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

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December 2019 Edition

Editorial

*More Suicides — But Are They Really Caused By Bullying?*

**BULLIES**, in our estimation, rate with toxic bacteria as life forms. If it was up to us life would become so dangerous for bullies that the whole problem of bullying would likely go away. We would be as merciful to a bully — *any* bully, from elementary grade school age to however old he might be — as an exterminator is to rodents.

It is very interesting to note that in the past we received communications from a few people regarding their “surprise” at how viciously we advocate bullies be dealt with, while at the same time offering us (pretentious and phony) “sympathy”. Their assumption was that we were the victim of tremendous amounts of bullying as a child. Not so.

We certainly did experience a little bullying as a kid. But compared to the amount of bullying that *bullied kids* per se, received, our experience

was miniscule and hardly worth mentioning. After elementary grade school we never again encountered a bully.

But we did observe the experiences of some who seem to attract the kind of garbage that enjoys tormenting others. The utter contempt that we felt for bullies then, and the complete sympathy that we felt then for the bullies' victims has only intensified over the many years since our youth. We probably have more white-hot hatred and contempt for bullies today than do some of their victims! *In fact we object to, and question the right to exist of, anyone who delights in terrorizing, physically abusing, intimidatig, and taking advantge of others.*

Thinking about the enormous difference between how bullies affected their victims *then* (i.e. in “our day” so to speak) and how this scum appears to affect their victims *today*, we came to appreciate that, while bullies remain the unjustifiable life form that they always have been, it isn't really true that they — i.e. the bullies — are the cause of how many kids today kill themselves, and how bullying *seems to* be wholly responsible for the tragedy that their victims suffer.

The reason why bullying is so catastrophic today is because the pissantry by which so many are brought up *leaves them utterly helpless and unable to muster — or to even believe in the rightness of — defending themselves and actually injuring the louts who torment them.* “Fighting back” and giving a bully the beating he deserves was once understood to be the good, the right, the virtuous, and the justifiable way to handle the bully. Today, we hear such crap as “whatever you do, hitting back is *never* justified”; or “you prove nothing by using violence against someone who bullies you”; or “there is zero tolerance for *any* violence, whether it is the attacker's *or* the defender's”. What offensive bullshit. What utter *crap*. What a distortion and perversion of common sense, justice, and reasonable behavior.

When children were brought up with the idea that bullies were *punks* and low-life scum, and that it was good, right, and necessary to fight back when bullied — and to hell with how badly *the bully* may be hurt

— there were no suicides amongst bullied kids. Sure, many kids suffered at the hands of the scum who bullied them . . . but they eventually grew out of and away from the situation, often after finally having had enough, and beating the f—g bully into the sidewalk. But we didn't hear regularly of innocent boys and girls **hanging themselves** because some living sh—t with whom they were forced to go to school simply couldn't resist terrorizing them.

The answer to a physical bully is *overwhelming, damaging violence*. **The goddamn bully needs to be INJURED BADLY**. The sooner the better. Not for his good, but to cut his damn bullying career short, and to save the victims. If parents raise their offspring correctly then those offspring will know better than to bully others. After being thus taught they will either do what is correct or defy what is right, and give in to whatever sick impulse they may have to bully others *in spite of their having been properly raised*. Should that be the case, then we can sympathize with the bully's parents (*only if those parents made the effort to properly raise their child*). It remains the bully's fault in such instances, and we can only hope that the parents of the miserable sh—t have better luck with their next child. For parents who set a bad example, who are violently inclined, or who see their child's aggressiveness toward others as some kind of "strength" or sign of "manliness", well . . . we can't put into print what we'd like to see happen to such breeders-of-garbage . . . but suffice it to say that in such instances **both** bully and parents need to be excised from human civilization. We'd leave "how" this is done to a judge, if sanity ever prevailed to the point where this solution was undertaken.

It is the atmosphere that stupidly and stubbornly views *violence* — all violence, whether initiated by a troublemaker, or used in defense against a troublemaker — as per se *wrong*, just and simply because it *is* violence, that brainwashes many children into a state of paralyzed confusion when they are subject to bullying. *What the hell can they do? What the hell are they supposed to do? And How the hell can they do anything?* when this lousy, irrational philosophy is what they are expected to accept and to be guided by?

The youngsters are placed in an untenable, no-way-out predicament. **It is no wonder that some of them, with the poorly developed coping skills and reasoning capacity of children, find it impossible to see a solution or a way out of their dilemma.** Adults (to the extent that we have any left) ought to understand this . . . but too damn many seem unable (or unwilling) to do so. An adult possessed of full mental capacity who is told that neither the attacker nor the defender may claim any justification for his actions, will walk away from the speaker feeling total contempt and revulsion. A *child* who is told this by adults will sadly often collapse into a state of mental-emotional confusion and hopelessness. Then, confronted by victimization he is left with no recourse, no way and nowhere to turn . . . and the **adult cowards** who dare not speak the truth and defend right actions are to blame.

Any school administrator or teacher who fails to come to the **immediate** defense of any child reporting that he or she is being bullied has that child's blood on his or her hands, should that child be injured by the bully, or — God forbid — take his own life. Parents who fail to teach their children that self-defense is their right **no matter what crap the imbeciles at their school, or the dopes next door** might tout, are negligent.

Because the human species will always spawn its garbage who see dominating others as their prerogative (or “fun”), bullies and bullying will never be eliminated. This is true of all criminal and predatory conduct. The human species is a very flawed and disappointing phenomenon. All that can be done is to arm and equip — and ***NEVER INTERFERE WITH THE ARMING AND EQUIPPING OF*** — decent, responsible, reasonable, peaceful human beings so that, when and if confronted by the need to *deal with* the muck and scum of the species, they will be able to do so effectively, efficiently, and without compunction or delay. No utopia will ever be created on earth; but hell on earth is *easy* to create. Just teach people that they shouldn't defend themselves, that fighting back is ineffective, and that violence — whether employed to victimize or to defend against victimization — is

wrong. **Just ask yourself, “Who stands to gain when such a philosophy is hammered into people, and accepted by them?”**

Anyone who truly cares about the horrific treatment of children by those scum among their contemporaries who bully them should frankly teach children that they have a **right** to fight back, and to do so with everything they’ve got. *The bully’s well-being doesn’t matter.* They should be taught to hold bullies and bullying in cold contempt, to shun bullies, to despise them, and to make and to accept no excuses for them; to exert no “understanding” in their regard. They should be taught physical self-defense, and their perfect right to take violent, aggressive action against anyone who initiates force against them.

Remaining for discussion is the *psychological* bully; the mouthy little (or big) sh–t who delights in insulting, berating, belittling, waxing sarcastic, and in general endeavoring at every opportunity to elevate himself (in his own mind) above those whom he derides. These individuals become almost **nothing** when the physical bully has been vanquished. With solid confidence, the healthy, strong individual simply walks away from and thereafter *shuns* the intellectual or verbal bully. For the most part these lumps of sh–t are the easiest to flush down the proverbial toilet. And that is exactly what their fate should be.

Bullying is a horrible problem in our decaying and collapsing culture. The truth is, of course, that bullying affects adults as well as children and adolescents . . . but because of their dependence and helplessness, we are most sympathetic and concerned with children who are bullied. We are not a parent but we certainly value, respect, and care for those youngsters who are decent children and who seek only to grow up healthfully and rationally and pursue a normal, productive existence.

Arm the decent kids with knowledge, dignity, self-respect, and skills. Put an end to the suicides of those children who are among the best, and let them prevail against the misfit trash that torments them.

**Bradley J. Steiner**

**Fighting means you could lose. Bullying means you can't. A bully wants to beat somebody; he doesn't want to fight somebody.**

—————Andrew Vachss

# **DVD Course Now Available!**

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

***Here are a few comments about us and what and how we teach, from a handful of the many genuine authorities in the field of close combat and self-defense who are***



***familiar with us and with our work:***

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

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

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

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

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

**— Detective Ralph Friedman (NYPD Retired), Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.**

**“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC**



**taught to the Raider Battalions. And you're a very good student and teacher"**

**— Maurice ("Maury") Geier,**

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

**"Your American Combato is a very good System"**

**— Charles ("Charlie") Nelson,**

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

**"You are indeed a 'Professor' of combat arts! I quote you all of the time"**

**— Grandmaster Jim Harrison,**

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

**"From you I learned the valuable lesson of 'attacking' instead of 'defending' when you have to defend yourself"**

**— Grandmaster John McSweeney,**

**The "Father of Irish Karate", John was one of Ed Parker's first Black Belts. John also studied boxing, judo, ju-jutsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-**

**to-Hand Combat. We maintained a correspondence and friendship until John's passing.**

**“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”**

**— Dr. Albert Ellis,**

**One of the most famous psychologists in the world. Of him Dr. Robert A. Harper once wrote that he believed Dr. Ellis' contributions are as significant as those of Dr. Sigmund Freud. We owe a good deal of how we work with students to achieve all sorts of psychological breakthroughs to our intensive study of Dr. Ellis' works.**

**“ [Y]our articles are read, studied, and saved whenever they are published. You have an understanding and command of the subject of fighting that very few people have”**

**— George Kalishevich,**

**Former USMC Sergeant and combat veteran of Southeast Asia. Kalishevich was a multiple Black Belt holder, a boxer, weight trainee, and hand-to-hand combat teacher since the 1960's. He was also an experienced bouncer. He passed away several years ago.**

**“As a law enforcement officer working dangerous assignments in the most violent parts of the New York metropolitan area in the 1970's, I found that Mr. Steiner's**

**advice was always on the money. The information contained in his articles in Combat Handguns, Handguns,**

**American Handgunner, and Soldier of Fortune magazines was lifesaving. As a professional armed and unarmed combat trainer, I regularly referred to many of the concepts Mr. Steiner wrote about. He often went right to the source to discover how and why certain methodologies worked. Bradley Steiner is one of the few civilians actually certified by Col. Rex Applegate to teach close combat.**

**The late John McSweeney . . . dubbed the 'Father of Karate in Ireland' told me that he also was greatly influenced by Mr. Steiner's writings, especially the idea of paring down close combat techniques to a few essential strikes, trained to perfection. Mr. McSweeney told me that he had a pet name for Brad Steiner. He called him 'The Monk,' in reference to Mr. Steiner's vast knowledge of martial arts and mayhem. My own writing about martial realism was inspired by Brad Steiner's".**

**— Grandmaster John Perkins,**

**The brilliant innovator of 'Guided Chaos', John Perkins' background in unarmed combat (and armed combat) is the result not only of training but of lots and lots of real world experience.**

**The First and Only Complete Self-Defense and Close Combat Course in American Combato (Jen·Do·Tao) on High Quality DVDs!**

**Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and**

**war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)<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 plays 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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**Close Combat And Self-Defense Should Be  
Unarmed Only When All You Possess Are  
Your Natural Weapons**

**IN** movies and on television, 99% of the time, it is the *bad guy* who, in a hand-to-hand encounter, resorts to picking up a stick, a knife, a chair, or *something* to assist him in beating the good guy. And, of course, the good guy wins in spite of the bad guy's lack of sportsmanship!

Well, muggings, attacks by troublemakers, gang attacks, home invasions, rapes, abductions, carjackings, etc. are not really sporting matches, and although it may shock some idealists and romanticists who hear this, *decency and fair play weigh heavily against the naive combatant — good guy or bad guy — and no one in his right mind should hesitate to grab and use ANYTHING to assist himself in actual combat.*

When as a boy and a most enthusiastic student then of *ju-jitsu*, we first discovered and read *Get Tough!* by Fairbairn, we were shocked (and deeply impressed) by Fairbairn's advocacy of using a chair when defending against a knife-wielding attacker. There had never been so much as a mere *mention* of using anything but the (overly complex) skills of ju-jitsu, **unarmed** if attacked by a criminal armed with a knife, in any of the ju-jitsu classes. Wow! Today the concept and tactic is second nature . . . but at the time it was a revelation. *Of course! Why would you not grab a chair if one is handy, and use that to assist in defense against a knife?* In fact you might grab a lamp, a pot, a telephone, or — just about anything available — and make aggressive use of it in *any* emergency. Even better, as we came to realize, if your



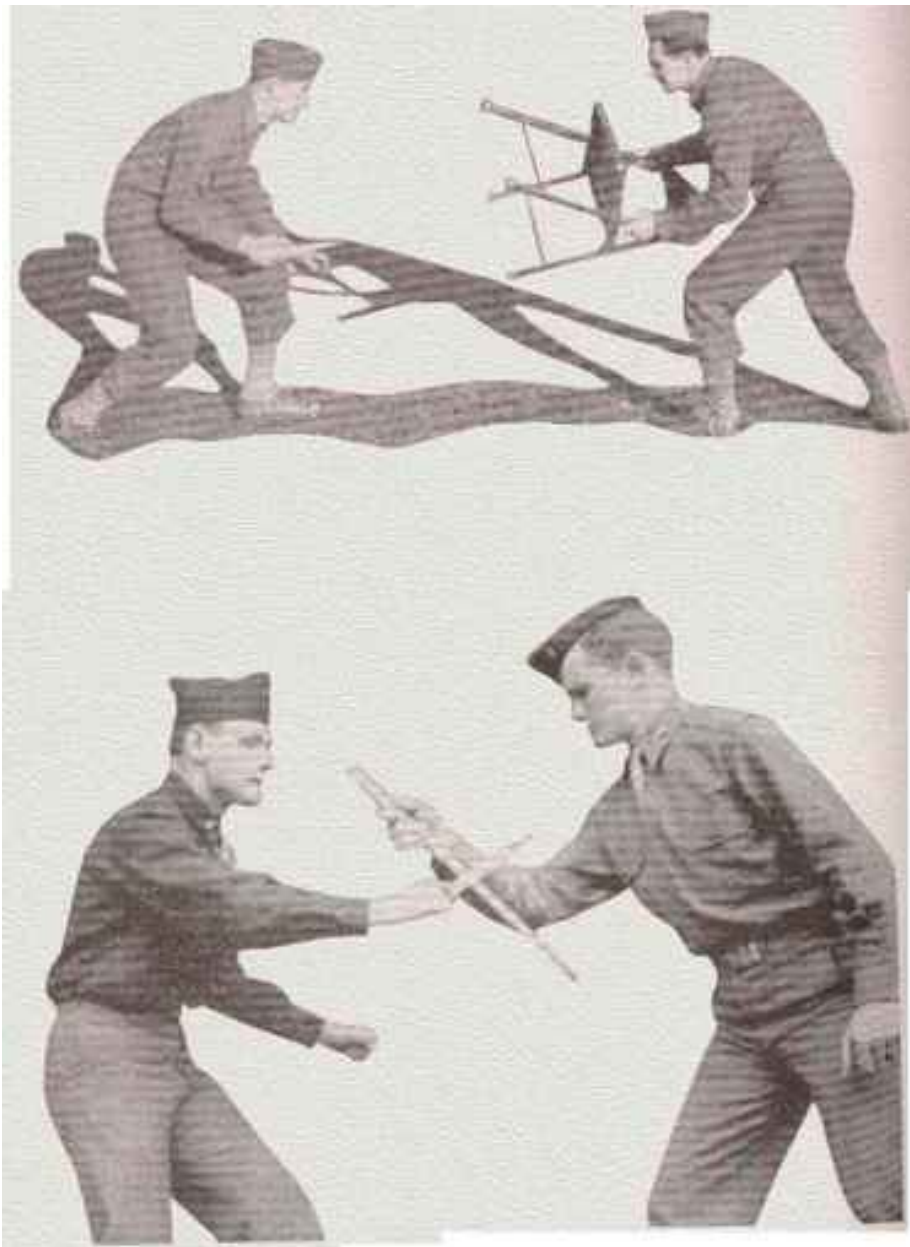
THAT'S JASON STATHAM (WHO IN REAL LIFE IS AN ACCOMPLISHED MARTIAL ARTS EXPERT) TOSSING WATER IN JIMMY FALLON'S FACE. IF THIS WERE REAL COMBAT IT IS OBVIOUS THAT FALLON IS — FOR A MOMENT — COMPLETELY DISORIENTED AND OPEN TO ANYTHING STATHAM MIGHT WISH TO DO!

attacker is himself bare-handed and *you* can grab something to jab, bash, stab, slash, clobber, or strangle him with!

Our acceptance, even *embracing*, of this foul method approach (which we thought of and still think of as being merely **practical**) was actually frowned upon by our ju-jutsu instructors. So, we didn't speak of it in classes. *But we damn sure retained the idea, with all of its implications, in our mind!*

When we enjoyed the great good fortune of getting our hands on *Kill Or Get Killed*, by Applegate we were delighted to read that a fighting man should “rely on his weapons first” and use unarmed methods only as a last resort. And again we observed that Applegate advocated that chair defense against a knife . . . nothing ever alluded to in ju-jutsu, but **clearly** something of enormous practical, life-saving value.

The only live teacher that we had during our New York years who essentially admonished us to *make use of anything and everything you've got at hand to defend yourself* was Charles Nelson. Toss a handkerchief in a guy's face. A cup of coffee, glass of water or soda. Pick up a pot or a bottle and smash it across the guy's face. Charlie's earlier years (i.e. prior to 1970) saw him teaching some real WWII stuff. We were fortunate to have been with him for nearly three years *before* he switched to more “conservative” methods — i.e. control holds and grips, etc., which had previously occupied only a miniscule portion of his teachings.



**TOP SECTION OF PHOTO ABOVE FROM KILL OR GET KILLED SHOWS SOLDIER USING A CHAIR TO DEFEND AGAINST A KNIFE. NEVER ONCE WAS THIS SIMPLE, OBVIOUSLY EFFECTIVE TECHNIQUE EVER MENTIONED IN YEARS OF JU-JUTSU OR KARATE TRAINING.**

Even if you possess a CCW and routinely carry a handgun with which you are competent, *you owe it to yourself to start looking at your everyday surroundings as providing a potential arsenal of “improvised*

*weapons*". You will, if you are wise, **never engage a violent enemy without *something* in your hand to assist you, unless there is literally nothing you can utilize at the moment.**

Unarmed self-defense is a necessity — but only when you are unarmed. In general, there is *something* around, near, or on you that you can use as an expedient weapon in an emergency. The important thing, if you are a student of a classical/traditional martial art especially, is **not to miss how critical it is to use something** to assist your efforts whenever you must defend yourself. Unarmed combatives can be very effective. But combine their use if at all possible with something else.

Most objects can be used in some way to inflict injury. With training and practice, many everyday objects can even be employed to maim or to kill — in a situation where your life is at stake. But even if all you can do with whatever is at hand is throw it into your attacker's face, that's a great tactic. As he turns his head, blinks, or flinches, **kick him in the testicles or break his knee with a side kick!**

One trick we were fond of teaching Special Forces men was how to use a small pair of scissors in close combat. These were the small scissors contained in a medical kit. You opened the scissors and then clenched your fist around them, letting the two blades protrude from between your fingers. Imagine how devastating a fast thrust of those solidly-held blades into your attacker's eyes would be! Makes a fingertips thrust to the eyes look like a love tap. Or, if you're feeling charitable, you can simply rip his face open by raking the strongly-held blades across his face. That probably won't blind the scum, but it should leave him with well-deserved disfigurement.

If you're in a park when attacked, there are twigs, there is dirt, there are rocks. If in a store, there's shelved items, many of which will serve admirably as weapons in a pinch.

Magazines that have been tightly rolled up make excellent stick-like jabbing implements. If there is no time to roll the magazine up, throw it in your enemy's face.

Soldiers: You can always use one of your shoulder weapon's rounds (.223 or .308) as a jabbing and/or raking weapon against your enemy's eyes, throat and face. "Full metal jacket" makes a dandy weapon even when not fired!

Our purpose here and now is **not** so much to train you in the use of improvised, expedient weapons. Rather, it is to encourage you to embrace the use of such weapons . . . at every opportunity. Stop thinking of yourself as being obliged to fight bare-handed simply because you study unarmed combatives. **Grab something!** Use it in any convenient manner that suggests itself at the moment to injure, maim, or kill someone who is trying to injure, maim, or kill *you*. Use it *along with* your unarmed skills. And remember that no matter where you may be at the time of any attack against you, there is always something you can use to assist your self-defense. Perhaps you can use it immediately. Maybe you'll be able to use it after you disorient or injure your attacker. Quite possibly you will find it can be utilized along *with* your unarmed techniques, to bolster and enhance their effectiveness.

Self-defense is no "game". It has nothing to do with sportsmanship or fair play. The idea is that you stay alive and remain whole, and you do whatever the hell it takes, with whatever the hell you can utilize, to render your enemy harmless.

Train hard and long in unarmed combatives. Then supplement them with whatever you have available at the time. Use bare hands and "natural weapons" alone only when bare hands and the weapons given you by nature are all that you possess at the moment.

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## “I Could Never Do That!”

I suspect that anyone teaching the real stuff, as we and our Associate Teachers do, from time to time encounters the prospective or new student who, after being taught to employ any of the fundamental skills that we teach, remarks, “Oh, that’s really drastic. I could never do that to someone”.

Although it isn’t always possible for us to do so, when we can, we proceed at that point to try to explain to the individual that *right there*, in that statement they just made, is a huge part of the reason why they are not — right now — able to defend themselves successfully. *Being a decent, normal, non-aggressive, civilized human being it **is** difficult to reconcile the need to draw upon savagery and merciless brutality — and to establish within your psyche the sure and certain knowledge that you **WILL DO IT, AND DO IT WITH ALL OF YOUR PHYSICAL AND MENTAL MIGHT** should the need arise.*

It is important to understand that being prepared and willing to employ savage techniques is not the same thing as “*wanting to*” employ them. No decent human being wants violence. The thought of aggressively injuring — perhaps, under dire circumstances even maiming or killing — another individual, is something that we **all** find repugnant. But it is necessary at times for good people to be capable of doing this, and when the need arises to take immediate action and get it done. So long as a person firmly resolves that “he couldn’t” bring himself to go to war, in a manner of speaking, he insures that anyone wishing to wage war against him will dominate and conquer him with relative ease.

Violent offenders are closer to out of control wild animals than they are to human beings, even if their surface appearance resembles that of “people”. All one need do to become convinced of this is read the news reports daily for a few months in which violent crimes are described. Go to YouTube and watch the videos on gangs and gang members; listen to the interviews with organized crime “hit men”. *This is reality*. These monsters are not acting; they are not exaggerating; they are not



rendering a performance; *they are real*. And the despicable, antisocial lunacy that predominates as their personal values, is as compelling to *them*, as the decent and fair-minded values of most people prompts their behavior.

We listened to interviews with actual mobsters (*former* mobsters, actually) whose criminal histories included numerous murders. One of these individuals spoke easily of having killed more people than he can remember. No big deal — to *him*. And that's the point. Members of street gangs proclaim their readiness to do again what they unapologetically admit they have done *numerous times before* — i.e. **kill human beings** — “if they feel like it.” Or you hear their “reasons”: “He disrespected me.” “He was wearing the wrong colors.” “He didn't belong in my neighborhood.” Or the classic: “I needed to prove myself to my home boys” (read: “fellow pieces of stinking sh-t”).

In today's politically sensitive, decrepit cultural sewer-environment, it is not polite or proper to tell it like it is. But *this is the way it is, whether anyone likes to hear it or not*: The only way to eliminate violence in civilized society is to **eliminate those who are violent**. The police can only make a dent — which they do as best they can. **The ones who can truly CRUSH the violent trash on a broad scale are the intended victims, if and when they prepare themselves to do so, should they be attacked. And prerequisite for being prepared to do this is for the individual citizen to be ready, willing, and able to go to a war-footing when necessary, and deal out the dirtiest, foulest, meanest, most mercilessly destructive retaliatory violence imaginable.** That is the only thing that the predator understands . . . and it is the only thing that he deserves. And, **most important**, it is the only thing that will stop him.

If you really mean it about wanting to learn self-defense and real world combatives, then discard all reluctance to deal out savagery when necessary. **The only one who benefits from your hesitation is the scum of the earth . . . i.e. the violent offender.**

Embrace the war proven skills. Classicism and traditional art offer esthetically pleasing physical and mental disciplinary training. They are **NOT** viable modern close combat forms, and very, very few individuals possess the genetics, the energy, the interest, time and money to become sufficient masters of classical art to the point of being effective in self-defense by using it. Self-defense — *real* self-defense — is war in microcosm.

And war is won by **OFFENSE**, by taking the battle into the enemy's camp and attacking him. It is won by throwing out the rules, forgetting about decency, fair play, ethics, sportsmanship, and any regard for the enemy whatever. Like it or not *that's* the real world, and *that's* what you need when the moment of truth comes and you are face to face with a vicious, conscienceless, determined, experienced killer. You will *not* be engaging a training partner in a real attack. Hesitate to attack your abductor's throat or eyes, and you *will* be abducted. Stop and pause before kicking some troublemaker with all of your power and speed in his testicles, and you may be nursing a broken jaw — or worse. Have a second's consideration before breaking that bully's leg, and you may spend a few days or more in hospital as a result. Fail to gouge and rip at your would-be rapist's eyes, or bite off a piece of his face, and you will be raped. And so on. Go ahead and smash that bottle or stick across your attacker's face. He'd do it to you! There are no fouls in combat for survival — and if self-defense is anything, it is combat for survival. Don't let the politically correct and their verbal manure fool you. *They* will not be there to help you when and if you are attacked. It will be too late to call the police, and way too late to summon those life-saving skills that you might have acquired if you had not stubbornly held onto a foolish attitude of merciful consideration and “humane” self-defense. **There is no nice way to defend yourself. There is only an effective way — *if* you resolve to accept and to master it.**

Please, for your sake and that of your loved ones, *do not say* that you “couldn’t do” the reliable if unpleasant things that will enable you to prevail should you be attacked.

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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*.

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.

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**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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*(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*

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*(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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*(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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*(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.)*

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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.)*

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**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.)*

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**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.)*

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**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.)*

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**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.**

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

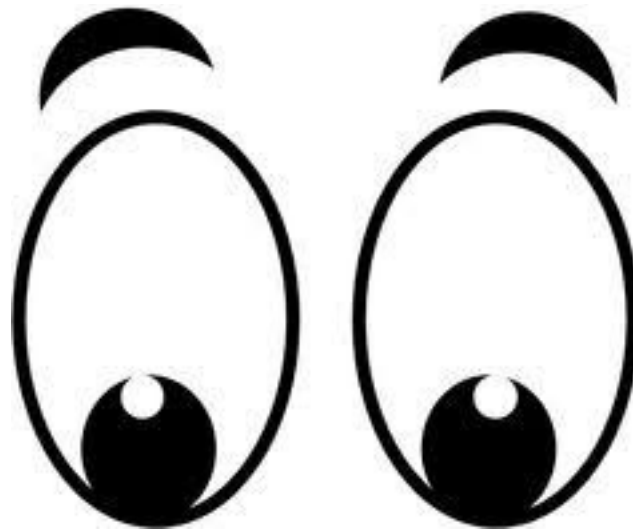
*(Stop being manipulated and learn to manipulate those who seek to control or to use you by employing the tactics and tricks of intelligence professionals. Manipulation — used exclusively for self-protection and the safeguarding of that which is rightfully yours — is an important, valuable skill.)* **\$4.**

**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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## Go For The Gut!

**WHILE** literal *encyclopedias* (yes, really) have been written on the subject of “knife fighting”, the truth is that use of a knife in close combat is extremely simple. In fact, tens of thousands of effective killings (justified and unjustified) have been effected throughout human history by individuals who — 1) Never had a single lesson in knifework, and 2) Used a plain, ordinary kitchen knife.

The idea that without extensive training (**some basic training is very desirable**) and unless an approved combat-type knife (**which is highly desirable if available**) is employed, one will not be able to use a knife well in combat, is utter nonsense. In fact, there have been more people killed by ordinary kitchen and folding knives than there have been using military-type combat blades. The situation in England today is a good (and a very tragic) example, as are two other cases:

- The legendary James Bowie did *not* make his reputation with the latterly-created “Bowie knife”. He killed his adversary in the famous Vidalia Sandbar affray with a *kitchen knife*.
- The organized crime figure who ran Philadelphia’s *cosa nostra*, “Little Nicky” Scarfo (died January, 2017) killed a man with a **butter knife** in a fight. (Ironically, Scarfo killed the man in self-defense).

What makes a person dangerous with a knife (as with a handgun, or any other weapon) is the same thing that makes him dangerous with his hands and feet: **AN ATTACK-MINDED COMBAT MINDSET**. The technical skill is often a *factor* (as in the case of commando and special operations type military men), but in every single instance whether a table knife or a razor sharp commando dagger is employed, *the critical factor is mindset*. With a combat mindset you are dangerous with a

Swiss Army Knife. Without mindset the finest Randall-Made, Ek, Loveless, or other “fighting knife” will avail you little. (It is interesting to note that we have met and enjoyed the very pleasant company of some whom one would call “knife aficionados” — or possibly *collectors* — and we have not met a single one who did not have a gentle, pleasant personality. Whether or not any one or all of these men could and would kill an enemy in close combat with one of his treasured knives we cannot say for sure; but we can say for sure that *none* of these guys evidenced anything remotely similar to the attitude of the street scum who kill wantonly with knives.)

The type of knife that one might wish to keep available in one’s home, place of business, or vehicle *just in case*, if one cannot obtain a CCW and a reliable handgun where one lives, is the stiletto or *dagger* type knife. One of the best is the same one utilized in WWII: The Fairbairn-Sykes Commando knife. Excellent quality examples of this combat-proven weapon are available, and they are not expensive. The design facilitates deadly use, and that is the purpose for which the weapon was developed. For persons living in locations where firearms are difficult to obtain for personal protection, having a few of these commando knives



**ABOVE: THE F&S COMMANDO KNIFE. AVAILABLE FROM THE [KNIFECENTER.COM](http://KNIFECENTER.COM). MADE IN SHEFFIELD, ENGLAND, THIS KNIFE IS EXCELLENT FOR PERSONAL DEFENSE.**

available around the house or apartment is a good idea, in our opinion.

Regardless of what type of knife you are able to grab in an emergency (and we now assume that you are not trained in knifework) the best way to hold it is as though it was a fencing blade. If your life is at stake remember one thing: **Stab hard and quickly into the enemy's gut (i.e. stomach area).** This serves to induce shock and sets the recipient up for a stab into the neck or throat. These targets may be more difficult to strike at the outset of the encounter . . . but once they are wounded severely, the encounter is over. **Note:** If you have only a very short-bladed knife (say, a blade length of 3-4" only) then it will be best to slash or hack deeply across the face of an attacker, then close in and go for the neck or throat. This action can be effectively preceded by a fast kick to the assailant's shinbone, or perhaps a fingertips thrust to the eyes.

The deep, sudden *gut wound* remains the all-round most generally desirable way to initiate a knife action to save your life. **And the *only* time using a knife (or any weapon) against any human being is when you believe that you must do so to save innocent human life — yours or another's.** It is valuable to note that the infliction of gunshot wounds to the abdominal area also tend to shock and to induce panic in an assailant, although with a handgun the initial target area is and can be somewhat larger (as the "kill zone") than that which is practicable with a knife.

We offer this article and others with the understanding that **you, the reader, bears 100% responsibility for the use or misuse of what is described, and for *all* of your actions. Our advocacy is 100% obedience to all laws, and the maintenance of a harmless, peaceful and calm demeanor, until or unless a violent offender leaves you no alternative but to defend yourself.**



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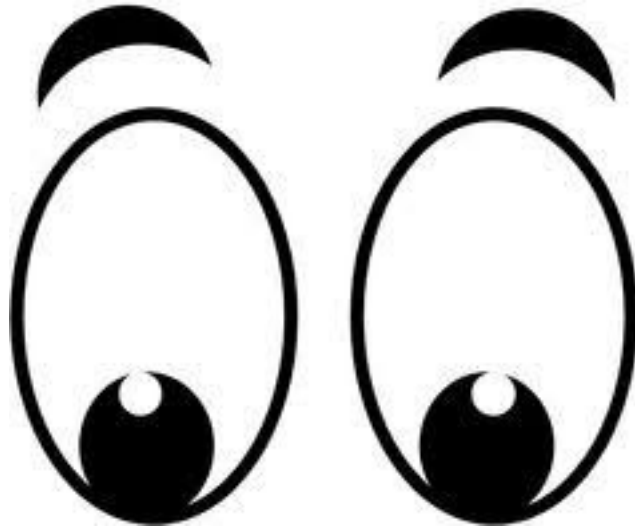
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We've been a pioneer of what today is called “Reality Based Self-Defense” and the purveyance of the “WWII Close Combat Systems” since the late 1960's — — long before most of today's “instructors” were born! Our writings reflect



the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

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**BE SURE TO FOLLOW PROF. MARK BRYANS ON INSTAGRAM!**

### **Live In A Tactically Sound Manner**

**MOST** people do not pay close attention to their personal safety when out and about, at work, with their families, on vacation, in their vehicles, etc. Statistically, the truth is that you are not likely to be violently attacked. That is of course no assurance that you won't be, it only means that the *odds* are against you being shot, stabbed, mugged, abducted,

raped, beaten up, suffering a carjacking or home invasion, or so forth. In some places, especially the major metropolitan locations today, you are probably a little more likely to encounter insane violence than you would be, say, in a small town in Montana. But even in the Bronx, the *odds against your being attacked are pretty significant*. We personally believe that anyone who is comforted by those odds is foolish to neglect training and preparation for personal defense, but some will disagree with us, no doubt.



**FROM THE ONLINE NY DAILY NEWS OF 24 OCTOBER 2019, YOU SEE SOME CRACKPOT CAUGHT ON SURVEILLANCE CAMERA SHOVING A WOMAN HEAD FIRST INTO THE SIDE OF A NYC SUBWAY TRAIN. THIS KIND OF RANDOM, INSANE VIOLENCE CAN COME TO ANYONE, ANYWHERE, *FOR ABSOLUTELY NO COMPREHENSIBLE REASON*.**

Once violence comes to you, it is too late to prepare. So don't wait for such a moment. *Prepare now.*

The truth is that it is the *unlikely* occurrence of violence against you that can be most dangerous. This is because you may allow yourself to slip into a state of complacency. “Oh, everything’s okay around here. We’re in no danger . . .” could be the last words you utter if you are with your family and allow yourself to neglect situational awareness (**ALERTNESS**) and the fact that, remote as the possibility may be where you are at the moment, *a dangerous emergency could explode around you, and you should be ready to cope with it, if it does happen.*

It’s a matter of cultivating a *habit*. It is a habit of anticipation, alertness, and realism. Do that. Make that your unwavering habit, and should the worst happen it is very likely that you will be able to cope with it successfully . . . *if* you have learned how, that it.

Make it a habit to move and stand, when in public, with your back protected. We are a former New Yorker (from the Bronx, actually). One of our early works was *Subway Survival: Self-Defense on Mass Transit*. Back then (i.e. early 70’s) it was bad on the subways . . . people being attacked — often murdered — all of the time. Today, it’s worse. If you live where there is a public train service do not stand close to the edge of the platform where the subway train comes into station. Odds are you’ll not be shoved onto the tracks or into an arriving train, *but why take the chance when with a little precaution you can insure that you won’t be?*

Don’t sleep on trains or buses. Stay alert. Don’t get into arguments with strangers. Let stupid, inconsiderate behavior slide. Lecturing some piece of sh–t about common courtesy or perhaps not littering can get you shot or stabbed. **It has already happened to people.**

When you are outside walk down the center of city streets. Make anyone skulking in a doorway or between parked vehicles have to move out and make his presence known to you, before he attacks.

Be armed with *something*. A handgun for which are legally licensed and know how to use is of course the best self-defense weapon. A knife is always a good weapon . . . but check the laws where you live and only

carry an *allowable* edged weapon. A walking stick (provided you've trained a bit with it) can be a formidable weapon, indeed. *And it's right there in your hand.*

We believe that carrying a handful of gravel in your outer pocket is a wonderful aid to self-defense. Toss that in someone's face and you've

given yourself all the time you need to kick him, strike him across the neck, etc. — or perhaps draw your sidearm or smash him across the knees with your walking stick!

Pay attention to everything and to everyone around you. Doing this alone can prevent a large percentage of living sewage from bothering you. *These scum want the element of surprise in their favor, and they **do not** want to encounter an alerted individual who might fight back and injure **them**.*

Walk wide around corners. Use window panes to check behind you. *Always pay attention to your gut.* If you see the same person **twice** in your vicinity and noticing you, **go to orange and be ready to deal with him.**

Real world attackers do not set a time to meet you in battle, and agree to the presence of a referee, a rulebook, and agreed-upon ethical conduct before bowing in and commencing to do battle when both of you are ready. Nor do you get to avoid a real attack when you are ill, elderly, a woman, a child, minding your own business, being courteous, or simply living a normal life day-to-day with not a hostile thought in your mind. ***You are preparing for a wild animal attack, and you must be ready to destroy that savage beast should it move on you at any time and in any place,*** when you train in real world self-defense. Just as you would be in the jungle, you must be alert, prepared, and realistic about what you might need to contend with, if you aspire to security and real protection against the vermin of the earth.

So, do not pay attention to good tactics and attitude during the few hours a week when you train in the dojo, or workout at home. Make it a *habit* to ***live*** tactically; and if you do you very well may live a lot longer as a result!

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