

www.AmericanCombato.com

www.SeattleCombatives.com

Sword and Pen

Official Newsletter of the International Combat
Martial Arts Federation (ICMAF) and the
Academy of Self-Defense

EDITORIAL

AS TIMES GET TOUGH, YOU HAD BETTER GET TOUGH, TOO!

WE have said this before, and it bears repeating. As times become more and more difficult, trying, and — yes — *dangerous*, it is crucial that decent, civilized people become more aware of the absolute need to acquire and **develop the knowledge, skills, and practical capability of taking care of themselves**. Nothing will pay you back more lavishly for your time, energy, thought, and money spent than will taking quality training in the art of close combat and self-defense. Anyone looking objectively at the deterioration of our inner cities, at the proliferation of mindless gang and random thug violence and violation, even (and this is, perhaps, more of a direct threat to some than it is to others) terrorism, will appreciate that being able to handle dangerous violence — and possessing the great blessing of that **self-confidence** that enables you to *feel inside that you CAN defend and protect yourself and your loved ones if ever you find that you must* — has become a “**necessity**” for modern living.

There was a time of course in the history of the United States of America when self-reliance and self-confidence, which were born in the rugged frontier and so-called “wild West” experience of our people, were attributes that were taken for granted. Dodge City and Tombstone had no strip mall karate studios, and the terms “judo”, “ju-jutsu”, and “kung fu” were — literally — foreign words that practically no one on this continent had ever heard before, let alone knew the

Sword and Pen – January 2010 Issue

meaning of. Yet, the typical American male of the era was probably twice as tough and ten times better able to handle himself in a fight (with or without weapons!) than today's statistically average "martial arts black belt holder".

Not only our Country, but *all* of civilized Western society has lost a great deal insofar as the basic, manly virtues are concerned. We speak directly about America only because we are an American, we live here, and we know more about our Country than we do about any other.

One of our beloved teachers, the late Charlie Nelson, was fond of saying that "When they cleaned up the Indians, men didn't think they needed to be men anymore!" Well, obviously Charlie did not mean that as a slam on Native Americans, per se . . . he was speaking only in terms that many post-WWII citizens of New York City could relate to at the time (1950's). Urbanized kids such as ourself had grown up as little children watching cowboy and indian battles on TV, and watching westerns in which strong, tough **MEN** actually fought with and beat "bad guys". The old cliché about "white hats vs. black hats" — symbolizing *good* in the former, and *evil* in the latter — however trite, at least kept matters *clear*. To a boy growing up when we did, it was self-evident that thrashing — or even killing — the bad guy was not only "allowable", but actually *necessary*. or bad guys would get away with their deeds. And, at least in the America of the 1950's, that was unthinkable.

As America matured, so did her concept of the "good guy". Eventually, the good guy wore black. **Paladin** (*"Have Gun - Will Travel*) epitomized the more sophisticated, educated, yet tough-as-nails hero in the TV western of the late 1950's/early 60's. Paladin spoke articulately, behaved with impeccable manners, and was as comfortable in a San Francisco drawing room as he was in a tough border town, drawing on hardened gunslingers. One might say that Paladin was a kind of "cowboy version of James Bond".

Today — in the first decade of the 21st century — the entire culture of America, and of Western civilization, has been turned on its head. Whereas, in the America of the 1950's kids in the Bronx could bring their .22 rimfire target rifles to school to participate in the school's shooting club, in 2009 schools lock down and call for a SWAT team if a child brings so much as a toy GI Joe handgun to class, or — Heaven forbid! — if he draws a *picture* of a firearm, or points a finger in playful emulation of a handgun, at another child.

School bullies often got their comeuppance from their intended victims, because sooner or later each of those little bastards ran into the *wrong kid to victimize*; and after getting the you-know-what rightfully beaten the hell out of him, the teacher, school official, or other authority figure who appeared on the scene asked only, "Who started it?". *When the facts were presented and it became evident that some lousy little trouble-making son-of-a-bitch had merely suffered the*

Sword and Pen – January 2010 Issue

retaliatory violence of the child whom it was his intention to torment, the defender got an “ATTA BOY!” rather than that which the miserable cowards and negligent school officials impose upon a child who defends himself today: i.e. suspension. “It’s just as wrong to fight in self-defense as it is to start a fight,” is a philosophical concept that would — during the first half of America’s 20th century — have elicited the response it deserves: absolute, utter, unforgiving CONTEMPT!

The “hero” of today’s unfortunate child (and children ARE unfortunate to be saddled with the prospect of endeavoring to grow up healthfully in *today’s* climate) is a gender-challenged wimpoid who snickers and scowls, and has “conflicts” with his neighbors over the type of flower he keeps in the pot on his windowsill.

Disgusting.

With precious few exceptions we have come to the point where the American male — once a right-thinking, tough, standup guy who used common sense, knew right from wrong, and was ready, willing, and able to fight and win when the need arose, and it became imperative to do battle against evil (instead of merely to talk about it, or to listen to political scum make speeches about it) — is rarely able to do more than simply *shrink* in the face of a threat, today. The Dalton gang was blasted out of their saddles by ***THE CITIZENS OF THE LAST TOWN THAT THEY ATTEMPTED TO RAID***. What the hell is done when street gangs and ten-for-a-penny punk-scum undertake to extort, mug, invade the homes of, and otherwise terrorize American citizens *today*? Hell, even **the police** do little more than establish “gang units” where cops are expected to reason with, develop a rapport with, and (we’d suppose) get in touch with the softer, gentler side of these predatory subhumans, **instead of joining together with the citizens whom it is their sworn duty to protect and serve, and shooting these vicious monsters down!** Make no mistake about this, either: There are *still* a lot of **good cops** in our Nation’s departments who’d love nothing better than to do exactly that which needs doing, *but the “official policy” that guides them forbids it.*

While it is not necessarily true that “violence begets violence”, it certainly **OUGHT** to be true! It should be the case that anyone who unjustifiably offers violence to an innocent human being **begets a whole hell of a lot more violence right back in his damn face and down his damn throat than he is able to cope with!!**

Contrast the attitude and response of America when Pearl Harbor was attacked with the response of the citizenry when this Nation suffered an attack on 11 September 2001. We did not expect our soldiers, sailors, and marines to read zen classics and begin eating with chopsticks in

Sword and Pen – January 2010 Issue

the mess halls. *We were aroused to a fighting pitch (as we should have been), and we were, **AS A UNIFIED PEOPLE PROMPTED BY COMMON SENSE OUTRAGE**, out for blood!*

When we say that these tough times demand that *you* get tough in order to survive them, we do not mean that you should become belligerent, rude, aggressive, or antisocial. What we mean is that you need to become **self-reliant, rugged, strong, competent, confident, and capable** in regard to matters pertaining to the defense of yourself and those whom you love. You need to acquire physical and mental strength, to cultivate courage, and to acquire those skills that will insure that you will *not* be hopelessly terrified, paralyzed by panic, and unable to take necessary, decisive action if and when some dangerous emergency makes it necessary for **YOU** to take immediate action. Even insofar as mere *psychological* conflicts are concerned, there is nothing that will propel you further ahead toward the self-confidence, poise, and inner strength that you need in order to cope, than realistic training in close combat and self-defense, coupled with progressive, serious physical training.

In over 45 years of teaching self-defense and physical training we have had the great pleasure of seeing people we trained grow stronger, straighter, more confident, braver, and become *infinitely* better equipped to deal with all of life's trials and tribulations —not only emergency self-defense situations — as a result of their training with us. They became **TOUGHER**.

Today, it does not take a genius to see and feel that our entire social order and culture has changed, and changed for the worst. One person cannot alter the course that America or the world is on, but every individual has at least a fighting chance to improve his ability to *deal with what is coming upon us, and to prepare himself to defend his person, his private interests, and those he loves*.

A “fighting chance” is of course greatly enhanced when one acquires the mental, physical, tactical, and technical means of fighting. It should be a priority on your list of things to get started in, **right away**.

Make this New Year the year that you *do* something about becoming able to defend yourself. If you've “always wanted to”, then ***why haven't you?*** And what are you still waiting for?

No one can foretell what sudden emergency you may need to face in the months and years ahead. Get tough ***now***, make sure that — whatever it may be — if it does come to you, you're **ready**.

Bradley J. Steiner

Tips For Developing Followup And Viable Attack Combinations

THERE is an actual documented case where a single round, randomly fired by a fleeing felon from his **.25** caliber pocket automatic as he exited the tavern he had just robbed, struck and instantly killed an unfortunate victim. The victim was not even an *intended* target; the bullet simply found its mark *accidentally*.

As anyone familiar with firearms and their combat employment will tell you, the **.25** automatic is a pip-squeak weapon, and its round has been known to go *unnoticed* by persons who had been struck by it — in some cases, *multiple times*.

The late karate Master Mas Oyama killed a man once — a known member of the Japanese *Yakuza* — with **one punch**. It happened during an altercation that was initiated by the criminal, and in which the criminal attempted to strike the first blow. (In Seattle, Washington not that long ago, some out-of-control, impulse-driven misfit also killed a man with a single punch. It was *not* an instance of self-defense, but rather just one of those times when an individual who had no business circulating in civilized human society, deemed a minor dispute worthy of initiating a violent, retaliatory physical action).

It happens. Sometimes — *rarely* — one blow does the trick. But the classical/traditional concept that is fundamental to most *karate* systems (i.e. that of training to dispatch an enemy with **one, single, telling blow**) is seriously flawed. Again, *not that it “cannot be done”*. All sorts of incredible and unusual things are *possible*; but that does not make such anomalies viable *standards* by which predictable outcomes may generally be anticipated. There have been cases of parachutists surviving and being relatively uninjured when they hit the ground, after their chutes failed to open. But this is no indication that people can or should consider training to jump from planes without parachutes. *The chances are nearly 100% certain that the jumper will DIE.*

It is foolish and it is unrealistic to train with the idea that the ability to drop a serious enemy with one, single blow, can be reliably developed. Those training in classical/traditional *karate* methods who wish to be able to actually defend themselves, are well-advised to take heed of this. **Training to stop dangerous physical assailants with one blow is training for suicide.** Always train to attack *relentlessly* . . . stop only when the assailant has been decisively neutralized and has lost both the **ability** and the **willingness** to be a further threat.

Sword and Pen – January 2010 Issue

Around 1970 we began to drastically alter the classical/traditional type of ju-jutsu and karate that we had learned, and we began (heavily influenced of course by Charles Nelson and by our studies of the WWII-era classic texts by that period's now well-known notables) to teach all-combat, practical unarmed combat and defense. One conspicuous fact stood out in our mind then, as it continues to stand out in our mind today: ***THE DISCIPLINED, SPECIFIC, FORMALIZED PRACTICE OF A COMPREHENSIVE SYSTEM OF ATTACKING COMBINATIONS, DESIGNED NOT FOR CONTEST BUT FOR COMBAT, WAS A NECESSITY FOR LONG-TERM, REAL WORLD TRAINING, AND SUCH A SYSTEM DID NOT EXIST.*** So we began to work hard over the next two to three years to develop such a comprehensive system of these skills.

The task was not a simple one. In fact, combination training and follow-up sequences of actions had always existed in virtually every percussory (*karate-like*) art that had ever been developed. ***But these were sequences of highly stylized, sparring type actions, in which clenched fist punching, high and/or complex kicks, blocking and so forth were practiced.*** Okay for classical training. Fine for sport. No good for hand-to-hand combat. Besides, with the exception of *kenpo-karate*, in which combinations and followup was always stressed, there remained that traditional goal of **one shot stops**, which always influenced the spirit and methodology of all classically-rooted training. (**Note:** Kenpo-karate's great weakness, in our opinion, is its emphasis on very specific self-defense — i.e. **reactive** — techniques, as opposed to proactive, **preemptive, OFFENSIVE** techniques, and its rather questionable objective of teaching a tremendous number of such techniques. This leaves the student with a body of skills that he all too often can barely remember, and that — even when properly recalled — are not actually the best upon which to rely for actual, real world hand-to-hand combat. Too acrobatic, “artsy”, and elaborately complex and meticulous in their requirement for detailed, fine motor movement performance).

We cannot instruct our readers in how to execute the attack combinations that constitute one very critical aspect of *American Combato*, in this Newsletter. Personal instruction is needed. However, what we can and wish to do right now is — **a)** Convince our site's visitors, regardless of their present style or approach to self-defense, that **combinations** and **followup** is essential, because determined, dangerous, experienced, and quite often multiple and/or armed assailants are **VERY DIFFICULT TO STOP**, and **b)** There are some tips we can provide that should help anyone who is training seriously to enhance his followup capabilities enormously, and to do so *in a manner that adheres to that which the military calls “combat logic”*. In other words, if you follow that which we shall present, you can be confident that it will contribute **not** to your progress as a competition fighter or as a performer of classical/traditional doctrine (both worthy goals; but never **our** goals), but as a **self-defense exponent** and as a **hand-to-hand combatant**.

Sword and Pen – January 2010 Issue

Use the following suggestions to begin now to develop the all-important *followup* and *relentless attack* capacity that is so crucially important in serious, real world close combat and self-defense emergencies:

#1: ANY TIME YOU DELIVER AN ELBOW SMASH YOU ARE PRIMED FOR A FOLLOWUP HANDAXE CHOP OR HAMMERFIST BLOW

This has application for both attack and defense. For example: A man whom you have become aware intends you harm stands in front of you and you are physically poised and mentally ready (in “orange”). Move fast as he begins to attack and smash him across the face or head area with a powerful forward elbow blow that sweeps in with your bodyweight behind it as you execute a falling step in towards him. Upon completing and following through with your elbow smash, immediately cut *back* and chop him viciously across the opposite side of his face, neck, or head with a handaxe blow. (The hammerfist to temple, jaw, or neck is also viable). This is an example of how to *attack* and use the elbow smash/chop in such a predicament.

Or: An adversary who is grabbing at your collar or shoulder from behind pulls you toward him, and you smartly go with his pull and slam an elbow into his solar plexus, liver, or spleen. Immediately upon landing the elbow smash, *whip* the hand down and chop your attacker in the groin.

#2: A “HAND YOKE” THRUST IS PERFECT FOR INDEXING YOUR HAND AND FINGERS FOR THE DEADLY “THROAT LOCK”

Warning and Caution!: The throat lock is potentially deadly and should be utilized, as all of the serious actions of unarmed combat should be utilized, **ONLY** to defend against truly dangerous and unavoidable physical attacks!

Locking the fingers high under the jaw and around the thyroid cartilage (“windpipe”) is one of the key basic blows of unarmed close combat. The hand yoke is a non-lethal but *extremely* disorienting blow that is somewhat easier to apply instantly, than is the throat lock. It so happens that once a hand yoke thrust lands, the control/contact with the enemy’s throat is such that *snapping one’s fingers slightly upward* and transitioning into a throat lock (assuming the situation warrants such an action) is **easy!** With that throat lock in place, a would-be murderer (rapist, home invader, abductor, etc.) can now be permanently stopped — either by using the throat lock to completion *or* by maintaining the throat lock tightly and *smashing the assailant’s jaw or head* with a powerful heelpalm blow from one’s *opposite* hand. This could end lethally. *Do not practice with any amount of force on any live person!*

Sword and Pen – January 2010 Issue

#3: WHEN THE BASIC CHINJAB SMASH CONNECTS AND THE OPPONENT'S HEAD IS NOT SLAMMED BACKWARD, THE HAND-IN-PLACE OFFERS A COUPLE OF FABULOUS FOLLOWUP OPTIONS

Raise the elbow of the chinjabbing hand and the clawed fingers transition immediately to a kind of “tiger’s claw” grip on the enemy’s face, fingers well able now to gouge into the enemy’s eyes, drive his head backward and down — and if you step in smartly while doing this, you’ll smash your man head first to the deck!

Or — once the hand connects, use your *opposite* hand to seize your opponent’s head from behind, and then — using *both* hands — apply the dangerous head-twist takedown throw (one of the few throws we use in *American Combato*) while holding your enemy’s head securely and wrenching it viciously as you step and get your hip into the throw. *Do not practice this with any degree of force on a live partner; it can break a man’s neck!* Train the movement **GENTLY** with a partner, or use full force against an imaginary adversary.

Also — when and if the chinjab smash snaps the adversary’s head backward and continues upward past his head (probably because you miscalculated and struck too close to the end of the *chin*, rather than *deeply under the jaw*) bring the heel of that same hand sharply *downward*, cracking your enemy on the bridge of his nose, jaw (it will *break* the jaw), skull, or collar bone. *Retracting that hand with the downward striking stroke naturally positions it for a followup chinjab smash!*

#4: WHEN EAR-BOXING SEIZE THE EARS AFTER THE CUPPED PALMS BLOWS CONNECT. THIS IS A PERFECT POSITION FROM WHICH TO . . .

Knee the testicles (he’ll never even know what the hell you’re doing!).

Rip his ears off his head — simply by utilizing a motion similar to that which is employed when shooting a bow and arrow.

Release one hand and, still retaining a grip on one of his ears with the other, smash an elbow to the side of his head.

Slam a head butt powerfully into the enemy’s face while retaining the grip on his ears.

Obviously, once you’ve landed a good ear box attack and seized your enemy’s ears, *he is yours!*

#5: WHEN YOU DRIVE BOTH THUMBS INTO YOUR ENEMY’S EYES. SEIZE HIS HEAD AND INSERT THE MIDDLE FINGERS OF BOTH HANDS INTO HIS EARS

Sword and Pen – January 2010 Issue

You now have multiple followup options that fit the position you have secured, perfectly :

Shake your enemy's head violently, while digging both thumbs deeper into his eyes and gouging *outward* toward his temples.

After either simply gouging the adversary's once after grabbing him *or* after shaking his head violently, viciously thrust both thumbs forward with the weight and strength of your body behind the action. (This will send your man flying — down stairs, into traffic, out a window, onto his back on the pavement, etc. — and leave him completely helpless to prevent your escape from the area).

#6: AFTER THE THUMB ATTACK AND HEAD GRIP JUST DESCRIBED ABOVE (WHICH WE CALL THE “CAT’S GRAB ATTACK”) DRIVE A KNEE TO YOUR ENEMY’S TESTICLES

The knee blow will cause your opponent to lurch forward, deepening the thumb gouge instantly.

#7: ANY ATTACK TO AN ENEMY’S EYES WILL SET HIM UP INSTANTLY FOR A KICK TO HIS TESTICLES OR TO A KNEE — AND THAT IN TURN WILL BRING HIS HEAD FORWARD AND LEAVE HIM OPEN TO ANYTHING YOU CHOOSE TO DO

Remember our rule: “*Whenever you attack high, you create an opening low; whenever you attack low, you create an opening high.*”

#8: ELBOW, KNEE, FIST, HEEL OF THE HAND, AND SOMETIMES EVEN FINGERTIPS JABS TO THE SOLAR PLEXUS BRINGS THE RECIPIENT’S HEAD FORWARD

Knee his face.

Box his ears (something like playing the cymbals, whenever your opponent is in a bent over position, thusly!).

Chop his brainstem with a vertical handaxe blow.

Use any combination of the above.

Sword and Pen – January 2010 Issue

If your man has not collapsed completely by the time you've pummeled him, you need only seize his shoulders and push them downward toward his feet, to send him flying to the deck. Then *stomp* him.

#9: WHENEVER A KNEE TO THE TESTICLES HAS DOUBLED YOUR ADVERSARY OVER, A SECOND FAST KNEE BLOW TO HIS FACE IS AN EXCELLENT FOLLOWUP

Remember also that, while kicking a man in the head is most normally reserved for times when he is on the ground, *if* a powerful front kick to his testicles doubles him over in agony, a second front kick (using the same leg) can provide a kick to his face forthwith, almost certainly concluding the encounter.

#10: WHEN CLOSE IN AND SLIGHTLY TO AN ENEMY'S SIDE, A LATERAL HANDAXE CHOP TO HIS CAROTID ARTERY WILL PLACE THE CHOPPING HAND AT THE CONCLUSION OF THE STRIKE IN A PERFECT POSITION TO APPLY A THROAT LOCK (IF THE ENEMY HAS NOT BEEN LITERALLY KNOCKED DOWN AND OUT BY THE CHOP)

#11: A FORWARD HEAD BUTT "WINDS YOU UP" FOR A BACKWARD HEAD BUTT — USEFUL WHEN TWO MEN APPROACH FROM BEHIND AND IN FRONT, APPLY A GRAB, AND PERHAPS ATTEMPT TO ROB YOU

This is really a variation of the basic action we teach against an unarmed controlling hold from behind from one man, as a second attacker approaches from the front. Here — when there is distance — a *front kick* converts instantly after delivery to a *back kick*, utilizing the momentum of the retracting leg to apply maximum force to the kick delivered to the attacker holding you.

Simply ask yourself when analyzing all situations, "What has *this* particular blow 'wound me up for' and 'how can I deliver a followup blow naturally and with no added movement, immediately following impact?'"

Those examples and suggestions are easy to understand and, with a little thought and practice, very easy to apply. They will also lead you to grasp the *principle* of perpetual followup, and that is the point.

Be realistic when you train for self-defense. Be ready to go "full steam ahead" and *not stop* until anyone who has chosen to attack you or to attack a member of your family, etc. is absolutely, positively, completely, and reliably **neutralized**.

A Helpful Note For Judo/Ju-Jutsu Students

IF you are training in judo or/and ju-jutsu for self-defense, and if you want to be able to utilize your skills — especially your *throwing* skills — to maximum effect in an actual encounter, then we have a tip for you.

It is customary (or at least it *was* customary way back when) to wear a *judo* gi for ju-jutsu practice. The judogi, as you may be aware, is constructed of extremely durable, heavily woven fabric. This enables it to resist the endless powerful pulling, yanking, tugging, and jerking that is common in the practice of many of the judo/ju-jutsu skills that are a part of the curriculum of these arts. Unfortunately (and this applies *equally* to judo and to ju-jutsu men) training and practice almost always involves “taking hold” of your opponent’s gi, either at the outset of *kata*, *randori*, or the application (in ju-jutsu) of any of the many throwing actions that demand a solid hold on the enemy’s clothing. Very courteous. Very helpful (so long as the other guy is wearing a gi.

The problem is that some violent lunatics wear tee shirts, or no shirt. Many jackets are light and flimsy, and — in real combat — a perfectly convenient item of apparel that facilitates one’s pet throws just might not be worn by your enemy.

If you are training for self-defense and combat, train to *hit* your adversary with the hand before closing it in a grip. This will enable you to get a reasonably strong grip on virtually anyone’s normal, daily attire — even in summer. And (in summer) if attacked by a scumbag who is wearing no shirt at all — or possibly just an undershirt — having *smashed* your open hand into him, you will be able to secure a grip on his flesh. Also, the smashing blow *that precedes your grip serves to distract your opponent, at least a little.*

Note: An unskilled punk who attempts a rather wide swinging punch can be stopped easily by smashing your open palm into the shoulder of his striking arm (before the punch is fully launched). ***Don’t try this on a skilled boxer!***

Using this knowledge and the tactic of moving inside his swing and *seizing him with powerful, smashing hands*, you will enhance your ability to employ a judo/ju-jutsu throw against such an assailant — if such tactic is your particular cup of martial tea.

A Tip From Josey Wales

RECALL the following, in that classic Western with Clint Eastwood (Outlaw Josey Wales)? ...

“NOW REMEMBER, THINGS LOOK BAD AND IT LOOKS LIKE YOU’RE NOT GONNA MAKE IT, THEN YOU GOTTA GET MEAN. I MEAN PLUMB, MAD-DOG MEAN. ‘CAUSE IF YOU LOSE YOUR HEAD AND YOU GIVE UP THEN YOU NEITHER LIVE NOR WIN. THAT’S JUST THE WAY IT IS.”

Every now and again we find something in fiction that makes excellent, practical sense. Rarely do we ever hear anything in the classical/traditional (“flowing robe set”, as Rex Applegate used to call it) martial arts school that makes as much sense as Josey Wales’ screen admonition.

YES! When the chips are down and you have no choice but to get *him* or he will get *you*, then ***go animal!*** Determine to go berserk with killing, murderous, insane fury. ***Make up your mind to die killing your attacker, if necessary — but that you WILL NOT go down to this scum who is attacking you! SET YOUR MIND: YOUR ATTACKER WILL NOT SURVIVE!***

Sometimes it comes down to that. Who has the more determined will to prevail? You already have a tremendous advantage in a self-defense situation, since it is almost certain that your assailant *believes* that you are easy to take (or he would not be making the attack). He has no way of knowing either how you feel or what you believe. He cannot assess your skills, and he is — as he moves on you — *focusing on his own actions and objectives*. So . . . if you will determine to explode like a frenzied, murderous madman, and simply rip, claw, pound, bite, gouge, spit, hack, kick, and in every manner open to you, ***strive to destroy*** that monster who is attacking you, you’ll probably not lose. Most especially is this so if such an attitude, will, and mindset is behind ***combat proven, war-tested, reliable, no-nonsense destructive hand-to-hand battle skills!***

In her very excellent book, *What Cops Know*, Connie Fletcher discussed something that a seasoned Chicago police officer told her about street sewage: Punks and violent trash do not attack anyone who appears to be *crazy*. Why not? It certainly isn’t; because they have compassion for the mentally disturbed. It is because ***mentally unbalanced (“crazy”) people are 100% unpredictable, and they just might not give a damn who is attacking them, or how their attacker is conducting the assault.*** A crazy person ***MIGHT ATTACK HIS ATTACKER — PRECISELY BECAUSE HE IS CRAZY, AND THERE’S NO TELLING WHAT KIND OF DAMAGE SUCH A MENTAL CASE MIGHT BE CAPABLE OF INFLECTING AND BE WILLING TO INFLECT — WITHOUT MERCY, AND IN A HEARTBEAT!***

Getting the message?

Combat is no game. We would always prefer to avoid trouble of any kind if at all possible. However, our life and the lives of those dear to us is the paramount value. Anyone — anyone — posing a threat to that value will either be destroyed before he can do damage, or we **BOTH** will perish *as he strives against us*. But — one way or the other — any violent attacker **IS COMMITTING INADVERTENT SUICIDE, AND TO HELL WITH POLITICAL CORRECTNESS, PUBLIC OPINION, SOCIOLOGY, PSYCHOLOGY, THE OPINIONS OF DO-GOODERS, ETC.**

The violent offender must and will be STOPPED.

Dear reader, there is so much to be said for possessing the capacity to be “plumb, mad-dog mean” when the need to defend yourself arises, that we hope you’ll cultivate the mindset to be so!

Take it from Josey Wales!

Just One Good Technique A Month!

SPECIALIZATION can produce incredible results. We offer a simple suggestion that will enable you to advance your self-defense ability significantly, and it utilizes this idea of “specialization”.

Focus every month on perfecting *one single combat technique* that you happen to favor. The front kick. Or maybe the chinjab. The handaxe chop. It hardly matters. Just take *a good combat technique* and — for one month — put triple the emphasis that you place on your other skills on that selected movement. Get fanatical about it. Spend extra time each day working on it. Practice it for five minutes after arising in the morning, and then again for five minutes perhaps an hour before retiring at night. Take a few moments during the day when you can find a spot to be alone, and work at several good, concentrated repetitions of that technique (with **SPIRIT!**).

Do the above in addition to your normal training routine. You will be surprised at the results you achieve doing this.

You cannot keep this up indefinitely, since you do not want to go stale or become bored beyond measure. A month is a realistic time frame. Next month, take another *single, individual* technique. Same program.

Sword and Pen – January 2010 Issue

Two things:

1. Be certain that the technique really *is* a *viable combat technique*. It must be simple, destructive, adaptable, and powerful.
2. Make sure that whichever technique you select to work on for the month is one that you *really like* and have complete confidence in as a combat technique.

You can vary your practice from day to day. One day use your techniques solo — striking in the air, while visualizing an enemy. One day use a heavy bag to strike. Or use a striking post. Or *improvise* a target and a practice method. It may be possible to do some of your practice with a willing partner. If so, fine. Just be careful and make certain that the practice is *serious*.

In a year you'll cycle through **twelve** techniques. That's a complete repertoire of blows. It might also be a complete repertoire of attack combinations. Certainly it is a lot of counterattack (or "self-defense") techniques (assuming that the counterattacks are practical rather than classical/traditional).

Training this way will quickly convince you of the value of intense concentration upon a limited number of skills, and of just how much following such a plan can improve your ability and your confidence.

Try it.

Why Weight Training

THERE are, unfortunately, some outright charlatans claiming to be offering "special combat fitness" programs, or "their unique" exercise plan that will enable you to become a virtual superman "with ease". As is the case with close combat and self-defense techniques, *there is nothing secret, mysterious, complicated, hidden, or even particularly new under the sun*.

Weight training, or progressive resistance exercise, has actually been around for thousands of years. It was utilized in various forms by the ancient Chinese ch'uan fa masters, and by Indian and Korean martial arts practitioners. The *barbell* per se did not exist in ancient times — but the principle of progressively increasing the muscles' work load so as to gradually build the desired physical attributes has long been acknowledged and used by intelligent, serious-minded people; and that *principle* is the one upon which the plate-loading barbell is based.

Sword and Pen – January 2010 Issue

Around 1970 the brilliant innovator Arthur Jones created the Nautilus Machines. These machines are based upon the *exact same principle* that the barbell is based — and that ancient methods of resistance exercise that preceded the barbell, were in turn similarly based, earlier in history.

Nothing new. Just new ways of applying an old, proven principle. And it *IS* proven. And there are no “experts” or “innovators” who have come up with any better or “superior” principles; and any who claim to have done so are, in our personal opinion, self-serving, commercializing con artists. (That some of these con artists may wear black belts does not grant credibility to their chicanery!)

We cannot emphasize too strongly how important a good, well-planned training program of barbell and dumbbell exercise is for the student of close combat and self-defense. It is the single most valuable supplementary exercise for any combatant. In real hand-to-hand combat you need all of the strength you can bring to bear! Do not deceive yourself.

Weight training is *simple, inexpensive, safe, efficient*, and provides *comprehensive physical training* when properly done. This means that an all round, sensible routine of weight training exercise builds *all* of the necessary physical attributes: **strength, more efficient coordination, agility and athleticism, toughness, well-being and rugged good health.** After a few months of weight training a person who is new to the activity will be *shocked* at the progress he has made and how much the program has given him.

The psychological benefits of weight training are at least as great as the physical benefits. Becoming fitter, stronger, more able to do *anything* of a physical nature *better*, and *feeling wonderful* increases your confidence, poise, self-image, and readiness to apply yourself with assurance to your technical combatives work.

Please, for your sake, get started on a good, sensible, all round weight training program. The exercises you want to include in your routine are:

The regular or behind the neck press

Heavy barbell or dumbbell curls

Bench pressing

Bent over single dumbbell or barbell rowing

The squat

The dead lift

Abdominal exercise

There are other excellent exercises, but that provides a foundational schematic that will insure you work everything well, and reap the fullest measure of all round possible benefits from training.

Keep sets and repetitions reasonable: Between 1 and 3 sets — no more. And about 6 to 8 reps per set, when working more than a single set per exercise, with anywhere from 8-10 to 20 reps per set of **squats**.

“WHY” WEIGHT TRAINING? Because you need it!

That’s a rough outline of the way to go. Now **GO!**

Don’t Hang Around!

WHAT to do *after* you’ve successfully defended yourself is a question that sometimes comes up. Actually, it ought to come up more often, because the answer is not insignificant.

Any time a defender is “jumped” (ie suddenly assaulted by one or more sewer animals) in a relatively isolated area his course of action, after (we hope!) he successfully stops his assailant(s) should be to ***run away as fast as he is able to move.***

To remain in the area of the attack may make the defender vulnerable to *other* attackers who are, unbeknownst to himself, *still in the area*. It will also leave him vulnerable to any further onslaughts by the attacker(s) against whom he just defended himself, should that creature recover more speedily than anticipated.

Question: “Isn’t running away illegal?”

Answer: Not being a lawyer, we cannot say for sure; but using common sense we would say, “Certainly not — unless you have just committed a crime; and defending yourself is no crime! What is more, a reasonable thing to do is to get the hell out the there so that you will not end up needing to experience any further risk to your life (or to the lives of anyone with you, on whose

Sword and Pen – January 2010 Issue

behalf you took action).” It is only natural to be scared in such a situation. And fleeing is quite understandable, after protecting yourself successfully.

If push ever came to shove and you were asked by officials *why* you ran away, **TELL THE TRUTH**. You ran away because you were afraid that you might be killed or crippled (or that the same might have happened to anyone who was with you, and with whom you fled) if you had not run away. You were *attacked*. You did not seek or want trouble.

Caveat: *Never* run if you are attacked with witnesses around (i.e. on the street in broad daylight, inside a crowded store, etc). Instead, **stay right where you are and call loudly for the police**. Shout out that you have just been attacked, and that you need the police — *fast!* This is not the action of a criminal, and it will be evident to all who are present (as well as to the police, when they arrive) that you were attacked, and that you were the victim who merely acted in self-defense.

Philosophical note:

While schools and the media would have you believe otherwise, the truth is that we do not live in a “nice” or “safe” world. Certainly the majority of people are not dangerous felons; but just as certainly, ***some of them are***.

It is our belief that neither mercy nor forgiveness nor compassion nor humanity is owed to violent predators who choose to victimize the innocent. Whether these despicable manifestations of living evil appear in the form of schoolyard bullies, gang members, psychopathic troublemakers who act alone, terrorists, home invaders, carjackers, or whatever — *they have by their own choice and action signed their resignations from the human race and deserve no more forbearance and consideration than does the polio virus*.

We say this because we are anticipating the possibility of someone asking: “But if I run away from the scene of an attack, might the criminal whom I have perhaps injured severely *die*, unless I summon an ambulance for him?”

Sure. That’s possible. It’s also possible that **YOU** could have been the one left for dead (we recall no instances of criminals calling ambulances for their victims) and/or crippled for life, or maimed. **What is wrong with you, that you even think of such foolishness as “how badly the criminal may suffer” if you succeed in defending yourself?**

Personally, we would love to see a law passed that would make it a felony for a medical doctor to treat an injured criminal whose injuries were the result of his own chosen conduct. We also

Sword and Pen – January 2010 Issue

would make it a felony for a violent offender to *seek* medical care. Now wouldn't the passage of laws like that put a crimp in the gang bangers' style? Staring fights, pushing people around, criminally brandishing weapons, etc. would not be such desirable and profitable occupations, would they?

As far as we are concerned the only people who matter are the **VICTIMS** of violence and criminal assault. To hell with the victimizers.

If you are ever attacked, defend yourself to the limits of your capability — then get the hell outta Dodge! You are only risking further injury and trouble by hanging around.

If this sounds cruel, we make no apologies. Cruelty toward violent predators seems to us a very logical course of behavior.

Rethink The Value Of Padded Suit Training

SHOT placement is the most important thing when determining the potential man-stopping probability of a hit from a handgun bullet. Interestingly, that is *also* one of the most important factors for determining the results of smashing into an enemy using an unarmed combat move. Surely a handaxe chop delivered with great force to the windpipe will kill. But the same blow across the side of a strong man's upper arm might only cause him to shrug.

One very popular training item is the full padded body suit that permits students to flail away wildly and hit the padded "attacker" full force — presumably gaining, as a result of this practice, some kind of "powerful striking capability" so that they have confidence that they will be able to stop a real adversary.

We disagree.

Padded men present completely unrealistic and misleading, oversized targets. Far better to practice, *using the same control that has always been employed in combat karate and ju-jutsu training (ie stopping just short of contact)* with a real, live, *unpadded* training partner. That way, there is no problem at all in locating and focusing on the truly vital target areas. This cannot be done in competition or in sparring, but competition and sparring have nothing to do with combat training.

"But what about experiencing contact?" one might ask. Get *that* by smashing into insentient targets. Striking posts, heavy bags, dummies, padded trees, etc. will all allow you to kick, jab,

Sword and Pen – January 2010 Issue

pound, strike, and chop with all of the power that you are capable of generating — *safely*. Combined with practicing skills realistically with a partner (ie *not* by substituting targets so as not to injure anyone; but by never bothering with any targets but the most vulnerable, and practicing in a controlled, well-regulated manner) this approach will result in a laser-like focus on the body's most dangerously vulnerable attack points, and the power and speed required to devastate those targets.

That is what real world combat and self-defense demand.

If you wish to have your training partner dress in anything besides a gi, have him wear a bala clava (“ski mask”) or street clothes — just like the vermin against whom you are preparing to defend yourself wears. But do not have a partner wear artificial padding that alters his entire shape and appearance.

Hit inanimate objects for training the natural weapons' power, speed, and force delivery capability. ***Do not*** hit fully *at all*, in training. This way you'll memorize and never deviate from training against the enemy's most vital points and dangerously vulnerable target areas. Your training will not be such that you go after one set of targets in sparring or competition, but try (impossibly) to “remember” and to “remind yourself” *not* to go after those targets in an actual attack, but instead *then focus* on the “real” targets.

We shall shortly be posting some new material on www.seattlecombatives.com and hope that you'll visit that site regularly, too.

May 2010 be a prosperous, healthy, and happy New Year for you and yours.

We'll be back next month!

Stay Combat Ready,

Prof. Bradley J. Steiner

www.americancombato.com

www.seattlecombatives.com

— E N D —