An Exclusive Interview
with Steven Fischer

Hand-to-Hand
Combat Survival Skills
for the Business Professional
Hello and welcome to this month’s audio interview for the US3 Report. My name is Sam Steele and the title for this month’s discussion is *Hand-to-Hand Combat Survival Skills for the Successful Business Person.*

I’ve got Steve Fischer here with me today. Steve has over 16 years of military experience, over 32 years of martial arts training, and has spent over 14 years in martial arts as a primary instructor.

Steve welcome to the US Three Report Interview.

All right, now before we begin, I would just like to share a little bit more information about Steve. As a martial arts instructor, Steve Fischer is what I like to call a true teacher. Not only does he have a tremendous amount of knowledge but he is also – he has a tremendous amount of patience and understanding. And for these reasons I really admire Steve and I’m really looking forward to this interview.

So Steve with that being said, I’m really excited to hear about your valuable experiences that you’ve agreed to share with us today. So I guess the first question I have is could you just talk a little bit about your background with respect to armed and unarmed combat?

Well as you mentioned in your introduction and to answer in order, as far as in respect to my armed combat experience, I spent over 16 years in the United States Army as an infantry soldier in the Army Reserves. As you know and as everybody knows, the army provides the best training in the world. The United States Army does in regards to being able to survive in combat situations.

The experiences that you gain as a soldier lasts a lifetime and those experiences, I feel, become the duty of the soldier to pass those lessons on to those that follow. And I did that also as a drill sergeant and now I do it as martial arts instructor.

The background that I have as an unarmed – well in unarmed combat, again, goes to the martial arts training. My father started me as a young man. I had my first set of father-son boxing gloves at six years old. I got ‘em for Christmas much to my mother’s dismay.

Excellent.

And about an hour after we unwrapped the gloves, I already had a bloody nose.

From your father?

From my father. So that was welcome to the world of keep your hands up and keep your feet moving. So for six years, my father playfully taught me what he had learned as a member of the United States Air Force while stationed in Korea.

And at 12 years old, he thought it would be best if he had me in the hands of somebody else and I joined my first school at 12 years old and studied as the only person under the age of 20 along with people that were returning from Vietnam and those who were working in police forces and those who were actually competitive professional fighters.
So my first butt whipping came about three classes into that membership and the rest kinda fell in line and here we are today and now I’m teaching. And no I do not beat up my students, stopped that a long time ago. It’s not good for business, so.

Sam Steele: So according to that answer at one time there was maybe a point where there was some beating of the students?

Steve Fischer: Well sometimes – in the old days, in – I often refer to the old days because martial arts training has evolved over the years to be much more inviting for children and women and those who would rather avoid the physical contact. But in the old days, training was quite physical. Some of the lessons that were best learned were those that hurt the most, so it’s again in the past and there are some instances when students can train each other that way now but for the most part, you’re not gonna find instructors that are going to be laying on butt whippings on their students anymore.

Sam Steele: Very good. Well that was certainly an interesting background. I guess I’d really like to get right down in the nitty gritty here. I know that the folks that listen to the USThree Report are – they’re usually crunched for time so let’s get right to the details.

In your opinion what would you say are the primary signs of an impending violent attack? And let me just kinda paint the scenario here. Let’s say that you’re at a – you’re at a restaurant and, you know, someone approaches you and they’re being verbal and loud. I mean how can a person tell that their potential attacker is about to switch from making a lot of noise to actually starting some violence?

Steve Fischer: Well as you described the person being loud, we can go back to the old adage that barking dogs don’t or cannot bite. So as an individual proclaims himself, beating his chest violently and barking as loudly a possible, you’re fairly safe yet.

It’s when they stop all the talking that you need to be ready. I go from there to the eyes immediately and attempt to recognize whether or not the potential attacker – his eyes become fixed and dilated. If they’re about to attack, physiologically speaking, the eyes are gonna open up to receive as much light as possible, as much information as possibly can be derived.

And next I go to the body and notice if there’s a tenseness. If the fists start to form, if the muscles start to flex, these are usually my cues as getting ready for a violent attack.

Sam Steele: Okay that’s a – that’s a great answer. Now how – I mean how fast can things escalate in a violent encounter?

Steve Fischer: Well I like to use a metaphor. When somebody pulls a trigger, the hammer hits the firing pin, hits the primer, ignites the powder, and the bullet is on the way. So how fast can things escalate? As quickly as one can pull a trigger.

Now if we’re talking armed, obviously we’ve just described the process. If we’re talking unarmed, it’s fists clenched and hand thrown in the general vicinity of your own personal space and face. It can go quickly.
I also look at and try to explain to those who are interested that you need to know when violence occurs and it typically occurs when the violent offender, the attacker, the predator, for lack of better example is able to separate that weak person that they are ready to attack. Separate them, segregate them, let them be on – by themselves. If they’re successful doing that then they’re also more than likely going to progress with the attack.

Other instances occur when an attacker may feel like they have no other option. If they’re backed into a corner and they’re trying to escape so the situation that I would be looking at there would be as if they had already attacked and some model citizens have chased and cornered, more than likely that person is going to attack again, just to get out.

Sam Steele:
Okay I guess – so with respect to that what can be done, I guess to minimize – to minimize or at least slow the escalation of an attack like this?

Steve Fischer:
I look at it this way Sam, if you desire to slow or minimize or stop the escalation, you would want to definitely stay with the pack, going back to my first metaphor. If you stay with the pack, more than likely the attacker isn’t going to be as willing to attack, too many people to see, too many potential defenders.

The other recourse would be to establish and control distance and location. So if you have a potential attacker and you still have the ability to keep distance between you and them, if you can give them an escape route, if you can give yourself an escape route, you’re more than likely going to be able to avoid – more than likely avoid but definitely minimize or slow the escalation.

Sam Steele:
Okay great. Great answer.

Okay Steve. Next question. There’s certainly lots of factors that would be involved in surviving a violent encounter. What do you think is the most – I mean the most critical factor if you find yourself in a violent encounter, you know getting yourself through that thing?

Steve Fischer:
Mental conditioning is by far the most critical factor.

Sam Steele:
Okay now – now what do you mean by that?

Steve Fischer:
You have to have been prepared mentally. You have to be able to have experience without experiencing. You need to be able to see it, recognize it, feel it, so that if and when it occurs, you don’t panic, freeze, go into shock.

The mental conditioning is something that you can do anywhere, anytime. The mental conditioning is not in and of itself enough, though, Sam. You do need the physical skills and the physical skills do need to be taught to you and they need to be practiced. The repetitive action of physical training is critical to support the fact that your mental conditioning is allowing you not to freeze. So if you have both of these, you give yourself the best chance to survive.

Sam Steele:
Okay so what you’re really talking about is overcoming that adrenaline dump that is probably gonna occur when you’re instantly faced with your – an aggressor or just – especially a situation that you’re not expecting. Correct?

Steve Fischer:
Not necessarily overcoming but being prepared for it in that you can use that adrenaline dump. That it becomes a part of your explosive response.
Sam Steele: Okay. Okay great. Great answer.

Okay the next one I’ve got for you in your professional opinion Steve, what are the most efficient techniques to learn and master with respect to being able to effectively defend yourself? And I realize this is extremely broad question but – you know, see what you can do with it.

Steve Fischer: Well in no particular order, you have to recognize what may potentially be coming at you and the basics are somebody that’s trying to punch you, somebody that’s trying to kick you, somebody that’s trying to hit you with an object. So you’re ability to see and slip an attacker’s hand and foot strikes, I believe is critical. But seeing and slipping those attacks aren’t enough. I believe that a successful defender needs to be able to follow with counter strike submission moves.

The next thing that I’m going to say that you would want to be able to train and master would be able to release from chokes and grabs. There are the occasions when people would come from the – your blind spots, for lack of a better example and go to a choke or grab you and try to control you or move you. I believe that it’s important, actually critically important to be able to release an attacker’s choke hold or grab and you need to also be able to follow, again, with a counter strike submit move.

And I believe the third thing that I would say that would be critical in learning and mastering in respect to defense would be how not to be taken down. Working on your balance, making sure you have an understanding of what we would call the sprawl. That if somebody insists on taking you down, somebody that has a strong wrestling or grappling background, that if they were to take you down, you’re still in a control position. That’s what we call the sprawl.

If you were to loose that, you would go to ground control, which would be working from a guard or to the mount. And those things are general descriptions of fighting and defense techniques that you would need much more time to be able to go into detail on.

Sam Steele: Now certainly – I certainly understand that but still some great building blocks for a person to start with. Okay I guess next, if you wouldn’t mind getting some stories from you if you’re willing to ‘em. Would you mind describing a few encounters that you’ve maybe seen or maybe personally experiences in which an attacker was quickly thwarted or incapacitated?

Steve Fischer: The ones that I would be allowed to talk about and have stayed with me over the years, examples that I have used in classes, I can go to a situation over 20 years ago where a former instructor of mine was at a dance club. And danced with a young lady who had a boyfriend and two other friends who decided they were gonna teach my friend, whose name was Wayne, a lesson.

And when you asked – when you asked me, you know, to describe this, it’s hard to describe because Wayne had trained since he was four years old. He was raised in the martial arts and at that point in time was so good and so fast that his defense that day, I can only describe by sounds, which were two cracking sounds and one screaming sounds and three gentlemen laying on the ground and they quickly – what do – how’s the description? In a pool of red crimson blood that was quickly expanding. It was quite fast and it lasted less than 10 seconds.
Sam Steele: Wow.

Steve Fischer: I asked Wayne what he did and he didn’t know, which goes back to the conditioning and defense. You just react. You just do and your body does things that you’ve been practicing for years and if you’ve practiced correctly nine times out of ten, you’ll be extremely successful.

Sam Steele: That’s very interesting.

Steve Fischer: I had another situation with two high school friends of mine, one, which took the path of joining the United States Army, and the other who went to college on a football scholarship. And five years after our graduation, we had all come together and Jeff had come back home as a member of the United States Army Special Forces. And at that point in time, he had spent a significant amount of time in Central America as an advisor to the contra rebels. So his experience was real life and death.

Now Scott was 6 foot 6 inches tall and 370 pounds and had been drafted in the later rounds by the Chicago Bears and he was an offensive lineman, a very agitated offensive lineman. To get to the point in this particular case, Scott decided to pick up Jeff’s girlfriend and give her a kiss and Jeff politely asked him to place her down.

And Scott put her down and then decided to pick up Jeff and Jeff did not want to be picked up. He was living a life – or had been living a life where people did not put hands on him without permission and when they did they paid for it.

The rest ended up in court and it was about a year and a half process where Scott tried suing Jeff for the medical bills that had occurred in about a 10 second period of time, again, when Jeff was teaching Scott a lesson as to not put his hands on him.

Sam Steele: I’m guessing that Jeff was quite a bit smaller than Scott.

Steve Fischer: Jeff was 185 pounds.

Sam Steele: Wow.

Steve Fischer: About 185 pounds, but again knew very – knew how to be able to use Scott’s size and aggressiveness against him.

Sam Steele: Just fascinating.

Steve Fischer: And that’s actually how Jeff ended up prevailing in court is that it basically looked like Scott hurt himself and it actually ruined his NFL career, so.

Sam Steele: That’s too bad.

Steve Fischer: That was a sad story but you get what you ask for. A third story – you want more?

Sam Steele: Sure bring it – bring ‘em on please. Yep. That was excellent.

Steve Fischer: I trained with a gentleman who was the super-heavy weight professional kickboxing association champion and he also was a minority. And we were up in my neck of the woods where there weren’t a lot of minorities and one of the
ways we used to train in the old days is that we would go to establishments where people more than likely would not like us.

We went to one of those establishments and I guess we could describe it as a biker bar. And my friend Tom decided to offer $100.00 to any ten men that would be willing to come one at a time against him. There was 100 men who wanted to get a piece of that action. We offered it to 10 and the rest of us from the school decided to be more like security, you know, around a rink.

And to make a long story short, the altercations occurred in the parking lot and Tom took 10 in a row in less than 3 minutes and there was 3 ambulances that had to come to clean up the carnage.

Again when you ask me to describe these things, the – we go back to your question on efficient techniques and we talk about seeing, and slipping, and counterstriking. And that’s what’s happening and drawing people into the fight, people that are attempting or wanting to attempt to hurt you is fairly easy to do. It’s like throwing a – putting a worm on a hook and throwing it into a lake where there’s a bunch of hungry fish. It’s not that difficult to get the fish to bite.

Where the fisherman becomes successful is in their ability to hook that fish and reel it in. And that’s where these guys were good. They would bait and take advantage of the hungry fish and then boat them.

Sam Steele: Wow. Wow, those are – those are pretty – those are pretty fascinating.

Steve Fischer: I have knife story and one gun story yet too.

Sam Steele: Oh, please, yeah. Bring ‘em on.

Steve Fischer: A gentlemen – this is a shorter version of a story, but basically a pool game for one dollar resulted in a altercation. And the person who thought they were ripped off won a US dollar decided to display a knife in an attempt to get his dollar.

And he displayed the knife within an arm’s reach of a very focused, and very good pool player. And Mike decided to disarm the gentleman, and more, I guess we would say he choked slammed him. As he hit the ground, the knife was dislodged and the fight was over.

But it was again, the situation was that somebody drew a knife within arm’s reach and when we talk about reaction times, by displaying the knife within reach, when Mike moved, the person with the knife had no chance to be able to use the knife. And Mike caught him, secured him, and hit him with the ground, and removed the knife.

Sam Steele: Wow.

Steve Fischer: And the same situation came with an incident with a person and a small handgun. When he decided to display it, he was within arm’s reach and my friend, whose name was Jose at that point in time, I believe it was a .25 caliber – it was either .25 or .22, very small, but he secured it by pushing back. He grabbed the top of the firearm and secured the slide. And when the individual tried to pull the trigger reflexively, he couldn’t do it. The gun was not in a position to fire.
Sam Steele: Sure.

Steve Fischer: And then he disarmed him and took it apart in front of him and the person urinated himself.

Sam Steele: Wow.

Steve Fischer: And then left.

Sam Steele: So that last story is a great example of just how knowledge alone can – obviously knowledge and quick reflexes, this Jose fellow was smart enough to know that as long as he disengaged the slide, the firearm was useless.

Steve Fischer: Exactly.

Sam Steele: And that’s something that he practices. That’s the thing to keep in mind. Jose is a member of the United States – he’s a US Marshall. And that particular situation was a situation where he was identified by somebody and that somebody decided that he was going to either – we don’t know if he was trying to scare him or if he was actually going to try to shoot him.

But nonetheless, he was there and Jose, again, had practiced thousands of times on how to deal with that situation. So it wasn’t something that he had seen in a seminar and clinic and tried once before in a classroom and said, “Wow, this works. Pretty cool.” No it was something he’d done, you know, hundreds of times.

Sam Steele: Yeah that’s – then – that’s an excellent point. Well those stories are very instructive, very interesting. Thanks. I really appreciate you sharing those with us.

So moving on to the next question, especially with your background as a martial arts instructor, in your professional opinion, what would you say the most valuable martial art is to study?

Steve Fischer: So far, I’d been taking a lot of time to answer your questions. And then this is gonna be easy for me because the answer is very simple, the one that has an instructor that cares about you and not your money. So if you’re looking for a martial art to study, don’t be going to the yellow pages and because you heard that, you know, Tae Kwon Do was the best or because you heard the karate was the best or Jujitsu was the best. That’s not about those words. It’s about the individual that’s going to be teaching what it is that’s in – in within the philosophies of those arts. So –

Sam Steele: Hmm – that’s a very interesting answer and I’m sure you probably agree that just like everything else in life, there’s probably about 90% of the instructors that are so-so and then there’s that 10% that is the one’s you want. Correct?

Steve Fischer: Well exactly. You have a lot of people that do the basic math. They count the people in the school, they get their black belts, they know what they paid per month, and as a black belt, part of their training is they have to give back to the school and be an instant instructor. So they’re out there being asked to teach and they’re not getting paid for it.
And suddenly they think, “Geez, why don’t I go out there and make some money. So after they’ve accumulated the great wealth of four to five years worth of experience, they think they can hang a sign on a window and invite people in and call themselves an instructor.

_Sam Steele:_ Hmm. Hmm. Very good. That was a very instructive answer.

Okay let’s kind of touch back on a few of things we talked about before. I’d like, I guess, to get into a little more detail. So let’s look at another scenario. In a violent encounter, give me the percentage break down in importance of these four items. A. Training. B. Mind set/attitude. C. Mental preparation. And D. Just flat out luck.

_Steve Fischer:_ Well –

_Sam Steele:_ Go ahead.

_Steve Fischer:_ There’s no – I mean this is my opinion obviously and my opinion is backed up by my experience and the experiences that I’m talking about have to do with not just what I’ve done but with who I’ve trained with and learned from. And if you’re looking at training, 15% of – of the importance in regards to surviving violent encounters deal with training.

I mean we talked earlier about technique. I can tell you technique beats science and strength because you can – when you learn technique, you’re learning how to use an opponent’s size and strength against them. When you train, you improve your speed and your power and when you improve your speed to the point of being faster than others, well the first one, you know, the speed gets you there first. And – so that means that goes without saying.

Mind set and attitude, I’d say is 5%. I look at it this was that as far as mindset and attitude, you have to be able to control your fear and you have to be willing to do what it takes. And you have to develop a sense and indomitable spirit. In other words, you never give up no matter how hard – hurt or tired that you are, you never give up.

But the bull – the majority of the importance, I believe falls under your mental preparation. And we discussed that earlier again. You have to be able to visualize making defense a natural thoughtless reaction. You know you need to be able to analyze and understand that you be able to believe in yourself and your defensibilities and all the stuff can be done anytime of the day and throughout the course of the day. And the more that you do it, the better you become at the physical training. And the stronger your mindset and attitude becomes.

I think the fourth thing you mentioned is luck.

_Sam Steele:_ And I think we – you’re already up to 100%.

_Steve Fischer:_ I’m 100% and that’s where I wanna be because if you’ve done enough with the training, the mindset, and the mental preparation, you’ve left nothing to luck. You know, being good at the above eliminates the need to worry about anything in regards to luck.

_Sam Steele:_ And I guess quite frankly, that’s the way you want it to be.
Steve Fischer: Mm-hmm.

Sam Steele: Great. Excellent answer. Okay these next two questions are going to be pretty direct and I guess for those of you listening, if you’re a little sensitive, you might want to fast forward to the next section.

Question No. 9, Steve what’s the quickest way to incapacitate a human? Assuming that you’re dealing with open hand defense, you don’t have a weapon.

Steve Fischer: The quickest way it by knockout, using your striking abilities. You measure that by the time it takes for your hand or foot to connect with the attacker and connect accurately and powerfully enough to be able to knock them out.

Sam Steele: And what’s the ideal strike point, target for – for I guess – I mean what – what’s going to give you the best chance at an instantaneous knock out?

Steve Fischer: Instantaneous knockouts are going to be targeted towards the head area and what you are trying to do is cut off the electrical impulse to stay awake.

And if you’re a boxer, kick boxer, obviously you’ve seen it, you know, and if you watch them, people that get hit, they get hit in the jaw. They get hit in the jaw and lights go out. I mean there’s rules in the sports, though, that tell people that they are not allowed to hit to the back of the head because once they target the back of the head, knock outs can quickly become much more serious and you’re looking at the potential for death.

So strike defense is the quickest. And if you’re looking at something that would not call for you to strike somebody, if you learn how to choke, and choke not meaning the choking that we would normally think about as far a causing a gag reflex. We’re talking about choking off the blood flow to the brain. And if you are trained to be able to apply a proper chokehold, normally within 5-7 seconds, you will render your opponent unconscious.

And I guess another way to incapacitate would be by inserting or properly asserting a joint lock and the opponent would remain conscience but probably unable to move. And you’re looking at 10 seconds to 15 seconds to be able to get into that position.

Sam Steele: Okay. Okay. Wow, that’s very, very interesting. Okay I guess taking it to the next level, what’s the – assuming that you’re – you do not have weapon, what’s the quickest and most effective way to kill a human?

Steve Fischer: You need to disconnect the brainstem. You need to be able to sever the connection from the brain to the body.

Sam Steele: Okay.

Steve Fischer: Anything below that and it will take seconds to minutes.

Sam Steele: Fair enough. Next question, what if any are the legal ramifications of killing or incapacitation a human during a violent attack?

Steve Fischer: There are no legal ramifications if there are no witnesses. Other than –

Sam Steele: Good point.
Sam Steele, Steve Fischer - Interview

Steve Fischer:

– that, the only thing I can tell you – I’m not a lawyer but I am aware that we are restricted to match the level of lethality to the attack.

Sam Steele:

Mm-hmm. Okay and that certainly makes sense. Okay moving right along here – I mean I’ve certainly spent some time explaining to you the sorts of – my customers that listen and read the US Three Report. Do you have any street proven survival tips for the business executive or entrepreneur?

Steve Fischer:

Yes I do. I teach them, No. 1 to be aware. You need to have your eyes open. You need to have your ears free. That means no cell phones, no iPods. If you’re aware, you reduce or eliminate your exposure in dangerous environments. You just – you stay away from where you would be most vulnerable, where you would be most likely to encounter attackers.

If you’re in those positions because you have no other recourse, you look the people in the eyes that you see. You let them know that you’re aware of them and you let them see your confidence. They read your confidence through your eyes, your eye contact. They read it through the way you walk and move.

So you walk with a purpose and while your walking, I like to teach people to keep their strong hand free. In the course of walking, if it’s highly populated – populated areas. You control distance, you know, you control it. People are going to walk up and onto you, and you let them, you’re being foolish. You need to keep a buffer. Keep yourself free to move and free to act and react. Choose clothes to wear that allow you to move freely and choose shoes that grip not only your foot but also the pavement.

Sam Steele:

Okay.

Steve Fischer:

We talked earlier just a little bit about the cell phone, if you’re gonna use it, use it when you’re in a safe place, the same with the iPod.

And I guess finally, have a plan. We talked about that mental preparation earlier, the mental conditioning. Know what your gonna do. Know how you’re gonna do it. And then however you can, try to practice that plan periodically. And that’s the benefit of being with somebody that’s interested in defense, as you would be.

Sam Steele:

That’s very interesting. So really your ultimate advise is essentially to be aware, to practice awareness and not walk around in – I guess I would like to call the white zone.

Steve Fischer:

Exactly. You wanna try to get yourself like Peter Parker. You know, you wanna get that Spidey-sense.

Sam Steele:

And you know, I think everybody does have that Spidey-sense. It just really needs to be developed and created into, I guess – or yeah, created into a habit, wouldn’t you agree?

Steve Fischer:

Yes, I do. Yes I do. Everybody does have it, you just need to learn how to recognize it and then use it to serve you.

Sam Steele:

Yeah that’s great I think one of the best examples of an illustration of having a proper sense of awareness – I can’t remember what book I was reading but this gentlemen was talking about, you know, the different awareness zones and
talked about how, you know, most people do operate in the lowest level of awareness, what he called the white zone. And he said, “You know just look at yourself. Next time you come to a four way stop and you’re driving your car and you go through it, look back. And can you remember the color of the car that you were waiting for to pass you by.”

And next time I happened upon a four way stop, I did that and I’m like “Holy cow,” I couldn’t believe how – here I was driving a vehicle, you’d think you’d be relatively aware of the other vehicles on the road and I couldn’t even remember the color of the darn car, so.

Steve Fischer: Mm-hmm. Police officers are trained, you know, to have a very high attention to detail; field operatives in government service are highly trained in having a high attention to detail. I know you mentioned the book you read. I mean there’s a – I know movies are movies but one that I enjoy watching often is – there’s been two out and I believe there’s a third on the way that deals with a – the character’s name is Jason Bourne, I believe.

Sam Steele: Mm, yep, yep.

Steve Fischer: The Bourne Supremacy and the Bourne Identity have been out there. And I remember in the first one, my wife and I are watching it in the theater and he had the – was in the restaurant and he ended up describing everything around him, my wife punched me and said, “I thought you were the only sick person like that in the world.”

Sam Steele: So that’s great. That’s great. Those are great movies. All right Steve I guess we’re coming to the last question here and so – and that question is what are the most common mistakes that you see as a martial arts instructor when a business executive or entrepreneur comes to you to learn how to fight?

Steve Fischer: Well to start with, I see that often they are either too serious or not serious at all. They come in and they are unfocused. They have so many things going on in their life between their careers and their families that they’re distracted. And their careers and their families are their priorities, as they should be but that does have an effect on them learning how to fight and defend.

A lot of these people, they want to or they expect drive through type results. They come in and they wanna get the information and they wanna leave right away with it. They go too fast and while they’re trying to speed up this process, they over do things and they lead themselves into injuries and frustrations. Often they attempt to – for lack of a better description, take a square peg and hammer the living daylights out of it in their attempt to get it through that round hole. And all they had to do was just take a whittling knife and enjoy themselves why they just shave very thin pieces off, take their time to the point where it fits the hole, slide it on through, you know.

Sam Steele: That’s a great analogy.

Steve Fischer: Yep, they have to stop forcing issues. They need to accept the training process for what it is. I guess if you want me to wrap this question up, I would be saying they also come in with preconceived notions that are far away from reality, you know.

Some of it comes from the movies. A lot of it comes from the movies. Most of those incorrect preconceived notions come from the movies. The – sometimes
people buy videos – you know – training videos and books, and again, those take people more often than not, down the wrong path.

And then these people usually – the business executives are usually leaders, you know, and they’re not accustomed to and sometimes not willing to be led. They’re not humble enough to be taught how to fight. And then finally they quit before they’ve made self-defense a natural reaction, you know. They got it in they’re head but it hasn’t assimilated into their bodies yes.

**Sam Steele:** Wow that was a – that was a very, very interesting response. Extremely valuable I’m sure for the folks listening to this right now. Steve I gotta tell you you’ve really shared a lot with us today and I really appreciate how your candid responses and stories – is there anything else that you would like to add that you feel can benefit the readers of the US Three Report?

**Steve Fischer:** Well you can fool yourself into thinking that you’re able to defend yourself. Let me see. Fooling yourself would constitute taking sessions and seminars and courses, and buying videos and books without surrounding yourself with others that are even doing the same or have done in the past.

You need to have that connection. All of the sessions, seminars, and courses, and videos, all that is great. You wanna build your library and you wanna take those things that you’re pulling out of those places and discuss them with those that have done, you know, personally, one on one, face to face. Like what you’re doing, you know, and you wanna validate. Because some of the stuff is garbage and some of it’s good. And you’re gonna find out that there’s about – the garbage outweighs the good, you know.

**Sam Steele:** Fair enough. That’s some great, great input. All right Steve, I guess we’re gonna wrap it up here today. I just wanna thank you again for taking the time to share with us and offer that excellent input.