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SWORD AND PEN
OFFICIAL NEWSLETTER OF
THE INTERNATIONAL
COMBAT MARTIAL ARTS
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December 2020 Edition

In Memorium

Although not directly related to the field of martial arts and self-defense, the passing of that fine actor Sean Connery recently, deserves we feel, mention and homage. Connery was James Bond — as far as we and quite likely millions of others are concerned. He brought Ian Fleming’s fictional character to life on the silver screen, and despite Hollywood’s disgraceful efforts to portray Fleming’s Hero “tongue-in-cheek” (anyone reading the novels knows that was

*never Fleming's intention) Connery splendidly portrayed the tough, suave, resourceful British agent 007 especially well . . . with *Dr. No*, *From Russia With Love*, *Goldfinger*, and *Thunderball* holding Bond out almost exactly as Fleming intended his character to be.*

Sean Connery's seven motion picture portrayals of Bond will remain forever classics, and generations to come will doubtless enjoy the marvelous films where Connery played "Bond . . . James Bond."

*Aside from the Bond films Sean Connery was a splendid actor who played other characters exceedingly well. Personally, however, we shall always remember him for his role as James Bond — and one other: Barley Blaire in *The Russia House*.*

May Sean Connery rest in peace, and may his soul be blessed.

Brad Steiner

E d i t o r i a l

Tis The Season To . . . ?

EVENTS of 2020 thus far have not been encouraging. Although we wish you and yours a blessed and Merry Christmas, we know very well that many out there have lost jobs, businesses, and have suffered greatly; not merely from the corona virus, but also due to the civil unrest and urban turbulence and violence plaguing our cities.

This is normally a joyful time of year. For those of you who have suffered more than your share of the *slings of fate* we offer our hopes, wishes, and prayers that a turnabout will occur soon, and that you will then experience a preponderance of blessings and the best of good fortune, happiness, success, and good health in your and in your loved ones' lives.

We note with a smile that, at least as far as we are concerned, even the lunacy of 2020 as it grinds to a close has not taken away *all* of the beauty, color, music, and joy of this beautiful Holiday — Christmas.

In keeping with our primary subject on this web site, let us remind you that your training in self-defense may well be more important now than it has ever been, before. For the civil unrest that may rear its head unexpectedly again may call upon your ability to protect yourself. We earnestly pray that this **does not happen**, and that violence— indeed *trouble* of any kind — never touches your life or the lives of those dear to you. But if it does, your ability with protective defense skills and tactics will be a godsend; you will be ever so glad that you took the time to study, learn, and train in the unarmed and armed arts of self-defense.

We're with you in this regard. We aim to encourage you, guide you, and instruct you in the true and authentic techniques, tactics, mental conditioning, and strategic living habits that have been genuinely proven to **work**.

The confidence and poise that your training and knowledge give you is priceless . . . but that only comes with practice and discipline. The reward that you take *out*, for putting *in* the time, effort, and serious mindset to learn, is a thousandfold greater than what you put in. ***So put it in!***

The situation with this current covid-19 challenge makes training hard on your own ***at home*** not only highly desirable (much more so than attending a school), but also a means of making isolation — such as you may be obliged to experience it — actually productive, rewarding, and beneficial. (In this wise we have received unsolicited assurances by purchasers of our DVD Home Study Course that this is absolutely true for them — and they are glad to have this means of instruction available — *most especially at this time.*)

Also . . . if you train in a system or with methods other than *American Combato's*, take advantage of the series of instructional videos on

YouTube done by 9th Dan, Prof. Mark Bryans. As a companion to Mark's simple, effective, authentic self-defense skills videos (material drawn from *American Combato's* extensive syllabus), we ourselves have provided a comprehensive series of videos covering aspects of self-defense, training, mindset, and matters related to individual combat and defensive skills, which you may find extremely useful and helpful regardless of what you study — *if* you are training for self-defense. (The input that we receive regularly from viewers who have benefitted from both the technical and lecture-oriented videos is **very encouraging**. An awful lot of people have expressed gratitude for our postings on YouTube. To them, and to those reaping rewards from those postings who have not emailed us but who are appreciative of our efforts, we say "*Thank you!*" It is indeed our pleasure — both Prof. Bryans' and our own — to provide these samples and tongue-tip tastes of *American Combato*).

Merry Christmas to you and to yours. We do hope that this is — for all of us — **the season to be *grateful* as well as jolly**.

God Bless all of you, and again, we wish you a **MERRY, MERRY CHRISTMAS** in spite of whatever socio-economic problems there may be!

Bradley J. Steiner

You may find these encouraging . . .

"If you can meet with Triumph and Disaster, and treat those two imposters just the same"

—Rudyard Kipling- from *IF*

“Never forget: Nothing is ever as good as it seems, and nothing is ever as bad as it seems”

—Anonymous

“Tough times never last. But tough people do”

**—Robert H. Schuller- from
*TOUGH TIMES NEVER LAST, BUT TOUGH PEOPLE DO!***

DVD Course

Now Available!

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

***Here are a few comments
about us and what and how
we teach, from a handful of
the many genuine authorities***



***in the field of close combat
and self-defense who are***

familiar with us and with our work:

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

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

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

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

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

— Detective Ralph Friedman (NYPD Retired), Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat

Cross'. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

“Your Method is excellent. You have expanded upon and improved considerably the method I learned from Fairbairn and Sykes during WWII and what the USMC taught to the Raider Battalions. And you’re a very good student and teacher”

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

“Your American Combato is a very good System”

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

“You are indeed a ‘Professor’ of combat arts! I quote you all of the time”

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

**“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”
— Grandmaster John McSweeney,**

The “Father of Irish Karate”, John was one of Ed Parker’s first Black Belts. John also studied boxing, judo, ju-jitsu, and kung fu. The quotation above is from a letter John sent to us after reading our Tactical Skills of Hand-to-Hand Combat. We maintained a correspondence and friendship until John’s passing.

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

— Dr. Albert Ellis,

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

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

— George Kalishevich,

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

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

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

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

— Grandmaster John Perkins,

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

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

Eleven carefully prepared professional instructional DVDs describe and demonstrate the most practical, powerful, reliable, and authentic skills of no-nonsense realistic and war-proven unarmed and armed hand-to-hand combat methodology and personal defense developed since WWII! This Course, describing methods from that System developed in the early 1970's by Bradley J. Steiner, which crystalized into the American Combato (Jen·Do·Tao)[™] 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.

Senseless Violence Teaches Us A Lesson

THOSE of us who have been around a long time and who remember how things used to be in America in the 1950's and 1960's know very well that a real sickness has overcome our culture; it is a sickness that has many facets. For our purpose here and now, it is important to point out that a relatively new (since the turn of this last century, actually) style and form of violence has become commonplace in all of our cities.

This violence is absolutely horrific and viciously inhuman; it erupts for the slightest of real or imagined “reasons”; and it is, above all, **senseless**.

YouTube videos that people have taken with their cell phones (disgracefully, often in amusement and for entertainment) show less-than-human “beings” kicking unconscious persons in the head after knocking them to the ground. They show young, brainless savages actually punching elderly women and men and knocking them to the sidewalk. They show handbags being snatched from women — often accompanied by completely unnecessary brutality (the women don’t resist). They show wheelchair bound individuals being attacked. They show machete-bearing predators hacking people up; people whom they do not know, and who have done *nothing whatever* to them. They show rioting, vandalism, arson, shootings, beatings, terrorism, ***and not a single police officer showing up to do his job of crushing such abominable acts of insanity because the police now—incredibly—receive orders to stand down and do nothing.***

All of this carries with it a serious lesson for those studying self-defense. You must take responsibility for your own protection, expect little or no humanity or civility in the mean streets of your city, and it’s hit or miss if you will be able to depend upon the police when matters heat up.

Our System, *American Combato*, has always been up to such a challenge. Regrettably, many people have seen the advocacy in *American Combato* of all-out — literally warlike — techniques, tactics, and mindset, as “too extreme”, “too brutal”, “too savage”, “too cruel” . . . etc. And while we have always known that these critics haven’t a clue about what real criminal violence is like, and that their attitude toward our uncompromising methods of self-defense is plainly stupid and wrong-headed, that has never altered their thinking. Nor has it ever changed the fact that these misguided and foolish people have often *advised their own family members* that the nonsense they believe is true, thus encouraging these individuals to avoid training in exactly what they might need one day to save their lives.

And this **IS** exactly what you need to save your life! You need war-proven unarmed combat skills; you need modern weapons (including, of course, firearms) and proper skill with them; and you need mental conditioning that readies you to meet and defeat *absolute uncivilized and merciless savages* — savages who have never risen to the level of humanity where they appreciate the value of human life, respect the dignity of people, and **keep their goddamn hands to themselves!**

The punk or street-scum of today will often kill merely on an impulse. He knows no common sense or restraint. He is no respecter of age, gender, infirmity, or non-violent attitude. And so . . .

You must get it through your head that self-defense is war. You need to drop all concerns about “being too brutal” or “hurting someone too much”, and hammer into your psyche the simple truth that your *only* concern in a self-defense emergency is to STOP your aggressor, survive, and avoid serious injuries. As for whatever the scumbag who attacks people may suffer, himself . . . well, frankly, *who gives a sh-t?* Anyone who attacks another person unjustifiably and reigns harm upon him or her, deserves whatever happens to him. The attacker’s age, gender, motive, background, etc. is **irrelevant bullshit**, and deserves no consideration whatever. *Just defend yourself, and give no thought to mercy, forbearance, fairplay, sympathy, or — in any sense — the welfare or well-being of your assailant.* He attacked you. He gets what’s coming to him. Period.

Remember when you train for self-defense the tremendous stakes that you are indeed training to defend. Your loved ones need you. They will suffer if that rat who assails you is victorious. The liberal garbage who prattle about “not being violent” will **NEVER** be there for you, for your family and friends, or for *anyone* (except possibly the criminal predator whose attack you successfully repelled). The apologists for the criminally violent fully deserve to suffer the worst kinds of violation, themselves. Since these fools are so sympathetic with jungle scum, *let*

them be the victims of such scum. Doubtless it will bother them less than it would bother fully human, thinking *humand beings*.

You cannot afford to be gentle, compassionate, less-than-fully-savage, or in any way restrained when and if criminal violence comes to you.

Learn that and believe that. And when you train, train with a fierce vengeance . . . with the knowledge that if, God forbid, violence comes to you, you will rise to a level of savagery and merciless brutality that will dwarf whatever your assailants throw at you. **In today's insane and ever-declining culture, *this* is what the senseless violence that is now epidemic in America should teach you!**

Be Sure That You Do Not Miss! ..

An enormous source of instructional articles, professional commentaries, book reviews, and the AmericanCombato System's structure, contents, and philosophy. NEW MATERIAL ADDED EVERY MONTH . . . ALL FREE!

GO TO:

WWW.SEATTLECOMBATIVES.COM

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

After reading the latest entries, check

the “archives” (bottom of each page) for lots and lots more FREE material devoted to quality skills, mental conditioning. *Years* of valuable writings! We’ve been a pioneer of what today is called “Reality Based Self-Defense” and the purveyance of the “WWII Close Combat Systems” since the late 1960’s — — long before most of today’s “instructors” were born! Our writings reflect the knowledge, skills, and teaching experiences acquired over a period of 60 years, and of our training, learning, and doing!

MMA — *Combat Sport* or *Combat*?

THE current and popular *sport* of “mixed martial arts” (i.e. MMA) has misled a lot of individuals who are new to, and approaching a study of martial arts for **self-defense**. Believing that MMA (the sport) is something new and unique *because it combines and blends both percussory and grappling type skills*, it is incorrectly assumed that undertaking training in MMA is the best way to become adept in hand-to-hand combat. This is an error.

Yes, accomplished MMA fighters can normally defend themselves quite well. So can boxers, judo men, wrestlers, kick boxers, and competitive karate fighters. **But that does not mean that those solely interested in self-defense should pursue any of those sports *in order to become adept in self-defense*.**

Ju-jitsu and many styles of karate were most definitely “mixed” martial methods. They had to be . . . because they were originally developed for actual combat, and when engaged in serious battle *for real*, one takes and uses anything that will work, and there is no quibbling about from whence any particular move or technique came.

The simple truth is: *Any authentic system or method of real world self-defense and military-type close combat (such as American Combato) **is a mixed combat (“martial”) art!*** Its syllabus is rich in skills from anywhere and everywhere, although it definitely differs greatly from the *sport* of MMA.

Combat systems are unregulated in regard to what techniques are *permissible*. They certainly emphasize certain skills (i.e. especially and particularly **blows** of the hands, feet, and other of the body’s “natural weapons”) but they do not exclude certain basic combat **throws**, and the application of **strangling and choking holds**. Gouging, clawing, butting, biting, using *anything* at hand as a weapon, and savagely continuing to attack and to *keep on attacking* without mercy until one is safe . . . are all included in all-in combat systems — or they are *not* all-in combat systems! Weaponry is a part of the overall curriculum in combat arts, as well. So obviously, by any objective standard, combat systems are in fact “mixed” martial arts (“martial” meaning “of or pertaining to war”, and of course combat methods are in fact **warlike** methods — unlike sporting methods).

MMA is a tough, rough, injurious contact sport that attracts more spectators than participants. This is not a criticism of MMA, it is simply a fact about it. *Not everyone possesses the personality that is required in order to successfully participate in such a frankly brutal passtime.* Self-defense is an art that must not require a certain personality *type*.

True enough that all sorts of different individuals come to self-defense and combat training, but every type of person can indeed learn the techniques required for personal protection *as well as* acquire the mindset and psychological conditioning demanded to *use* such skills

when necessary. This is because self-defense is taught as an emergency skill . . . not as a recreational pursuit, nor is it taught as an activity in which people compete for money, titles, ego satisfaction, and personal aggrandizement. Even relatively mild-mannered non-aggressive individuals can learn close combat, *because it does not demand of them that they come to the art with aggressive personalities*; it only requires that they master the ability to **transform quickly when absolutely necessary to an attack-minded attitude and to the unrestrained use of emergency skills with which to save their lives.**

There are no rules in self-defense. There *must* be rules in MMA. Thus the *kinds of skills that constitute MMA's mixture differ drastically from the kinds of skills that constitute the mixture needed for self-protection.* For contest and sport one must very carefully exclude all of those actions that the combat student must learn to employ immediately. No biting; no kicking the testicles or stomping the knees; no eye gouging or jabbing; no smashing into the throat or carotid sinus; no smashing elbow blows to the face and head; no stomping a downed attacker; no seizing the ears or the testicles; no boxing the ears; no throwing an opponent on his head; no neck breaking . . . etc.

The sport of MMA — rough and tough as it certainly is — emphasizes clenched fist punching, throwing, sport karate type kicking, and ground-grappling and submission holds. All doable in a non-lethal or non-maiming manner, and when employed in vigorous contests by young, well conditioned men, unlikely to result in permanent or fatal injuries. This appeals to some individuals, and so long as they conduct these matches under suitably controlled and regulated conditions, one can only say “If that’s your cup of tea, enjoy it.” But no way is this realistic, practical, functional self-defense and combatives for all people needing such training. Men, women, military people, security guards, elderly persons, police officers, students, businessmen, and so on, *all must be accommodatable with that which a self-defense/combat system teaches offers* . . . because persons in all of these categories (as well as other categories) have need of, and seek out practical, realistic combative doctrine.

MMA did **NOT** originate the idea of mixing various types of physical fighting. That originated with the cave man, no doubt, since it is really hard to imagine anyone engaged in any *real* deadly battle who would limit himself to only one type of technique! In their origins virtually all of the martial arts were — in one or another way, and to one or another extent — *mixed*.

MMA has well-conditioned young men competing with a variety of skills in order to determine who employs those skills the best, and who can use those skills most consistently to *win contests*. **Combat and self-defense** systems of quality teach emergency procedures that enjoin students to ***use anything and everything*** (including the most execrable foul methods) as well as *deceit, deception, and utter ruthless disregard for the adversary, in order to prevail, protect and save innocent life, and defeat unconscionably despicable violent predators in any way one can*.

Doubtless there are very simple-minded persons who recoil instantly from anything but smiling agreement, and those who are MMA sycophants will doubtless refuse to understand our explanation of what is *different* about two approaches to the employment of martial arts, and whine and snivel that their pet puppy is being attacked. Such sad persons cannot be helped or reasoned with, and it is not them that we address our message.

If you enjoy MMA — as a participant or as a spectator, or as both — that's fine, and we have no quarrel with you. But MMA is a *sport*, and its mixing of carefully regulated contest-type skills is *not* the same as that mixing of anything-goes crippling, maiming, and killing skills which have no place in sport, but which are required for self-defense and for wartime military applications.

We take this time and go to this length to define and differentiate the disciplines of sport and combat because, for all of those seeking self-defense and close combat training, it is imperative that you understand the difference, and that when you decide to undertake training you do so with a study of the which you require for your purpose.

You Must Acquire Stick Combat Skills

THE knife and the stick are two of the oldest weapons known to man. In fact, the use of sticks and crudely fashioned stone knives doubtless dates back to prehistoric times. And very interestingly, these two weapons, albeit in refined, upgraded, and modern versions, are *still* contemporary implements of close combat. Their designs and configurations may have changed . . . but a stick is a stick, and a knife is a knife, and *both* remain valuable personal weapons for today.

Especially the stick.

Knives do carry with them a stigma in America and in Anglo-Saxon cultures generally. While this is silly, it is also true; and it may be potentially troublesome to carry and to ultimately defend oneself with a weapon commonly thought of as a “bad guy’s weapon”. Nevertheless, because of its value and ready availability, you will want to learn knifework, and at the very least be able to grab a knife if attacked in your home, and use it to stop a violent intruder.

A stick has the advantage of being a quite innocent object. Carrying a walking stick causes no alarm and aside from a walking stick, sticks and stick-like implements (broom handles, flashlights, plunger sticks, chair legs, pool cues, mops, axe handles, etc.) are commonly at hand. Once skilled in the very simple and basic techniques of stick combat *anything that is stick-like* will double as a weapon, in a pinch.

There is one fabulous advantage to a stout hardwood walking stick that stand out and is unique: You carry it in your hand, normally. It is right there, all ready to use. No need to “draw” it from a holster, pull it from your pocket, or pick it up. Think about this.

Armed with a good, strong stick you have a weapon that can permit you to defend against a knife attack. The stick provides reach and power.

Against multiple assailants a stick can easily tilt the odds in your favor.

If you may lawfully go armed with a handgun, carrying a walking stick can provide you the opportunity to get to your weapon. It may also enable you to handle a troublemaker without resorting to your handgun — which would be a blessing.

Nobody wants to get struck or jabbed with a stick. The stick is a conspicuous deterrent, since any punk contemplating an attack is unlikely to select a person carrying a walking stick — particularly when that person is apparently fully mobile and does not need the stick for aid in walking.

The stick is the first weapon introduced in *American Combato*. A “fast and dirty” course in elemental stick skills at Brown Belt equips the student with a serious and formidable capacity to use a stick — baton-length, walking stick length, or a small six inch *yawara* hand stick length. The pupil quickly learns how easy it is to literally destroy a human enemy in seconds with certain of the *commando* stick techniques; and he learns self-defense measures that may be employed with less drastic but still very effective results, using other methods. At Black Belt level a student receives further advanced stick work that places in his hands the ability to master virtually anyone, regardless of size, strength, or even unarmed martial skills training.

We urge you, regardless of whether you are a student of our System or another, *learn stick combat methods*. And consider carrying a well-made walking stick. We personally like the British or Irish blackthornes . . . but just about any hardwood walking stick will do. You need only very simple, basic skills in order to be well equipped to handle just about any adversary.

Pay special attention to using the end of the stick as a jabbing weapon. Held in two hands a thrust may be made that will *blind, knock out teeth, crush the windpipe, devastate the sternum, solar plexus, hypogastrium, or testicles.*

Using the stick to whip blows into the **lower leg** area is supremely effective. By itself a powerful stick smash across the shinbone or knee will often stop a determined assailant. If it doesn't, then it is a simple matter to smash the attacker across the neck, face, or head with the stick, after he bends over and reaches for his injured leg.

Held at two ends a stick can be used to strike with the center section directly forward into the face or, *fatally*, into the throat, in a life-threatening situation. Used to *shove* an individual several feet, the stick-center thrust may be useful at times. It clears the way to followup more decisively . . . even to access a handgun.

We are a stick combat enthusiast. There are many advantages to using a stick in self-defense, and so we urge mastery of this weapon by *everyone* who trains for self-defense. The stick is universally available, is quiet, needs no reloading, is legal, is in the hand, can be used simply and effectively with little training, and offers a visible deterrent in the street.

Learn its use. You may one day be very glad that you did.

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PDF Training Briefs

There are numerous important topics and miscellaneous presentations that are too short for full length manuals or books. We have decided to offer them for the benefit of all martial arts students concerned about **serious, real world self-defense and close combat** — *with and without weapons*.

These Briefs will provide you with valuable information and in some cases little-known but useful items of information that will enhance your knowledge of and your ability in self-defense, close combat, and related fields.

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(Full unedited speech with accompanying commentary) **\$6.**

Brief #2: *Total Readiness For Self-Defense And Close Combat — With and Without Weapons*
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Brief #3: *Fairbairn’s “Silent Killing Course”*
(Original and full outline as Fairbairn drafted it — with commentary) **\$6.**

Brief #4: *“Stay On Your Feet!”*
(The truth about real individual combat vs. sporting matches, and why the myth of

ground fighting for self-defense and military close combat is misleading many regarding effective combatives) **\$6.**

Brief #5: Rules Of Self-Defense

(Of course there really are no “rules” in a self-defense emergency; but this Brief synthesizes those precepts that will guide you to realism in your training) **\$6.**

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Brief #7: Remembering Charles Nelson And His Valuable Lessons

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

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

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

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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

combat — not for competition or tradition.) \$6.

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!)* \$6.

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. \$6.

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.) \$6.

Brief #34: How To Evade Foot Surveillance

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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.) **\$6.**

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

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Students

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An Important Goal In Training

THERE are two big areas of personal development as far as self-defense ability is concerned: 1. Technical mastery and 2. Mental readiness. These two capacities must be developed and improved concurrently. Mere physical skill only establishes that an individual has a *theoretical* capability insofar as defending himself is concerned. The highest level of physical/technical mastery is no guarantee that, in an emergency, you will actually *do* that which you possess the ability to do. To quote as best we remember from Rex Applegate's classic *Kill Or Get Killed*, "being able to throw a man is much different than knowing how". The master technician certainly knows how; but *mere technical ability* establishes only that in fact he *knows how*. In no way does it guarantee that in fact he is *able* and *will employ his techniques* when required. **That** comes only from the solid establishment of the **combat mind set** and **psychological readiness to attack**.

We assume that there is no one in this field **who is authentic** who would argue that mental readiness development is not at least 50% of the equation needed for self-defense and self-confidence. (Personally, we firmly believe that *mental readiness* is 90% of the package; and although vital and clearly nothing ever to be neglected or glossed over, *technical*

mastery is 10%. A **crucially important** 10% to be sure — but 10% nonetheless.)

Let us briefly explain why we insist upon this 90/10 balance. Over our more than 60 years of immersion in the combat arts we have seen and heard and read about many people with *no physical skill, training, or notable ability whatever* do a splendid job of defending themselves in an attack. They did so solely because of their **MINDSET**. This people *refused* to be victims, and their reaction to imminent violation was **rage**, **aggression**, and unrestrained but wrathful **violence** in whatever spontaneous manner they could employ it. Granted, these defenders did *not* encounter skilled or apparently highly experienced and street-wise combatants. Still, the attackers certainly would have been successful had their intended victims *not* possessed that fierce, aggressive attitude. In these cases mindset alone carried the day. (But clearly a serious level of skill in quality techniques is, for *as sure a level of readiness as can be achieved, to insure an ability to deal with any assailant*, necessary, also.)

We must say this. Our observation, research, and experience has made it very clear that on numerous occasions individuals with considerable technical ability (black belt level, in fact) **failed** to effectively defend themselves. They failed because *they did not possess the combat mindset, but were instead acclimated to either a **classical** or a **sporting** application of their skills*. **Note:** Our close friend and colleague, the late Grandmaster John McSweeney (“Father of Irish Karate”) reported years ago the case of a woman who was a black belt competition champion. This woman was attacked and raped on a Chicago subway platform. Her comments to the press after her attack: “I just froze. I didn’t do anything.” There was no question about this woman’s *technical theoretical ability* to deal with her attacker. She “knew” more than what was necessary. However, her psychological preparedness was oriented to the competitive arena, where she excelled. **She completely lacked combat mindset.**

Whether you agree with us about the specific ratio of mental-to-technical insofar as personal combat and defense **for real** is concerned,

it is undeniable that *both* technical and mental capabilities *must* be part of the student's overall training and development. With this fact in mind then . . .

Let us understand and address the need for **dual preparation** to be a part of every practice and training effort you participate in, for proper preparedness to accrue.

Whenever you practice — whether for ten minutes or two hours — it is essential that you attend to serious visualization and attitude conditioning while simultaneously working hard on practical skills. Training for self-defense demands that you always be mindful of **WHY** you are training . . . of **PRECISELY WHAT IS AT STAKE** . . . of the fact that you can be sure you will be injured to some degree, that the situation will be energy and emotion draining, that you cannot afford the slightest lapse in aggressive, determined action against your assailant, and that you've got **ONE, SINGLE CHANCE** and no more to stop your attacker or to be stopped by him. There will be no chance to think matters through. No opportunity for a round two — or a rematch. And nothing . . . no *nothing* can or will save you except your mustering the most ferocious, determined, wrathful, vicious, and relentless attack of your own!

Always meditate upon the dangerous and, yes, frightening realities of real, honest-to-goodness violence. *Decide and determine ahead of time that you will become a wild animal if you are attacked.* Do not wait and hesitate and ponder and try to “figure out” what is happening when you are attacked. **ACT!** Act fast and decisively, and entertain no silly hope of not being hurt at all. Your crisis demands immediate action so that your enemy is overwhelmed by *your* aggression against him, and so that

his aggression against you is jammed and interfered with at once.

Injure him! Be *ready to apply the techniques of close combat* — not sport or antiquated classicism. Morally an attacker is entitled to nothing; no mercy, consideration, forbearance, concern, or restraint. Hammer that message into your psyche with every practice blow and movement you make. *Think* about the fact that is **CAN** happen to *you*; believe that if it ever does happen to you, you **will** attack, keep on attacking, and **PREVAIL**.

Whenever you train focus on the most determined and ferocious application of technique that you are up to at the time of that practice session. *At the same time focus on **attitude, mindset,** and on **desperate, all-out, fanatical aggression.*** Visualize! Do not waste training time striving merely to polish and perfect technique. **Hone your mental set!**

Let every training session be similar to a well-delivered blow by a hammer when driving a nail into a plank: i.e. every practice session must drive mindset and technique a little deeper into the state of perfection. With every workout in self-defense achieve *just a little bit more, and a little bit more, and still a little bit more, and so on in technical skill and mental readiness to employ that skill, if and when necessary.*

That's one important goal in self-defense and close combat training that you must embrace for the best possible results, and the highest level of preparedness to deal with dangerous violence.

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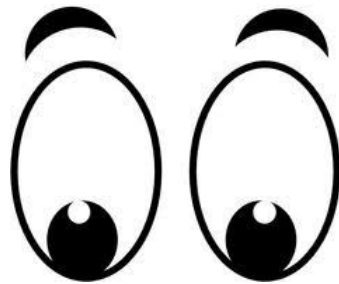
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Don't Practice What You Won't Or Shouldn't

Use

MEN who work in construction and who often sit or stand atop skyscraper-high buildings as they work to complete the edifice are told to either *not* wear hats, or to be certain that any hat — or helmet — that they wear is secured to their heads with a strap. Why? Because it is automatic and reflexive for a person to reach fast for a hat that is blown or that falls off his head. When he is 30 or more stories in the air that sudden *reach* will likely be the last move the individual makes, prior to plummeting to the sidewalk below.

“But why not simply *train* or *require* such workers simply to refrain from attempting to retrieve their hat, should the wind blow it off their heads? Wouldn’t that solve the problem?”

No! it most definitely would *not*; and this is why:

The action of reaching suddenly for a hat, or scarf, or whatever that suddenly blows off you in a wind is **reflexive** and **automatic**. Merely knowing that, when high above the street on scaffolding he “shouldn’t” make such an attempt would doubtless be understood and agreed with — but when such an occurrence *actually took place unexpectedly*, the individual would almost certainly react with the natural, reflexive, wired-in motion that he *consciously “knows”* not to do. **His body has been programmed, and conscious understanding or knowledge will not serve to override automatically inculcated reactive movement.**

It is the same with self-defense, and despite our respect for classical arts and sport-contest fighting, this is why our ironclad advocacy of *no sport/no sparring/no regular participation in friendly fights* remains unaltered and resolute. If you participate in a fighting sport you find, in time, that your sporting actions become reflexive and automatic — “done without conscious thinking”. Thus, in an actual encounter the competitor will rely instantly on that which he has been training in *and applying*, even if he has also been taught as an aside combat techniques that would better serve in real battle. No fighting sport (including MMA and the UFC) has “**no rules**”. But no valid system of personal combat is hampered by

rules . . . *any* rules, except perhaps “**Win!**”. The individual who attempts to be *both* a competitive fighter *and* a combatives practitioner has set himself upon two parallel courses: One, oriented toward winning in a contest, by fixed rules, against a single opponent who similarly agrees to the same rules, and to *never* violating those rules. Two, conditioning his mind and body to attack-and-destroy a dangerous violent offender *by using the foulest and most damaging techniques — coupled with a war-like attitude — and doing so with utter disregard for whatever harm the attacker may suffer, and complete disobedience to any “rules” whatever.*

In either sport or self-defense *instant* action is always required. But when a decision on the spot must be made first, regarding *which* action is *now* to be taken, the reactive process slows down — and that could prove fatal.

This even applies to long-term unusually dedicated and highly skilled experts.

Chris Dolman, one of the toughest, finest, strongest, most highly competent competition fighters *knows* the difference between combat and contest. Yet when working security, and despite having been taught the real combat methods by his marvelous teacher, the late Jon Bluming, Dolman generally resorts to his competition repertoire of skills. Of course with Dolman’s amazing ability, strength, experience, and background, he is able to apply contest actions against the relatively clumsy, often inebriated morons whom he has to control.

The late great Jon Bluming himself described a situation when, confronted by a group of punks, he reacted to being hit with a hammer by **PUNCHING** the punk. (The punch was, not surprisingly, fatal.) But Jon Bluming was a huge, powerful, weight-trained fighter whose competition activities over-rode his knowledge of *combat skills*. For Bluming the fist was okay. But few people have anywhere near the physical prowess, power, lifetime devotion to classical and competitive arts. For *most* people — even black belts in whatever — clenched fist

punching is an awful way to strike an armed, murderous attacker. And most black belts *know* this, at least theoretically . . . but their incessant practice of sparring tips the scales in favor of a punch, as opposed to a handaxe chop, heelpalm blow, or eye stab with the fingers. Not being a Jon Bluming or Chris Dolman their punches often fail miserably.

The one and only Jack Dempsey — World's Heavyweight Boxing Champion — was also a hand-to-hand combat instructor with the U.S. Coast Guard. *Dempsey knew that when doing it for real, better ways by far existed to hit a man. In fact he taught these better ways (i.e. open hand blows, elbow smashes, etc.) to Coast Guard officers.* However, in later years when the great Dempsey was in his 80's he had occasion to defend himself and the N.Y. State Boxing Commissioner against two punks who held them up. How did Dempsey react? He *punched them*, using blows that he “knew consciously and from his experience as a combat trainer were inferior”. Why? Because Dempsey's programming in his years as a ring fighter over-rode the relatively little actual practice that he ever did of combat blows. For Dempsey — even in his 80's — his punches were enough against the unconditioned, inexperienced punks. *But without heavyweight championship ability in boxing*, we suggest you attack the eyes, chop the carotid artery, chinjab, sidekick the knee, etc. Your odds of winning are much, much better.

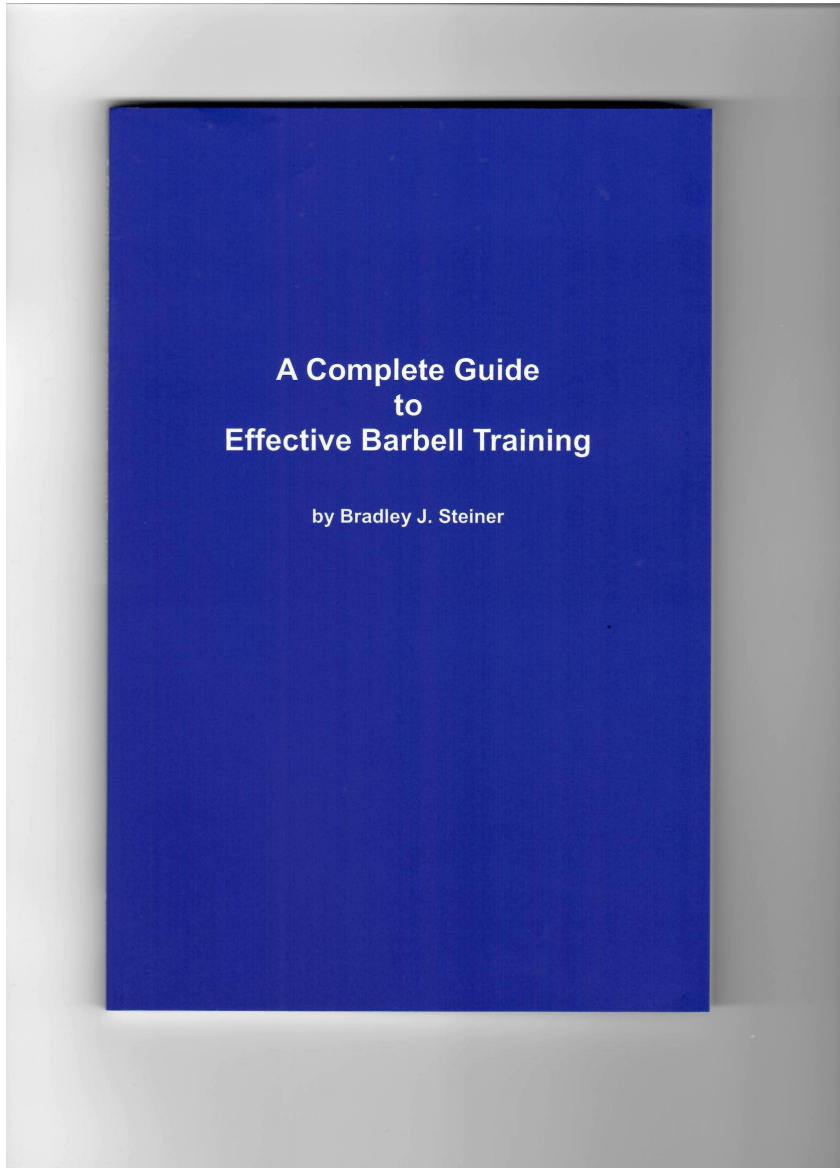
The late Richard Chun, at the time a 7th degree Black Belt in Moo Duk Kwan taekwon-do, once made quick work of six punks who attacked him and a friend in a café near N.Y.U. in New York. **Remember this: Chun had trained for three hours a day, six days a week for sixteen years** prior to the self-defense encounter. Thus, *despite the fact that he had a theoretical knowledge of Korean “Hosinsul” (i.e. self-defense)* Chun defended himself with his classic taekwon-do **WHICH HE HAD BURNED INTO HIS MOTOR MEMORY AFTER 16 YEARS OF SPARRING**. Chun, with such a background, could use classical taekwon-do in self-defense. If you will spend **15,552 hours** training in a classical martial art, then you will be able to use it in self-defense, also. Otherwise, **TRAIN IN COMBATIVE SKILLS**. This lesson must be clear:

While it is possible to use any fighting sport for self-defense, no fighting sport *is* an art of self-defense, per se. You will need to be a real A-1 expert in such a sporting activity before you can adopt it reliably to actual combat; **or** you will at best be able to handle a relatively inept and half-hearted aggressor, if you have only average or below-average skill.

Be realistic. If you have a limited amount of time, energy, and interest, are living a normal life with normal responsibilities, commitments and pursuits, your proper course of action **IF YOU WANT TO MASTER SELF-DEFENSE** is to train exclusively and solely in self-defense and close combat skills. With but one set of simple skills, one attitude that must apply, and only one single decision to make — immediately — when you are set upon, you will enjoy a practical, functional, realistic capability. You will not be hindered or hampered by the slightest confusion about what needs doing. And since the **ONLY** techniques which you have learned and developed *are combat techniques*, you can rest assured that you will call upon only that which is most likely to work and to save your life — not win a match.

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