefully emphasized in private lessons and in group classes, and no one should ever be allowed to forget how **dangerous** and **insane** criminal violence is, and how the **right reaction to being a victim of it is to release every ounce of speed, strength,***

*determination and will, and employ the combatives that have been acquired like one's life depends upon it — because it often **does!***

4. One thing we routinely do is remind students in class to “remember what's at stake”. Think of your loved ones suffering because you have been maimed or killed. No one's victimization affects only him. Friends, family, intimates . . . even work and school associates . . . can be devastated by another's savaging.
5. An excellent tact to take is to ask a student how he would react if someone he loved were set upon — right there, in front of him. Odds are the student's reaction would be one of outrage and fury, and *good for him!* Now let that student know that if he ever needs to defend himself he is also acting in defense of those dear to him.
6. The question of fear arising to stay a defender's hand is bound to come up, and males most especially have often been brainwashed by the adult idiots in their life to feel that being afraid isn't manly; or that “Only a coward feels afraid to fight back.” ***Crap!*** The coward is invariably the bully, the troublemaker, the mugger, the knockout puncher, the wilder, etc. **That piece of sh-t would never raise a hand against anyone who he feared was able and willing to beat him to a pulp.** Feeling fear is a healthy, natural, life-serving phenomenon, and the truth is *the more fear you feel, the more energy you have to destroy your foe!* Fear is an energizer. It jars your mind and body into a state of hyper-readiness for action. In the throes of great fear the “fight or flight response” takes hold. **What most people do not appreciate is that the decision to fight or to flee is one that the individual makes at the moment, and when he elects to “fight” his mind and body possess ten times the strength, resilience, speed of movement, and capacity to generate devastation than any normal state allows.** And electing to go after and destroy your attacker, when no other alternative offers, is a choice that anyone can easily make, once he realizes that he can.
7. Most especially *beginners* need to know this: The crucial thing is immediate retaliatory violence of a vicious and destructive kind. Do

not worry about using the correct technique, and *never* pause and wait and consider before going after an attacker full blast. Forget control grips, comealong holds, submission holds, ad nauseum. In any self-defense emergency you want to **immediately** knockout, cripple, maim, or — in certain dire predicaments — kill. Lethal force is certainly justified when you are attacked by multiple or armed assailants, and whenever you are suddenly attacked from behind. *Your survival*, not the violent offender's, is crucial.

8. Anything of a sporting or competitive nature and spirit can actually condition an person *away from* the mindset he needs for real situations. We are not attacking sport or competition here. We are simply emphasizing its difference, when it comes to actual violence. In sport we strive to win in a fair, ethical and relatively safe manner. Sport does not and should not involve real danger and no competition event ought involve risk of injury — or an intention to inflict injury. Everything is different about sport and combat, and preparation for or participation in either one does ***not constitute preparation for the other***.

As you train and learn the mechanics of self-defense and close combat never forget that those mechanics, no matter how good, must be mobilized by a decisive, aggressive, combative mindset. So long as your mind is ready, your body will do its job.

**It isn't the size of the dog in the fight,  
it's the size of the fight in the dog that  
counts.**

—————Slogan of the original  
Texas Rangers





MESMERIZATION WITH HIGH CAPACITY SEMI-AUTOS HAS MADE A LOT OF PEOPLE FORGET JUST HOW RELIABLE AND FORMIDABLE THE BASIC .38 SPECIAL AND .357 REVOLVERS ARE FOR PERSONAL AND HOME DEFENSE. THE S&W MODEL 10, FOR EXAMPLE (ABOVE) IS A FINE CHOICE OF DEFENSIVE HANDGUN FOR SOME. ITS SIX ROUNDS ARE PLENTY — PROVIDING THEY HIT WHERE THEY SHOULD.

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## High Capacity Magazines

**ONE** of the distinctive features of the relatively new crop of combat semi-automatic pistols (post-1980) is high capacity magazines. In the Old West the “six shooter” was regarded as a high capacity handgun — and it certainly was, *for the time*. Similarly, the Winchester lever action saddle carbine was a kind of “*old west assault rifle*”. For its time it was a fabulous repeating rifle (and many still swear by it). It can’t hold out

against the modern 20-30 round battle weapon (in .308 NATO or 5.NATO), but it will certainly do as a home defense or hunting weapon. A lot of avid shooters now judge the merit of any sidearm they purchase by whether it can be packed with 15 or more rounds, and utilized to lay down suppressive fire before requiring a reload!

Rounds available in a handgun is like memory available in a computer; there's no such thing as "too much". However, for a combat handgun much more so than for a combat *shoulder* weapon, a large ammunition capacity should not be thought of as essential. All other things being equal, it definitely makes perfect sense to go with more rather than fewer available rounds. **But all other things are *not* equal.**

Personally, we would much rather have seven or eight .45 ACP 230 grain slugs available in our sidearm — with an extra magazine or two — than fifteen or even eighteen 9MM rounds in a higher capacity magazine. Our reasoning is fourfold:

— We have much greater confidence in the old 230 grain FMJ GI Hardball slug than we do in the 9MM; even the admittedly upgraded 9MMs that are available today. We are personally more confident that a solid center-mass hit with two .45 slugs *will* reliably drop a big, powerful, psyched up attacker, while people have been known to get peppered with 9MM rounds and remain standing.

— We are aware that the statistical average number of rounds fired by a combatant in a real world lethal handgun engagement is **three**. Therefore we see the terrific little 5-shot .38 Special S&W snubbies to be of eminently practical value. No, we would not take a .38 Special snubbie over a .45 automatic — unless that was the only practical weapon we could carry in a given situation. And truth be known, it *is*. Often, circumstances make carrying a Smith and Wesson 5-shot Chiefs the most practical for us. *When we can, however*, a Colt .45 automatic is

our preference. And as far as ammo capacity is concerned, for our purposes the five to eight available rounds is plenty. We also carry a speedloader or a spare magazine or two.

— We find high-capacity magazine handguns often boxy and uncomfortable\*. Yes, you could say that's just us; but if it applies to others also, they may want to forego the large capacity for a more comfortably accommodating sidearm.

\* The one conspicuous exception is the old Belgium-made Browning Hi-Power. If we had to carry a nine — and if we were concerned about ammunition capacity — then *that* would be our weapon of choice.



**THE FIRST OF THE “HIGH CAPACITY” AUTOS: THE BROWNING HI-POWER. WE ALWAYS FELT THAT THE 13-ROUND CAPACITY OF THIS WEAPON WAS *WAY MORE* THAN ENOUGH! EVEN SO — AND EVEN THOUGH THIS WOULD BE THE ONLY “NINE” WE OPT FOR (DESPITE ITS BEING DISCONTINUED!) — WE’D RATHER HAVE A .45 AUTOMATIC WITH A 7-ROUND MAG AND 1 IN THE CHAMBER.**

— We know that *shot placement* determines the ultimate effectiveness of a round fired. One solid center mass hit with a .45 ACP slug (and we go for *two*) will drop an enemy 19 times out of 20. We've heard of people getting hit five or more times with 9MM rounds and still managing to fight. Handguns are close quarters weapons. With practiced point shooting ability one ought not need lots of rounds to stop an attacker.

A catch-phrase that appeals to some of the “pistolero” crowd (who believe themselves to be recipients of the holy word passed down from their guru) is: “*A high capacity magazine is of value if you plan to miss a lot.*” Very funny. Pretty stupid, too. We have no quarrel with those who, for whatever reason, prefer and find convenient a high capacity sidearm. To each his own. **But we wanted to make the point that the lesser capacity handguns which proliferated during the last century are as current and practical in this century as they ever were.** Don't get swept up in what is popular ahead of determining if — for *you* — it is **practical**.

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**— General George S. Patton, Jr.**

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**006 - Building The Determination to Prevail In Close Combat**

**007 - Become Attack Minded**

- 008 - Develop An Ability To React Instantly To Any Attack
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- 013 - Build Confidence When Facing A “Tough Guy”
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### A Parting Wish For 2020

**THIS** Edition of *Sword & Pen* is the first of the New Year’s. We hope that 2020 brings all of our regular friends and supporters health, prosperity, happiness, and success. We also hope that, for those who have been procrastinating, it marks the point where they finally **do** something about acquiring serious self-defense proficiency.

There are two paths to proficiency and confidence: 1. Personal instruction, and 2. Our DVD Home Training Course. If you are in earnest and apply yourself, either approach will give you the ability to protect yourself and those you love. Neither way is an “overnight method” (*all* instant-expert and overnight wonder programs are **garbage**), but either approach will reward you with a confidence, poise, and solid skill level that will stand you in good stead for the rest of your life.

We have been a student of combat arts — armed and unarmed — for a grand total of 65 years now (since our interest first arose at age seven, in 1954). We have been teaching seriously since the late 1960’s. We have come full circle really, having experienced the beginning, steady increase in knowledge and skill to a personal peak, and now, in our 70’s, the realization that we are certainly not at the level we were in our prime, and as one of our greatest teachers, the late Col. Rex Applegate used to say, “I don’t run the mile in three minutes, anymore!”

We will attest to the extreme benefits of training for life . . . and if we had our life to do over again we say with not the slightest hesitation that the parts we would not change are: Our martial arts training and studies, our weight training and study of physical training, and our marriage to our wife of 45 years, Lin. The friends that we have made over the decades of teaching have become in some instances truly **family**.

We do not say these things in order to sway you to devote yourself professionally to the study of close combat and self-defense. No field of endeavor per se is everybody’s fulltime cup of tea, so to speak. However, we wish to emphasize the solid **value**, and the many **benefits** to be enjoyed by seriously applying yourself to mastering self-defense skills. No matter what else you do in life, having done *that* will pay off handsomely.

Good luck to you and may God Bless you and yours this New Year.

*Brad*

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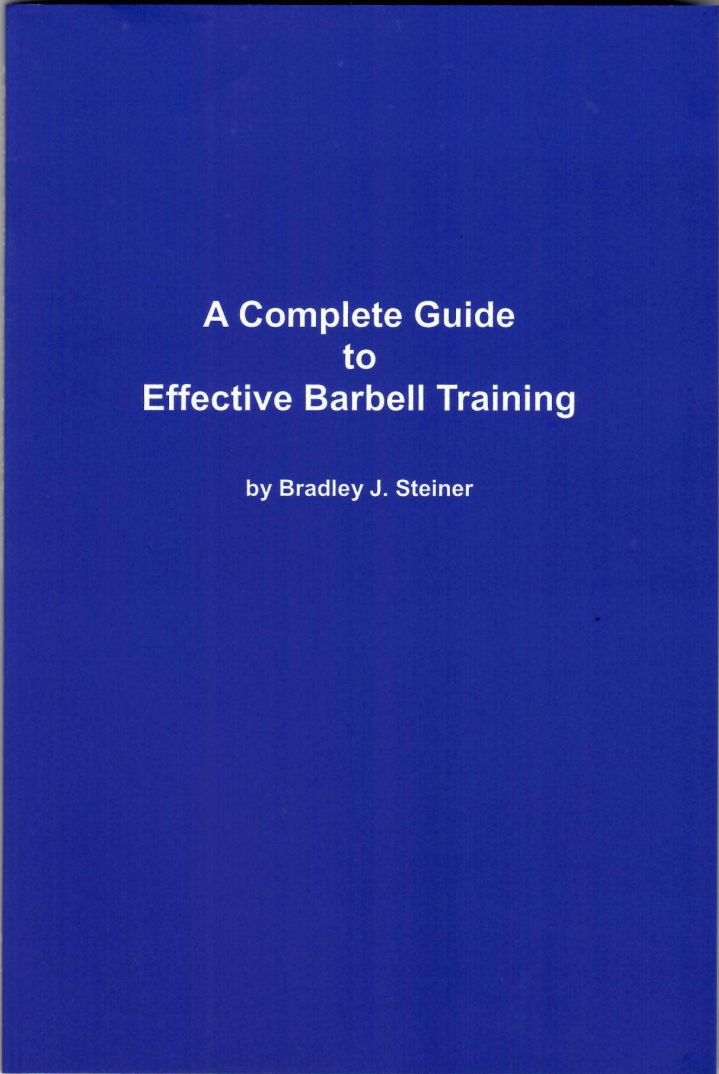
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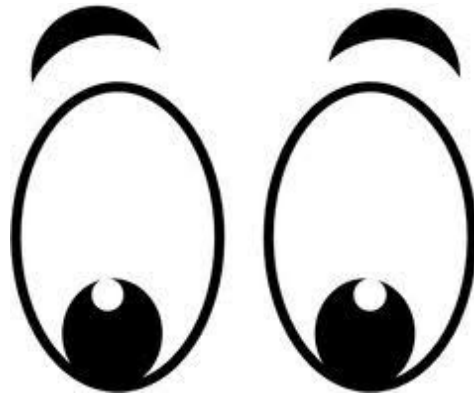
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