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

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Editorial

As You Change So Must Your Training

IT would certainly be nice if we could learn and train and continue to progress and advance forever; or at least for the rest of our lives. But we can't. No one ever has, and no one ever will. The human organism is not

designed to last all that long (even 100-125 years is not that much, in the face of eternity), and a human lifetime is not a steady progression from birth to the grave that sees an individual advancing and improving physically with age. Yes, one can improve steadily *at first*. And possibly improvement can continue for a period of years. *But as sure as it can be counted upon to rain one day, no matter how long a period of sunshine has gone on*, it can be counted upon that deterioration — sooner or later — and a decline in capability, strength, condition, and health, will take place . . . for **everyone** who is fortunate enough to grow old.

Grim? No, not really. No more so, anyway, than any other fact of reality. It's simply something we all must learn to live with.

Reinhold Niebuhr (no, he *wasn't* a martial arts man) authored a most powerful and beautiful prayer that encapsulates much of how reasonable and sane people would be well-advised to live, and to guide their life decisions:

“God grant me the serenity to accept the things I cannot change, The Courage to change the things I can, and the Wisdom to know the difference.”

If you think this is inappropriate philosophy for a Newsletter on personal survival, defense, and individual combat, please stop reading now and return to your comic books, or newsstand martial arts periodical. We are addressing those whose concern is with the development of their *mental* prowess, as well as their *physical* combative abilities in a lifelong, adult context.

The fact that as you age your body changes is indisputable. It would be nice if you could remain at a solid peak of physical strength, development, and combat skills mastery “forever”, but decline comes along for all of us . . . and what we normally experience and often fail to identify as decline is *change*. As the decades go by we change. Our ability to do what we once did starts to wane slightly at first. The two

and three hour hard practice sessions we once thrived on become one and a half or perhaps one hour sessions; and we can tell (certainly by age 55 or thereabouts) that the steam we had available at 25 just isn't there any more. We still train, but it's different.

Our point now is that not only must you *accept* this inevitable change, but you would be very wise to **accommodate** it. That is, to adjust your training periodically so that it remains not only a constant in your life, but a **manageable, healthful, enjoyable, and realistic constant**. You must not expect or attempt to force yourself into the kind of training you participated in as a youngster when you pass middle age. No one can do it. So don't try.

Those visitors who are old enough will remember the great Jack La Lanne. Here was a marvelous physical culturist/bodybuilder who inspired countless thousands if not millions during his lifetime to take up regular exercise. La Lanne was not a martial arts man, but he was dedicated to physical training. In fact, he overtrained as a lifestyle! La Lanne worked out with weights every morning for two hours. That's too much, and had he not had the genetics to see him recuperating quickly, he would have been *forced to abandon such a brutal schedule*.

Jack La Lanne throughout his younger years, had a tradition of utilizing every one of his birthdays as an opportunity to perform a very impressive and demanding physical feat. On one birthday he swam **handcuffed(!)** from Alcatraz Island to the shore! Incredible. And so it went on . . . until he reached a point where he realized the performance of astounding feats of physical strength and endurance was no longer in the cards — even for him. Still, he did continue to exercise (somewhat easier than he did in earlier years), and he lived to age of 93.

If you are a **serious** trainee, then your combination of close combat skills training and supplementary weight training will need to be adjusted as the years go by. This is sensible, and will insure that you will be able to train for your entire lifetime.

Here's what we recommend:

Take serious stock every five years (perhaps slightly longer, or perhaps slightly less, depending upon how you feel). Revise your training so that it remains a manageable and enjoyable activity. Remember, your objective is to retain a working ability with your combative skills so that you can defend yourself, *and* a decent level of strength and condition, so that you enjoy vigorous good health and self-confidence.

If we assume that you began training hard in your late teens, we'd recommend revising, or determining if a revision needs to be made in your training, by around the age of 26 to 28. Believe it or not *that* is when physiological "middle age" begins. Thereafter, an examination of how your training is going, how you feel, your strength and energy levels, etc. every five to six years makes good sense. Nothing wrong with evaluating your training every *three* or *four* years **if** you sense that "something needs to be adjusted" in your ongoing regimen.

Obviously, our comments here apply only to **serious** students and adherents to training in the combative disciplines and ancillary physical training. We hope that all who read our Newsletter will be lifetime devotees, but we are a realist. Still, *if* you are a "lifer" as we are, then please factor in the advice we have presented here. It should serve you well in enhancing the enjoyment and healthful benefits that your training will give you, and — very important — will assure that as you grow older you retain a decent degree of combative capability.

Bradley J. Steiner

*"It is not as much about who you used to be,
as it is about who you choose to be"*

—— **Sanhita Baruah**

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)[™] 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

WE made the following points before, but find after a recent discussion with two individuals on the subject of the realities of self-defense, and after listening to them express their dissatisfaction at what had been taught to them in a local school, it bears repeating here once again. Either as a review for those who have heard/read it before, or for the benefit of those to whom these facts have never previously been expressed:

Facts Your Teacher Might Not Be Telling You

MARTIAL arts is big, big business today. There remains a hardcore number of dedicated classicists, as well as a hardcore number of dedicated combatives-oriented moderninists; but for the most part the “martial arts world” of 2019 consists of pushing fads and fantasies . . . telling people what they want to hear, and teaching people what they are willing to pay a lot for. The ignorance amongst practitioners regarding what *real* martial training consists of is abysmal, and these jackasses are *arrogant*, to boot! (Just listen to the way some fool recites the mantras that he has learned from the newsstand periodicals: “*All fights go to the ground*”; “*You can’t defend against multiple attackers*”, “*MMA is the ‘true test’ of combat skills*”, ad nauseum — and the fool recites it with an edge in his voice and a chip on his shoulder! Just you dare try to dispute what he “*knows*” to be the truth! Hell, he read it in the magazines, he saw it on YouTube, he perused it in some forum!)

Well, for those who have retained their intellectual integrity and who are unconcerned about that which commercialisers, scum with an axe to grind, liars, pretenders, malcontents, and second-handers have to say, we’d like to present some **truths** . . . some

very important things that students of self-defense and close combat *should* be taught, but frequently are not. Here are some critical facts about which your “teacher” may not have made you aware (and possibly about which he himself is blissfully ignorant!): —

1. All fights do ***NOT*** inevitably end up on the ground. And “Strive to always remain on your feet!” is instruction that virtually every *actual* expert and authority on self-defense and close combat invariably gives his students.

2. Size and strength *do* matter.

It is true that size and strength are not necessarily the determining factors in close combat, but anyone who teaches that these factors have no relevance in personal battle is teaching nonsense.

3. Age, gender, and physical condition are factors that matter, also.

When you see a 90 year old “master” defeat a gang of violent attackers who are in their 20’s, and are streetwise and acclimated to violence, you are watching a movie, martial arts demonstration, or TV show. By and large females have a serious disadvantage in any all-out hand-to-hand engagement with a man. The odd exception is just that — an *odd exception*. The physical shape a person is in **absolutely does** influence the effectiveness with which he can go after his adversary/attacker, and it affects how much punishment he is able to assimilate.

4. There is no “secret”, or “hidden art” that can guarantee success in close combat. *Anyone* can be defeated under the right conditions, and *everyone should train in self-defense*

*with the understanding that risk is involved and that, **even if he defeats his assailant** he will be hurt, himself.*

5. Sparring and competition do *not* prepare you for close combat. Sparring is unnecessary in order to achieve expertise in close combat, and competition actually instills very undesirable habits for personal defense emergencies.
6. Self-defense has more to do with your attitude and mindset than with your physical prowess (although proper techniques are definitely necessary).
7. Mental conditioning for close combat and self-defense is **NOT** the same as (or even related to) mental conditioning for winning matches, or excellence in sparring.
8. Real attackers can be very difficult to stop, and unless you are trained to anticipate this, you may not be prepared for what you'll need to do in an encounter. (**I.e.** At the range, for example, when you place a double-tap in the kill zone you have dropped and stopped your cardboard "enemy". In real combat this may *not* always be the case!)
9. Despite their popularity and *very* impressive effectiveness in the antiseptic environment of the "dojo", *pain compliance techniques are worthless for serious defense and combat*. Pretty much for the same reason that Mace, Pepper spray, and Tasers have proven utterly useless against determined, **real** attacking madmen and psychos.
10. Attacks from behind, weapon attacks, and multiple assailant attacks constitute potentially **deadly** attacks regardless of the expertise, ability, and skill level of the defender.
11. For modern use it is necessary to acquire practical ability with *modern* weapons: the walking stick (or baton for

police), the fighting knife, the handgun/shotgun/carbine/ and battle rifle, the La Gana type tomahawk, and improvised/expedient weapons-at-hand. Classical Asian arts weaponry is ***NOT*** appropriate for those training for practical close combat purposes.

12. You *must* get some practice in hitting *actual targets* (not training partners).

13. Often, the most adamantly emphasized techniques in a martial arts school or course are the worst and most ridiculous for actual use in combat. The emphasized skills require youth, flexibility, agility, regular practice, strength, and fine motor articulations (not to mention a cooperative training partner!).

Skill must be suitable for a lifetime . . . for middle aged and senior students, and for those whose physical condition is not at its peak. *What the hell good is a self-defense technique that has a shelf life? Would you purchase a handgun that would serve you in combat until you reached the age, say, of 45 or 50? Why train to employ skills that will work for you — at most — until you are 40?*

14. The correct way to see violent offenders is as predatory animals or monsters — *not* as “human beings”. They are malicious and dangerous beasts that must be destroyed. **F—CK** political correctness. They must be treated with the same attitude a physician treats dangerous bacteria that has invaded a patient’s body. (Contrary to this, please note, is that insofar as *sporting competition* is concerned, one should regard one’s adversary with respect and consideration, and be appreciative of the opportunity he

presents to contest with him. Here is one huge difference between combat training and competition.)

15. In today's embattled, irrational, feral, and insane world, it is **very common** for a defender to be attacked by armed and/or multiple assailants. *There is no ethics, no "rules"*.
16. Bottom-line is that the self-defense student is training for **war**, and he must be constantly reminded of this, as he must constantly strive to keep it in mind when he trains. He must become an attack minded, ruthless, mean, aggressive, unforgiving, fierce and vicious foe *immediately* to anyone who offers him violence.

While you cannot expect most of those purporting to teach self-defense today to present these truths to you — blunt, direct, plain, and unsanitized with politically-pleasant bullshit — you can count on us to do it!

Now train.

It's WAR!

IT is amazing how often individuals who are students of what they believe to be "self-defense" recoil from what we have to say or to write about defending against violent criminal attack being essentially the same thing as engaging in combat with an enemy during the course of a

war. Yet, we insist and maintain without hesitation or the slightest doubt that the comparison with combat in wartime is valid. In fact, we can argue that defending against a violent criminal predator can in many instances be *more* dangerous than confronting a uniformed adversary on the battlefield. After all, one's enemy in wartime is most generally someone who, in private life, is simply a normal, decent individual — often a responsible family man — who in effect is one's opposite number in the country against whom one's own government is waging war. The violent criminal is simply society's scum . . . the worthless and dangerous refuse that unfortunately *chose* predation rather than civilized living as his lifestyle. **These vermin rape, murder, torture, rob, destroy because they enjoy it.** Violent offenders, against whom one should be enthusiastically training to cope in any true self-defense program, deserve no more consideration than disease germs. They need to meet destruction when they attempt to ply their trade — the swifter the better.

We can only conclude one of two things when we encounter disagreement with our doctrine from supposed martial arts students: 1. They are not interested in close combat and personal defense, but instead train for competitive sport or for “art's sake” — and regard the training in which they participate as recreational gamesmanship, or as an esthetically satisfying discipline and exercise, **or** 2. They have been led to believe bullshit, and think very unrealistically about self-defense in the real world, because the training they are following is unsuitable for actual combatives preparation. While there are certainly some excellent teachers and schools out there, there is also a preponderance of fantasy classes in which utterly impractical thinking and training takes place. In many instances the teachers themselves simply are not familiar with the nature of the actual threat that violent criminal attack poses.

Recently a friend of ours showed us an advertisement for a new “self-defense” gimmick: A gun that fires pepperballs. Hailed as a breakthrough non-lethal weapon, we wouldn't be surprised if the silly thing sold millions! We simply cannot understand this asinine concern for non-lethality when the need arises to save one's life! Violent

offenders don't give a damn if they maim or kill their victims, so what malady exists in the heads of those potential victims that enjoins them to exercise *benevolence* when selecting tools by which they will defend themselves? People tend to be more realistic when they hire exterminators for household rodents or roaches. If the exterminator suggested (which he wouldn't) that the customer merely "stun" or scare the varmints, the customer would — properly — go elsewhere for the service. **But when it comes to truly dangerous, thinking, experienced, violent, determined and often armed predators who attack them personally and willfully and deliberately, these same people disdain the employment of weapons that DO THE JOB.** We speak, naturally, of firearms, and edged weapons, mainly. Why anyone would waste a second *wondering* or *doubting* if such could be justified when being forced to save his life, is beyond our comprehension. **Can you imagine sending U.S. marines or soldiers into combat armed with pepperball-firing "guns"; or perhaps *real* guns — loaded with blanks or rubber bullets?** No? Well that's our point. Violent offenders kill their victims just as dead as enemy soldiers in battle kill their opponents when they can, *so there is only one way to deal with such adversaries — in war or in peacetime civilian life — and that is with a realistically suitable degree of force.*

If one is relegated to the use of one's bare hands in an attack then **unarmed combat as befits the combat marine or infantry soldier** is called for! Forget about such nonsense as control grips, submission holds, restraining methods, and "arrest" techniques. The very few instances when such actions are appropriate occur with police officers and others who are employed as security people and peace keepers. **The private citizen who is confronted by dangerous, determined, clear and obvious harm from one or more unarmed or armed predators has no use for such foolishness.** *The only thing that such an intended victim should concern himself with is **stopping** the attacker — by any efficient, damaging, ruthless and savage means; because that is what works best and most reliably.* Precisely as it does in a declared war.

If by any chance, until now, *you* have been hesitant about adopting the attitude and technical approach that we espouse, consider how your hesitancy reflects upon your basic **self-respect**. Just what the hell have you been brainwashed into thinking? That an attacker is owed consideration? That you have no right to place your life above the attacker's when you are attacked? That you have some kind of "responsibility" to measure and weigh carefully the punishment you dish out to someone who couldn't care less if he killed you? Come on, friend! Wake the hell up.

If you've sufficient sense to at least *allow* for the possible truth of that which we are offering you, then there's hope. If you recoil from and resent our position, oh well . . . go your own way and do as you please. You're not our concern and we — obviously — have nothing to offer you.

In the past there have been some otherwise excellent teachers (like the late Bruce Tegnér, who was a brilliant purveyor of practical self-defense, and who was ahead of his time) who took strong issue with that which we advocate. In Tegnér's case he simply didn't believe that the techniques taught for military men in war were appropriate for "ordinary" self-defense (whatever that is). We, on the other hand, believe strongly that war-proven combatives is the **FINEST** type of technical repertoire to acquire for real world self-defense. We respectfully disagree with Tegnér here, as we do in regard for his disdain for firearms and fighting knives for self-defense. We suspect that two things are in large part responsible for Bruce Tegnér's position: First, his halcyon teaching years were the most violence free and crime free and peaceful in American history (i.e the late 1940's through to the mid-1960's), and second, Tegnér was in fact a very decent, nonaggressive person who, although expert in judo and ju-jutsu, did *not* see violence in a favorable light, and always took every opportunity to urge *against* it. (**Note:** This is sheer conjecture of course, but we believe that, were Tegnér alive today, and were we able to meet him and share ideas and notes, his position in regard to what kinds of techniques are suitable for self-defense, and the role of weaponry for modern self-defense, might in fact

be radically different from what it was, following WWII. But we have no way of proving this.)

Our mission is to train and educate the trainable and the educable who possess intelligence and honesty, and who are concerned for their and for their loved ones' protection and safety in a dangerous world, in ***THAT WHICH WORKS***. We have learned and studied long and hard "that which works", and we pass it on to those with brains enough to recognize it when they see it, and to appreciate it when they hear it (in the case of tactical and mental conditioning doctrine). Bottom line: Self-defense is **war** in microcosm. Believe it. Train with that in mind and God-willing, when and if it ever comes to *you*, you will be ready, willing, and able to manage your crisis!

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Dehumanizing Violent Criminals

“It’s strange how simple things become, once you see them clearly.” — Ayn Rand

SEE THE NEWS STORY QUOTED AT THE END OF THIS NEWSLETTER FOR BUT *ONE* OF TOO MANY OF EXAMPLES OF THE TRUTH OF THAT WHICH WE SAY IN THIS ARTICLE!

WE have been accused (much to our great amusement) of “dehumanizing” violent felons. We “fail to appreciate that *they* are human beings, too,” or that “after all, they may be doing something wrong but they are still people”, etc. This is the gist of what some say about the fact (**and we unapologetically proclaim that it IS INDEED a fact**) that we regard troublemakers, bullies, violent gangsters, punks, and all assorted anti-social predatory vermin as the **SH-T OF THE UNIVERSE**, and were it possible to do so, we would feed all of them — while alive — to jungle cats in the nation’s public zoos. *We do not recognize a violent predator as being a “human being, too”, and we believe in affording those who delight in harming human beings for their profit, delight, or both, the same rights as would be afforded a roach crawling across your kitchen floor.*

But there is an important point that we believe must be made here. We hope that by making it we assist newcomers to the study of self-defense with the moral rectitude they need to deal adequately — should they ever need to do so — with a violent intruder into their lives.

The fact of the matter is that members of the human species who become predators, and who pose ongoing danger to innocent persons who merely wish to live their lives in peace, **HAVE ESSENTIALLY ALREADY DEHUMANIZED THEMSELVES**. The task has already been done; for when a person decides that he will live by predation — or allow himself to prey — upon human beings, he for all practical purposes

signs his resignation from the human race. Decent people need merely *recognize* and *accept* this lump of stinking excrement for what it has chosen to make of itself, and deal with it, if necessary, with merciless, ruthless action . . . never deluding oneself into believing that this garbage with whom one must deal is anything resembling a human individual.

Self-defense has nothing to do with competitive sporting contests. Those whose “self-defense” preparation involves training and participating in *matches* and *contests* deal constantly with essentially fair-minded athletic competitors such as themselves. The majority of boxers, wrestlers, judo or karate competitors, etc. and the current crop of MMA/ UFC participants are pretty decent people. They are not predators, nor are they cowardly bullies, or ten-for-a-penny street punks. They are, and their opponents are, respectable and responsible athletic competitors. **In short sporting competitors train to deal with and fight with other sporting competitors.** Nothing wrong with this at all. In fact it is as it ought to be . . . but the kind of low-lifes who become predatory criminals are *nothing* like those who fairly match their skills against other athletes in a fairly-orchestrated competition venue.

If you are training for self-defense realize that your adversary, if God forbid you ever meet such an adversary, will be a literal outcast from the human race; a **SELF-MADE** outcast; a true vile scumbag who made the decision that he will regard others as fodder for his consumption, entertainment, and enrichment. *Violent troublemakers — from schoolyard bullies to international terrorists — made their own minds up about that which they choose to do, and about how they will conduct themselves.* They deserve no mercy, no compassion, no forbearance, no sympathy, no forgiveness, no concern, no **nada!**

Our philosophy would doubtless bother some people. That’s their problem. We hope, for your sake, that it doesn’t bother you. If an emergency ever arises where you or a loved one depends upon your swift action in applying what you’ve been training to employ in self-defense, *you will be very glad that you paid attention to our counsel.*

Always keep in mind that you will be confronting a crisis **alone**. The bleeding hearts, the do-gooders, the apologists-for-violent-garbage, the overly sensitive, the **unrealistically** pacifistic, the ivy tower-shielded academic, ad nauseum ***will be nowhere to be seen when you find yourself needing to act in self-defense***. Leave these misguided people to their philosophies, and **rely upon the one we advocate!**

You are not to blame for the atrocious mindset and actions of the filth who attacks you. **HE** is responsible. It is his decision to reduce himself to something less than an animal and to live by the code of evil-doing sh-t. *Just realize that he isn't human, and that the reason is his own betrayal of the humanity with which he had been born.* He decided to disregard and betray that humanity. **He has dehumanized himself, and in consequence he deserves whatever any one of his victims is able to dish out to him.**

Understand, dear reader, that “dehumanizing” members of the human species who become predators and betray their own humanity is *not necessary*. **They themselves have already taken care of that!** So, should you ever be targeted for victimization, *act* — act instantly, ferociously, mercilessly, and with every ounce of strength and will you can summon, and **use** your combative skills and knowledge to te fullest extent. In short, no matter what nonsense and bullshit many around you might enjoin you to believe, **ignore them all** and . . .

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(Provides a guide to the personal attributes, capabilities, and skills that make for well-rounded, comprehensive readiness for “close range interpersonal confrontations” {U.S. Pentagon}) **\$4.**

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

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(The truth about real individual combat vs. sporting matches, and why the myth of

ground fighting for self-defense and military close combat is misleading many regarding effective combatives) \$4.

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(Of course there really are no “rules” in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training) \$4.

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(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the

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

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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.)

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

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Brief #22: *The Importance Of Solo Training*

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(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.**

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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.)*

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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

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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.

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(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.

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- 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.**
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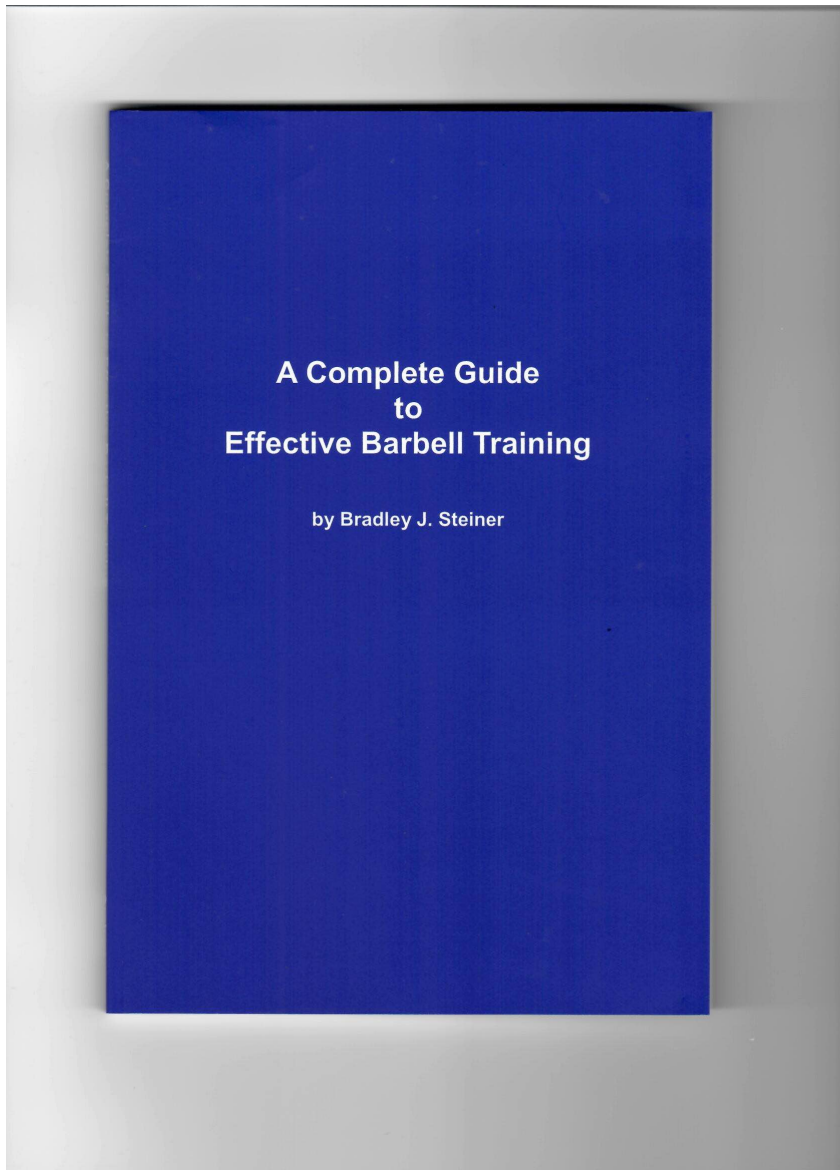
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Weaponry

LIKE anyone else who strives to make sense and tell the truth we receive occasional feedback from jackasses who embarrass themselves by muttering sheer idiocy reflective of their limited and quite pathetic intellectual capacities, that demonstrate they either don't get it — or don't **want** to get it. Some time back we got a moronic email from just such a fool. Apparently he felt that, due to an article which we published advocating firearms (especially handguns) for personal defense we were abandoning our stand for unarmed close combat. (Yes, we really did receive such an asinine communication. And no, we wouldn't have believed that anyone other than a fully committed, card-carrying, mentally-challenged A-HOLE from Stupidville could really have believed such a thing!) But one never ceases to be amazed.

Look. Comprehensive **martial** training — which is exactly what a *martial ART* by definition teaches — must include all individual weapons that are current, state-of-the-art. Just as the antiquated weapons of the ancient Asian systems were, *at the time they were taught*, integral to the entire spectrum of training that was given to students at the time, so **modern personal arms** are, naturally, integral to modern combatives systems. No martial art is complete if all it teaches is unarmed doctrine. Even classical martial arts encompass weaponry at the advanced levels; and although this weaponry is outdated, it certainly is valid for classical studies by those who choose to train in the classical/traditional approaches.

So *American Combato* includes, and has always included, weapons training.

Modern weaponry that is standard for the 21st century student of close combat and self-defense is essentially the same at this particular time at the onset of the 21st century, as it was during the last third of the 20th century:

- The handgun (semiautomatic *and* revolver)
- Shoulder weapons (the battle rifle, carbine, and shotgun)*
- Edged weapons (fighting knives: stiletto *and* Bowie configurations; and lockblade folding knives)
- The stick (to include the hardwood full-sized police baton, the cylindrical “blackjack”, the short truncheon, the yawara hand stick**, the stout walking stick)
- The “American tomahawk” as designed by Peter LaGana — and similar designs of quality manufacture
- Unconventional/improvised weapons

* The submachinegun is included also for military and law enforcement professionals for whom this type of personal firearm is available and is utilized for particular military and law enforcement missions.

** The yawara hand stick, like the knife, is one of those few weapons that remains “modern” in any age. However, we do not teach the yawara hand stick as it was originally used (i.e. as a device enabling the warrior to *control* and to *subdue*, when — as was sometimes the case — he served in the capacity as a law enforcer). We teach it as a powerful impact weapon.

NOTE: One weapon which we *would* teach if a quality version were manufactured today and available, is the WWII *spring cosh*. Thus far we have come across a number of very cheap (and in our opinion worthless) versions of this weapon, and so we omit it from our curriculum. But if an authentic **heavy-duty** spring cosh, complete with the *heavy brass nut* at the contact end of the projected spring were available at an affordable price, we’d include it. We believe that it would make a great self-defense

weapon that people could carry conveniently in a pocket and use to decisively drop an attacker. The WWII spring coshes would easily crack and penetrate the human skull when whipped into an enemy, and we are concerned to stop deadly assailants, not sting pests with a readily survivable blow.

Weaponry is a must when considering self-defense. Violent offenders are more often than not armed. And to think that you can easily go up against knife-wielding or gun-toting killers with unarmed techniques is the stuff of popular fantasy; of bullshit that martial arts promoters hawk for their schools and courses. **YES**, countering a knife or firearm attack unarmed is *possible*, and **yes**, we teach the proven methods that provide the greatest chance of doing this successfully — but realize that you are at a disadvantage when defending against an armed attacker bare-handed! You are also at a disadvantage if confronting a pair or a group of physical attackers, or if you are a female being attacked by a male, or a senior citizen being attacked by a youthful and vicious offender, or a handicapped individual, or if you are sick at the time of the attack. **These are *all* instances when a handgun or shoulder weapon — or some sort of weapon — can and ought to be employed to assist your effort to save your life.**

Most people who train in martial arts for self-defense are not exposed to reality, but are instead steeped in fantasy and wishful thinking. Unarmed combat is critical, and to study weapons alone is foolish. However, *not* to study weapons **and** unarmed combat is to follow an incomplete, highly limited and at best only *partially* useful and realistic means of self-protection.

Weapons are tools. Tools exist to make tasks easier and more efficient. Weapons make the task of dealing with physical attack easier and more efficient. Naturally, weapons must be obtained and used **legally**, and proper training is required to insure that the individual understands *when* a given weapon may be employed lawfully, and so that he maintains and handles his weapons safely and properly. But make no mistake about it: Weaponry is integral to *any* legitimate martial art.

Should you, perchance, feel that we are “abandoning” our impassioned devotion to unarmed close combat and defensive skills because of our insistence on weaponry having an irreplaceable position *alongside* unarmed skills, go have your head examined. Hopefully you can be helped to a better level of intellectual acuity.

Question: “Weapons such as you recommend and teach are deadly. Maybe you ought to consider that ‘Thou shalt not kill’ is one of the Ten Commandments.”

Answer: “Maybe *you* ought to consider that in either Aramaic or Hebrew, the *actual* translation of scripture is ‘Thou shalt not **do murder**’. The law clearly distinguishes between *murder*, which it defines as ‘unjustifiable homicide’ and killing in legitimate self-defense, which it defines as “justifiable homicide”. And check Deuteronomy: ‘Thou shalt not suffer a thief to live’ ”.

We worry about predatory criminals killing innocent victims, not about intended victims of lethal violence killing their would-be murderers in self-defense.

Please read the news story below . . . quoted in its entirety from the June 16, 2020 edition of the NY Daily News online. This is the kind of subhuman *garbage* that may be found on the streets of urban America today, *thanks to leniency and tolerance for bipedal scum who demonstrate that they should not be permitted to live amongst human beings*. Anyone believing that the streets of New York or any city are “safe”, or that there are no genuine gutter-filth savages who would attack helpless elderly women, are naive to say the least. This could have been **YOUR mother, grandmother, or some other elderly person who is dear to **YOU!****

NOTE: In the article a brief piece of surveillance video actually shows the rodent committing the attack. We have not reproduced the video.

'I'm frightened to tears': 92-year-old Manhattan woman shoved by stranger hits head on fire hydrant in bizarre caught-on-video attack

By MORGAN CHITTUM, THOMAS TRACY and MICHAEL SHERIDAN

NEW YORK DAILY NEWS |

JUN 16, 2020 | 9:19 AM

A 92-year-old Manhattan woman is too frightened to go outside again after she was shoved to the sidewalk by a stranger in a bizarre midday attack.

"I have been all around the city, I go on my own, I live alone, I never even think in terms I'm going to be assaulted," the retired teacher said during an interview in her studio apartment near Gramercy Park.

"I've felt very safe in the city, and now, forget it, I'm afraid to go out," she said.

A suspect in the June 12 assault has since been nabbed by police, but it has not helped calm her fears.

"Thank God they arrested him," she told the Daily News. But "I won't be fully relieved until he is behind bars though. Not just a slap on the wrist."

The prospect of going out alone still terrifies her.

“I was never scared of anything. Oh, I am scared of that guy,” she told the News. “Look, I’m 92 now. Maybe I’ll live to 100. It’d be nice to live to 100, but I want to be able to enjoy it.” Late Friday afternoon she strolled down Third Ave. heading to a nearby Duane Reade. Her thin hands gripped the shopping cart she often uses to help her walk.

As she was between 15th and 16th Sts., she paid little attention to the man walking towards her. Then, as they passed, that stranger reached out and shoved her head. The moment was captured on startling surveillance video released by police Tuesday.

The victim, who taught in public schools in the South Bronx and lower Manhattan until she retired in 1984, lost her balance, fell over, and struck her head on a fire hydrant.

Witnesses called 911, and she was taken to Mount Sinai Beth Israel.

On Tuesday, cops charged the suspect, Bronx resident Rashid Brimmage, 31, with assault. He was picked up in Harlem around noon after being seen wearing the same shorts he had on in the video, sources told the News.

The victim has luckily recovered. Physically, at least.

“I went out yesterday just to go to the drug store,” she said Tuesday. But fear soon gripped her.

“I looked behind me, and I hesitated, and I saw somebody and I waited for them to pass. So I cannot go out alone now.”

She turned to her building superintendent in hopes of finding someone she could pay a few bucks to for accompanying her on walks while she shops.

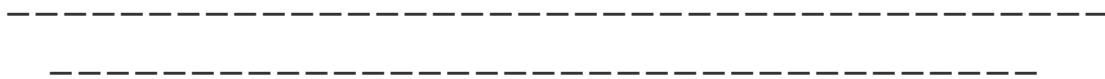
“The super said he’d try to find somebody,” she said.

Fighting off tears, the elderly woman said the meaningless assault has completely changed her.

“There’s a lovely park on 17th St. and Second Ave. and I like to go there,” she said. “Now I can’t walk there, I’m frightened to tears. I’m not going to walk there on my own, and that’s very upsetting.”

As for the person who attacked her, she fears he’s forever altered the way she sees people.

“You’re knocking down elderly people and then, do you feel some joy from that? Look what’s happened to me. You’ve changed my life,” she said. “I think I’ve been a happy, liberal person and now you’ve changed, absolutely changed that whole view.”



The Lightweight Handguns

HANDGUNS manufactured with aluminum alloy frames are produced by a number of firearms companies and are very popular. The question sometimes arises about whether or not these sidearms will stand up to the same hard use as all steel framed weapons. This is (a rather odd, in our opinion) concern of prospective buyers.

Handguns of *quality* manufacture that are produced with aluminum alloy frames are every bit as durable for normal use as are all-steel framed models. The truth is that very, very few individuals will shoot any of those aluminum-framed handguns enough to produce anything resembling “damaging wear”. The great virtue of the lightweight weapons is that they are very comfortable and convenient to carry for extended periods of time. We speak from some experience. We once carried — 24/7 — a Colt Commander Model in .45ACP. We alternated between a shoulder holster and a cross-draw, and that weapon was a delight to carry. We fired it regularly (in training) and it got its share of use. *Never showed any signs of wear.* However, one thing that we did notice: it was more difficult to fire rapid bursts with than the full-sized Government Model! And this we submit is what should be on the mind of those considering the purchase of an aluminum-framed auto or revolver: It is more difficult to fire rapidly than all-steel weapons of the same size and configuration. We have fired the Model 60 Chiefs (a .38 Special 5-shot Smith and Wesson that we carried in an ankle holster, when carrying the .45 was impractical) and we had occasion to fire the aluminum-framed blued steel Chiefs, which is the same revolver in lightweight. Firing that small snubby which, if we recall, weighed only about 16 ounces, was *very* unpleasant. The 60 was difficult enough. The aluminum-framed Chiefs was *durable*; it was a bitch to shoot, however. If you do choose one of the aluminum-framed snubbies, however, we strongly recommend that you equip it with a Tyler T-Grip adapter.

So, we’d suggest that if you are in the market for a very comfortable carry-a-lot semiauto, you check out the old Colt Commander or similar-sized .45 autos by reputable manufacturers. Don’t worry about wearing out the gun. Worry about your life, not the pistol’s! Before you go with a small .38 Special snubbie in lightweight version, *fire one at a range* and make sure you aren’t turned off by the stiff recoil and near impossibility of placing two shots with great rapidity.

We have never found any of the small .45 autos (smaller than the Commander Model) comfortable to shoot — even if all-steel framed. You might find otherwise, so check them out if they interest you; but we

are not that large and we found the Commander *very* convenient and comfortable.

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—end—

