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

Weaponry Is More Important Than Ever

ADJUSTING to the times and circumstances in which we live is essential. In fact, this is what caused the evolution of the classical/traditional martial arts to the venerable WWII systems, and then to the modern all-combat systems (like our own, *American Combato*) which

built upon the WWII systems' advances and improvements. Right now (in 2020) and in this coming New Year, 2021, it is evident that the nature of the danger and the threat of urban violence has dramatically increased and changed. *It is now more dangerous and deadly than ever before in our Nation's history.* While there is clamor among political powerlusters and misguided citizens for "gun control" to be increased to draconian degrees amongst the private citizenry, violent criminals are using firearms more and more frequently and *freely* in the carrying out of their predatory and terroristic activities.

America is being urged (we believe suicidally) toward **disarming** the populace. Naturally the numerous "public servants" who traditionally carry firearms will not be disarmed . . . and it is very likely, we think, that more and more employees of city, municipal, state, and federal agencies will *begin to carry issue firearms*. What this will mean of course is that guns will be prevalent in the hands of law enforcers and the worst, most dangerous violent criminals. Criminals, you may be surprised to learn, *do not give a damn about laws and regulations, and even in those countries that have ironclad across-the-board arms restrictions (i.e. Russia, Japan, Mainland China, etc.) the violent criminals are well-armed, and have whatever firearms they want.* They buy them illegally. They steal them. That's what criminals do.

Thank God Americans still have the opportunity to obtain not only firearms but quality fighting knives, as well. *And obtaining them now, while they can, is wise.*

When we say this we are not dismissing unarmed combat skills. Not in the least. In fact training in unarmed close combat is the *foundation* of all personal combat and self-defense training. It is to a mind and body that is equipped with offensive and defensive unarmed combative techniques, tactics, and strategies that weapons properly *ought to be added*. Weaponry does not replace unarmed combat skills; weaponry **bolsters** such skills, backs them up, and enhances the individual's confidence and real ability to deal with the worst possible situations of violent criminal intervention.

Since the inception of our System, *American Combato (Jen•Do•Tao)* modern personal weapons have been integral to our curriculum. Not merely manufactured weapons (like firearms and knives) but *unconventional and improvised weapons* — “weapons-at-hand” — as well. It has always seemed axiomatic to us that training in realistic and practical self-defense *must* include weapons training, or it is incomplete, and provides a greatly limited repertoire of options. (In this wise it is helpful to remember that *all* of the world’s martial arts, *in their origins as true MARTIAL arts*, included those weapons that were current at the time the systems were taught, for real combat application.) In their origins the martial arts were arts of warfare, of combat, of deadly engagement between adversaries *for real*.

Our conclusion after observing and studying events during the last six to seven months, is that *a greater and more immediate emphasis* must now be placed upon armed combative skills than had hitherto been the case. This emphasis earlier on in training, and laced with the unarmed combat doctrine, makes sense because the probability of **armed** violence and violence from **multiple** assailants whose onslaughts may well be fueled by a dangerous and insane **fanaticism** is probable, where and when urban violence erupts.

By weapons we mean not only guns (although they are key, and we strongly urge their **LAWFUL** and **RESPONSIBLE** acquisition and mastery) but knives and stout walking sticks and La Gana type tomahawks. Unconventional and improvised weapons training should begin (**as it always has in our System**) at white belt, beginners’ level. Until now we have relegated training in knifework, tomahawk skills, and the use of handguns and shoulder weapons to Black Belts only (or law enforcement or active duty military with their commanders’ authorization to study with us). We now believe that these aspects of training need to begin much sooner . . . perhaps at Brown Belt, 3rd class, when fundamental stick combat is introduced. **Not as a substitute in any sense for unarmed combatives; but to more quickly bolster those foundational elements of close combat and self-defense for the growing practical demands of this turbulent 21st century.**

Our DVD Course has always included training in fundamental **stick** and **knifework**, so those who need to train on their own will have access to this basic weaponry early-on.

For those who are not directly under our or Prof. Bryans' tutelage, we recommend: Before purchasing any firearm take a good safety, maintenance, and gunhandling course. Make sure that you have been cleared to handle firearms properly and safely *before* making any purchases. Then, **follow the laws where you live scrupulously, no matter how onerous they may be, in order to secure whatever permit or license is required to lawfully possess, and hopefully, be able to carry, a concealed weapon.** It should be fairly easy to obtain the necessary permit (if one is required where you live) for a good pump-action 12 gauge shotgun — the ultimate home defense weapon.

And for the timeless Classic that will teach you the best way to use any personal firearm for self-defensive combat, obtain and *study* ***Kill Or Get Killed***, by Rex Applegate. Reprints of this wartime goldmine of combat information are readily available. **Before any combat use of firearms is undertaken, a thorough course in gun handling, safety, and maintenance is an ABSOLUTE NECESSITY.** Check with the National Rifle Association to be put in touch with qualified teachers of the subject. Possibly your local police or sheriff's department conducts such training. If so we recommend *this* course of action before the NRA.

Bradley J. Steiner

THINK ON THESE QUOTATIONS . . .

“If someone has a gun and is trying to kill you, it would be reasonable to shoot back with your own gun.”

Dalai Lama

“As for gun control advocates, I have no hope whatever that any facts whatever will make the slightest dent in their thinking - or lack of thinking.”

Thomas Sowell

“After a shooting spree, they always want to take the guns away from the people who didn't do it. I sure as hell wouldn't want to live in a society where the only people allowed guns are the police and the military.”

William S. Burroughs

“Violence is an evil thing, but when the guns are all in the hands of the men without respect for human rights, then men are really in trouble.”

Louis L'Amour

“Gun control is like trying to reduce drunk driving by making it tougher for sober people to own cars.”

Sheriff Jim Wilson

“The very atmosphere of firearms anywhere and everywhere restrains evil interference. They deserve a place of honor with all that is good. When firearms go, all goes. We need them every hour.”

George Washington

DVD Course

Now Available!

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

***Here are a few comments
about us and what and how
we teach, from a handful of
the many genuine authorities
in the field of close combat
and self-defense who are
familiar with us and with our
work:***

**“Brad Steiner is one of the three finest instructors of close
combat and self-defense that I know of, in the world”
— James R. Jarrett, Former U.S. Army Special Forces
and LAPD SWAT/Protégé of the late, internationally**



famous defensive tactics and baton master, Robert Koga. Mr. Jarrett holds a 5th degree Black Belt and is a renown firearms, self-defense, and counterterrorist instructor. He is a former university professor and an author.

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

— Greg Anderson,

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

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

— Detective Ralph Friedman (NYPD Retired),

Ralph was, at the time of his retirement, the most decorated police officer in the history of the NYPD. He has received, among other awards, the coveted ‘Combat Cross’. Ralph was featured, along with his brother — an NYPD Transit Police Officer — on the TV Show Top Cops.

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

— Maurice (“Maury”) Geier,

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

“Your American Combato is a very good System”

— Charles (“Charlie”) Nelson,

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

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

— Grandmaster Jim Harrison,

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

“From you I learned the valuable lesson of ‘attacking’ instead of ‘defending’ when you have to defend yourself”

— Grandmaster John McSweeney,

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

“You certainly do make many excellent points about how mental conditioning for self-defense may be achieved. Although I had never anticipated RET (Rational Emotive Therapy) being utilized for martial arts training, you have done quite an impressive job. I appreciate your

outstanding abilities with hypnosis, and I think that your innovative ideas deserve a widespread audience”

— Dr. Albert Ellis,

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

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

— George Kalishevich,

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

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

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

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

— Grandmaster John Perkins,

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

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

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

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

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

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

IMPORTANT NOTICE!—

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

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

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

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

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

Please utilize the techniques only in those situations where you would utilize a lethal weapon, similar to using a firearm, an improvised or edged weapon.

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

Contents:—

DVD #1 FUNDAMENTALS

- How to stand, move, distance, and position yourself
- The combat color code
- Attack mindedness

- Evasive footwork
- How to shield
- “Fairbairn’s Four” —

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

DVD#2 BASIC BLOWS

- Continuing from “Fairbairn’s Four”, this powerful presentation completes your lessons in the remaining 12 Key Blows — the most practical and effective blows — in unarmed close combat.
 - The straight heelpalm
 - The knee attack
 - The front kick
 - The elbow smash
 - The fingertips *thrust*
 - The fingertips *jab*
 - The snap kick
 - The backfist-forearm smash
 - The hammerfist-forearm smash
 - The basic straight punch
 - The ear box
 - The throat lock

DVD#3 ATTACK COMBINATIONS - FIRST SERIES

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

improvise limitless sequences and applications of ferocious attacks of your own.

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

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

DVD#4 ATTACK COMBINATIONS - SECOND SERIES

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

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

DVD#5 COUNTERATTACKING THE UNARMED FRONTAL ASSAILANT

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

- How to immediately react with devastating and decisive force against any grabbing type attack from the front
- How to break holds that attackers might apply if they catch you off guard
- How very simply to counter punching or kicking attacks

DVD#6 COUNTERING THE UNARMED REAR ATTACK

- Attacks from behind are *deadly*. Learn first and foremost to guard against leaving access to your rear. However, if caught unaware, learn

- How to counter sudden grabbing attacks from behind
- How to counter holds that may be applied from behind

DVD#7 COUNTERING KNIFE AND CLUB ATTACKS

- The proper tactics and mental ploys applicable to these situations is emphasized. Technically, you will be taught

- How to deal with knife *threats*, from varying positions
- How to save your life if attack by an adversary who is determined to slash or to stab you with a knife
- How to counter overhand club attacks
- How to counter the backhand club or baseball bat swing

DVD#8 COUNTERING HANDGUN AND SHOULDER WEAPON THREATS

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

- Frontal handgun threats
- Side handgun threats
- Rear handgun threats
- Frontal shoulder weapon threats
- Side shoulder weapon threats
- Rear shoulder weapon threats

DVD#9 COUNTERING MULTIPLE ATTACKERS

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

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

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

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

DVD#11 KNIFEWORK

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

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

If you purchase the complete 11-DVD Course you pay only for 10 DVDs, bringing the total cost to \$599.50. You get one DVD FREE.

Add \$25. for postage and handling (\$60. for foreign orders).

That's just under \$600. for \$7,500. worth of training!

All DVD purchases are of course nonrefundable.

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

Brad Steiner

**P.O. Box 15929
Seattle, Washington 98115
U.S.A.**

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

SPECIAL ANNOUNCEMENT!

After more than 40 solid years of devotion to *American Combato (Jen•Do•Tao)* Prof. Mark Bryans is now formally promoted to Black Belt, 9th Degree. His level of devotion to training has been, since he first began with me, absolutely phenomenal. This was in the mid-1970's in Phoenix, Arizona. I will never forget the Saturday afternoon classes when Mark would show up, having ridden his bicycle miles in 110-degree or hotter, blazing sunny heat (often closer to 115-degrees) to attend a hard-driven one and a half to two hour practice session. Mark's weight training workouts in those years were gruelling, and they sometimes occurred on days when he trained in our skills.

Mark's devotion to his own training, to his comprehension of the doctrine of our System, and to his unrelenting efforts to impart this to students of his own are equalled only by his personal loyalty and friendship — something for which I can find no words to express the gratitude I feel.

You who are now or who have been Mark's students know what pristine quality he has always brought to the training of his pupils. I have met many of you over the years, and you are a credit to Mark's instruction.

Well . . .a well-deserved *congratulations*, to a dear and true friend, a wonderful student, and one of the finest all-round teachers of armed and unarmed combat and self-defense in the world!

Professor Bradley J. Steiner, 10th Dan

Founder and Headmaster of American Combato (Jen•Do•Tao), CEO of the International Combat Martial Arts Federation (ICMAF)

Get A Lot Of Practice In

THE present situation which has made normal martial arts classes all but illegal, and gatherings of people who wish to practice their skills limited to perhaps two or three, has brought with it an opportunity to see just how valuable solo practice at home can be. Since public policy now pushes us all to stay at home as much as possible it only makes sense to make good use of the time spent there.

First off, the mental focusing on training is very healthy. It distracts you (as all vigorous physical activity does) from concentrating on depressing or undesirable circumstances.

Second, the vigorous exercising is extremely beneficial. And, doing it at home, there is no need to travel to a training hall or school, and so it could not be more convenient.

Third, training at home — solo — just may prove the most effective way to enable yourself to go all-out when rehearsing counterattacking (self-defense) moves and preemptive attacking, as well as basic blows. This is, after all, aside from modern weapons, the core of what your practice will consist of.

If family members are interested in self-defense, and if you have been at the practice long enough, here is your chance to teach them some valuable skills; and doing so will reinforce those skills in you. Teaching always involves learning *if* the teacher is doing a good job.

While training and practicing at home you may come up with some valuable insights about your own strengths and weaknesses, and possibly even invent some excellent ways to bolster training effectiveness by constructing training aids.

The objection about *space* and *room to train in* might arise. Well, if the skills that you are training in require an area larger than that of, say, half a cleared room, they are probably impractical. Attackers do not require “loys of clared space” in which to attack; and *you* do not need a great deal of room within which to defend yourself! The dojo is big because groups numbering 20 to 30 or more frequently assemble and train together. *But even if the school where you train is large enough to accommodate 50 people at once, how much space do you take up and require wen you practice?* See my point?

Obviously there should be *no one else near you* (i.e. in the room where you are practicing) when you practice knifework, unless you work with a rubber knife. The same goes for the stick or tomahawk. Safety demands that there be no chance of someone being inuured by that weapon. But working solo on unarmed combative skills endangers no one.

Need equipment? A heavy bag may be hung very securely from a doorway chinning bar, and (unless someone lives below you in an apartment) you can always place a padded brick or heavy slab of wood on the floor to use for striking and hardening the heel and side of the hand. Weights can be kept at home . . . even in a small apartment, and your workouts can be every bit as effective as they would be in a luxurious gym. Maybe even better with no distractions or interruptions.

Excellent and valuable (and *very* cost effective!) dry fire drills can be done at home with your handgun. ***Extreme*** caution is of course required here, and a handgun must be quadruple-checked to insure that it is **unloaded** before dry firing at home. No one should be present or “downrange” when you practice — for added safety. But the value of dry fire practice for combat shooting proficiency has long since been proven and when done in your home will always duplicate realistic distances and surroundings in which actual use of the weapon for dealing with a home invader are assured.

It is best to practice for brief periods (say 10 to 20 minutes at a time) when training solo, at home. Try to get two or three such periods in every day, and your progress and development will become evident after a few weeks.

Wear your normal clothing occasionally, when practicing your unarmed skills, knifework, and stick fighting, and when dry firing your sidearm. Nothing wrong, of course, in wearing your training outfit (gi, etc.) for comfort — particularly if you train for an extended period (say one or more hours).

We all want this damn virus situation to abate, but it will be a while. Until then, don't let your practice sessions suffer! Train at home. It's productive, healthy, private, and result-producing. And you're free to do all of it that you wish, whenever you like, for as long as you have time available.

A Practical Tip For Stick Fighting

THIS is not for stick “artists” who train intensely and for many months on end to become *jo-jitsu* or *bo* or *nunchuck* experts. We are addressing the following to those solely concerned with practical self-defense and hand-to-hand combat. For the person who will be focusing solely on the basic, most practical skills, and who will be consuming perhaps ten hours on technical practice, and integrating his stick-work with unarmed combatives, knifework, use of firearms, etc. The type of stick we are referencing is either the walking stick or a hardwood stick roughly approximating the length of a 26-28” *baton*. Improvisation with an umbrella may be practical in many instances.

Almost anyone who has neither experience nor training in using a stick in combat will, upon being handed a stick and asked to demonstrate how he’d hit someone with it, hold the stick at one end and swing it in a smashing, clubbing blow so that his target will be struck by the end and upper-quarter or so of the weapon. No doubt, in its place a *very* destructive and potent strike.

However, nearly all club or stick-swing defenses have been developed and taught against this more-or-less conventional club swing. There are a few exceptions here, but they are unusual, far between, and by no means universally taught. In fact the action of merely swinging one’s arm up to shield one’s head is natural and reflexive, and often may be speedy enough (even without training) to protect the from being struck.

One of the best ways to attack someone with a stick is to hold it in *two* hands (something like one might hold a bayoneted rifle for the thrust) and ***thrust*** the end powerfully into the groin, solar plexus, sternum, or throat/facial/mouth area. The thrust must be delivered very rapidly, by surprise, with a powerful double grip, and accompanied by a sharp yell and one’s bodyweight behind the blow. Followup after that blow will be easy, since anyone solidly struck in that manner will be totally disoriented for a second or two, *at least*. Sometimes in a self-defense

situation, *that thrusting action alone* may be more than enough to deter one's attacker and provide one the opportunity to escape the scene.

But if it doesn't . . .

Followup after the thrust lands may now be a swinging smash with the end of the stick . . . executed either with a one-hand or a two-hand grip . . . this time two hands will hold the stick like a baseball bat, at one end.

The followup smash may be across the neck or head.

Or it may be across the back (kidney area).

Or perhaps across the knees or shins.

Alternatively, bringing the **center** of the stick (while still gripping it in two hands after the thrust) *snap the center of the stick upward and catch the attacker's throat, mouth or facial area with a strong blow.*

Following the above, take the stick and jam the end (still holding it in the two-hand thrusting grip) into the attacker's face, throat, sternum, etc.

The main point we wish to make here is that the simplest and most foolproof way for the average individual to land a solid, reliable *first strike* with a stick is by ***jabbing*** and ***ramming*** the end viciously into an exposed vulnerable area of the assailant.

One of the great advantages of a walking stick is that it is always **right there in your hand**. This is not true of a handgun or a knife, and so speed into action with minimal delay is a great advantage of the stick as a weapon (or a stick substitute, like an umbrella).

Many years ago we pointed this out in a column we had in a popular gun magazine. It drew a sarcastic comment by a well-publicized handgun "instructor". Apparently this individual made the same mistake that most

unschooled novices make: *He believed that with a gun on his hip and the ability to employ it he needed nothing else for self-defense.* A commentary on the person's very limited perspective on self-defense.

Aside from being a very formidable weapon by itself in trained hands we strongly recommend a walking stick *if you have a license to carry a concealed weapon, and routinely go armed with a pistol.* First, because skilled employment of your walking stick may make accessing your firearm unnecessary (as a stout hardwood baton often made police patrol officers of past decades not need to draw their sidearms). Second, because possession of a stick and the skill with which to use it may enable you to get to your holstered handgun, by enabling you to clear the distance, time, and space enabling you to effectively do so. Only a poorly informed defender would, for example, attempt to quickly draw his concealed handgun when confronted by two or three punks within a couple of feet of himself. The chances of them jumping him and getting his weapon would be too great. **But**, that situation would be ideal for a trained person to employ a stout walking stick which he was holding in his hand! After some deft employment of his stick, access to his handgun would be easy. **And**, since he would be able to cover his attacker(s), it might *not* be necessary to fire; and that would be a blessing.

If you haven't already done so, make simple, basic stick work a part of your training!

How To Avoid A Physical Altercation

THE attitude which we encourage all students of self-defense to adopt is that *on no account* will they “agree to fight” with anyone, over anything. They will most assuredly take immediate and decisive action in self-defense should someone *initiate violence* against them — and of course they should — but no way will they ever “square off”, “step outside to

settle something”, or in any manner become compliant with some horse’s ass, and engage in that which the law designates as **mutual combat**. Bear in mind, please, that should you ever sink to the level of a pea-brained jerkoff who is attempting to goad you or provoke you into a fight, **YOU CANNOT THEREAFTER CLAIM THAT YOU ACTED IN SELF-DEFENSE**. In the heat of the moment this might not arise to bother you. But the consequences can be severe and *very* unpleasant. It makes no difference what **mere words** any gutter-crawling scumbag utters (and the scum who are troublemaking violent types are very free with their offensive, obnoxious, trashy utterances!). Self-defense is justified, lawful, and permitted under the law *when physical violence is imminent and/or immediately directed against you*. Then and only then may you act in what the law recognizes to be self-defense.

NOTE: We offer this as **personal** advice, not legal advice. We are not a lawyer and we speak and write only based upon our observations, experiences, and layman’s knowledge and understanding of that which occurs in situations where conflicts tend to occur between two or more persons. **For actual legal advice, you should contact a lawyer who practices in your city.**

The advantage you have tactically, physically, and legally by being the lawfully acting defender and retaining the mantle of innocence is enormous, and well worth however much self-control it may take to flat out refuse to engage in a fight. First of all your **conscience** will be clear. If you know damn well that you did *nothing* but react and defend yourself against an unavoidable attack, you have no reason whatever to concern yourself thereafter about however much injury the violent offender suffers.

Second, since any brainless “macho jackass” will *assume* that you are afraid and that beating you will be a cake walk when you refuse to fight, you will have an enormous **element of surprise** advantage when he forces you to defend yourself.

Third, since (we are assuming now that you are either a student of *American Combato* or have adopted our doctrine) you will be defending yourself with a fierce, spirited, relentless, and merciless **counteroffensive** (i.e. by *attacking your attacker*) and growling like a wild animal, *and not by waiting defensively to take a purely “defensive action” that might avoid the initial onslaught, but does not **stop** the SOB.* Your attacker will be caught unable to bring his own offensive under control soon enough, shift to defending himself, and do anything to react to *your attack!* So . . . you’ve got him.

But let’s back up. We said that **avoidance** is crucial, and indeed avoidance is, as we put it, “self-defense technique number one”. Okay. So, realistically now, *how* do you do everything possible not to be pressed into a violent engagement with some troublesome scum, and avoid the need to defend yourself in the first place?

First of all, be polite. Be calm and courteous whenever you encounter anyone whose demeanor appears at once or after contact to be volatile.

Be **quick to apologize** even if you are not wrong. Prickly retards, the utterly mindless, and psychopaths often flare up instantly over very slight or even imagined inconveniences or “offenses”. **Apologize profusely and convincingly**. In some instances this will work. Who cares if you’re “not in the wrong”? Your purpose is to disengage with this a—hole and avoid trouble. Just be certain that you **shift into condition orange** at the first sign of potential trouble. Be *ready* . . . but until or unless you have no choice but to protect yourself, be convincingly accommodating and apologetic.

Depart *quickly* from the scene if you manage to calm the sh-t down. You are not, after all, dealing with a fully human being. Rather you are dealing with a creature or beast who has arrested his own development at the level of being guided by range-of-the-moment impulses — like an animal — and the sooner you *leave the area, the more likely the damn situation will be over.*

Whenever you train or think about self-defense, remember what is at stake. It's not just the immediate moment that will be affected by your engagement in combat. The situation could escalate to the point where one or more parties involved, or even *in the vicinity*, might be injured, maimed, or killed. *You could go to prison. You could be sued. You could be needlessly injured. Someone with you about whom you care deeply could be harmed.* What the hell do you need this for?!

So . . . for the exact same reasons that you will go after any physical assailant with 100% commitment and merciless, unrelenting viciousness, when given no alternative, so you will **NOT** engage in any physical fight under any circumstances when avoidance is possible. It must, for your sake, and for your family's sake, be **unavoidable self-defense** and nothing less that causes you to act against another individual.

One thing that should help is to stop caring about what others say, think, and feel. Unless someone is a proven friend or loved one, ***what the hell difference does it make to you, anyway?*** For all practical purposes it really is **as though these bacteria didn't even exist.** In this wise I am amazed that the subject of "internet trolls" is one that has provoked such serious concerns among so many! For heaven's sake, just delete them. Like a sales message on your answering machine. Why grant attention to malicious a—holes? (**NOTE: If you are amused by these simpletons, and have the time, just paste and send them their own message right back to them. That can be good for a laugh with your friends.**) If you receive threats, turn it over to the police. It *may* be a federal offense (if messages cross state borders), so relax and let the feds (or the local cops) track, arrest, and see to the prosecution of these jerks. ***But why let it bother you on any account?***

And here's a tip that should help you immensely. Adopt the following attitude, which reflects a healthy level of self-respect:

If someone bothers, threatens, disrespects, annoys, challenges, or otherwise ***non-violently*** attempts to interfere with you, drop any semblance of respect or human regard for them. They rate no more

concern than a roach or any other insect. On the other hand, when anyone appreciates and respects you, and understands what you are doing and have done, *allow that person to RISE in upur estimate*. Thus, those who respect you will be thought highly of; those who do not will drop below insects in the level of esteem and concern in which you hold them. **THIS INNOCULATES YOU FOREVER FROM BEING SIGNIFICANTLY AFFECTED OR SWAYED BY OTHERS WHO ARE NOT YOUR FRIENDS, ALLIES, AND INTIMATES.** It should go a long, long way to relieving you of any sense that “violence sure would be a nice solution to this a—hole!”, and encouraging you to merely shrug off human debris.

In today’s society, which is also a society of hyper-sensitivity and infantilism, coupled with pettiness and meanness, “self-defense” is critical from two perspectives:

1. You must of course be prepared to physically defend yourself, your family, and your home when you are forced to do so.
2. You would be very well-advised to learn how to remain unaffected by the imbecillic, infantile, outrageous, potentially bothersome situations that irritate and provoke so many others.

We’re trying to assist you in both regards! Good luck.

Don’t Miss This!:

Simple, elementary lessons in American Combato are available (with more on the way!) on YouTube. Prof. Mark Bryans describes simple and effective skills that almost anyone can learn and use in any

emergency. Additionally, we (Prof. Steiner) will be providing a whole series of short training talks and tactical instruction on YouTube. Straightforward no-nonsense material. Get a tongue-tip-taste of what we teach!

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

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PDF Training Briefs

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

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

We will have three categories of “PDF Briefs” for sale:

- 1. Self-defense and close combat**
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Brief #1: *The Last Speech Given By Col Rex Applegate*

(Full unedited speech with accompanying commentary)

\$6.

Brief #2: *Total Readiness For Self-Defense And Close*

Combat — With and Without Weapons

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

\$6.

Brief #3: *Fairbairn’s “Silent Killing Course”*

(Original and full outline as Fairbairn drafted it — with commentary)

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Brief #4: *“Stay On Your Feet!”*

(The truth about real individual combat vs. sporting matches, and why the myth of ground fighting for self-defense and military close combat is misleading many regarding effective combatives)

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Brief #5: *Rules Of Self-Defense*

(Of course there really are no “rules” in a

*self-defense emergency; but this Brief
synopsizes those precepts that will guide
you to realism in your training)* **\$6.**

Brief #6: *Close Range — Quick Reaction!*

*(What you don't learn in the shooting
schools, but what has been proven to be the
right way to use a handgun in personal*

defense and in war) **\$6.**

Brief #7: *Remembering Charles Nelson And His Valuable Lessons*

*(We remember our years with “Charlie”;
including some of the actual self-defense tips he
taught, and a copy of the Men's Magazine article
about Charles Nelson, from 1960)* **\$6.**

**Brief #8: *Most Common Street Attacks - Per Dept. Of Justice And
Other Studies - And Tips On Defense***

*(Here are the most likely ways in which you may
expect to be attacked; with powerful tips on how best
to be prepared to defend against them)* **\$6.**

Brief #9: *Kicking In Close Combat And Self-Defense*

*(The war-proven kicking techniques that will work
in real combat — and serve you for a lifetime!
Absolutely devastating kicks requiring no stretching or
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Brief #10: *The Really Vital Vital Points*

*(No nonsense about “secret” nerve centers or bullshit
about hidden targets. This teaches all of the truly
reliable vital points that really stop strong, determined
aggressors — not merely cooperative students in
practice sessions)* **\$6.**

Brief #11: *Interactive Tactics — The Approach (1)*

(Learn exactly how to be ten steps ahead of anyone who approaches you with dangerous intentions. Be ready without appearing ready) **\$6.**

Brief #12: *Interactive Tactics — The Threat (2)*

(Never be shaken again when some punk or troublemaker makes it clear that he intends to beat your head in. Instead, be ahead of him, by mastering the right tactical skills for dealing with the threat) **\$6.**

Brief #13: *Interactive Tactics — The Attack (3)*

(When and if some troublemaker actually initiates violence you want to have your mind and body programmed to nail him instantly. This PDF Brief covers exactly what you need) **\$6.**

Brief #14: *How To Really Handle A Physical Bully*

*(Bullying is always a cowardly act; but people have been injured or killed by bullies, and many people are scarred for life by a scumbag bully. This most politically **incorrect** presentation will teach you the truth about how to handle a violent bully. Here's the unvarnished truth!)* **\$6.**

Brief #15: *Spontaneous Reaction, Not “Lightning Reflexes”*

(Action is always faster than reaction. The real secret to being able to handle any attack is to cultivate an immediate and spontaneous reaction. Do not depend upon blocking.) **\$6.**

Brief #16: *How To Hit With Great Power*

(Genetics sets limits on how powerful you can ultimately become — and eventually train yourself to hit. Your realistic goal should be to master the principles of hitting powerfully, so that you actualize your own maximum possibility.) **\$6.**

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

(Although a powerful martial art, classical karate has numerous drawbacks for the person seeking self-

defense exclusively. This Brief explains in detail how to modify any classical method you are studying so that it meets the necessary standards for real combat and street survival.)

\$6.

Brief #18: *Adopting Kodokan Judo To Realistic Self-Defense*

(Although judo is much more than a mere “sport”, it is not an all-in combat method. Some judo experts may be able to apply their training in real combat, but to make judo really effective in an emergency the modifications enumerated in this Brief are necessary.)

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Brief #19: *The Two Biggest Technical Errors Made In Self-Defense Training*

(Essential instruction for anyone training in any system or style for self-defense. Teaches how to overcome those errors that result in nearly 100% useless “self-defense” techniques.)

\$6.

Brief #20: *Self-Defense Training For Senior Citizens*

(A truly complete compendium of guidelines and technical instruction that works for senior citizens who want to be able to defend themselves. No “feel-good, socially palatable, politically correct bullshit”. Here is the truth about how to be truly prepared to defend against some of the lowest scum on the planet.)

\$6.

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

(Legally, morally, technically, tactically, mentally, and physically, “fighting” and “self-defense” are different. This Brief teaches how and why this is so — and explains to every student and teacher of self-defense just why it is so important to understand the difference.)

\$6.

Brief #22: *The Importance Of Solo Training*

(Training without a partner is essential for the fullest

development of self-defense skill and mental preparedness. This Brief teaches why this is so, and how to train solo with optimum benefits and maximum practical skill development.) **\$6.**

Brief #23: Find And Depend Upon Your Best Techniques

(Every student and expert is different and everyone serious about self-defense must discover and perfect his own best skills, which need to be drawn from combat-proven doctrine. Here's how to do it.) **\$6.**

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

(A potpourie of insights and tips covering all aspects of practical self-defense and close combat as garnered in over 60-plus years of immersion in and passion about the subjects.) **\$6.**

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

(There are numerous “techniques” for dealing with an enemy who threatens you with a knife or gun. We believe, and many agree, that the American Combato methods are — hands down — the best. But regardless of what particular techniques you train in, unless your psychological/tactical interface is correct, the odds for you being successful are not at all that good. This Brief explains clearly what interfacing tactics you need to develop.) **\$6.**

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

(Few give any thought to the importance and value of mentally reviewing the physical skills that they acquire and wish to be able to use. Fewer still do their “mental reviewing” correctly. Learn how from this Brief, and start to enjoy much greater progress in your personal skills and confidence building.) **\$6.**

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

(This is a unique instructional work for all students of

self-defense and close combat. It offers a complete analysis of the significance of the fighting knife — its indispensable role in the combat arts curriculum — and valuable training advice for achieving mastery.)

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

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

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Brief #29: *Conditioning The Natural Weapons*

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

\$6.

Brief #30: *Analyzing The Combat Merits Of A System*

(All of the martial arts are good; but they are not all good for the same thing. Very definitely, there are distinctive characteristics that make a system in question better for combat and personal defense than another system. This Brief provides the information needed to properly assess a given system's value for combat — not for competition or tradition.)

\$6.

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

(Most who take up martial art training of any kind do

*not succeed in achieving their desired objectives. And the reason is simple: They do not do enough, and they do not do what they do with the right spirit and attitude. Ninety five percent of those who consider themselves “martial artists” spend more time on backyard-gossip type “forums” and other idiotic medium instead of **training hard with the right mindset**. Here’s how to do it right!)* **\$6.**

Brief #32: *The Moscow Rules*

*(Principles of intelligence tradecraft are extremely valuable to those who are serious about self-defense. During the Cold War secret agents working in the most difficult denied areas for CIA [and England’s MI6] were guided by an above-Top Secret set of rules called the “Moscow Rules”. Now declassified (but still in use by secret servants) these Rules are valuable for all seriously concerned self-defense students. **\$6.***

Brief #33: *Tiger Moves*

*(The late John McSweeney was a close friend and colleague of ours for many years. He is correctly known as “The Father of Irish Karate”, and in addition to being a marvelously practical and realistic teacher of armed and unarmed self-defense, John was the creator of a System of exercise which he called “Tiger Moves”. We recommend that everyone — including those who train with weights or some other medium — learn this excellent Program.) **\$6.***

Brief #34: *How To Evade Foot Surveillance*

*(Tradecraft that teaches you how to ditch a tail; discover if you are being followed. Escape foot pursuit. How to do it for real.) **\$6.***

Brief #35: *How To Evade Vehicle Surveillance*

(Outside an intelligence training center this is the most detailed and complete exposition of the subject.

Complements Training Brief #34, and is priceless information for self-defense in a modern urban setting.) **\$6.**

Brief #36: “73 Rules Of Spycraft”

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

\$6.

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

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

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Brief #38: Secret Communications — Part 1

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

\$6.

Brief #39: Secret Communications — Part 2

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

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Brief #40: How To Conduct Secret Meetings

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

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Brief #41: Training Your Observational Skills

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

Brief #42: Urban Escape And Evasion

(Escaping from captivity is a fascinating aspect of

tradecraft training for secret intelligence and special operations military people. It takes courage, fitness, resolve, ingenuity, and a mastery of that which is described in this Brief.) **\$6.**

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

(In this turbulent 21st century when Western Civilization itself is being destroyed, the unconventional and unusual attributes of the secret intelligence agent can serve to equip the serious individual for survival by teaching him what history's great secret agents relied upon to survive and win while operating amidst hostile forces.) **\$6.**

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

(An encapsulation of all you need to know in order to effectively resist even professionally qualified interrogators — short of their using torture. And the polygraph section will surprise you; the method works!) **\$6.**

Brief #45: *How To Manipulate Humans*

(Stop being manipulated and learn to manipulate those who seek to control or to use you by employing the tactics and tricks of intelligence professionals. Manipulation — used exclusively for self-protection and the safeguarding of that which is rightfully yours — is an important, valuable skill.) **\$6.**

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

(Jam-packed with life-saving information about E&E. Goes way beyond just assembling a suitable kit. Contains counsel given to special ops and intel field service personnel.) **\$6.**

Brief #47: *Weight Training: An Introduction For Combatives Students*

(Weight training provides the fastest and most effective way to build all-round strength, fitness, condition, well-being, agility, and good health. It is the finest

supplementary physical training for self-defense and close combat training. How to get started!) **\$6.**

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

You Need Something To Hit

THE blows that are utilized in unarmed close combat are calculated and intended to **knock out, maim, or kill**. That's the simple truth of it. Because of this, these blows are both very effective *and* extremely dangerous. There is no getting away from this; and unlike the manner in which boxing, kick boxing, MMA, or the UFC enables full force blows of the fists and feet to be landed in open competition, **unarmed combat per se cannot allow this**. It would be the absolute height of gross irresponsibility and would amount, frankly, to *insanity* if regarded as acceptable for sport. Fortunately no one has (so far, anyway) suggested such a dumb idea!

Despite the understandable ban on automatically attacking the **throat**, the **eyes**, the **knees**, the **testicles**, the **carotid sinus**, the **windpipe**, the **sternum**, the **kidneys**, the **liver**, **spleen**, **shinbones**, **insteps**, **bridge of nose**, **philtrum**, **ears**, **mouth**, **bladder**, etc. the very *second* one perceives that one's life and well-being are imperiled, ***and doing so with maximum speed, the fullest measure of force and power one can muster, and relentless followup*** one cannot chance even light contact with training partners.

“So why not change the practice so that contact may be generated to *lesser* targets? This will give the all-important *contact* practice and

realism needed so that the skills will be sure to work *for real*,” one might inquire. “Then, in an actual emergency, one merely needs to drop the kind of blows and actions which he used in practice fights, and remember to use the techniques intended for actual combat.”

Realizing that a very large percentage of persons “out there” simply *do not want to understand the facts that we shall lay bare*, we herewith nonetheless present the answer to that enquiry:

“You must not train in such a manner *if you are after reliable, rapid, automatically-triggered combat techniques. This is because, under stress, individuals who have trained and practiced hard in repeating certain movements and skills, will always fall back on repeating those skills under stress . . . most especially under desperate COMBAT stress.* By having in essence two different signals that you are obliging your body’s motor memory to absorb *while at the same time being able to make a choice between them under great stress* , you reduce by at least 50% the certainty and speed with which you will be able to rely upon doing the ‘right and appropriate techniques’ at the right and appropriate time. It’s almost like departing in two different directions (or trying to do so) at the same time . . . or, perhaps more accurately, needing to pause for a moment in time (when there is no time to afford a pause!) so that you can select by deliberation the ‘right’ move to make.”

If you are concerned about attaining and maintaining the optimum edge *for real emergency self-defense applications* then forget about training in *anything* but what works in *real, desperate, dangerous combat*. There will be no possibility then of making any mistakes in technical choices since **there will be no choices to make!**

That means when you train you must train with partners by using no physical contact with your own actions. You need to control them, short of contact, and you need to do this always. (Depending upon what your “attacker” does in practice, *he* may often carry out actual, full-force attacks). **You**, however, must *not make contact* with your partner’s vital

target areas. **And you must develop this habit of controlled delivery because if you do *not* work against the exact vital areas you must target in an emergency you are drastically decreasing your chances of having a speedy and accurate enough *forcefully powerful* reaction to a real attack — should it ever occur.**

“So,” the intelligent trainee will ask, “how in heck can I know that my blows are formidable if I never hit anything?”

“Easy. Just train by striking hitting posts, heavy bags, dummies, padded trees, walls, or all sorts of improvised striking equipment — much of which you might be handy enough to make, yourself.”

You needn't be careful (or even courteous!) when smashing and kicking into insentient objects. And, insentient objects are much stronger and more resilient than the human body. So . . . you will develop your striking and kicking ability to the highest possible level (power-wise), and build the motor-memory and accuracy-in action capability to its highest degree by **training against actual target areas exclusively when working with live partners**, and by **training through the use of unrestrained impact drills against training aids**.

This is the best, the surest, and the safest way to train in the most savage and brutal skills of unarmed close combat. **And it underscores the need for TRAINING TO HIT THINGS!** Without this aspect of your training you will never realize anywhere near your full developmental potential. You will in essence be training exclusively in vigorous non-contact drill; effective only to a limited degree for actual application.

Note: Some readers may wonder about the practice of board breaking. We personally see no point in it for the development of combat skills and self-defense ability. The human body is more closely approximated by heavy bags, dummies, striking posts, trees, etc. *in the way in which it actually feels to make violent contact*. The human body does not break in two, or remain rigidly stationary while a calculated hit is directed against its weak spot, as a board does. Dummies, bags, flexible posts, etc.

harden the natural weapons and condition your body to *strong, jarring impact*. This in effect *over-compensates* your body for hard contact against flesh, blood, and bone —which is exactly what you want and need.

New Manual on PDF!

Combat Handgun Miscellany

by Bradley J. Steiner

**THIS POLITICALLY INCORRECT (BUT COMPLETELY HONEST AND ACCURATE!) 55 PAGE MANUAL IS CRAMMED WITH TONS OF REAL WORLD VALUABLE INSTRUCTION, MUCH OF WHICH THE POPULAR “SHOOTING SCHOOLS”, “GUN WRITERS”, AND “INSTRUCTORS” OF COMBAT SHOOTING DO NOT TEACH, AND QUITE POSSIBLY DO NOT KNOW!— 34 critical facts and factors about what actual combat experience by police, military, intelligence, security, and protective service professionals have learned that you need to know!
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“If you 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 in 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 **33 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!

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- 005 - Tapping In Instant-Violent-Response Capability**
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- 008 - Develop An Ability To React Instantly To Any Attack**
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- 010 - Sharpening Your Situational Awareness**
- 011 - The Anticipatory Attitude - Overcoming Astonishment**
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Never Take Threats Lightly

ONCE again (and perhaps for the ten thousandth time!) there is no correlation between combat *sports* and **actual combat**. Where sporting contets are concerned one sometimes hears "threats" by one contestant against another . . . rudely verbalized "challenges" . . . and promises to do such-and-such or this-and-that, quite unceremoniously to the opposition fighter. **All in the game**. These people are fighting in a sporting venue, a lawful and legitimate venue, and such "threats" and "promises of destruction" as may pass between them (or perhaps from only one to the ther) are *not* unlawful, and none need be taken as threats of actual harm *outside the contest area, at the scheduledtime*. For some

reason fans seem to enjoy listening to this, and take it as a kind of titillation, we suppose. It whets their appetite for the upcoming contest.

That's sport.

REAL threats are a very, very serious matter. Normally threats are issued by unhinged, impulse-driven half-wits who have a tendency toward violence. *There is nothing amusing about such threats.*

Unfortunately people seem to be reluctant to take threats seriously. Reporting a threat that some clod makes to law enforcement is rarely done. Instead, so long as no actual violence has been initiated, and no threat with any weapon has been made, threats are normally shrugged off. **DON'T MAKE THIS MISTAKE.**

My advice to every student, and to you, is: always report any threat that is directed against you or your family to the police. Here's why . . .

It is impossible to predict who is and who is not making a threat that he actually intends to carry out. *In any case there is something very infantile and irrational about someone who, when annoyed or frustrated in some way by someone else, reacts by threatening that individual with violence.* Personally, I regard it as insane.

In any case, **IF** any individual who threatens you undertakes to carry out that threat in the future, and you are unable to neutralize him via police intervention, **then you will have no choice but to use necessary force to defend against the individual's attack.** The problem is: *What happens when the police show up and law enforcement gets involved? How the hell can you count on them somehow knowing who the good guy is and who the aggressor is? Truth is, they **can't** know. That is they can't know unless . . .*

You have one or more police reports on file in which you articulated to a sworn officer your concern over the threat you received. So much as one, single report will establish the fact that — a) You were concerned

about being threatened by *this person here*, against whom you just defended yourself. He made good his threat, obviously. b) You *tried* to get police help. You are not inclined to violence, and you were not wanting to engage in a fight with this person; you **had to defend yourself**.

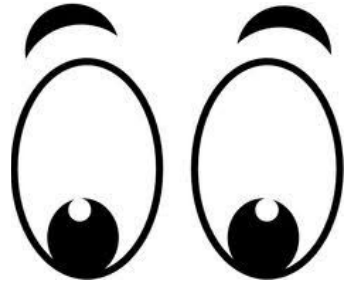
It can be frustrating certainly if you call the police after being threatened and are told that there is nothing they can do at this point except take your report. **FINE!** *That's all you need.* Be sure to record and keep in a safe place the police report number, the date and time of your call in which you made the report, and the officer's name, with whom you spoke. Incidentally, calls to police are **recorded**, and your call of that date can be subpoenaed to assist you in court, in any legal case.

Now you will have a protective shield to protect yourself when the schlub who attacked you claims that *you* attacked *him* (which he almost certainly **will** insist).

To some our suggestions and advice will be an unnecessary bother. That's okay with us. We're only interested in providing those who want the best possible self-defense instruction and advice with exactly that. So we are only speaking with *those people* — no one else.

There is so much more to real world self-defense than that which is popular and “in vogue” in the sporting scene. Competitive martial fighting is fine. It's popular and offers many benefits. But it does not prepare a person realistically and adequately for the myriad circumstances in which the matter of defending oneself and one's family can arise.

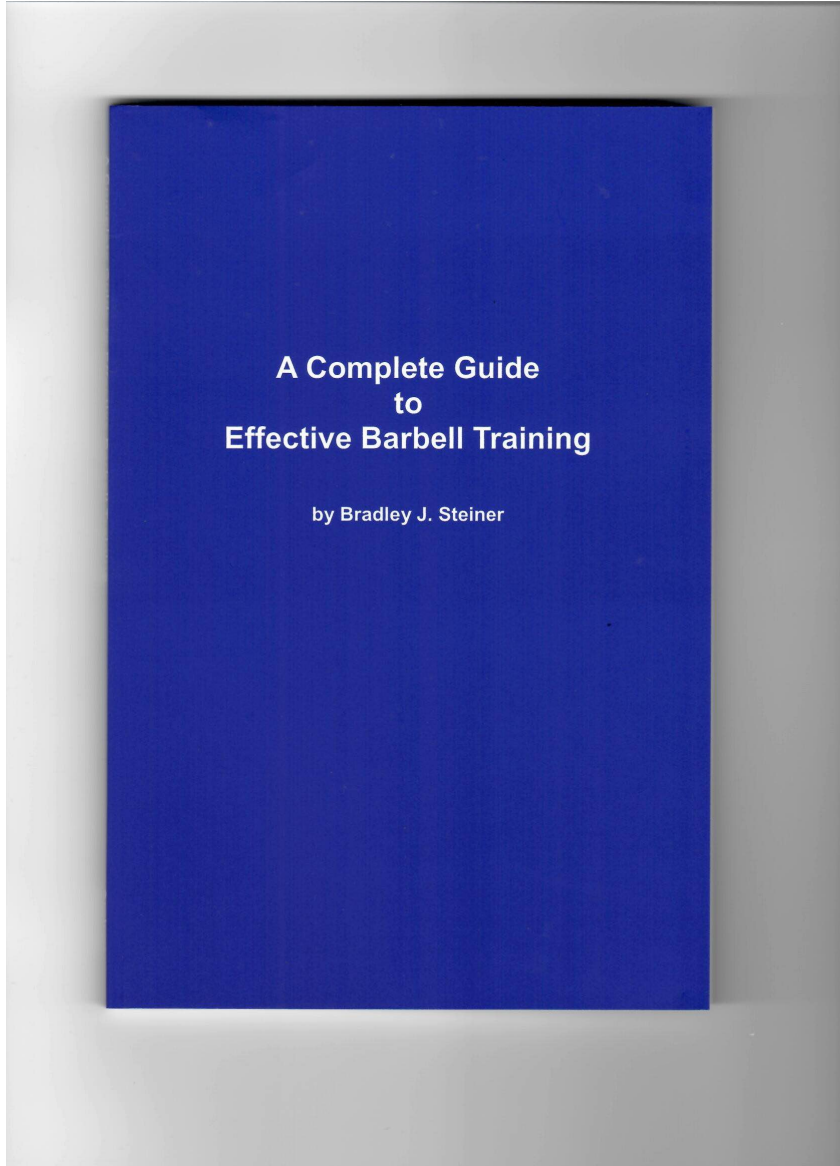
Most especially today, when the entire society is super-sensitive to anything resembling violence, it is important to know how to handle matters **off** the mat and outside the training hall.



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