

©Copyright 2013 by Bradley J. Steiner - ALL RIGHTS RESERVED.

# ***SWORD and PEN***

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

**OCTOBER 2013 EDITION**

**[www.americancombato.com](http://www.americancombato.com)**

**[www.seattlecombatives.com](http://www.seattlecombatives.com)**

**[www.prescottcombatives.com](http://www.prescottcombatives.com)**

## ***E D I T O R I A L***

Techniques, Tactics, And Principles Make A

“Method” A “*Martial Art*”

**ALTHOUGH** every martial art — if it truly is a legitimate martial art — has a very specific and comprehensive set or curriculum of techniques, a *martial art* per se is much more than a mere set of specific techniques. A martial art encompasses a syllabus of physical skills, a definite philosophy of combat and personal conduct, and a set of principles and tactics that enable the techniques to be fluidly applied and spontaneously adopted to all types of

situations and emergency predicaments, *according to the individual participant's personal capabilities, peculiarities, and inclinations*. A martial art is very **specific** as far as what techniques the student must learn and master is concerned. Just like learning a language. There are specific words, rules of grammar and syntax, and correct spelling . . . all of which needs to be studied in a quality language program. However, it is only when a person can spontaneously and freely **use the language as his own, personal means of self-expression** can it then be said that he has *become fluent* in the language. Thus the goal of the specific learning and disciplined approach to memorizing and acquiring the **specifics** of a language, is ultimately to insure that the individual forms his own unique *style* of speaking and writing, as well as a completely reliable ability to read that language in the written word, and comprehend its subtlest nuances of expression.

Not everyone needs or desires fluency in a language in order to serve his personal needs. Short-term courses that emphasize phrases and key words may serve someone very well. It is the same in self-defense. Not everyone needs or desires to become an expert in a martial art in order to acquire that which he is after. "I just want to be able to defend myself and to have a grasp of the basics. I don't have any interest in becoming a black belt," is a perfectly legitimate and understandable statement. ***In a martial art like American Combato it is quite possible for an individual to work toward the attainment of either objective: i.e. a) Expert level mastery of the Art of American Combato, or b) Basic level proficiency in the core elements of self-defense.*** What makes American Combato unique is the combination of its being a **100% combat/self-defense System**, and its being able to offer powerfully efficient short-term training in "the core elements and skills" for those wishing to train exclusively for *basic self-defense*.

Six months of training in a classical/traditional martial art will yield relatively little to the student who terminates his training at that point. Truth be told, six months is not really long enough to gain a real working knowledge of the basics of a classical/traditional art. **And the basics of a classical/traditional martial art are at best only *partially* applicable to actual, serious combat.**

Six months of training in a sporting/competitive art will enable the individual to

achieve a sufficient working knowledge of competitive skills to *begin* to compete in matches. It will also equip him with just what he needs to get *killed* in a surprise encounter with a couple of thugs, a vicious street fighter, or a psychotic killer.

Six months of training in an intensive short-term course in *American Combato* will put a student *well ahead of those persons trained during WWII by Fairbairn, Sykes, Applegate, O’Neill, or Biddle*. True enough, the WWII era students were military/commando types — young, in terrific shape, and with a fierce attitude. If the student neglects his conditioning he will **KNOW** more than the WWII era trainees, but his level of physical capability will be less than the guerrillas, raiders, saboteurs, spies, and commandos of that era. Nevertheless, in a six month intensive training period, *American Combato will train any serious student who applies himself to a level well beyond that of the combat trainees of that era which greatly inspired our System’s syllabus, philosophy, and combat methodology*.

It is because our System *is a system*, and not just a bag of tricks or a collection of specific techniques that are learned by rote, that it presents to those who want it, either the opportunity to learn a brief, encapsulated course of basic self-defense, **or** to undertake a lifetime martial art study in which the training, the development, and the student’s growth and advancement in mental, physical, technical, and tactical areas continues without end.

*American Combato* painstakingly weaves together *all* of the core WWII methods’ skills: The *Fairbairn/Sykes, Applegate, USMC Raider, O’Neill System, and Brown/Begala Naval Aviation System* methods are combined with elements drawn from *kenpo-karate, ju-jutsu, Hindu varmannie, the dirtiest and foulest methods of “street” and prison (or “trick”) fighting, and modern weapons, as well as modern methods of physical training and mental conditioning. If you are “only interested in self-defense and close combat” — either as a formalized, long-term study or as a short-term “nuts and bolts” course to insure your and your loved ones’ safety in an emergency, then OUR SYSTEM is a very wise choice.*

Certainly we are not the only people who offer a viable **martial art** that is geared to the modern individual's needs. We have some fabulous Associate Teachers in ICMAF who offer *their* programs and courses — and these fellows are **excellent**. And, doubtless, there are other teachers who we personally do not know but who may also offer credible programs that are well worth a student's while. However, we can certainly assure you that when you undertake training in our System — personally, as a long-term or short-term student, or as a home trainee using our DVD Course and other materials — you will be learning an integrated, balanced, well-planned and thoroughly reliable **martial art**. Or, if you prefer, you will be learning a briefer program that is no less logically organized and taught so as to give you a fluid, flexible, dependable means of self-defense, and that is rooted in and based upon not merely the *techniques*, but also the *principles*, and the *tactics* of one of the strongest, most reliable, war-proven all-combat **MARTIAL ARTS** that is available for study, in the world.

**Bradley J. Steiner**

**BE SURE TO CHECK OUR OTHER SITE,  
WWW.SEATTLECOMBATIVES.COM FOR  
OUR LATEST ARTICLE ON HOW TO  
ESCAPE IF HELD HOSTAGE! IT IS IN  
THE “MONTHLY INSTRUCTION”  
SECTION.**

**CHECK THIS SITE ALSO FOR MANY  
ARTICLES ARCHIVED — ALL FREE — ON  
ALL TOPICS PERTAINING TO  
SURVIVAL, DEFENSE, CLOSE COMBAT,  
AND INDIVIDUAL READINESS!**

## How To Strengthen Your Hands

### For The “Tiger’s Claw”

**THE** so-called “tiger’s claw” thrust was considered by W.E. Fairbairn and Rex Applegate at one time to be the best all-round way to handle a frontal attack. The proper method of delivery is described and demonstrated in detail in DVD #1 of our Course; but briefly the execution is simple:

Form your hand exactly as you would for a chinjab smash. Now direct the clawed hand — fingers foremost — toward your target, which is the enemy’s face. Without telegraphing and with every ounce of force that you can generate, using your *entire body* behind the blow, **thrust the clawed hand straight into your enemy’s face**. Fingertips will contact the eyes if accurately delivered, and as the fingertips make contact, the heel of the hand *collapses* in a secondary blow to the enemy’s face. This is a helluva great strike! Obviously it delivers the greatest punishment when the body is well conditioned, the hand is properly formed and strikes accurately, and the clawed hand is powerful. A variation of this excellent strike is to simply **seize and claw** the face, close-in. This may be done when the proximity is extremely close and when the full thrust necessary for optimum strike delivery can’t readily be executed.



ABOVE: THE CELEBRATED ANTHONY J. DREXEL BIDDLE DEMONSTRATING HIS ADAPTATION OF THE *TIGER'S CLAW*. THE BLOW TAUGHT BY BIDDLE *BEGAN* AS A CHINJAB TYPE BLOW AND THEN TRANSFORMED INTO A FACIAL CLAWING ATTACK ENTAILING EYE GOUGING. THIS ATTACK WAS WELL DESCRIBED BY BOTH FAIRBAIRN AND APPLGATE — BOTH OF WHOM TAUGHT THE “*TIGER'S CLAW THRUST*” PROPER. ODDLY ENOUGH NEITHER FAIRBAIRN NOR APPLGATE DESCRIBED THE TIGER'S CLAW THRUST IN THEIR CLASSIC BOOKS, YET BOTH MEN REGARDED THE TECHNIQUE AS OUTSTANDING. NOTE THAT BIDDLE IS JERKING THE ADVERSARY FORWARD BY SEIZING HIS BELT. THIS IS A GOOD TECHNIQUE WITH EITHER THE CHINJAB *OR* THE TIGER'S CLAW. IT IS EASY TO SEE HOW, THE MORE POWERFULLY YOU CAN “CLAW” THE ENEMY'S FACE, THE MORE DEVASTATING WILL BE THE ACTION.

To develop your hands for this important technique we recommend the following exercise:

Take a small (1-1/4 or 2-1/2 lb.) barbell plate. Place it in the palm of your hand, and then close your fingers around the outer rim of the plate. *Grip hard!* Hold for a slow count of twelve. Do this with each hand once a day and you will feel the difference in your clawing/gripping power within three weeks.

After you've used this exercise for a few weeks we'd recommend doing two sets of these isometric contractions: One with one size plate, and another set with the slightly larger plate. Remember to grip *hard*.

Not only will this exercise improve your tiger's claw *thrust*, it will enormously increase the crushing/clawing power of your grip should you apply the facial grab that we mentioned, clawing adversary's eyes.



SMALL SIZE BARBELL PLATES CAN BE VERY USEFUL IN ASSISTING YOUR DEVELOPMENT

OF ONE OF THE MOST PRACTICAL AND VALUABLE CLOSE-COMBAT STRIKES.

---

***DVD Course NOW AVAILABLE!***  
***(You Can Learn Self-Defense and  
Close Combat At Home!)***

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

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

Combato (Jen·Do·Tao)<sup>™</sup> all-in modern close combat/self-defense martial art in 1975, will teach you how to defend yourself and those you love in any situation! Some of these methods have been copied, imitated, and pirated during the last 25 years, but a complete self-defense course derived directly from the original and authentic System — and the only authorized presentation of American Combato — is now available for home study. All of the techniques, all of the theory, and all of the mental conditioning and related doctrine in these DVDs is presented by the System's originator, Prof. Bradley J. Steiner, himself. Like Fairbairn, Sykes, Applegate, O'Neill, Brown, Begala, and Biddle in the second world war — from whose lineage this modern Martial Art is a direct descendant — Prof. Steiner clearly, simply, and plainly instructs in real world, lifesaving combatives doctrine.



You can order any of the eleven DVDs individually, or you can purchase the entire Course, in which case you pay for only ten DVDs. You receive one FREE!

Each DVD contains the equivalent instruction normally given in four to eight private lessons. This Course is the equivalent of at least 50 private lessons with Prof. Steiner, personally! And you can review this instruction again and again, and save the DVDs for your children to study when they are old enough.

**IMPORTANT NOTICE!:**—

**The system of martial arts presented in these DVDs is not a "traditional" or "classical" martial art.**

**These DVDs, and the information, and techniques contained within should not be taught, shown, or divulged to anyone under 18 years of age.**

**Due to the serious nature and lethality of the techniques shown, no one under 18 should be instructed in the techniques.**

**Due to potential serious injury or death, minors under the age of 18 should not be allowed to purchase or view the techniques demonstrated on the DVD's and in the system.**

**Minors lack the proper judgment and emotional restraint and discipline and should not be entrusted with the techniques contained herein.**

**Please utilize the techniques only in those situations where you would**

**utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.**

**Please keep DVDs in a safe place out of the reach of minors, similar to safekeeping of firearms.**

## **Contents:—**

### **DVD #1 FUNDAMENTALS**

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness
- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

The chinjab smash, the handaxe chop, the tiger’s claw, and the side kick. All clearly explained and demonstrated so that anyone with no prior experience in any martial art can understand and develop the skills! These are the first four of *American Combato’s* 16 Key Blows (originally regarded by W.E. Fairbairn as the “most essential” basic blows, comprising a complete mini-system of personal hand-to-hand combat, once mastered).

### **DVD#2 BASIC BLOWS**

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.

- The straight heelpalm
- The knee attack
- The front kick
- The elbow smash
- The fingertips *thrust*
- The fingertips *jab*
- The snap kick
- The backfist-forearm smash
- The hammerfist-forearm smash
- The basic straight punch

- The ear box
- The throat lock

### **DVD#3 ATTACK COMBINATIONS - FIRST SERIES**

- Powerful and devastatingly effective combinations of attacking actions which are adaptable to an infinite number of situations and emergency circumstances. These attack combinations utilize the Key Blows, and include additional offensive unarmed combat actions and tactics. which enable you to infinitely combine, and improvise limitless sequences and applications of ferocious attacks of your own.

This DVD focuses on attack combinations leading with *HANDAXE CHOPS* and *THRUSTING ACTIONS*, the first two categories of “attack combinations” in *American Combato*.

In this and the next DVD you will learn more combinations of each type than you would ever possibly need.

### **DVD#4 ATTACK COMBINATIONS - SECOND SERIES**

- Completing a well-balanced, comprehensive curriculum in vicious, unconventional, yet simple and readily applicable attacking sequences which enable the practitioner to overwhelm and disable any assailant. These combinations continue to expand your capability with the Key Blows and with other actions and tactics, and turn you into a dangerous, unpredictable, offensive combatant in close quarters combat. You’ll be an expert at taking the battle into the enemy’s camp and *attacking your attacker!*

This DVD trains you in *DISTRACTING LEAD ATTACKS*, *KICKING LEADS*, and *MISCELLANEOUS LEADS*.

### **DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT**

- No realistic close combat system is worthwhile unless the matter of *counterattacking* (i.e. reacting to attacks which you have been unable to preempt) is covered. In this DVD you will learn:

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch

- you off guard
- How very simply to counter punching or kicking attacks

### **DVD#6 COUNTERING THE UNARMED REAR ATTACK**

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn
  - How to counter sudden grabbing attacks from behind
  - How to counter holds that may be applied from behind

### **DVD#7 COUNTERING KNIFE AND CLUB ATTACKS**

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught
  - How to deal with knife *threats*, from varying positions
  - How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
  - How to counter overhand club attacks
  - How to counter the backhand club or baseball bat swing

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

- Obviously these, like knife and club attacks, are *deadly* threats and only the simplest, most basic and reliable methods should be studied. No weapon “takeaways” or complicated nonsense here! These are commando type actions and will work under the most adverse conditions. Intended to save lives — not your wallet.
  - Frontal handgun threats
  - Side handgun threats
  - Rear handgun threats
  - Frontal shoulder weapon threats
  - Side shoulder weapon threats
  - Rear shoulder weapon threats

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

- Key principles and tactics of countering more than a single aggressor

- The core *scenarios* and how to develop counterattacking capabilities against two or more attackers that *really work*.

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

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

### **DVD#11 KNIFEWORK**

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

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

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

All DVD purchases are of course nonrefundable.

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

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

**U.S.A.**

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

---

## **Need Intensive Training In A Hurry?**

**American Combato is unique. It is a martial art that offers either a lifetime training regimen to those who have the interest and desire to make the training a part of their lifestyle, or it offers short-term intensive programs that enable those looking for powerful, practical, no-nonsense self-defense skills to achieve what they want in a relatively short time. Both Prof. Steiner and Prof. Bryans offer these courses. If you cannot attend our classes (for lack of time, or perhaps because you live in another state or country) we can offer you the opportunity to attend short-term training, geared just for your needs, and acquire the confidence and skill that you'll need within hours!**

**We of course recommend that you practice what you are taught in these short-term courses once you leave. Just 15-30 minutes daily is enough. But we can train you in a sufficiently rich curriculum of skills (just as Fairbairn and Applegate taught our wartime agents in the O.S.S.) within a period of hours.**

**If this interests you, please let's get you started! Call**

**us. If you live closer to Prof. Bryans, then you'll want to take your training at his School, in Prescott, Arizona. If you live closer to us (Prof. Steiner) then you'll want to come to Seattle, Washington for your training. Either way you'll learn the finest, most reliable and practical methods of personal protection without wasting many hundreds of hours attending a classical "martial arts" school, and spending a fortune on skills that may be only marginally effective — if that.**

**CALL TODAY!: Prof. Mark Bryans: (928)-308-2285**

**or Prof. Brad Steiner: (206)-523-8642**

---

### **Mental Review Of Techniques Is Important**

**HOPEFULLY** it is not necessary to emphasize the importance of regular physical practice in order to acquire and maintain a high degree of functional skill in the techniques of personal combat. What is generally not appreciated, however, is the need for and great value of *mental* "practice" —or review — of one's physical/technical skills. In fact, such exercising of one's mental faculty can advance one's physical performance capability to an astonishing degree. And this is *not* mystical jabber. It is a scientifically established **fact**.

Years ago an experiment was done at a university in the United States to determine if mental review (visualization) had any real value in regard to enhancing or developing physical skill. Two groups of students were selected. One group practiced throwing a basketball at a hoop from a specified

distance every day for a certain number of weeks. A second group practiced merely *imagining* that they were throwing a basketball at that same hoop, from that same distance, and for the same amount of time each day, over the exact same number of weeks.

At the end of the allotted number of weeks for the experiment the two groups were tested using a basketball. *The group that had been practicing with an imaginary ball and visualizing not only did well — the performance of the members of that group was slightly **superior** to that of the members of the other group, who had been using an actual basketball!*

More immediately relevant: Years ago we were told of an experiment in England that was conducted by the Special Air Service. It is customary for SAS soldiers who go through the handgun course at the “*Killing House*” to expend 2,000 rounds of ammunition during the two-week program. That’s a *lot* of ammo, and ammo is expensive. So . . . to determine if an alternative means could be utilized to replace most of the live-fire practice, an experimental group went through the *Killing House* course using only **dry fire**. No live rounds — just strongly-applied visualization. Otherwise, the course remained identical to the usual program.

Result: The group that relied upon visualization managed, when tested at the conclusion of the course using *live fire*, to perform just as well as the group that actually *did* employ live firing! (We have heard of instances where similar experiments have resulted in the group that used visualization producing *better* results than the group that actually used live fire!).

Amazing? Well, not really. The human mind is capable of untold achievements and accomplishments in guiding, directing, and commanding the body’s performance. *Visualization is a much-neglected yet **extremely valuable** training aid, and method of reviewing skills that have been acquired.*

We are not now suggesting that physical practice and drill be suspended in favor of visualization. By all means **practice**, and practice hard, seriously, and regularly! *However*, when illness or injury precludes the possibility of hard physical practice, *use your mind to visualize and rehearse your skills*



***mentally — and seriously!***

More: “Mental review” can beneficially be done at all sorts of odd moments during a normal day’s activities. While riding in an elevator, for example, ask yourself “What would I do *if* this fellow turned and suddenly attacked me?” Or consider a specific *kind* of attack. Imagine someone — or someone’s — approaching suddenly and attacking you while you were walking down the street. “*How would I handle this?*” you should ask yourself. “Suppose,” you might consider while waiting in line somewhere, “the guy in front of me turned suddenly and did such-and-such? What actions are open to me? *How could I use them to best effect?*”

When you take a break at work or at school, sit back, close your eyes, and review one or two of your counterattacks or other skills. *See yourself applying them*, in your mind’s eye. You can run through a “mental practice session” very profitably in three or four minutes. And during the course of a month several dozen three or four minute *mental review sessions* add up! They serve admirably to keep your skills right up there, at the top of your conscious awareness, always *available*, always *ready*, always *at your fingertips*, so to speak.



WE DO *NOT* RECOMMEND NEGLECTING HARD, REGULAR PHYSICAL PRACTICE OF YOUR SKILLS IN ORDER TO EMPLOY MENTAL REVIEW AND VISUALIZATION. HOWEVER, WE *CERTAINLY DO STRONGLY URGE* YOU TO SUPPLEMENT YOUR NORMAL DRILL AND TRAINING REGIMEN WITH AS MUCH MENTAL REVIEW AND VISUALIZATION AS YOU CAN MANAGE. IT IS *EXTREMELY EFFECTIVE, PRODUCTIVE, AND IMPORTANT!* TRY IT FOR TWO WEEKS AND SEE FOR YOURSELF! YOU WILL DOUBTLESS DO WHAT WE HAVE DONE, AND WHAT WE RECOMMEND TO OUR PERSONAL PUPILS: I.E. MAKE MENTAL REVIEW A REGULAR HABIT, AND CONSIDER IT A SUPPLEMENT TO YOUR PHYSICAL PRACTICE AND TRAINING.

For centuries it has been the practice of military leaders to employ the “What if . . .?” method of preparing for battle. When planning how to deploy against the enemy — either offensively or defensively — the question “What if the enemy force does *this*, or what if they do *that*?” is asked and answered, so as to formulate an effective plan ahead of actual engagement. “What do we do *if*, when we attack, the enemy does such-and-such — or this-or-that?” etc. This is **mental review**; this is how tactics and strategies are brought to bear *theoretically*, ahead of time, against hypothetical but likely scenarios that could occur in war. And, as we have been teaching and advocating for decades now, ***THAT WHICH APPLIES TO PREPARING FOR AND WINNING WARS ALSO APPLIES TO THAT KIND OF COMBAT THAT IS “WAR IN MICROCOSM” — INDIVIDUAL CLOSE COMBAT.*** You need merely remember that the only difference between a war between nations and a combative engagement between individuals is **DEGREE**, not *quality*.

Use the same “What if . . . ?” practice that military leaders have been using successfully, and it will work for *you*, too.

Don’t miss the opportunity to capitalize on the opportunity to “mentally review” your techniques during spare, odd moments during your day. This will surely prove an enormous benefit in giving you the results that you are after.

---

**And Now You Can Train Your**

***Mind As Well As Your Body, With Our ...***

## New And Exclusive **Self-Hypnosis** Programs! (The *Perfect* Compliment to Our DVD Training Course!)

***“If you are going to win any battle, you have to do one thing. You have to make the mind run the body.”***

**— General George S. Patton, Jr.**

**Mental Conditioning** is at *least 50%* of what is required to be successful in close combat, hand-to-hand battle, and self-defense emergencies. And there is *nothing* so effective in conditioning the mind as **HYPNOSIS**. However, the hypnosis must be professionally rendered, and unless the hypnotist is a genuine expert in and authority on the specific field in which the subject is being assisted, he can be of very little help.

Prof. Steiner has been a State licensed hypnotherapist for more than **25 years**. He has been immersed in the martial arts, weaponry, self-defense, personal survival, and physical readiness fields for *more than half a century!* Now you can enjoy the finest self-hypnosis programs designed to condition the minds of students for all aspects of personal protection, combatives, and readiness!

There will be **20 Complete Self-Hypnosis Programs** made available this year. The first **nine** are now ready, prepared on quality CD discs, and available for shipment:

- 001 - “Fear Into Fury!” — Mastering Fear Energy**
- 002 - Embedding The Combat Color Code**
- 003 - Eliminating Your Fear of Being Physically Beaten**
- 004 - “Warrior’s Heart” — Desensitize Yourself For Combat**
- 005 - Tapping Into Your Vital Reserves**
- 006 - Building The Determination to Prevail In Close Combat**
- 007 - Become Attack Minded**

- 008 - Develop An Instant-Violent-Response Capability**
- 009 - Develop Ruthlessness For Self-Defense**
- 010 - Sharpening Your Situational Awareness**
- 011 - The Anticipatory Attitude - Overcoming Astonishment**
- 012 - Developing Real Courage**
- 013 - Build Confidence When Facing A “Tough Guy”**
- 014 - Develop Coolness And Nerve in the Face of Danger**
- 015 - Mastering the Ability to Take an Enemy by Surprise**
- 016 - Becoming Convinced That it Really Can Happen to You!**
- 017 - Banishing The Fear of Bullies *Forever***
- 018 - Become Ready, Willing, and Able to Do *Anything* In Self-Defense**
- 019 - Eliminating Hesitation and Becoming Decisive**
- 020 - Raising Your Threshold of Pain**

**Each Program Is \$25. Plus a \$5. Shipping and Handling Fee. \$12. for foreign orders.**

And we are also making available a series of **Combat Training Lectures**, which enable you to gain information, insight, tips, suggestions, guidance, encouragement, and valuable instruction listening to professionally presented lectures on all subjects pertaining to close combat and self-defense.

#### **Lecture 1 - Rules of Self-Defense**

Complete on *two* quality CDs. One and a half hours you'll want to listen to again and again for reference and inspiration in training!

**This Lecture Is \$30. Plus a \$5. Shipping and Handling Fee. \$12 for foreign orders.**

#### **Lecture 2 - Differences in Training For Combat Vs. Training For Competition Or Classical Art Performance**

One hour in length, this talk provides a complete clarification for students (and possibly some teachers, as well) of the crucial differences between training for competition, tradition, and *combat*.

**This Lecture Is \$20. Plus a \$4. Shipping and Handling Fee. \$10. for foreign orders.**

**Send cash or money order (payable to Brad Steiner) to:**

**Brad Steiner**

**P.O. Box 15929**

**Seattle, WA. 98115**

**U.S.A.**

---

***MENTAL CONDITIONING FOR CLOSE  
COMBAT AND SELF-DEFENSE — \$30.***

A brand new **214 page** self-instruction book that is available *nowhere else*. It is copyrighted, but you may print out a hard copy for your personal use — or read it on your computer screen. This is the first book to actually teach a comprehensive program of mental conditioning for the combatives student or professional.

FREE with this book, on the same CD, is a copy of Jack Grover's classic, *DEFEND YOURSELF!*, and Robert Carlin's impossible-to-find gem, *COMBAT JUDO*. These two books should be printed out in hard copies for serious study.

**RECORDED IN THE HIGHEST QUALITY  
SPEED, AND ON THE FINEST QUALITY CD  
DISCS IN “PDF” FORMAT FOR YOUR  
CONVENIENCE AND LIFETIME  
LEARNING.**

**\$30. + \$3. Postage, cash or money order, payable  
to Brad Steiner. Send order to:**

**Brad Steiner**

**P.O. Box 15929**

**Seattle. WA. 98115  
USA**

---

**How About Some White Hot *Rage*?**



**MURDEROUS RAGE FUELS SELF-DEFENSE ACTIONS AND ENHANCES BOTH THE**

DEFENDER'S PHYSICAL AND PSYCHOLOGICAL ABILITY TO DESTROY HIS ATTACKER.

**WE** are old enough to remember a time when there was a preponderance of reasonableness in America, and when an overwhelming number of our citizens possessed that which Aristotle referred to as “*common sense*”.

Today, the *least* common thing amongst the populace is common sense.

One of the reasons why violent crime was a much less serious problem in America during the 1950's and early 60's is because *people wouldn't tolerate it*. There was **RAGE** whenever a violent crime did occur. *Hatred* was, properly, directed by nearly everyone toward any individual who physically violated another person. *If you were a bully and you got the s—t kicked out of you it was celebrated and it was applauded*. So-called “experts” did not bemoan the fact that someone fought back, and liars and idiots posturing as teachers, psychologists, and school administrators did not become incensed at the idea of **fighting back**. Kids who hit back were praised; and anyone who beat a bully was held blameless for that bully's injuries. The *bully* — not the bully *and* his victim — was thrown out of school.

If a storekeeper shot an armed robber, or if a homeowner or a mugging victim did, there was little fuss. Case closed.

**People *hated* violent troublemakers. And that hatred contributed immensely to the society's *right thinking* on the matter of self-defense, and to citizens being willing to TROUNCE such scumbags and living trash who dared to physically attack them.**

Today, people are encouraged to be **tolerant** when they hear of others having been victimized (tolerant of their *attackers*, that is!). And all are enjoined to live as **sheep**, depending not upon their own ability and anger to deal with virulent human scum, but upon those “**sheepdogs**” (i.e. police, etc.) who are employed to protect them.

A most **undeservedly** popular “authority” on violence even uses the idea of

sheep and sheepdogs when he touts his views on violence in our society. ***WELL, PEOPLE ARE NOT SHEEP, AND THEY DAMN WELL NEED NO “SHEEPDOGS” TO PROTECT THEM!*** Unless, of course, they believe this bullshit. What people *do* need is to be left the hell alone to defend themselves — with and without weapons — and to be free of the interference of the state when doing so. And they need a legal system that ***REFUSES TO ENTERTAIN*** civil lawsuits by unhappy criminals or their damn relatives when the criminals get beaten to a pulp, maimed, or killed for their efforts.

Now, we respect the police. We support the police when they go after genuine bad guys and arrest them. But police are **reactive**. They may, at best, *apprehend* the scum who violated a citizen. They certainly succeeded in promptly arresting the two lumps of excrement who beat to death that 88 year old WWII veteran last month, in Spokane, Washington. ***But it would have been a much, much better story if, when those two pieces of s—t proceeded to attack that man he had drawn a pistol and shot them both to death!***

**Rage** is a completely appropriate emotion when confronting extralegal violation. And *giving full vent to that rage by savagely counterattacking a violent criminal violator* is also appropriate, quite normal, and **commendable**.

Never lose sight of what is at stake when you are attacked. The result could devastate everyone you love, ruin your family, and leave you dead or permanently disabled. ***GET ANGRY ABOUT THIS!*** Determine *never* to let it happen, and make up your mind that boiling rage and hatred will fuel your counteroffensive if and when you are ever so unfortunate to be set upon by a violent attacker.

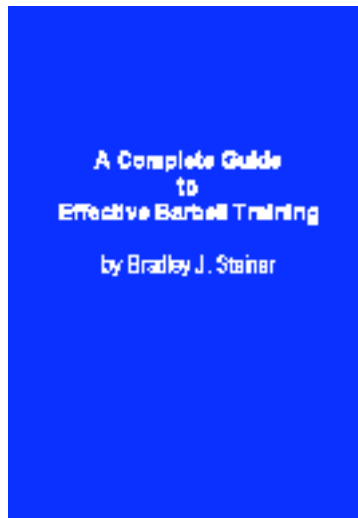
At bottom, violence is a primitive, dangerous, and ugly thing. It must be met with total commitment and determination. Brutally effective skills — with and without weapons — should be studied by all decent citizens, and **used**, if and when necessary, to stop unjustifiable violence in its tracks.



*RAGE* makes the enthusiastic mastery of skills, as well as their unhesitant use in a crisis by their possessor, *easy* and *natural*.

---

**BACK IN PRINT! A CLASSIC THAT  
WILL TEACH YOU THE RIGHT WAY TO USE  
WEIGHTS FOR COMBATIVES AND GENERAL  
ALL-ROUND DEVELOPMENT!**



***New Release!***  
***In Stock and Ready to Ship!***

**A beautiful 6 x 9 softcover book with 112 pages, 15 chapters, including 73 photographs of the author posing for each exercise!**

**ALTHOUGH** written decades ago this book, originally published by Peary Rader in the *original* Iron Man Magazine, contains everything you need to know to use weights sensibly and effectively to develop strength, muscularity, and the kind of solid, all-round condition you need for self-defense and close combat.

“You can order a copy directly from us. If you order this book from us, I will autograph it personally to you.” ***Bradley J. Steiner***

Twenty-eight dollars (that ***includes*** shipping and handling). For ***all foreign orders*** total cost is \$35. (in U.S. funds) to:

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

## **15 Uncomfortable *Facts* That The Commercial Schools And Popular Teachers Won't Tell You**

**THE** martial arts have become a major industry in the United States, Canada, and throughout Western Europe. And while the *sporting/competitive* and *classical/traditional* approaches to training enjoy enormous followings and, for the most part, are well represented by excellent and outstanding teachers and schools, the *combat/self-defense* aspect of the arts (which is our specialty, and which is, we readily acknowledge, pursued by far fewer enthusiasts than either the sporting or the traditional systems) is all too often very inadequately represented.

In their origins *all* of the martial arts had combat and survival as their objective. Today, many people who are interested in combat and survival training are misled into studying sporting or classical methods, and along with many so-called “combat-defense” oriented schools, are ***not*** educated to have

an adequate appreciation of the following — all of which is **gospel** when it comes to realistic, practical hand-to-hand, close, armed and unarmed battle skills:

- **Luck is always a factor in any actual encounter**

You can stack the deck in your favor by staying in good shape, training hard in war-proven skills, and adopting proper tactical and mental orientation as your lifestyle. *But*, there is no way to discount the fact that *luck* will always be a factor . . . and you cannot control luck. (One of many excellent reasons to **avoid** physical violence!)

- **Genetic advantages and disadvantages matter**

Persons born with naturally powerful, agile bodies, alert minds, and quick reflexes will *always* have an advantage in close combat. One example that comes immediately to mind is the late unbelievable judo master, Masahiko Kimura. Blessed with an abnormally powerful, athletic body, Kimura was practically *unbeatable* in judo — *even when opposed by judoka of equal knowledge and rank*.

- **Animal savagery and brutality count for a great deal in real combat**

Quite properly, these attributes are forbidden expression to any degree in *any* combative sport. Classical arts eschew them, too. However, when a soldier or marine faces a lethal enemy in battle, *he needs this to win*. So does the private citizen who finds himself suddenly the victim of a mugging, gang attack, or home invasion. The finest combat techniques all but *require* murderous savagery and brutality if they are to provide their full measure of effectiveness.

- **Pain compliance is a foolish *myth* as far as deadly combat is concerned**

Pain per se is *subjective*. Some people — due either to drugs, alcohol, insanity, fanatical determination, or some combination of those factors — simply block out and do not feel pain. *Serious injury* is what stops a

dangerous, determined enemy in actual combat. Training in control grips, holds, and restraint or submission procedures is necessary for police and other official peacekeepers. It is **suicide** for military combat trainees and/or for persons wishing to be prepared to defend themselves against real attacks.

- **You definitely need — and need to train for — muscular strength and all round body power**

Weight training is the single most important supplementary physical training for a student of close combat and self-defense. Yes, a small man can defeat a larger, stronger man; but it is absurd to discount strength as a factor for success, and it is **stupid** to neglect striving to attain whatever your own maximum level of strength may be. (Note: We refer to *sensible, all round, drug free* weight training . . . not the crap that is all-too-often accepted as “bodybuilding” today).

- **There are no “sure defenses” against *any* weapon, and precious few *reliable* counters, at that**

It is *possible* to defend against armed attack. But by no means is it ever “easy” to do so, or certain of succeeding even when undertaken by an expert. The odds are *never* very good when an attack by an armed enemy is made, and when that enemy is determined to kill you.

- **The first and foremost requirement for mastering lethal weaponry is the establishment of a *readiness* and a *willingness* to kill**

This does *not* mean or imply that the student “wants” to use his weapon, or that he harbors any desire whatever to take human life. It does mean, however, that since — by definition — a **deadly** weapon is intended to inflict lethal injury, *the student must possess the mindset to actually do that, should the unavoidable need arise in a life-threatening emergency.*

- **You are going to get hurt in any serious hand-to-hand combat engagement — even if you win**

The person who prevails in a vicious hand-to-hand battle almost never does so without himself sustaining injuries. This does not sit well with many in the “martial arts” who prefer to imagine themselves possessed of such abilities that they will remain unscathed in any encounter.

- **As a general rule a female is *not* and cannot hope to be on a parity with a male attacker**

This is perhaps today’s most unacceptable, unpopular, frowned upon, rejected, and resented **fact** about hand-to-hand combat and dangerous self-defense encounters. That’s too bad, but it happens to be **true**. Those very few possible exceptions who appear every now and again **are just that: exceptions**.

Women most definitely *can* learn how to defend themselves against male attackers — and they should! — but not by training as the men do. They need special tactics and techniques, and their learning of how to employ combative doctrine *must be geared to the realities that they will face*.

- **Age is a factor**

Not necessarily or invariably a *decisive* factor, but certainly a factor. It is very, very misleading when TV or motion pictures (or “martial arts” teachers) suggest that the “aging Asian Master who is about 90” can readily dispatch hard, tough, aggressive youngsters (either black belt experts in their 20’s, or violent street toughs).

- **Some classical/traditional “martial arts” are 80-90% useless for actual encounters with murderous attackers**

Much of what one so often sees illustrated or demonstrated is merely *choreographed* methodology. Given a situation in which the student is suddenly and unexpectedly projected into a hand-to-hand battle and finds that he must defend his life, just about all of the formalized, classical stuff proves

useless. We refer to it as ***PHYSICAL GIBBERISH***.

- **Classical/traditional *kata* do not train a man for combat**

In proclaiming this we are neither original nor alone. Most people know how the late Bruce Lee disdained classical *kata*; but someone who is *much* more prestigious, accomplished, and experienced than Bruce Lee in our opinion, has staunchly declared the same thing. **Jon Bluming** (“*The Beast of Amsterdam*”), who possesses a 10th degree black belt in *karate* and a 9th degree black belt in Kodokan *judo*, has said publicly: “*You cannot with kata teach a karate-ka to fight. Impossible. Absolute nonsense!*”

- **There is neither any inherent superiority in Asian masters nor in Asian systems — when it comes to hand-to-hand combat and modern self-defense**

Certainly the Western systems owe much to the Asian arts of attack and defense. However today, in 2013, the viability and excellence of Western arts (beginning with the WWII systems of Fairbairn, Applegate, O’Neill, etc. on up to our own *American Combato*, *Guided Chaos*, *McSweeney’s Self-Defense*, the *Charles Nelson System*, etc.) has now been proven and established. Besides, just remember what happened in the Pacific theater of WWII when typical American marines (with perhaps 20-30 hours of training in their brand of “combat judo”) met typical Japanese infantrymen (with years of formalized training in judo/ju-jitsu).

- **Training for competition (any kind of competition) does not prepare you for anything-goes hand-to-hand combat and lethal self-defense emergencies**

This fact remains a point of contention only amongst the ignorant.

- **Moves that look “pretty” and “impressive” *don’t work!***

When you observe intricate and impressive, elaborate “self-defense”

techniques being executed in demonstrations or on TV and in the movies, you are watching CHOREOGRAPHY, not “combat”!

Chuck Norris once said that the fight scene which he did with Bruce Lee in a movie where the two appeared as enemies took **HOURS** to choreograph. That is typical. That is what you are looking at whenever you observe “picture perfect” and “formalized, artistic, complex moves” in any context. **The big question is: “CAN THE TECHNIQUES THAT YOU ARE SEEING BE DONE NATURALLY, SPONTANEOUSLY, AND FLUIDLY IN REAL COMBAT?”** (Interestingly, as one correspondent emailed us: Every single technique and action taught in our DVD Course can be employed readily in actual, fast-paced combat, and that is obviously the only safe context in which to employ it! — Emphasis ours.)

When shopping for instruction in self-defense remember that you are looking to learn something *upon which your life and possibly the lives of those you love* may one day depend. It is bad enough that there can never be any “sure thing” or “guarantee” of victory in any emergency. You don’t want to enroll in any course or with any teacher who is presenting anything less than the truth and the facts regarding what happens in real attacks, and that which you must know and do in order to cope with that which happens.

Popular (and attractive) as some of the myths which are widely held may be, *you neither want them nor need them in your pursuit of effective close combat and self-defense capabilities.*

---

As we receive numerous requests to quote items and passages that appear here in *WORD & PEN* and on our other web site, [www.seattlecombatives.com](http://www.seattlecombatives.com), from the various sections there, we will again state the terms by which our material may be used **and used only non-commercially**:

1. We must be quoted in context.
2. Credit must be given for that which is quoted/referenced.
3. Neither obvious nor implied endorsements of *any* teacher, system, product, publication, course, school, or method may be made by using any of our material, or by suggesting that we, personally, endorse same. ONLY that which we specifically endorse *in writing* may be utilized as an endorsement or suggestion of our personal approval or agreement.

**PLEASE** be sure to tell others about this site and about our other web site. *We would like as many as possible to benefit from the information and instruction that we provide!*

*YOURS IN DEFENSE,*

*Professor Bradley J. Steiner*

**[www.americancombato.com](http://www.americancombato.com)**

**[www.seattlecombatives.com](http://www.seattlecombatives.com)**

**[www.prescottcombatives.com](http://www.prescottcombatives.com)**

*— e n d —*