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SWORD AND PEN  
OFFICIAL NEWSLETTER OF  
THE INTERNATIONAL  
COMBAT MARTIAL ARTS  
FEDERATION (ICMAF)

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May 2020 Edition

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**\* A Special Message \***

**THE** coronavirus pandemic is now affecting the entire globe. No one is immune. The virus is no respecter of age, gender, physical condition,

economic status, profession, political situation, ethnicity, nationality, or ideology. We join all of those who pray for the speedy and complete elimination of this worldwide scourge, and the restored health of all who may be afflicted. Our deepest condolences go to those who have lost loved ones and friends to the virus, and we pray that God comforts and restores all of you.

We — as citizens of planet earth — are *all* in this together.

Until this damn thing is beaten all we can do is follow the advice of medical experts. Wash hands frequently and thoroughly, practice social distancing, wear a mask and protective surgical-type gloves when outside. Avoid groups of people. Remain at home as much as possible and go out only for necessary purposes, such as groceries, doctor visits, etc.

One possible blessing you may now enjoy if you have our DVD Course or if you have a sufficient amount of personal training behind you — in ours or in any other combative system to the point where you possess a repertoire of skills — is the opportunity to use home training as a way to keep fit, stay occupied with a subject of interest, and greatly improve your confidence and skill. You may be unable to attend workouts at the dojo, but you certainly can practice at home. This may be a good opportunity to teach family members some of your skills.

This may also be a good time to catch up on some reading in a subject of interest. Study a foreign language. Meditate. Cook some special meals. Perhaps watch a good movie each day. And don't forget good conversations — an all but lost activity.

Something that we suggested to our friends recently we now suggest to you. Send a message of appreciation to every physician and nurse who you know. These individuals are fighting a war to save us, and they are

doing so at a terrible cost. Many health care workers have themselves succumbed to the virus; some have died. *All* of them confront the possibility of contracting the virus at a rate much higher than those of us who are not in the health care field. *They deserve our support, profound respect, admiration, and appreciation\**. So do those in the law enforcement and fire services. We who train in order to be prepared for violent emergencies should be first to recognize and salute those heroes among us who take up the battle when the enemy is an insidious disease.

We wish you good health, safety, and happiness. May you and may all of us be free of the coronavirus threat as soon as possible!

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\* That marvelous statement of Sir Winston Churchill in reference to the RAF comes to mind: "*Never have so many owed so much to so few.*"

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## *Editorial*

### ***Submission Holds For Self-Defense: A Mistake***

**SUBMISSION** holds are standard finishing actions in judo, wrestling, UFC, and MMA contests. For the purpose of sporting contests they make excellent sense, and no one can deny that when properly applied by an expert, submission holds bring a swift end to a contest.

There are several problems, however, in the idea of using submission holds in actual self-defense emergencies in order to stop a dangerous attacker.

**First** of all, in order to apply a submission hold one must be very skilled. The hold must be applied speedily and correctly in the heat of conflict, at the very moment when the adversary's position and movement creates the opportunity for application. Submission holds require more complex movement than do blows, for example. And they certainly take longer to apply.

**Second**, while one need not be a great deal stronger than one's opponent in order to make a submission hold effective, one certainly does need to be strong. A powerful adversary can often effectively resist or thwart entirely an attempt to secure a submission hold.

**Third**, moving in on an actual adversary in combat, as opposed to reacting to his movements during the contest of grappling\* which is what occurs in sport, does not cause any immediate pain or disability to the opponent. *This leaves him an excellent opportunity to punch or to bite, or to attack the eyes, etc. and apply serious force before the submission hold is fully secured.* These actions are not a problem in contests — but in actual hand-to-hand combat the reality of their possible occurrence must be taken into consideration.

\* One might argue that grapplers often lead in with a fast distracting kick that paves the way for the takedown and hold. But in contests this is not a knee or shin-breaking stomp or a kick to the testicles—it is for **distraction** not **destruction**. Since the grapplers have by their own tactic proven that such a kick is doable, feasible, and practical, *why use a light, distracting “smack” kick? Why not just break the adversary's leg in the first place with a power kick, and be done with it?* In self-defense this is surely the way to go.

**Fourth**, if we assume that a submission hold has been successfully applied to an actual attacker in a real emergency, and the individual who has applied the hold has clearly caused his attacker to cease action and surrender . . . *what then?* In a contest if one taps out or verbalizes

surrender, one's opponent **immediately** releases his hold. And in a contest that is sporting, the individual cannot "fake" a surrender. He taps out or declares surrender *for real*. Rules do not allow for deceit here. However, in an actual encounter one must assume that someone unscrupulous enough to initiate violence is also unscrupulous enough to **LIE!** "Please stop! I give up. I've had enough . . . you win!" will cause a decent person who has been conditioned by hundreds of hours of practice and competition to release his hold. **This could result in the adversary pulling a knife or handgun or even managing a surprise unarmed attack that defeats the defender.**

**Fifth**, the application of any hold demands that the user "tie himself up exclusively" with the one opponent upon whom he has placed the hold. In multiple attacker situations this is obviously unacceptable and a dangerous error that leave one open to attack by other assailants.

**Sixth**, since most of the popularly taught submission holds are employed once one has brought one's opponent to the ground, those who have become conditioned to their use (through competition) *will naturally tend to strive to take an attacker to the ground as basic tactic. WHILE THIS IS FINE IN COMPETITION, IT MAY BE SUICIDAL IN CLOSE COMBAT.* **Going to the ground deliberately - or trying to do so - is not, regardless of what has become widespread popular belief, sensible in real combat.**

Although it is assumed that submission holds are the province of *ju-jutsu*, this is a little misleading. There are styles of ju-jutsu (like the Shin-Kage-Ryu, and Kenpo-Ju-Jutsu schools) that hardly teach any holds at all. These styles are more closely akin to karate. And what should be noted is that in those combat ju-jutsu systems that do teach submission holds, **the followup taught is to dispatch the adversary with a weapon or with some finishing technique.** What is true is that in the current UFC/MMA approaches to *that which they refer to as "ju-*

*jutsu*” (but that which is in reality is much, much more accurately designated as **judo**) submission holds are standard and they make excellent sense. After all, holds, grips, locks, and so forth *can* be applied seriously in contests. **The blows of close combat cannot be.** This is why only a very limited number of blows (aside from punching, which predominates in all contests where percussory actions are employed) are permissible in **sport**. *You cannot have thrusts to the throat or eyes, chops to the neck, temple, throat, kidney, and so on, biting, clawing the face, hooking the mouth, etc. allowed in contests.* In combat, it is a completely different story. And in this, **finally!**, one of the greatly celebrated Gracie brothers in fact agrees! A correspondent advised us of the existence of the following video on YouTube. Google YouTube, and listen to Royce Gracie.

Enter this:

**“Royce Gracie Believes Jiu-Jitsu Competitions Don’t Help  
With Self-Defense”**

We are not trying to suggest that the Gracies and ourselves are in complete agreement regarding what is and what is not suitable and effective in real close combat and self-protection. We are convinced that this is *not* the case. However, it is refreshing to see what appears to us to be what is at least a *partial* acknowledgement that the approach which is the current fad in the West is **not** synonymous with honest-to-goodness anything goes close combat — either for private citizens or for the military.

Expedient barbarism and ruthless brutality guided by the will to destroy and prevail, rules the actions undertaken in actual combat. **Rules** “rule” in all forms of contest.

Rely on blows and related forms of attack (such as gouges and biting), coupled with relentless followup, the element of surprise, and the use of anything at hand as a weapon to assist you, coupled with murderous, unforgiving ferocity when and if you ever must defend your life in a real emergency. Leave the submission holds to those athletes who make excellent use of them winning contests.

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**NOTE:** There is one case where restraining and comealong type holds (perhaps called “submission” holds in some circles) are necessary. That is for police officers, security professionals, guards, and in effect anyone charged with a peace-keeping responsibility. This aspect of physical conflict lies outside the realm of emergency self-defense and all-out close combat. It is a serious mistake for anyone seeking self-defense training to regard arresting and controlling suspects as appropriate to the task. *Private citizens* are not cops! Neither are soldiers, whose responsibility in wartime is considerably more serious than arresting misdemeanants. So police and related professionals, **in addition to serious combat skills, do need adequate training in arrest and control submission tactics . . . YOU DO NOT!**

## **Bradley J. Steiner**

**Don't Miss This!**  
**Simple, elementary lessons in American Combato are available (with more on the**

way!) on YouTube. Prof. Mark Bryans describes simple and effective skills that almost anyone can learn and use in any emergency. Additionally, we (Prof. Steiner) will be providing a whole series of short training talks and tactical instruction on YouTube. Straightforward no-nonsense material. Get a tongue-tip-taste of what we teach!

## **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 ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

### **DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS**

• Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here!

These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

### **DVD#9 COUNTERING MULTIPLE ATTACKERS**

- Key principles and tactics of countering more than a single aggressor
- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

### **DVD#10 HOW TO USE THE STICK FOR SELF-DEFENSE**

- Basic stick techniques
- The *complete* Fairbairn stick method (beyond what is taught in *ALL-IN FIGHTING/GET TOUGH!*)
- The USMC's Kengla Technique
- Some advanced stickwork combinations
- How to use the *yawara* hand stick (for modern applications)

### **DVD#11 KNIFEWORK**

- Psychological factors
- The universal grip (for stiletto and Bowie type knives, as well as for kitchen, utility, and all other types of knives, and for improvised stabbing and cutting implements)
- Knife *offense*
- Defending yourself with a knife

The cost of each individual DVD is \$59.95 + \$6. shipping and handling (**\$20. postage and handling for foreign orders**)

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE. **Add \$20. for postage and handling (\$40. for foreign orders).** That's just under \$600. for \$7,500. worth of training!  
All DVD purchases are of course nonrefundable.

**Personal checks may take up to three to four weeks to clear, in some cases.** For *immediate* shipment send cash, or a postal money order, bank check or bank money order, payable to Brad Steiner. Send your order to:

**Brad Steiner  
P.O. Box 15929  
Seattle, Washington 98115  
U.S.A.**

You will want to study these DVDs again and again, as they are rich in content and packed with solid, reliable information and instruction!

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**Be Sure That You Do Not Miss! ...**

**An enormous source of instructional articles, professional commentaries, book**

reviews, and the American Combato System's structure, contents, and philosophy. NEW MATERIAL ADDED EVERY MONTH . . . ALL FREE!

GO TO:

[WWW.SEATTLECOMBATIVES.COM](http://WWW.SEATTLECOMBATIVES.COM)

Total of over 400 articles packed with instruction, training tips, suggestions, insights, and technical close-combat and self-defense advice!

After reading the latest entries, check the “archives” (bottom of each page) for lots and lots more FREE material devoted to quality skills, mental conditioning. *Years* of valuable writings!

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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## **Special Announcement!**

**Prof. Mark Bryans is officially promoted to 8th Degree Black Belt.**

After 44 years of dedicated training, teaching, and promoting of the Art of *American Combato (Jen•Do•Tao)* Mark Bryans is now promoted to the rank of Black Belt, 8th Degree.

During the many decades since we began our own study of the arts of combat we have had the pleasure and privilege of training dozens of marvelously dedicated and loyal individuals . . . people who have gone on to achieve Black Belt level in our System and become beloved friends, as well. However, Mark Bryans stands alone as the most wholly dedicated and devoted of those whom we have trained. He has distinguished himself as a Teacher of the greatest ability, and in his own turn has produced numerous Black Belts in our System.

**C o n g r a t u l a t i o n s    M a r k !**

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**Use Anything At Hand To Assist**

**In Your Defense**

**WE** have for decades now urged our students to carry a handful of aquarium gravel in their outer pocket so as to have something to disorient and distract any possible assailant with. Walking to your car,

leaving work, out for a stroll, etc., *having a handful of gravel arms you for an unexpected situation where an attacker must be dealt with.*

Tossing that gravel in a person's face sets him up immediately for:

- You to attack him virtually any way you wish (preferably with a powerful side kick to his knee or a kick to his testicles; or some other *decisive* action — followed up by you escaping the scene or continuing to attack until you are safe)
- Accessing a lawfully carried weapon, which — thanks to your disorienting your adversary — you may not actually need to employ
- You to simply escape the area (if escaping right away is a feasible option in the situation presenting) with no need to engage the would-be violator in combat.

Carrying what is formally referred to as a “*yawara hand stick*” (provided you know how to use it) is a great idea. But we recommend that your “*yawara stick*” be a simple length of solid hardwood about 5-1/2 to 6 inches long and an inch and a half to two inches thick. *Don't buy and carry a manufactured yawara stick.* That is a “*weapon*”. A plain length of wood is . . . a simple piece of wood.

The outlaw biker's trick of tying a handkerchief to a heavy padlock and carrying it in your back pocket (handkerchief partly protruding for speedy access) so you can whip a steel flail out instantly and bash your attacker in the face or head with it, is a fine idea.

Engineers' rulers (i.e. steel, six inches in length, with a clip so you can fit it in your shirt pocket) make excellent weapons. **Do not sharpen the edge!** The ruler can slash open a neck or throat area, or tear out an eye



without any additional sharpening; and once sharpened it is no longer a “pocket ruler” — now it’s a “weapon”, and can get you in trouble.

The old standby of a role of quarters (as a fist pack) is not bad, but we’d recommend only punching to the assailant’s solar plexus, sternum, kidney, or testicles with it. Lacerations to your hand and fingers can result if you punch hard into the bony facial structure. The fist pack makes the clenched fist heavy and solid . . . but it does not protect the hand from finger and bone breakage or cuts.

Folding knives can be good weapons, providing that you carry only a knife of legal blade length and that it has a *lock* blade. Unfortunately, you’ll need some forewarning in order to get the knife out and **open** in time to employ it in self-defense . . . so, bear in mind that the use of a *closed* folding knife as a yawara hand stick may be a good expedient choice for a first action in a real attack. With an attacker stunned and doubled over you have the seconds needed to open your knife.

The above constitute some suggestions of what you might wish to carry daily when carrying a firearm (for which you have a CCW) is either not possible, or not feasible.

Finally, we’d strongly recommend — whether you are carrying a properly licensed handgun or not — that you have a stout walking stick in your hand, whenever possible. We like Irish or British blackthorns, but *any* hardwood walking stick will do. With the skill to properly use that stick you can either *avoid* accessing a firearm (highly desirable, whenever possible), or *facilitate getting your handgun out and into action* by using your walking stick.

Never hesitate to use anything at hand to assist you in a dangerous emergency. You may like one or more of the suggested items that we’ve referenced above, but in addition do not overlook the use of anything

that may be at hand wherever you are when you are attacked. A chair or stool. A telephone receiver. A cup of coffee. A hat or perhaps a sweater that you're carrying on your arm. A bag of groceries. A handful of small change. A table lamp. A rolled up magazine. An umbrella. A brief case. A book. Etcetera.

Also bear in mind that something in your immediate vicinity can be employed with excellent effect *to smash your attacker's face or head against* once you've doubled him over or gotten him off balance. For example: A fire hydrant, mailbox, park bench, parked vehicle, corner of a desk, doorway frame, telephone pole or street lamp-post, etc. All will cause severe trauma when a head is smashed forcefully into them.

Should you be attacked in a stairwell it only makes good sense to throw your attacker down the stairs after stunning him with your initial action and getting him off balance. In a desperate situation where defending innocent life is concerned such things as throwing an attacker out a window or into oncoming traffic is a good tactic. Remember: we are talking about **self-defense** or military **close combat**; we are not talking about sport, contests, antiquated classical art, or police arrest-and-control restraint applications.

Without solid **UN**armed ability you lack the foundation needed for all-round, effective self-defense. *You must be able to employ your natural weapons before you add any weapons-at-hand or manufactured weapons to your repertoire.* This is good common sense, and by following this mandate you will never use a weapon of any kind as a “crutch” — because you had no other way to handle violence. (Obviously, people who are unable to employ unarmed combat, due to advanced age, disability, injury, or illness *should always rely upon a suitable weapon if a threat to their well-being and life should present itself!*)

We hope that you have found this advice helpful.

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**47 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:

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*(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.**

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*(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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*(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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*(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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*(There are more martial arts schools and teachers in the State of California or New York alone than in all*

*of Asia! And today there are hundreds claiming to be teaching practical, reliable close combat and defense. From the Founder of the first comprehensive and authentic all-combat American martial Art here is a **complete** guide to locating and evaluating the right teacher for you. Also — what to do if you have limited recourse and can't find a teacher.)*      **\$4.**

**Brief #29: Conditioning The Natural Weapons**

*(In this 21st century the student of practical self-defense needs impact practice more than the kind of comprehensive natural weapon hardening typical of the classical “karate” schools. Still, for the super-enthusiastic self-defense/close combat student there are some efficient toughening approaches that should be used if hardening of the **practical** weapons is desired.)*      **\$4.**

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

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

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

*(Most who take up martial art training of any kind do not succeed in achieving their desired objectives. And the reason is simple: They do not do enough, and they do not do what they do with the right spirit and attitude. Ninety five percent of those who consider themselves “martial artists” spend more time on backyard-gossip type “forums” and other idiotic*

*medium instead of training hard with the right mindset. Here's how to do it right!)*      **\$4.**

**Brief #32: *The Moscow Rules***

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

**Brief #33: *Tiger Moves***

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

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

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

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

*(Outside an intelligence training center this is the most detailed and complete exposition of the subject. Complements Training Brief #34, and is priceless information for self-defense in a modern urban setting.)      \$4.*

**Brief #36: *"73 Rules Of Spycraft"***

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

**\$4.**

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

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

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

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

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

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

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

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

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

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

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

*(Escaping from captivity is a fascinating aspect of tradecraft training for secret intelligence and special*

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

**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.**

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*(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***

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**Brief #47: *Weight Training: An Introduction For Combatives Students***

*(Weight training provides the fastest and most effective*

*way to build all-round strength, fitness, condition, well-being, agility, and good health. It is the finest supplementary physical training for self-defense and close combat training. How to get started!)*      **\$4.**

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### **Death Penalty Crimes**

**THE** death penalty is rarely imposed today. Doubtless, it has been *erroneously* imposed in the past, and that is an awful injustice and tragedy. However, we appear to have gone too far in the direction of leniency toward truly atrocious, despicable, unrepentent, savage felons; individuals who have literally demonstrated utter disregard for innocent human life and the dignity of people. Although soft souls and , well “pussified males” may recoil at the thought, there are members of our species who have betrayed their status as human beings by virtue of their choices and conduct, and *it is dangerous to allow these monsters to coexist with us in civilized society.* **And putting these creatures to death is necessary.**

We often refer, *humorously*, to a fictitious place which we call “Bradland”. We once received a comment from an embarrassingly stupid example of life proclaiming that we were “hallucinating” because (as this monumental fool put it) “**there is no such place as ‘Bradland’!**”. Well! Please be advised: We *know* that there is no such place as Bradland. Now, can we proceed without confusing anyone?

If we lived in Bradland (i.e. our personally **IMAGINARY** Country) then the following would be punishable by death, *assuming that the*

**individual who had been accused of the crime was proven guilty beyond a reasonable doubt or had been caught in the act:**

1. Murder. Or *attempted* murder (we see no reason to reward failure).. (Note: “Murder” is legally defined as “unjustifiable homicide”. Justifiable homicide — such as killing in self-defense — is *not* “murder”. Those who take innocent life deliberately do not deserve to enjoy continued life, themselves).
2. Forcible rape. Note well that we use the word “forcible”! Such nonsense as occurred between that unconscionable, filthy pig Harvey Weinstein and the hens who formed their cackling lynch mob against him was *not* “forcible rape”. For true forcible rape where a person is subjected to forceful, violent subjugation and the commission of a real or attempted sex act against their will, the penalty should be death. No one should ever be made to suffer such a heinous crime. And the response of our system to it should be swift, certain, severe, and final.
3. Kidnapping (with the exception of that newly created “crime”, *parental* kidnapping). We concede that in certain instances it *may* be possible to construe a biological parent’s action as “kidnapping”, we refuse to accept this term as just or reasonable or accurate in many instances when a mistreated parent is denied rightful access to his or her child, and then proceeds to obtain such access on his own. And here we must add that charging a young man with kidnapping because he runs off with a young girl (**who enthusiastically accompanies him**) *simply because she is underage* is bullshit. Our concern is for violent, involuntary, forceful abductions.
4. “Wilding” (a term from the late 80’s/early 90’s) or “Flash mobbing” a store or event with larcenous, violent, and/or intimidating behavior **we believe** should see every member of that collection of human debris who participate *e-x-e-c-u-t-e-d*. (And **no**, we do not give a damn about how old these creatures are, and we do *not* recognize “mitigating circumstances”, such as *it’s the first time this little*

*bastard ever did anything wrong.* Some things cannot be tolerated even a “first” time.

5. Knockout punching. This little street passtime must be eradicated. And the way to do it is by eradicating those who do it.
6. Any violent attack against a small child by an adult, or any violent attack against an elderly person or a handicapped individual.
7. Bullying.
8. Con games and phone scams that target and rob the elderly and /or gullible of their savings, property, etc.
9. Knowingly selling and advocating fake medical cures or facilities.
10. Vehicle theft.
11. Arson.
12. Human trafficking.
13. Initiating violence inside an aircraft or on a vessel.
14. Initiating physical violence for any purpose other than self-defense or the protection of another innocent party.
15. *Falsely accusing* a man of child abuse, rape, kidnap, or physical abuse.
16. Looting. For instance any of the bipedal scum who are taking advantage of the present pandemic to loot closed businesses or facilities geared up to assist the needy.

Final note: We’d also abolish the farce of many years spent on death row, once a felon is convicted. Executions to take place within a week of conviction. **Finis!**

We suppose that we could come up with four or five additional reasons for imposing the death penalty, but we’ll leave it at the sixteen above. We found making this list to be quite cathartic.

Hope you found this little essay interesting. If we offended anyone, **T.S.**



P.S. We wonder about the mental state of those who — rationally and *correctly* — argue against the death penalty because of the possibility of an innocent person being executed (the one and only argument we grant credence to). You would think that such a humanitarian would be a vigorous proponent of all forms of self-defense, including firearms. It stands to reason that if someone is killed *in the act* of committing a heinous violent crime there can be no question of his guilt. As for executing an innocent person, every conceivable step should be taken to establish a person's guilt before employing *any* punishment, not merely the death penalty.

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**The Real Answer To Violent Crime**

**UNDERSTANDABLY** citizens living in virtually every major city in America are deeply concerned with criminal violence. (We are well

aware of problems in England, France, Italy, and elsewhere, also. However, we *know* the facts about violent crime here where we live, and so we speak of the situation here in the USA.)

The solution to violent crime is really not very elusive. In fact it is pretty obvious **if** you think clearly. The solution requires five things:

- Stop relying upon government, the police, etc. to protect you, but support the police in their rightful mission, while becoming adept at unarmed and armed self-defense.
- Stop accepting the bullshit that criminals need love, money, and lots of assorted other freebies, privileges, opportunities, scholarships, “affirmative” action (nothing is *less* affirmative than affirmative action), free housing, free cell phones, breaks when they commit outrages against civilized society, ad nauseum. **DEMAND THAT OFFENDERS PAY FOR THEIR ACTIONS AND ARE HELD 100% ACCOUNTABLE.** No excuses. No exceptions.
- DEMAND that the laws be just, strict, severe, and IMPOSED, when it comes to violent offenders, regardless of who the offender is, and what his specific violent offense may be. Make any civil lawsuits against a defender *unlawful*, when a defender’s action has been judged justifiable.
- DEMAND that self-defense be allowed unconditionally, and that defenders *never* be held liable for what they do in reaction to any violence with which they are forced to deal.
- DEMAND that all gun laws be rescinded, and that “Constitutional Carry” be established nationwide. The Second Amendment must be upheld *absolutely*.

Violent crime is rampant and successful because violent offenders get away with it, or are required to pay very little for their actions when caught.

Make it **dangerous** (*lethally so, in many cases*), **frightening**, and **very, very costly** to be unjustifiably violent — for and the monsters are stopped cold. They are either eliminated or, occasionally, they exercise self-control because they fear the consequences, and *know* that they will be forced to suffer those consequences should they give in to their animalistic impulses.

In any and all cases the **ONLY** ones who matter and who deserve any compassion, consideration, assistance, and support are the decent people — the *victims* — not the garbage that violates them.

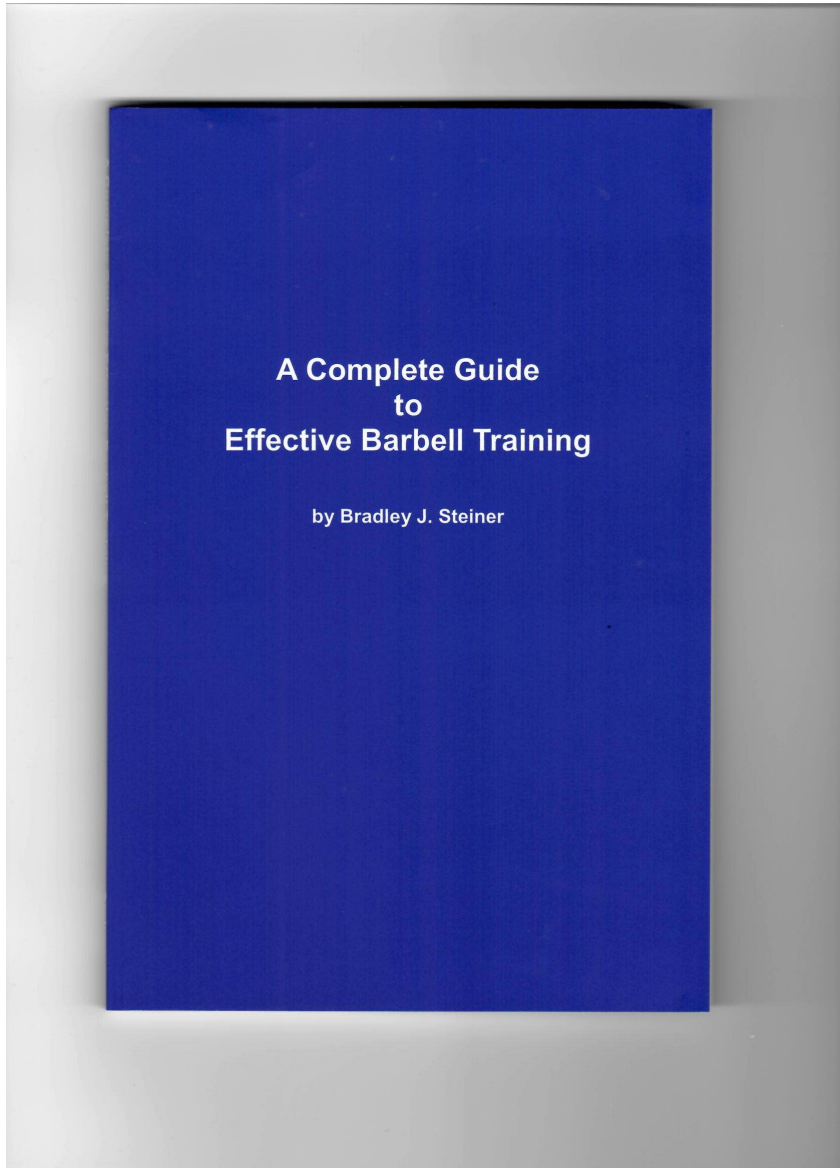
When total societal condemnation and merciless reaction to their atrocities is what violent types can expect — without exception — it no longer pays for them to ply their disgusting trade, and the **human** human beings in society will be protected.

The solution to the problem of violent crime is very simple, clear, and obvious. **At least it is to us.**

---

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### “Humane Self-Defense”

**WE** are not in the least troubled by those who choose to disdain the kind of serious, vicious and brutal attitudinal and technical approach to self-defense that we and our Associate Teachers espouse. Just don't expect ***us*** to sanction, endorse, support, or accept it. We approach self-defense in the manner that our many decades of study, training, research, observation, and teaching has taught us makes the most sense. In this we remain steadfast, but we only seek to *persuade* those who are looking for the correct way — we are more than happy to accept that others will go the way that makes sense to them.



We reject anything resembling the idea that a *victim* ought to assume any responsibility at all for the welfare of anyone who violently attacks him, or members of his family, etc. Since the more destructive and damaging a combative action is, the more effective and likely to stop a dangerous assailant it is, without reservation we proclaim the merits of such techniques that are destructive and damaging over those that attempt to control-without-injuring or without inflicting permanent harm to the attacker.

To whatever degree a defender moderates his response to violent attack, *it is to that degree that he (perhaps unwittingly) actually assists his attacker!* We believe that those who recoil from the need for savagery when battling savages are in many instances very nice, considerate, and kind individuals. Good for them. But in our opinion they are making a fatal mistake.

It is one thing to be kind and gentle as a rule with others who are decently and essentially kindly disposed toward you. But when you confront a predatory monster who hasn't risen to the level of appreciating or caring about the person, dignity, property, or life of others whom he **chooses** to violate, well . . . a wholly different approach is not only called for, but is entirely moral and justified.

Over the years we have worked with victims of violent crime. We have seen the toll taken by bullies, troublemakers, strong-arm robbers, muggers, rapists, physically abusive partners, dangerous gang members, and — indirectly, via contact with loved ones of the victims — murderers, as well as home invaders, purse snatchers, carjackers, and you-name-it. Deal with the f—ing bastards who perpetrate these crimes *humanely*? No thank you.

Forebearance has its place, but not when defending your life or the lives of your loved ones. In desperate situations, extreme, unusual, and drastic action is called for.

If you disagree with us we certainly respect your *right* to do so. However, in all honesty we can summon no respect for that which you advance as an alternative to the kind of self-defense that we teach.

One of our goals, which we certainly go to no lengths to keep secret — is to bring the truth about real violence and how it must be dealt with to Mr. and Mrs. Average, Decent, Law-Abiding Citizen. We want good people to be well able to deal with bad people when necessary, and not end up as statistics following an encounter.

If you're with us, welcome aboard. If not: ¡Ve con Dios! (You'll need Him).

---

## **Learning Practical Skills Is The Easy Part**

**IT** takes only a few minutes to teach someone a good close combat technique. Whether offensive or defensive there's nothing complicated about the skills of **real world** unarmed combat. Unfortunately, a lot of individuals assume that once they have *learned* a technique they therefore can *do* the technique. Well, possibly they can . . . but only in *practice*. To be able to do any technique in real combat, against a determined enemy, requires a lot of repetitious drill — **PRACTICE**.

The onset of sudden danger and the attendant stress that comes from perceiving that danger, along with the involuntary physiological changes that occur in such a situation make doing something that has merely been “learned and remembered” all but impossible. Conscious recollection is woefully insufficient and all but impossible to exercise *under combat conditions*. Only when a technique has been committed to motor memory, and embedded in one’s **subconscious** can it be relied upon under extreme-stress conditions. When one’s *subconscious* kicks into action and feeds the command to the conditioned muscles *without deliberate conscious effort*, then one can **DO** that which one has “learned”.

We cannot find a better example of how this principle works than by reference to basic Western boxing.

Boxing utilizes but **four** simple blows: The jab; the straight punch, the hook, and the uppercut. Using permutations and combinations of these punches a man can **box**. And when a man boxes he does not waste time “thinking consciously” about what punch he will employ; when he will dodge a blow; which practiced combination he will use, etc. *He simply boxes*. And the fact that he drills endlessly in shadow boxing, heavy bag work, and repetitious basic blow work — over and over and over again — makes him able to use that which he has learned in the practical context of free exchanging techniques with another boxer.

This same principle applies to all of us who train in practical combatives. By all means *learn* your techniques. But once you have learned them, practice them relentlessly, frequently, intensively, seriously, and do not let boredom or impatience cause you to shift your focus to *quantity* instead of quality. Master — really *master* — those basic, simple skills that were so easily understood and acquired. Make your combative skills as natural to yourself as brushing your teeth or putting on your pants. If you do, then they will be there when needed,

and despite the stress and fear that accompany combat, you will be able to do your techniques in the midst of battle chaos.

Years ago we had a conversation with a karate instructor. “Yeah Brad.” he said to us, “the stuff you teach is terrific; but the problem is your techniques are so easy to learn that anyone can do them. There’s no challenge. No one really needs to work hard at learning them. In karate, we’ve got more elaborate skills, we’ve got kata, and there’s a long-term challenge for those who train with us.”

We didn’t argue. However, when you think of self-defense techniques being criticized because they are *easy to learn*, and because *anyone can do them*, it’s something like criticizing a knife because it is **sharp!** Something’s wrong here.

And we respectfully disagree that there’s “no challenge” and no “need to work hard” on practical combative skills. **The hell there isn’t!**

The simplest and most fundamental close combat technique that is taught ***must be drilled endlessly and worked to death*** if it is to be available when needed; and overcoming boredom, cultivating iron discipline, and rigorously avoiding the temptation to do something “more interesting” all combine to make the challenge of becoming proficient in real world close combat and self-defense very, very **REAL**, indeed!

If you are smart you will not be discouraged by the simplicity nor by the ease of learning of practical skills. Instead you will secure a sufficient repertoire of them so that you can handle whatever might come along. You will be grateful for the fact that, having acquired a knowledge of realistic combat skills, the only real problem that now confronts you is working hard and long on them so that they will be available to you should a crisis ever arise when you need to employ them for **real**.

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*Professor Bradley J. Steiner*

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