

# **Get Out Alive:**

6 Secrets of an Ex-CIA Officer  
to Survive a Terror Strike

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**SPY + SURVIVAL BRIEFING**

# Introduction

Flip on the news and the world looks pretty grim.

The list of mass shootings in the U.S. on college campuses, in movie theaters, and even elementary schools seems endless, and is ever growing.

Just recently, there was a mass shooting in San Bernardino, California. It's been reported there were at least 20 victims, and no warning signs before gunmen opened fire.

And with the recent attacks in Paris and Mali looming over our heads, it's hard to feel safe anywhere. The threat of a terrorist attack, or a single crazed shooter, has come closer to home.

Let's face it: These events could happen anytime, anywhere.

I'm not saying these things to scare you. I'm simply laying out the facts. Because if you find yourself in one of these horrible situations, you'll want to be prepared.

And after reading this report, you'll be more prepared to handle these situations... should you find yourself confronted by them.

Hi. My name is Jason Hanson.

For 6½ years, I worked and trained as a CIA officer.

In my years with the agency, I was trained in many similar situations. I know exactly how to react if I'm faced with a crisis... whether it's a simple carjacking or a full-blown terrorist attack.

With my experience, I feel it's my duty to share with you and as many people as possible the skills to escape any possible terror situation.

This report is a quick guide that will teach you the secrets to getting out of these dangerous events alive.

Let's get started.

# How to Pick out Suspicious Suspects in a Crowd

People are often surprised when I tell them that understanding your surroundings is the most important thing I learned in the CIA.

Knowledge of situational awareness is what allows CIA officers to act before a crisis occurs. If guns are drawn, it's because we missed something and our situational awareness was lacking.

I've also experienced firsthand how important this skill is as a civilian.

But what is situational awareness?

At its most basic, situational awareness is about remaining alert and knowing what's going on around you. It's really about being able to assess your environment, anticipating danger, and being ready to take any further action if necessary.

If you take a look at what most people are doing on the street, you're going to see the majority of them are either talking on their phones or sending and reading text messages.

But when you're looking at your phone, you have your head down, you're disengaged, and you likely have no idea what's actually going on around you.

Same thing happens when you're preoccupied by work or stress or just daydreaming about an upcoming vacation.

Bottom line: If you're not alert and aware, you are vulnerable.

## The Four Colors of Situational Awareness

These are four stages of readiness, which describe different degrees of situational awareness.

**Condition White:** Unprepared and totally unaware. Think head down, eyes averted, oblivious to what's going on around you. A person in Condition White may be daydreaming, talking on a cellphone, texting, or engaged in a conversation. It is crucial that you learn to avoid this condition at all times.

**Condition Yellow:** There's no specific threat, but you remain alert and aware. This means your head is up and you're aware of your surroundings. You may be having a conversation but aren't so distracted that you wouldn't notice a car coming your way or a person heading toward you with intent to attack.

**Condition Orange:** Something about a situation or an individual feels potentially threatening. You prepare yourself by putting your hand on your Tactical Pen or getting out your cellphone to call for help. If you feel a person is following you, turning around and walking into a crowded store is another example of a Condition Orange response.

**Condition Red:** This is the crisis condition. While it's entirely possible the situation may involve fighting or using a weapon or any self-defense tactics you have, it's also possible the situation will be resolved by other means, such as calling for help, calling 911 or running into a well-populated area.

Though most people live their lives in Condition White, you want to stay in Condition Yellow. Doing this will help you avoid Condition Red. Sure, it takes some getting used to, but it's a simple change that could ultimately save your life.

Choosing to put away the cellphone and walking down the street with your head up is a big start, but you'll also want to sharpen your senses. Your gut will often tell you when something is wrong.

## Spotting a Suspicious Character

So how should you put this awareness into action?

There are certain things you should look for that will help you determine whether or not someone has ill intent:

- Is a person dressed inappropriately for the weather? Wearing a winter coat even though it's warm?
- Is the person displaying odd gestures or mannerisms?
- Is the person somewhere he or she isn't supposed to be?
- Is the individual paying too close attention to you or someone else?
- Does the person appear to be following someone?
- Is the person looking around nervously? Is his or her head on a swivel?

Above all, never ignore your gut. If someone is displaying unusual or inappropriate behavior; if they're dressed strangely for the situation; if they're lingering too long, or standing just a little too close... get away from them and alert someone to their presence.

## How to Survive a Knife Attack, and Use One to Your Advantage

I love guns and always try and have one on me. However, if I'm traveling overseas it's almost impossible to bring a gun. In most cases, it's easy to bring a knife. And if for some reason I don't bring a knife with me, I can go to the country's equivalent of Wal-Mart and quickly pick up a knife there.

My point is it's a lot easier to get your hands on a knife and to carry a knife daily than it is to own and carry a gun. That's why, every day, I keep a knife clipped to my pants pocket. This knife, a folding knife, is mainly for opening boxes and mail.

The knife I carry for survival and self-defense purposes is a fixed-blade

knife. I'm a big fan of fixed-blade knives for protection because you don't have to waste time to open them, like you would with a folding knife. They're also typically better built, which means you don't have to worry about them breaking or suddenly closing on you.



Ninety-nine percent of the time, this knife stays hidden. But like all weapons, you've got to spend some time training with your knife so you have a good chance of staying alive in the event you ever have to use it. One of the best ways to do this is by using a foam trainer and "fighting" with a partner who also has a foam trainer.



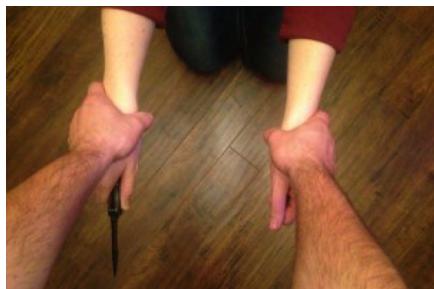
In other words, both of you have foam knives, and the first one who gets a solid cut on the other person wins. This may sound simplistic, but it's an excellent training method, and helps you develop an awareness of what works.

None of us likes to lose, so when you're squaring off against another person, you take it seriously. You don't want to get "cut," even if it is just an exercise. You also get to see what a real knife fight might be like. (If both of you have knives it's a lot of dancing around and taking your time before you strike.)

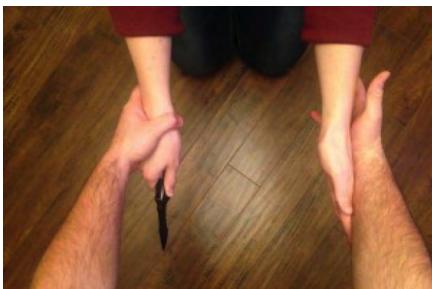
Another good way to train and appreciate just how dangerous a knife can be is to hang a large piece of beef somewhere and to stab and slice it. We do this at the knife course we teach, and you'd be amazed at how little force it takes to open a piece of meat (or a person) up. This "beef drill" is also a great reminder of why you want to avoid a knife fight at all costs.

In addition to the "beef drill," you need to train on what to do if you have to draw your knife and a criminal grabs your knife hand to try and stop you from defending yourself. Put simply, you can slap their hand off of yours with your other hand and then strike them when your hand is free.

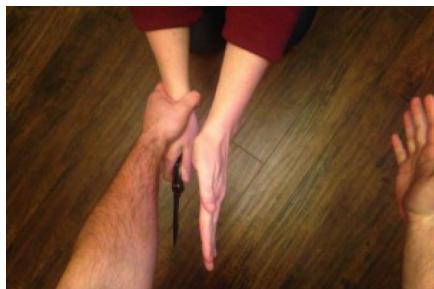
See the pictures below for a demonstration:



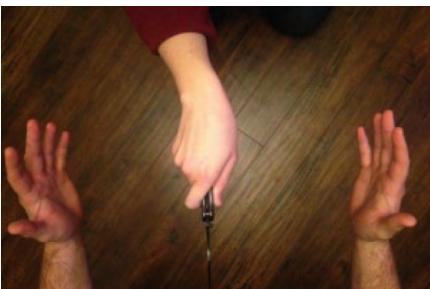
*An attacker reaches for your knife.*



*With your free hand, twist out of his grip and push his hand away.*



*Quickly move and do the same on the other hand.*



*This will free your weapon once again, and allow you to attack.*

The bottom line is a knife is one of the most important survival and self-defense weapons, and few people spend enough time doing any type of knife training. So if the knife interests you, at the very least, buy some inexpensive foam trainers, find a partner, and begin increasing your skills to defend yourself.

For a more in-depth training, and a look at how you can put these skills to use, check out my [Two-Second Knife Defense](#) video.

Also be sure to check out Chapter 12 in *Spy Secrets That Can Save Your Life* for some easy-to-use practice steps.

## **How to Survive a Knife Attacker**

There's really only one main thing you need to know in order to survive a knife attack.

You need to disarm your attacker as quickly as humanly possible. To do this, you need to gain control of the weapon. You shouldn't be watching his face or legs or anything else, because it's that knife blade that has the potential to kill you.

So if you're able to find any type of improvised weapon (a chair, piece of wood, anything), start striking the attacker's knife hand as brutally as possible so they, hopefully, drop the knife.

If you can't or don't have time to find a weapon, then you need grab the wrist of the knife hand. This is obviously easier said than done, but in this [knife defense video](#), I show you exactly how to do it. (Basically, grab the wrist and then, using your other arm, dislocate the elbow, causing the attacker to drop the knife. Again, the video makes this much clearer.)

## **How to Escape a Close-Quarters Shooting**

In January of 2014, an active shooter incident occurred at a mall in Columbia, Maryland. The shooter was a 19-year-old male who killed two cashiers, wounded 25 others, and then turned the gun on himself. He used a shotgun for the killings, and police found two homemade bombs in a backpack that he left behind.

I've been to this particular mall several times. It's not too far from where I grew up. It's in a nice area of town. When people were interviewed after the shooting, many commented along the lines of, "This is such a nice and safe place, I can't believe something like this could happen here."

The first part of preparing for self-defense against an active shooter is to realize that an active shooting can occur anywhere. It doesn't matter if you live in the big city or in a rural town. As soon as you can admit to yourself that it could happen where you live, you're instantly better prepared to survive such an attack.

Next, you should know what to look for and the general characteristics of an active shooter. For example...

- 98% of the time, the active shooter is alone
- 96% of the time, it is a male
- The average incident lasts 12 minutes
- 40% of the time, the shooter commits suicide during the incident.

What these statistics show is that the perpetrator will be a lone male and the shooting will last for several minutes. You need to be prepared to survive by yourself. This may include an attempt to stop the shooter yourself — before law enforcement arrives.

To help you do this, you need to remember the "**two exits**" rule.

Whenever you go to the mall or enter any type of building, you should quickly identify two exits. This doesn't take long at all. Once you begin doing this, it will quickly become second nature. If the active shooter is blocking one exit, you need to have a second way to get out.

Also, you've got to remember not to freeze. I realize this is easier said than done.

People die in plane crashes, active shootings, and other incidents because they panic and freeze. This doesn't happen to everyone, but it does happen to many people. If you are with family members who freeze, you need to grab them and move them along and try to quickly "snap" them out of their panic.

If you happen to be in a store or area that an active shooter enters and

there is no escape, then you need to be ready to fight back. During an active shooting, the people that don't freeze will all, naturally, run away.

Running away only gives the shooter more targets and more time to shoot, since nobody around him is taking his attention by challenging him. If you find yourself in an enclosed space with nowhere to go, you need to either rush the shooter or use your gun (or any other weapon you have on you at that time) to stop him. I realize this is not the natural reaction for the vast majority of people, but rushing and stopping the shooter will no doubt save lives. You should also be sure you're always prepared to defend yourself with at least a gun, a knife, or a Tactical Pen

If you have your gun on you (which I hope you always do), you must be aware of what's beyond the active shooter. You certainly don't want to start firing shots and end up hitting innocent bystanders who are trying to run away. Most likely, in an active shooter incident, you won't be taking a sniper shot from 20 yards away. Instead, it will be more up close and personal.

The bottom line is that every active shooting incident is different. Remember to know ahead of time where the exits are and what you plan to do. Don't hesitate if the time for action comes. And, if you find yourself in the unfortunate circumstance of being close to the active shooter, fight the urge to flee. Do everything you can to stop him.

## Getting out of a Hostage Situation

God willing, you'll never find yourself in a hostage situation.

But if you do find yourself taken, there are a few easy ways to get out.

Here are a few tips:

- Always carry a bobby pin on you. With the right technique, it can be used to open handcuffs or even pick a lock
- Locked in a trunk? Don't panic. Most newer cars have a glow-in-the-dark emergency release pull inside. If it's an older car, get on all fours and push against the trunk with your back — chances are it will pop open, depending on the vehicle model

- If your wrists are duct-taped together, don't pull your wrists apart from one another. It essentially strengthens the duct tape. Instead, press your forearms together, and raise your arms above your head. Then, in one quick, swift motion, pull your arms down and out to the sides, as hard as you can. The duct tape will break apart without a problem
- If you find your wrists bound with a zip tie, it can seem like it's impossible to get out. Here's an easy tip. Replace the shoelaces on your shoes with a 550 cord, or parachute cord. Insert the paracord through the zip tie so that it's hanging down in the center of your hands. Tie a loop on each end, large enough to put your feet through. Then move your feet in a fast pedaling motion, with the cord pulled tight through the zip tie. By pedaling your feet quickly, you'll be able to saw through the cord.

Check out these tricks in action by [clicking here](#).

## A Professionally Trained Hostage

Obviously, nobody wants to be kidnapped or have anyone they know get kidnapped. If you ever find yourself in a potential kidnapping situation, you're going to do everything imaginable to keep from getting taken away in a panel van or other mode of transportation.

If you carry a gun like I do, this means using your gun to defend yourself. If you have a knife or a Tactical Pen, then you'll use these tools to strike the attackers. And if you have no self-defense tools on you at all, you'll kick the attacker(s) in the groin, gouge out their eyes, strike them in their throat, and whatever else you need to in order to survive.

But the fact is kidnappings happen every day in our nation. Sometimes you can't get away, or sometimes you're outnumbered by multiple attackers who overpower you. If, heaven forbid, you ever find yourself in this situation, I want to help you become a "professionally trained hostage" right now to increase the chances of your survival and somebody finding you.

Very few people have had the training or knowledge I'm about to share with you, so please spread the word to your friends and family, because this information saves lives.

You see, if you're ever kidnapped, you want to leave as many clues as possible to your whereabouts so you're easy to track by the police and FBI. For example, you want to stick your finger down your throat and force yourself to throw up. I know this sounds highly unpleasant, but it's evidence that could be the key to finding you.

You also want to cut yourself and leave blood if you can. For instance, if you were kidnapped and transported to a room, you would want to find anything that could cut your finger and draw some blood.

You would want to wipe this blood in areas that are not obvious. In other words, you wouldn't want to wipe blood on top of a table, because your captors could see it and quickly clean it up. You would want to leave blood evidence under the table or in the corner on a piece of carpet or on the wall in a less obvious place.

Please note, I am talking about making a small cut to leave blood evidence. Don't create a huge gash that's going to require medical attention and weaken you. Also, if you can, leave footprints or scrapes with your shoes or boots on walls or floors. Again, don't make these marks super obvious, but put them in more discreet places.

Here's the reason you're doing all of this and leaving as much evidence as you can: If you're ever kidnapped, your family or friends can tell the police that you've had hostage training and you know to leave clues. This means the police won't just walk into a supposed place you might have been and spend a few minutes walking around.

Instead, they'll be looking at the walls, under tables, pulling up corners of the carpet, and spending a lot more time looking for clues trying to find you. And if you've left these clues discreetly, you'll make the police's job easier and, as I mentioned, significantly increase your chances of survival.

The most important time period is the first 24 hours after you've been kidnapped. After that time, you'll most likely be far from where you were taken, as well as hungry, tired, and scared. Do everything you can to escape within those first 24 hours. Your life could depend on it.

Overall, the most important thing to do if you're taken hostage is to keep your cool. Without your wits about you, even the most well-trained person isn't going to be able to escape. Calm down and think the situation through. Chances are you're smarter than whoever has taken you.

# How to Survive (and Stop) a Terrorist Attack

I was blessed to have some very good training while with the CIA, including terrorist response training.

This training involved scenarios, role players, a red man suit (a sturdy safety suit used in defense training), and “simmunications” (similar to airsoft), to name a few things.

Today, I am going to share with you some of the principles I learned for you to use in your day-to-day life.

A typical scenario would be in a mock town and the instructor would come up to you and say something along the lines of “You and your wife are taking a Sunday stroll through your neighborhood and there’s a good chance something is going to go wrong.”

You begin walking through the town with your “wife” (who’s a role player) and suddenly a man runs from the back of one of the houses with a rifle shooting the streets up and you have to try to neutralize the threat.

Another scenario might be where you’re walking through an office building and you turn the corner and a “terrorist” is holding someone hostage.

The terrorist has a suicide vest on, and if you come any closer, he’s going to detonate it. You have to decide what to do and when to take the head shot to kill the terrorist.

As I mentioned, it was great training, and this is the exact training I do today with corporate security when companies hire me.

And this is the training that I believe every American now needs. In fact, a version of it should be implemented in colleges and universities so that we can get people trained from a younger age.

Today, I’ll share with you important concepts you can implement in the event you’re ever faced with just such a deadly situation.

## Fight Aggression With Aggression

The fact is when it comes to properly responding to an incident involving some gun-wielding criminal — terrorist or otherwise — you need to be aggressive and go after the attackers.

For instance, in the recent Paris attacks, it has been reported that some of the attackers told people to lie on the ground and that these people obeyed and were eventually shot.

In the Oregon college shooting a few months back, the killer lined the students up and asked them their religion and then shot certain people.

You cannot give some maniac enough time to line you up, have you lie on the floor, or ask you your religion.

When you see someone burst into a movie theater or a restaurant with a gun, within seconds, you need to rush them and ruthlessly attack them.

But here's the thing: This is not a natural human response.

When a crazed person with an AK-47 walks into building, most people's natural response is to run away or freeze and then do whatever the person with the gun tells them to do in the hopes that they won't get hurt.

But you and I know that when you obey this kind of individual and just sit there with the gun pointed at you, you'll likely end up dead.

## Changing Your Instincts

The only way to change your natural response is to condition yourself through training.

In other words, you can get a group of friends together, buy some airsoft gear, and set up mock scenarios in the woods, a soccer field, or anyplace else you can train.

Run the same scenarios I describe above and create many more of your own based on recent events.

When training, it's important to remember that not every scenario should be a "shoot" scenario.

When I do this training, we have situations where some guy may walk into a building with a gun on his hip or a rifle slung over his shoulder, and he might be an average citizen who's just carrying a gun.

Where I live in the small town of Cedar City, Utah, it's not uncommon to be walking in the grocery store and see someone with a pistol on their hip, since open carry is legal in Utah.

My point is you need to have all types of mock scenarios. You don't want to train only for a "shoot" situation, because that's not the way life works, and since you and I are the good guys, we are responsible for the actions we take.

## Importance of Visualization

In addition to live training, it's very important to visualize what you would do in a situation involving a gun-wielding individual bent on taking lives.

It may sound corny, but you need to picture yourself in the local Wal-Mart and imagine some guy walking in with an AK-47 and you reacting properly, drawing your gun (or knife or other weapon), and rushing him to stop the threat.

This is the only way to stop these bad guys, because the way that 99% of people react gets them and others killed. Because when some guy walks into a building with an AK-47, as I said earlier, most people will freeze or run away.

Either of these reactions is good for the criminal or terrorist, because it means nobody is confronting them and they have plenty of time to shoot and reload.

In fact, the worst thing people can do is to run away, because as they fan out, they give the attacker plenty of time to shoot people in the back. And people are getting further away from him, meaning there's nobody close by to stop him and he can continue his rampage.

I know it's not an easy solution and is probably not one that most people want to hear.

But it has to be done.

You and I and other Americans who value our safety need to change our mindsets and condition ourselves to go after the attacker and stop them instead of running away or obeying their commands.

And the only way to do this is through training and repetition.

## **Next Steps**

In your local area, you might be able to find a company that provides force-on-force training.

At the very least, make sure that you have a self-defense weapon on you at all times.

I realize not everyone wishes to carry a knife or a gun, but at a minimum, you should have some sort of self-defense tool. My favorite is a Tactical Pen.

The Tactical Pen is a (deadly) discreet weapon that I've flown all over the world with and taken into courthouses and other government buildings. It can easily stop an attacker who's looking to take your life or someone else's.

What it all boils down to is this: After the Paris attacks, the director of the CIA, John Brennan, said that this is not a one-time event and that more attacks are likely to come, which is stating the obvious.

So in the future, if you're at the football game or the mall or a restaurant when a terrorist attack occurs, please ensure you won't go down as an easy victim and that you'll react quickly and ruthlessly against these evil people.

# **How to Get out Alive if Your Hotel Is Being Raided by Terrorists**

The attacks at the Radisson Hotel in Mali are another horrific example of the unprecedeted times that we live in.

The thing is life doesn't stop when these horrible events happen. Many of us still want to travel and likely already have trips planned. That means that you'll be staying in hotels, both in the U.S. and overseas. I want to quickly cover what you can do to ensure that you have a safe trip, wherever you might be staying.

First, I always stay within the third–sixth floors of a hotel. I don't want to be on the 77th floor because that's a long way to get down if the place catches on fire or comes under attack. Floors 3–6 aren't so high that I can still quickly evacuate the place if I need to. I don't stay on the first two floors because those are the most likely to be hit by criminals.

Second, I always have some type of weapon with me. If I'm staying at a hotel in the U.S., I typically have a gun with me. It'll be a Springfield 1911 or Sig Sauer P226, and it sits on the nightstand. I'll also have a flashlight (usually a SureFire or Olight) on the nightstand. If I am with my family, the gun will be in a rapid-access safe with the flashlight next to it.

If I am staying in a hotel overseas, I usually don't have a gun with me. Instead, I'll have my Tactical Pen sitting on the nightstand along with a flashlight. Depending on what time I get to the area, I will also pick up a knife from a local store.

Whether I am in the U.S. or overseas, I always take the time (it only takes minutes) to check out the hotel emergency exits. If something happens, I want to know the closest exit to my room and the next closest exit.

With my preparation done, if I were ever at a hotel and all of the sudden I heard shots ring out, I sure as heck wouldn't run out into the hallway to see what's going on and possibly get gunned down. I would stay in my hotel room and barricade myself behind several pieces of thick wood furniture.

You may have seen that funny picture being sent around where there's a bomb squad surrounding a bomb and a bunch of people are in an office building with their faces pushed against the glass just a few feet away. Don't be those people. It's not worth the show. Get yourself as far from the scene as possible.

If the building isn't on fire, stay in your room and fight the curiosity to leave your room and put yourself in harm's way. The fact is in this day

and age, you could stay in your room and get all of the updates of what's going on in your hotel from your smartphone. There's no need to see it in person.

Lastly, don't stay at an obvious target overseas. In other words, if you're in a country that dislikes Americans and every American is known to stay at the Holiday Inn in that country, then stay somewhere else that's more low profile.

## One Last Thing...

I'm often asked what's the one thing I give all my family members to stay in contact during and after any crisis.

I'll tell you what — it's NOT a smartphone.

What you want is the Baofeng radio. Since cellphone towers can be down, this works no matter what. Just Google the name and you'll be able to get the quick details you need. However, this is used only within a radius of a few miles, so I would not say this is used overseas. This is used for your local home area if you're at home and a spouse is at the office, etc.

I hope that these tips leave you feeling more capable and prepared. If you should find yourself at the scene of an active shooting or in a terrorist attack, these are the tools you'll need to get out alive. Be sure to also read my book *Spy Secrets That Can Save Your Life* for more in-depth tips and training scenarios.

Best,  
Jason Hanson

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