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SWORD AND PEN
OFFICIAL NEWSLETTER OF
THE INTERNATIONAL
COMBAT MARTIAL ARTS
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E d i t o r i a l

More About *Avoidance*

WE regard avoidance as self-defense technique number one. People who consider physical combat a viable option *when it can be avoided* are, in our opinion, among the most imbecilic, uselessly troublesome fools on the planet. Our view of violence in self-defense *when*

employing it is unavoidable is that it should be used without hesitation, compassion, mercy, forbearance, sympathy, restraint, or any semblance of ethical consideration. This is, we believe, all but a self-evidently **reasonable philosophy** since it enjoins every individual to keep his hands to himself (and his weapons holstered) until and unless a physical attacker places him in danger, and the only perceived recourse is counterforce. At that point the only one who benefits by the victim's "restraint" is the violent offender — and that is unacceptable.

For some people actively striving to avoid an engagement is more difficult than physically stopping an aggressor. The feeling of righteous indignation and rage that begins to foment within the mind and heart of an innocent person who is being provoked can be compelling. Our advice: **Learn to control that reaction! Keep the lid on; master yourself to the point where you remain in control when any gutter-bastard attempts to jerk your chain.** You don't want or need the consequences of engaging in violence — even if, for the moment, you "feel" like the only thing that matters is crushing the scumbag before you as though he were a paper cup.

We offer no hope for the idiot who reads this counsel and who interprets it as an admonition to cowardice. The **coward** is — and burn this into your psyche and teach it to your children! — the low-life piece of crawling excrement who, believing he has every advantage over his target, proceeds to abuse, humiliate, physically beat, intimidate, or in any manner victimize another person. **That is the one who, if lynching were in vogue, would deserve to be lynched!** That is the cowardly predator whose existence on this earth is superfluous, and whom we all could do far better without! No one who exercises the good judgment of attempting to avoid trouble, and who seeks to diffuse a potentially "hot" situation and **avoid violence** is anything resembling a "coward". However, the person who is eager to get into a physical battle at the slightest imagined or real "provocation" **is most definitely** an immature, troublesome, **horse's ass!**

Quality self-defense training does not hold up the idiot concept of *machismo* as some sort of ideal to be realized by “kicking ass”, once one acquires the ability to employ combat skills. Quite to the contrary.

Really good self-defense training enjoins every student to seek **non-violence** as one’s solution whenever possible. Learning to appreciate what the consequences of *real violence* can be, and coming to realize that one wants no part of that so long as one can help it, is part and parcel of the mental preparation that in our view *must* accompany all technical and tactical combatives instruction.

The person who secretly longs for the opportunity to prove how “tough” he is by beating someone who has supposedly given him a reason, is a shameful, disgustingly failed example of humanity. He is trouble looking for a place to happen . . . and *no one with any kind of good sense* should aspire to be molded into that sort of subhuman beast.

This is an excellent place to reiterate, once again, that we are *not* speaking against those enthusiastic “fighters” who restrict their use of physical violence to scheduled matches and competition events. Sporting combat is an entirely separate matter, and while we certainly respect the benefits of participation in properly managed contest “fighting”, as we respect those who train hard and who engage in these matches with kindred spirits who share their interest and desire to be champions”, their activity is not ours. We train, study, research, write, and teach **exclusively** for self-defense and for military-type close combat. Our approach is *not* sporting, and we make no claims that it is, or that we prepare people to win matches. Sportsmen quite properly seek out every possible opportunity to test their skills against other sportsmen, and to rise higher in their particular version and field of competitive fighting. Combat and self-defense trainees *should never* seek out opportunities to engage in violence — and in fact should never see any violent situation as any kind of “opportunity”. We train for survival, and our activity consists of training — mentally and physically — while always striving *not* to become embroiled in any situation where an actual enemy must be neutralized.

Use common sense. Don't go to places where violence is likely. For example, we tell all of our students to steer clear of any establishments where visible security (i.e. "bouncers") is present. Avoid heated arguments. Toughen your skin and don't be overly-sensitive to real or to imagined verbal sleights. Be ready to apologize if, for whatever reason, someone announces that you have "offended" them. A sincerely expressed apology that succeeds in avoiding violence is a great thing. You gain nothing by engaging in battle unless doing so is truly unavoidable.

For your sake and for the sake of those you love and care for, please accept the truth of that which we are presenting here. Entirely aside from the enormous good sense of avoiding unnecessary violence insofar as saving yourself and others potential physical harm is concerned, remember this:

IF, for a legitimate reason and confronting unavoidable, imminent violation, you ever truly *must* take action and bring your training into play, having done everything to avoid violence up to that point will have given you a most valuable *element of surprise* advantage. Not having given the slightest impression that you are fully prepared to do whatever it may take to defend yourself, your sudden reaction to violence will shock your enemy, and of course that will likely pave the way to immediate victory for you.

Bradley J. Steiner

"If I always appear prepared, it is because before entering an undertaking, I have meditated long and have foreseen what might occur. It is not genius which reveals to me suddenly and secretly what I should do in circumstances unexpected by others; it is thought and preparation."

Napoléon Bonaparte

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 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 \$25. for postage and handling (\$60. 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.

How Much Practice And Training

Will You Need?

WHETHER discussing the matter of being able to handle an adversary in unarmed or armed close combat, the *honest* and *real world* answer to the question of how much training and practice you will require is: “It’s impossible to tell.”

Impossible? Yes. And anyone who presumes to tell you with the smug assurance of an “authority” who can determine such things because of his level of knowledge and expertise is full of sh-t.

The fact is that every individual combat encounter is uniquely different. There have been instances where well-qualified black belt experts have been overcome by violent assailants, and there have been cases where untrained individuals who were *angry* and *lucky* were able to completely overwhelm and defeat dangerous, experienced attackers.

This is not to say that training is not significant. It certainly is! And on balance the person who has spent some months working on quality skills of close combat, and who has acquired the proper mindset, stands an infinitely greater *likelihood* of being able to dispatch his opponent in battle than, say, an untrained person. Our point is simply that real combat is so chaotic as well as varied and dangerous that it is a serious mistake to set down “final statements” about who can and will be able to do what against whom, ahead of time. The **odds** are with the properly trained individual . . . but odds have been known to be beaten.

Some very misleading — even absurd — pontifications have been made by people who, in the field of unarmed or/and armed self-defense and close combat, have been regarded (erroneously) as **experts**. These individuals may have been very knowledgeable about other matters

pertaining, for example, to survival and personal security, but when they speak on the subject of *individual combat*, their presentations are sometimes *way* off.

We recall an otherwise excellent book on self-defense which we read years ago by author Matt Braun. A former Army Ranger he made some really excellent good sense in his advice and instruction on unarmed and armed self-defense. However, he also said something to the effect that someone who was an expert (i.e. black belt) in karate could walk about as safely as if he had a loaded gun on his hip. No. Sorry. To be a legitimately skilled black belt and in your prime, certainly shifts the odds of you being able to handle an attack by one or even two dangerous street felons in your favor *most* of the time. But — and we say this as an experienced black belt — if we had a choice in *any* dangerous emergency, we'd take a .45 automatic or a .357 revolver before we'd use unarmed action, *if we had a choice*. We certainly rate unarmed close combat as a *must-have* skill for self-defense . . . but equating hand and foot blows with the deadly impact of 230 grain full metal jacketed slugs is, we respectfully suggest, a mistake. Also, remember that unarmed skills and personal formidability remain, but inevitably diminish, with the passing decades. *The firearm delivers its same degree of impact and damage whether fired by a perfect physical specimen in his 20's, or by an 80 year old grandmother!*

Realistically a person can easily cover more than he will ever likely need in order to defend himself with unarmed combat within about 30 hours of professionally-rendered training. However, he will need many, many more hours of practicing that which he was taught before he will be reliably capable of employing it effectively against determined opponents. Four to six months of intensive practice and drill in what he has learned will do it, and if the techniques are **quality** techniques, and not the flash and sizzle of acrobatic bullshit and complicated fine motor moves that *look* good but aren't worth a damn in real combat, the individual will have what **unarmed** combat can give him.

What about weapons? These always change the picture, and it is ridiculous to suppose otherwise.

The knife is a weapon that depends much more on the attitude of the knife user than upon technical skill. It takes at most about two to three hours of instruction to teach a man how to use a knife with great effect in close combat . . . and another six to ten hours will be needed in which serious, hard practice of that which has been taught will be necessary, and **neither the instruction nor the practice of that which has been taught will be of any use if the individual lacks the stomach to close with another human being and stab and slash him to death, while indifferently getting that person's blood and sometimes pieces of his flesh on oneself.** In fact persons who are lethally injured by blade or bullet may vomit, urinate and/or defecate. If by blade, then receiving the enemy's involuntary excretions *upon oneself* is part of the action. It's not what you get in the dojo with rubber weapons and cooperative training partners.

We love the stick as a self-defense weapon, and we have elaborated upon the many reasons why elsewhere. But here is a weapon, although lacking in the psychological capacity to cause fear in the heart of the opponent (as a knife certainly does, and a gun usually does) nevertheless provides a versatile, simple, formidable weapon ***that is right there in your hand*** when you need it (speaking of the walking stick, which is what we recommend). It does take more time and effort to learn practical stick combat than knifework . . . but it doesn't take long, per se. Ten hours of training will equip the average man with all that he needs to be a deadly stick wielder. Another ten to fifteen hours of hard practice will make him a practical expert with the skills that he is taught. And no one we have ever met who wants to master self-defense has ever had any mental qualms about smashing and bashing and jabbing an attacker with a stick!

The handgun is the ultimate personal weapon of self-defense. (Yes, we agree: the shotgun surpasses it, when available, for ***home*** defense. But a handgun — a *sidearm* — can be right there on your belt 24/7, and that

gives it an edge over the shotgun for practical use.) Talk about ridiculous advice about proficiency in combat shooting, get the following by the late Mel Tappan, an otherwise very knowledgeable authority on survival:

“You will have to expend several thousand rounds in practice before you can realistically expect to defend your life with any handgun, particularly if your attackers are likely to be determined, well-armed and multiple.”

(Quoted from *Tappan On Survival* - for the most part an otherwise very excellent book on survival.)

That statement is actually funny. Now here's the truth — and we got the truth many years ago directly from Col. Rex Applegate who, during WWII was personally responsible for training more than **10,000** men in combat shooting. He had acquired his training from William Fairbairn and Eric Sykes, who had trained **thousands** of men themselves in real world combat use of the handgun: You can learn how to shoot a handgun at close quarters for personal defense within two to three hours. The method — *point shooting* — is readily retainable, and although you would be well-advised to do some practice firing at a range on a regular basis (or dry fire drill, if you cannot get to a range). two or three hours is really enough to train the average man in combat handgun shooting at close quarters. And we remember that which Col. Applegate told us about how much actual live firing was necessary to train men in this method during WWII. He said that *rarely* was more than an expenditure of **28** live rounds(!) needed before the person who was being trained could handle his weapon for real. Quite a difference when juxtaposed by the “several thousand rounds” that the good Mr. Tappan suggested, eh?

Now of course we understand that the more training and practice — with or without weapons — the better. However, we hope that we have made it clear that practical ability does not demand that you become a black belt or any kind of “champion” shooter or “grand master” with knife or stick. Doing *that* is for those who enjoy the training and for whom the subject is a very serious, lifetime interest.

The idea that many years of training is needed is true of formal, classical martial arts. And, if you wish to become a **master** of “knifework”, stick fighting, and the use of the handgun in combat, be prepared to invest many months in regular, disciplined, arduous training sessions after you learn the mechanics of what you need to employ. But if self-defense plain and simple, of a kind and to a degree that gives you what one of our teachers, Charles Nelson, called a “fighting chance” in any emergency, then realize that you can do it in a matter of months, *not years*. The important thing is to obtain **quality instruction from a professional, reliable, authentic source**, and to be certain that your training includes *very heavy and consistent doses* of mental conditioning and tactical orientation in real world combat.

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!

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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!

Best Use Of The Clenched Fist

THERE can be no disputing that the open hand offers a superior natural weapon in hand-to-hand combat than the clenched fist. But that doesn’t mean that the clenched fist is totally useless. Not at all. But for it to be a truly formidable and practical weapon in a variety of emergency situations it should not be used in the conventional manner.

Clench your fist tightly. Really roll those fingers strongly into your palm and lock your thumb down over them so that your hand forms a hard, tight block. Forget all about swinging your foreknuckles into some

opponent's face. *Go ahead and pound the little finger side of your clenched fist on a table top, panel of a strong wall, park bench, tree, or cinder block.*

No way could you smash your foreknuckles full force into those targets as powerfully as you can smash your fist when utilized in that manner. Well friend, it works even better on the bridge of an adversary's nose, into his temple, side of his neck onto his collar bone, into his solar plexus or sternum, to the nape of his neck, into his kidney, liver, spleen, or groin/bladder area, and hypogastrium. One helluva blow!

By using the fist in this fashion — derived from the arts of karate and ju-jutsu — you can smash and bash with every ounce of strength and speed you're capable of, and the blow will deliver a *really* strong wallop; and all without you likely even feeling much, let alone hurting yourself by injuring your hand.

A common blow in combat karate and ju-jutsu, as we've said, this blow is aptly called *TETSUI*, the "iron hammer", and it is a marvelous unarmed combat strike. Some people find it becomes a favorite of theirs after they've seen its power and versatility. Bash into the hardest dummy or striking post or heavy bag to your heart's content and this *hammer-fist blow* ("kentsui") requires no strongly locked wrist that can give on impact while it generates force comparable to the handaxe strike. (Small wonder, really, since this blow employs a very similar striking point to the handaxe.

This is an excellent blow for females and for males whose strength is not very great. The blow concentrates a powerful force in a small, hard natural weapon — and the certainly is one way to devastate a target!

Ju-jutsu scrolls from the feudal period in Japan illustrate the hammer-fist blow being delivered to the crown (*top*) of the head. While an extremely dangerous blow, especially when delivered by a strong, well-conditioned individual who coordinates his power well in striking, there certainly ought to be no hesitation in applying it when confronting a potentially

life-threatening assailant. **DO NOT** deliver the hammerfist blow or *any* blow intended for emergency self-defense in any situation save one in which you feel endangered. Strike bridge of nose, temple, top of head, nape of neck, kidney, solar plexus, jaw hinge, mental foramen nerve, bladder/groin, hypogastrium, liver, spleen, collar bone.



Figure 4-7. Hammer-fist to pectoral muscle.



Figure 4-8. Hook punch to solar plexus or floating ribs.

THE TOP LINE DRAWING ABOVE, TAKEN FROM A MILITARY TRAINING MANUAL ILLUSTRATES A HAMMERFIST BLOW TO AN OPPONENT'S PECTORAL MUSCLE. FAR BETTER IS THAT BLOW TO THE NOSE BRIDGE OR COLLAR BONE! (TAKEN FROM AN OFFICIAL MILITARY FIELD MANUAL).

**47 Instructional Presentations -
AVAILABLE NOW! 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.

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(Full unedited speech with accompanying commentary) **\$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)

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(We remember our years with “Charlie”; including some of the actual self-defense tips he taught, and a copy of the Men’s Magazine article about Charles Nelson, from 1960)

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(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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(Training without a partner is essential for the fullest development of self-defense skill and mental preparedness. This Brief teaches why this is so, and how to train solo with optimum benefits and maximum practical skill development.)

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Brief #23: *Find And Depend Upon Your Best Techniques*

(Every student and expert is different and everyone serious about self-defense must discover and perfect his own best skills, which need to be drawn from combat-proven doctrine. Here’s how to do it.)

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Brief #24: *Observations, Thoughts, Notes, And Miscellany About Self-Defense And Close Combat*

(A potpourie of insights and tips covering all aspects of practical self-defense and close combat as garnered in over 60-plus years of immersion in and passion about the subjects.)

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Brief #25: *Tactics For Countering A Gun Or Knife Threat*

(There are numerous “techniques” for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that the American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.)

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Brief #26: *Triple Your Learning And Retention With Mental Review*

(Few give any thought to the importance and value of mentally reviewing the physical skills that they acquire and wish to be able to use. Fewer still do their “mental reviewing” correctly. Learn how from this Brief, and start to enjoy much greater progress in your personal skills and confidence building.) **\$4.**

Brief #27: *The Fighting Knife: A “Must Master” Weapon*

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Brief #28: *Finding The Right Teacher And Method For Yourself*

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

Brief #29: *Conditioning The Natural Weapons*

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

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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 combat — not for competition or tradition.) \$4.

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

*(Most who take up martial art training of any kind do not succeed in achieving their desired objectives. And the reason is simple: They do not do enough, and they do not do what they do with the right spirit and attitude. Ninety five percent of those who consider themselves “martial artists” spend more time on backyard-gossip type “forums” and other idiotic medium instead of **training hard with the right mindset**. Here's how to do it right!) \$4.*

Brief #32: The Moscow Rules

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

Brief #33: Tiger Moves

(The late John McSweeney was a close friend and colleague of ours for many years. He is correctly known as “The Father of Irish Karate”, and in addition to being a marvelously practical and realistic teacher of armed and unarmed self-defense, John was the creator of a System of exercise which he called “Tiger Moves”. We recommend that everyone —

including those who train with weights or some other medium — learn this excellent Program.) **\$4.**

Brief #34: *How To Evade Foot Surveillance*

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

Brief #35: *How To Evade Vehicle Surveillance*

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

Brief #36: “73 Rules Of Spycraft”

(After his death a paper by Allen Dulles (Head of CIA) was found among his effects. Titled “Some Elements Of Intelligence Work” this Document was an unpublished goldmine of tradecraft. Here it is reproduced in full. A marvelous companion to The Moscow Rules.) **\$4.**

Brief #37: “Going Gray” (Secrets Of Clandestinity)

(In secret intelligence work it is often essential to “go gray”; that is, to become anonymous, low profile, uninteresting. The opposite of James Bond! This Brief explains how to do it for the private citizen who is concerned about autonomy, security, privacy, and low-profile living.) **\$4.**

Brief #38: *Secret Communications — Part 1*

(The methods used by secret operatives to communicate securely may be of value to private citizens who are merely concerned about privacy, security, and protection. This is tradecraft the pros use!) **\$4.**

Brief #39: *Secret Communications — Part 2*

(Much more solid tradecraft enabling you to engage in secret communications with the efficiency of a trained intelligence officer!) **\$4.**

Brief #40: *How To Conduct Secret Meetings*

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

Brief #41: *Training Your Observational Skills*

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

Brief #42: *Urban Escape And Evasion*

(Escaping from captivity is a fascinating aspect of tradecraft training for secret intelligence and special operations military people. It takes courage, fitness, resolve, ingenuity, and a mastery of that which is described in this Brief.) **\$4.**

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

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

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

(An encapsulation of all you need to know in order to effectively resist even professionally qualified interrogators — short of their using torture. And the polygraph section will surprise you; the method works!) **\$4.**

Brief #45: *How To Manipulate Humans*

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

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

(Jam-packed with life-saving information about E&E. Goes way beyond just assembling a suitable kit. Contains counsel given to special ops and intel field service personnel.) **\$4.**

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.**

These valuable Training Brief presentations are perfect compliments and supplements to our DVD Home Training Course and/or to any martial art you may be training in!

Use Adult Judgment For Heaven's Sake!

A news story on this past July 3rd reported a woman producing a handgun and leveling it at another woman over a dispute regarding — of all stupid things — *the armed woman's alleged refusal to apologize to the other woman's 15 year old daughter after bumping into her!*

Look, if you bump into someone (or step on their foot accidentally, or inadvertently knock something out of their hand, or accidentally spill coffee on them, etc.) **stop and apologize to them immediately. Without being asked. And if you caused them any loss, tell them you will pay for it.** That's how human beings who have been properly civilized behave. Got it?

This applies if the individual is a child, a young adult, a mature adult, or an elderly person. **Why is it necessary to offer this as instruction!?** It seems that something is missing in some people.

We note that this armed woman likely had been **mis-trained** in the proper use of a handgun. First, because at a distance of about three feet (initially) from the individual at whom she pointed her weapon, she was in a “Weaver” stance, presumably ready to use the handgun’s sights. Second, she had her finger *outside* the trigger guard. (And in this entirely absurd “ready position”, we note with amusement that she demonstrated the **absolute truth** of the point shooting doctrine, in that she had her eyes *riveted* on the lady at whom she pointed her gun!) Third, whoever taught her *how* to use a handgun taught her not only the wrong *technique* (of course a whole slew of True Believers will disagree with us when we say this), but also completely neglected to hammer home the understanding of *when* bringing a firearm into play is legally justifiable. and moral.

We saw the entire video of this encounter the *previous day*, when the incident occurred, by the way. *The entire situation could have been avoided.* Apologize, and then *leave*. Instead, the armed woman and her husband now face felony charges. The husband was **fired** from his job. *Their* weapons have been confiscated, and *they may lose their right to own firearms if they are convicted of a felony!* And . . . it is going to cost them a small fortune in legal fees to mount a defense in court to somehow prove that they didn’t act unlawfully! Seems a lousy alternative to merely having said: “I’m terribly sorry! Please excuse me.”

No one is a stronger believer in and advocate of the right to keep and bear arms, and the need to *use them without hesitation* when necessary to save human life than ourselves. But we are equally adamant about **NEVER** bringing a firearm into play *unless necessary for the purpose of saving human life*. You don’t draw a gun because you’re miffed, are having a bad day, are too proud to acknowledge that you owe someone

an apology, or are having an argument with someone and find yourself getting angry.

We see an avoidable confrontation like this one as simply tragic.

LEARN FROM IT, WILL YOU?

New Manual on PDF!

Combat Handgun Miscellany

by Bradley J. Steiner

THIS POLITICALLY INCORRECT (BUT COMPLETELY HONEST AND ACCURATE!) 55 PAGE MANUAL IS CRAMMED WITH TONS OF REAL WORLD VALUABLE INSTRUCTION, MUCH OF WHICH THE POPULAR “SHOOTING SCHOOLS”, “GUN WRITERS”, AND “INSTRUCTORS” OF COMBAT SHOOTING DO NOT TEACH, AND QUITE POSSIBLY DO NOT KNOW!— 34 critical facts and factors about what actual combat experience by police, military, intelligence, security, and protective service professionals have learned that you need to know!

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If you own a firearm for self-defense, carry one as a law enforcement officer or other official, or if you are planning on acquiring a handgun for personal protection . . . *you want this Manual!*

COCKED AND LOCKED?

WHILE we're on the subject of firearms, let us address one point of ongoing controversy: *Should a semi-automatic single action handgun be carried "cocked and locked" or with no round in the chamber.* There are arguments in favor of and against both options. So is it possible to settle the matter?

First, let's make very clear what each mode of carry or keep means:

- Cocked and locked refers to having a round in the chamber of the sidearm, and the hammer cocked with the side safety on. Upon drawing or accessing the weapon the user disengages the side safety, and the weapon may then be fired with no further preparatory action needed. Since the safety is disengaged *as the handgun is drawn or accessed and pointed*, cocked and locked is probably the fastest way to get one's initial shot off. This is in part because, for example, the 1911 type pistol normally has a trigger pull of about four pounds. This is considerably *less* than that of a double action revolver.
- No round in the chamber means that a full magazine is kept in the weapon, but the slide must be racked in order to chamber a round for firing. While this can be done speedily, it is slower in action than cocked and locked.

Proponents of the cocked and locked school of thought say that carrying one's pistol in this mode not only allows for a faster and more certain first shot, but also provides one more round than carrying without a chambered round. ***These proponents are correct.***

Proponents of the carry mode in which no round is kept in the chamber and the single action weapon's slide must be racked before firing argue that this is absolutely the safest way to prevent an accidental discharge, and with practice racking the slide is perhaps a 1/2 second action — more than worth it because of the safety factor. ***These proponents are correct.***

Huh??



Old reliable! Many (the writer included) favor this handgun as the single best for combat/self-defense purposes. Yes, there are many other excellent pistols that may well be equally excellent. But we each have our own personal preferences. And the choice to keep this pistol “cocked and locked” or with no round in the chamber, is one that each shooter must make for himself.

Yes. In fact the simple truth is that every handgunner should practice a lot with his chosen weapon, and that will reveal to him which option he is most at home with. In fact, like ourself, he just might decide that *each one* has its place.

We’d keep a .45 loaded but *not* cocked and locked, when it rests on a desktop or night stand — always within reach — when at home.

We’d carry a .45 cocked and locked when it is *on our person* in a holster. We believe that we would have that 1/2 second extra, that is needed to rack the slide if we heard someone breaking and entering . . . and unless or until we did, we would like the idea of the weapon being completely safe.

We recognize that in an emergency outside our home every fraction of a second counts — stress will be even higher than it would be if we became aware of an attempted break-in — and the deadly attacker or

attackers could be on us within a second or two; this would provide us just enough time to draw and fire, if we are fast enough .

The Israelis are strong proponents of **not** carrying cocked and locked, and in fact their basic technique of drawing and firing in a combat-defense emergency stresses an action that drills the slide-racking firmly into the shooter's motor memory, as it accompanies the draw. Okay . . . that's a good method.

Three concerns that we have about carrying the handgun uncocked and unlocked:

1. Racking the slide may be fumbled. If this happens in a crisis it could result in tragedy. Shorting the racking action is very much a possibility under combat stress conditions unless a tremendous amount of practice has preceded the time when the weapon is accessed for keeps.
2. You very well may not have your opposite hand free to rack the slide when the critical moment comes! Your hand or arm may be injured. You may be pushing a loved one out of harm's way. You may be seizing or striking your assailant with your opposite hand. (Yeah, I know . . . but when you're shooting at the range or in a match your "assailant" is a cardboard cutout).
3. You might need that extra 1/2 second (assuming you are able to rack the slide that quickly). More likely you will require a full second or 1 and 1/2 seconds before your weapon is pointed and firing at the deadly threat. No, this isn't a "long time", but in a combat situation it certainly is a significant length of time.

We recommend that you carefully weigh both options for keeping your single action weapon at-the-ready. No one can or should *tell you* what you *must* do. And there is no single, correct option for everyone, all of the time. Only you know yourself, your personal situation, your skill level, and what makes the most sense from your perspective.

We hope that you find this input helpful.

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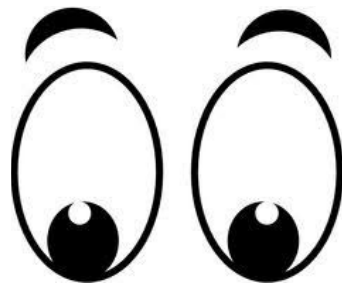
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Fairbairn, Sykes, Applegate, O'Neill, Carlin, Leather,

Biddle, Styers . . . *What's With Us?*

OVER the past 20-30 years we have caused a few people to wonder what, exactly, is it that “gives” with us. We incessantly refer to the teachers listed in the title of this piece as though they were the be-all and end-all of close combat and self-defense. *Are we not aware that their methods and courses are from the 1940’s and 50’s, and that now — in this 21st century — “martial arts” have grown beyond those WWII programs?* (By the way, if the WWII methods are “outdated” then virtually every method and system of classical karate, taekwon-do, ju-jitsu, etc. is *hopelessly ancient!* The 1940’s are certainly closer to the present time than the 300 to 2,000 years!)

We suggest that anyone who hears someone in the martial arts field sneer at or downgrade the WWII masters, **simply ask to see the background, credentials, record of experiences, and combat history, etc. of the detractor**; he whose “brilliance” and “superior modernity” (hah!) supposedly surpass that of these real life veterans of the real world, and of the harshest wartime experiences this very real world has to offer! Men who have not only *been and done*, but who have trained tens of thousands of others who also have been and done — successfully — in the arena of **REAL COMBAT**. We unapologetically hold up the WWII experts as The Authorities whose core principles and tenets are **no less valid today in this 21st century as they were during WWII, in the last century.**

Every single one of those teachers that we have been strongly influenced by, and whose wartime methods are part and parcel of *American Combato* have **been in actual combat, have formulated doctrine based upon real combat experiences (theirs and that of many others), have trained many thousands of actual, honest-to-goodness fighting men — fighting men who used that which they had learned from them in actual wartime combat**, and have brought the art of individual *armed as well as unarmed combat* from the feudal age to the modern age. The teachings of these men, moreover, was so successful during WWII that it was adopted directly by the FBI, and other federal agencies, and by state and city police departments nationwide, in the USA. Military, law enforcement, and intelligence

organizations in the U.K. have also been directly and greatly influenced by the excellent methodologies of these men.

The human body, and the environments of urban and suburban as well as rural societies have not changed essentially since the 1940's, and probably will not change much for another two hundred or more years (if mankind does not blow itself off the planet). *Those men we constantly allude to, and their methods, remain **state-of-the-art** as far as their core principles are concerned, and serve today as the springboard off of which has been launched all authentic, valid, reliable, present-day combative methods. In fact the validity of additional combative methods may be ascertained very accurately by holding them up to the wartime (i.e. Applegate) standard, which we have published and discussed numerous times, elsewhere.*

THAT'S why we have for decades, and will continue to, emphasize the tremendous value and importance of the works of these men for all whose interest is self-defense and close combat, exclusively. The classicists and sportsmen are no less legitimate in their objectives as we are in ours; **but there is a big difference between us, and this we hope to enlighten seekers-after-combat-doctrine so that they understand.** We respect those who are avid competitors and who love the classical disciplines, but theirs are *not* total close combat methods, and those in search of practical combatives training have a right to know this, and need a venue via which they can learn and practice what they are looking for.

We have no illusions about converting antagonists to our position, and we have no desire to try. But we do hope that we can reach, educate, and benefit those persons who are looking for honest, no-frills, practical close combat training.

P.S. We have trained in ju-jutsu, taekwon-do, ch'uan fa, varmannie, and kenpo-karate. All of those arts contain gems of techniques which, when

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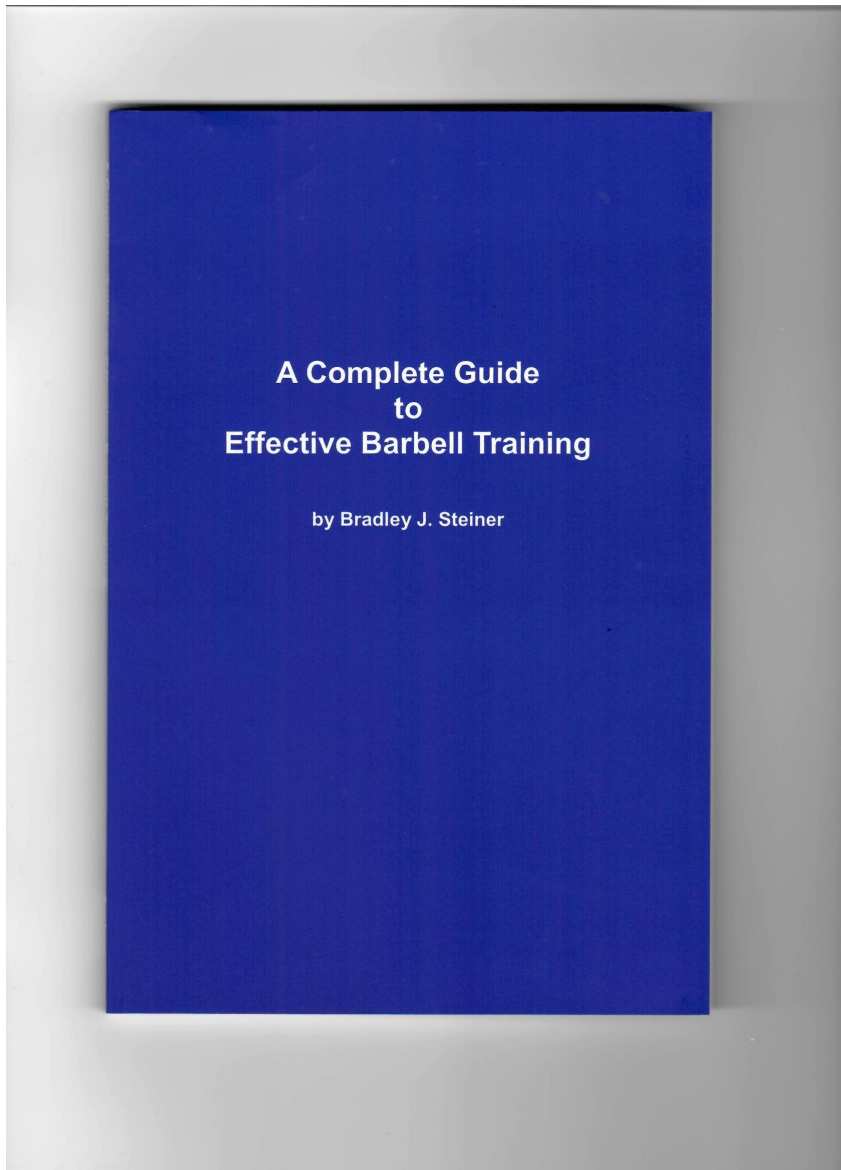
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Kano Knew The Facts About Self-Defense

WHAT many in the martial arts are not aware of (and this includes a sizable number of avid Kodokan judo proponents, as well) is that judo

— Kodokan judo — in its early years incorporated a lot of ju-jutsu self-defense along with the modernized “judo” that Kano uniquely designed. Kano knew very well, and he wrote about it himself, that the competition judo (the elaborate throws and especially the ground fighting and holds) simply are not practical as a method of hand-to-hand combat, or personal defense. Yes, for the judoka who are young, strong, tough, and *advanced* in the Art and in hard training and competition it is very possible to *adopt* the sport judo to self-defense. This is no less true of catch-as-catch-can wrestling, boxing, kick boxing, and competition karate. Combat sports are *all* potentially useful in an emergency — but that does not make them per se the very best approaches to mastering no-holds-barred, anything goes **combat**. *That is a unique animal.*

One of Kodokan judo’s earliest official representatives and authorized teachers in America was a gentleman named Theodore Kuwashima. Sensei Kuwashima was in fact the primary instructor of the Tegnér family, and it was under Kuwashima that Bruce Tegnér earned his black belt in judo. Although California State Judo Champion, Tegnér’s expertise extended way beyond sport judo. Anyone familiar with his numerous books will be able to verify this fact. In fact, Tegnér’s *very best* books are those dealing with **practical self-defense** — unarmed, and with the use of the stick. In fact, although Bruce Tegnér wrote several books on karate, it seems to us that his particular “karate method” so to speak, was more *atemi-waza*, which he had studied as a part of judo/ju-jutsu. His *Karate: The Open Hand and Foot Fighting* book was certainly more atemi-waza than formal karate, per se.

Judo today is taught almost exclusively as a sport and martial **way** (not as a martial **art**). The Japanese distinguish very clearly between martial *ways* and martial *arts*; “*ways*” being total mental/physical/spiritual disciplines aimed at total development of the personality, character, and body . . . “*arts*” being true martial (i.e. warlike) methods and systems of deadly combat, only secondarily concerned with ancillary benefits and derivative personality improvements. **This was not true of early judo.**

Along with a gentleman who I believe was an insurance salesman and an avid student of judo — Ashbele Welsch — Kuwashima authored a book, I believe in the late 1930's: *Judo: 30 Lessons in the Modern Science of Jiu-Jitsu*. The later revised and expanded edition — *Judo: 41 Lessons in the Modern Science of Jiu-Jitsu* — may be available through dealers like Biblio Books, ABE Books, and Alibris. Strictly speaking, this particular book is *not* a true “judo” text, leaning as it does almost exclusively to teaching ju-jitsu self-defense methods; some of the same ones Kano's early judo included in its repertoire. *Judo For Women*, by Ruth Horan, written in 1965 also demonstrated the earlier judo/ju-jitsu type techniques *specifically for self-defense*. Miss Horan was also a student of Prof. Kuwashima. This book, like . . .41 Lessons . . . provides an interesting view of some early skills that students of judo were originally taught.

Our opinion is that Kano was influenced very strongly by karate; specifically the *Shotokan Karate* which was demonstrated to Kano and his students by Gichin Funakoshi himself. Funakoshi was invited to Kano's dojo to provide an introductory lecture on the art of karate. This resulted in Kano including *a lot* of atemi-waza in his judo, *and* to his including in the art of judo the old *Kime-no-Kata* and *Forms of Antiquity* (samurai combat forms, inclusive of actual battlefield skills).

Today's 21st century judo of the Kodokan includes at black belt level techniques of *goshinjutsu* (self-defense). But these are very stylized — and in several cases impractical for modern use — self-defense moves (21 in all). This is in reality a far cry from the self-defense ju-jitsu that Kano originally had laced into his program.

The well-respected judo Master, Mikinosuke Kawaishi (who brought his particular style of judo to France) taught a great deal of serious, no-nonsense self-defense. He borrowed some of his teachings (i.e. his knifework) from the U.S. Naval Institute's wartime (1943) book, *Hand-to-Hand Combat*, the contents of which were the product of Wesley Brown and Joseph Begala collaborating for a combat course to be taught



MIKINOSUKE KAWAISHI — AFTER ATTAINING THE RANK OF 7TH DEGREE BLACK BELT KAWAISHI TOOK JUDO TO FRANCE. HE MODIFIED THE STRICT KODOKAN SOMEWHAT AND TAUGHT A VERY TOUGH, COMBAT-WORTHY FORM OF JUDO. LIKE HIS SENSEI, JIGORO KANO WHO FOUNDED KODOKAN JUDO, KAWAISHI VERY CLEARLY KNEW, UNDERSTOOD, AND TAUGHT SELF-DEFENSE AS A METHOD COMPLETELY DIFFERENT FROM COMPETITION JUDO.

to Naval aviation cadets. Mikinosuke's *unarmed* combat skills were not taken from the Naval book, and were *far superior* to the often wrestling-based material in that military hand-to-hand publication. These skills reflected the solid, combat ju-jutsu that typically was integral to judo in those early 20th century years.

We believe that this information regarding how sport judo and the art of self-defense ju-jutsu were originally inter-related but *recognized to require two separate approaches to training* nevertheless, is worthwhile

for the modern student of combatives to understand and appreciate.

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