

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

2026 THREATS WE WILL FACE

The 4 To Prepare For

By Jason Hanson

Former CIA Officer

As we get closer to the New Year, I wanted to share with you what I believe are the biggest threats we face in 2026. I will start with what I believe is the biggest threat, which is a threat you are already well aware of. But there's a twist on it this time. The threat is the government's continuous printing of money and a bad economy. Prices are still increasing and Americans are in debt up to their ears.

I want you to imagine a day where ordinary items from the grocery store are actually a luxury that a select few can afford to buy. Years ago, that sounded like a far-fetched fantasy, but now, not so much. And what happens when people can't afford normal everyday items? What happens when the economy

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truly implodes because of our weak dollar?

Well, you know there will be rioting and looting, etc. But here's the real problem and why this is such a big threat. You've probably heard people talk about a civil war and how if the Republicans ever fought the Democrats that the Republicans would quickly kick their butts. Why? Because the Republicans had all the real men and had all the guns.

However, that has changed. (Not the real men part, the guns part.) The left is now taking gun training and stocking up on guns. I'm not sure they understand the hypocrisy... but it is what it is. My point is, these are not the normal wimpy socialists who live in their parents' basement and have mom and dad pay all their bills.

They are socialists who live in their mom and dad's basement but have an arsenal and are training on how to use it. This is why this is such a big threat. The left believes in handouts and they believe they are owed something they didn't earn and they love to play the victim.

And now they are preparing to be able to fight fire with fire. This is absolutely one of the reasons I don't live in any large city, but in a small, conservative town and why I recommend people leave the cities if they are able to.

Enough on that threat, I need to move onto the next one. Just know that the left is stocking up on guns and ammo and you should too. (AR-15s and 9mm pistols are what I stock up on.)

Identity Theft

The next threat is cyberattacks on banks and criminals trying to disrupt our financial way of life. When the Amazon

servers went down several weeks ago, a lot of people were not able to use their banking apps and other banking services. Fortunately, this was temporary and service was quickly restored.

But if you can't live without your bank for a week or two, I would encourage you to stock up on more cash, gold and silver in your house. All of us must prepare for our banks to go down for several days and to have to survive on money that we have close by. Of course, if you have food storage, water storage and lots of supplies, there is less money you will need for immediate purchases.

Another threat is more identity theft in 2026. Criminals are not idiots when it comes to stealing people's identities. They are often organized crime rings and they get more sophisticated each year. You have to make sure you have a credit

"All of us must prepare for our banks to go down for several days."

freeze with all three credit bureaus and that you check your bank and credit card statements often. Obviously, never click on texts or emails from the Ukrainian supermodel who says she's fallen in love with you.

One final threat is the weakness and softness of society. You could call this a mental threat, if you will. I am so amazed at how people these days just fold and can't handle any life setbacks or any trials in life.

All of us need to "toughen up" our kids and grandkids. Life is hard, it's not always fun and it's supposed to be difficult. So, a lack of resilience is clearly not a good thing, and too many people suffer from it these days.

Despite all these threats we face, I am excited about the New Year. I do think it's going to be a tough year, but preparing gives me peace of mind and I am ready to weather the storms that life throws my way. I hope you are too.

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Saturn Gas Stove

I'm a big fan of having a bunch of different stoves to be able to cook your food when the lights go out. I've got several propane stoves but not as many butane stoves. I'm looking to add another one right now, and one that you might want to check out is the Fire Maple Saturn Gas Stove.

This stove is a single burner stove that has a wide cooking area so you can throw a rather large pan on it. It is easy to light and get going and it comes with built-in piezo igniter, so you don't have to worry about trying to light it with matches or a Bic lighter. It also has a built-in wind deflector, which means you don't have to worry about it keeping lit even on windy days.

The Saturn Gas stove weighs 3.3 pounds so it is not an ultralight backpacking stove. If you want an ultralight stove, then go with something like the MSR PocketRocket. However, for a grid-down situation where you might be doing a lot of cooking, the Saturn Stove will serve your needs just fine. Just don't forget to stock up on a bunch of butane canisters.

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THE MATH UNDERPINNING TODAY'S PRECIOUS METALS BOOM

Gold at \$10K and Silver at \$100, What's Next?

By Forest Hamilton
Universal Coin & Bullion

Recently, in his weekly Metals Market Reports, Dr. Mike Fuljenz laid out a very bullish roadmap for gold and silver. Mike's been a leader in this space for decades, recognized by the American Numismatic Association and the Numismatic Literary Guild for both his market insight and his consumer education work.

Normally, Mike is extremely conservative. If he thinks a coin or a precious metal is going to go up 10%, he writes about it going up 5%. He would rather undershoot than overshoot. So, my eyes got wide when he posted this on social media not too long ago:

"I'm predicting a 2025 year-end gain for gold of 65% to \$4,350, followed by another 60% rise next year to \$7,000, then possibly to \$10,000 by 2029, with silver reaching \$70 per ounce and potentially \$100-plus."

I called Mike to ask if an intern had accidentally posted this extreme prediction. When I called, he was with the current U.S. Mint Director and kept his answer short. He said, "that prediction isn't extreme, it's conservative...it's not fantasy, it's arithmetic."

Mike takes math seriously. He is a former chemistry teacher and borderline genius with numbers and patterns. So, for him to be this confident in the math shows me that he has already run the calculations.

What matters to me isn't the price targets; it's the why behind them. So

far in 2025, gold has already done the heavy lifting: it's up strongly year-to-date, rising month after month while stocks have stumbled several times.

We've seen gold pierce the \$4,000 level, doubling in under two years. That's not random. It's the product of persistent inflation and loss of confidence in paper assets, massive government debt and deficits, ongoing geopolitical tension and conflict, and central banks continuing to buy physical gold.

When those forces line up, gold and silver tend to reprice to a new range entirely. That's the world I believe we're in right now and that's why Mike's projections, while bold, are absolutely within the realm of reality.

Now, bull markets always invite the question: what do I actually buy? In my experience, generic bullion is a good foundation, so certainly get your gold and silver coins. But I also like certified investment grade coins that we have in our 20/20 Program (\$20 Liberty gold coin, \$10 Indian Head gold coin, etc.) From my perspective, they're the best values in the current market for a few reasons.

First, while gold and silver are at all-time highs, many of the 20/20 Program coins are trading at half of their all-time highs. Second, you're not just betting on spot prices. The 20/20 Program coins have proven that they can go up in value, even

when gold and silver go down.

Third, in hot markets, generic bullion often gets crowded, with premiums compressing or becoming volatile. High-quality, certified investment grade coins have a built-in demand base that can soften the downside in corrections while keeping strong upside potential in a sustained bull market. It takes less money to move a smaller supply.

"I'm predicting a 2025 year-end gain for gold of 65% to \$4,350."

Finally, not only is physical metal in finite supply, but choice coins are scarce by design. Nobody can go back in time and mint more original, desirable coins.

If you believe, as I do, that we're in the early or middle stages of a multi-year bull market for precious metals, it makes sense to be positioned not just in any gold and silver, but in the right kind.

While I can't make personalized promises or guarantees, after three decades of helping people navigate this market, I can say that when history looks back on this period in gold and silver, I think the two biggest regrets will be "I sold too early" and "I waited too long."

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthilton@universalcoin.com or call 409-926-7001. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

SPECIAL FORCES TACTICS TO “HARDEN YOUR HOME”

How To Deter Porch Pirates This Holiday Season

By Brian M. Morris

*Master Sergeant (Retired),
U.S. Army Special Forces*

The holiday season has always brought out the best, and sometimes the worst, in people. After over two decades in Special Forces, an important lesson I learned is that threats don't always show up loudly, kicking in your door. Sometimes they stroll quietly down your street in broad daylight wearing a hoodie and a smile.

That's why, this month, I want to talk about something I don't normally talk or write about. But strangely enough, I've had multiple people ask me about this.

I'm talking about porch pirates – yes, those pain-in-the-butts armed with a cell phone camera, a fast car, and the knowledge that most Americans who shop online aren't home when the boxes arrive.

Fortunately, defending your home front doesn't require a team of Green Berets. Just awareness, preparation, and a few simple, practical steps that will make your home a much harder target.

Every Special Forces mission begins with the same question: How do we reduce risk by making ourselves harder to hit? In combat, speed, surprise, and violence of action are the most proven ways to ensure security. The law will not permit you to treat domestic thieves with the same extreme reaction, but that does not

mean you are without any defenses.

Criminals prefer easy, low-risk opportunities. So, if your porch looks like an Amazon drop zone with no cameras, no lights, and no controlled delivery system, you're essentially telling the world, “Come and get it.”

Start with the basics. Install a camera (doorbell or otherwise) with good resolution and night capability. It doesn't need to be fancy, but it should be visible. Criminals don't like being recorded. In my experience, even the illusion of surveillance is often enough to deter them. You can even find “Smile, You Are On Camera” signs online.

Lighting is another simple but powerful deterrent. Motion-activated lights that illuminate your driveway and porch can remove the shadows thieves use for concealment. In the field, we always assumed that movement through light meant risk. Porch pirates think the same way.

One of the biggest misconceptions is that you're stuck with whatever delivery process the carrier uses. Not true. You have options. Most major carriers and retailers now offer secure pick-up lockers at grocery stores, pharmacies, and shipping centers. It's not as convenient as home delivery, but losing a \$600 package is worse.

Schedule deliveries for times you're home. Many carriers allow you to select specific days or windows. Do it. Also, require signatures for higher-value items. If you're ordering electronics, tools, or anything expensive, make sure to make someone sign. It's the equivalent of demanding positive accountability in the field.

Use a drop box or secure parcel container. These are lockable

delivery boxes designed specifically to prevent theft. They're like your personal supply cache: out of sight, out of reach.

During combat operations, we often used misdirection to draw attention away from sensitive equipment or supplies. You can do the same at home. If possible, have packages delivered to a location that isn't visible from the street, for example, behind a gate, on a side porch, or in a designated container. A thief can't steal what they don't know is there.

Even rearranging your porch furniture to block the line of sight from the road can make a difference. Some people also use dummy packages with built-in GPS trackers to deter repeat offenders. I have even seen people place a pyrotechnic ink grenade that covers the thief in blue ink when the package is removed. I won't tell you that these techniques are the right solution for everyone, but I will say this: a thief who gets covered in blue ink or who gets a surprise tracking beacon inside that fake box usually won't be back for a second try.

Special Forces teams rely on trust, communication, and strong networks. Your neighborhood should work the same way. Talk to your neighbors. Watch each other's homes. Share camera footage. Create a text group. A single homeowner can deter some crime, but a coordinated neighborhood can deter almost all of it.

You can't stop the world from getting chaotic, but you can keep chaos from walking up onto your porch and driving off with your holiday gifts. With a few smart preparations and a mindset focused on deterrence rather than reaction, you'll make yourself a far less appealing target. And like any seasoned operator knows: the best fight is the one the enemy decides isn't worth having.



EXTENUATING CIRCUMSTANCES?

The Power of Secrets

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

During my career as a U.S. Foreign Intelligence Officer/Operative, I had the privilege to serve on the Director's Staff at the National Security Agency (NSA). Our office was three doors down from the Director's private office. The only offices between ours and the Director (DIRNSA – Pronounced 'Dirn'-sa) were the Deputy Director and the Office of the General Counsel.

When major issues arise that lack a clear precedent or pre-existing laws, rules, policies, or customs, someone must conduct research and make a recommendation for the Director's signature. If you get it right, you get paid, stay out of jail, and show up the next day and do it again. If you get it wrong, you may very well be facing legal ramifications, career termination, and, at a minimum, severe chastisement, reassignment to a less prominent role, and possible demotion (along with deep, abiding humiliation).

I was assigned to work on an issue related to coordinating a decision paper for the Director about an operation that required US intelligence field operatives to conduct a mission in an allied country without the knowledge of our close ally.

We have treaties in place that require a certain amount of intelligence sharing and coordination.

Conducting an intelligence operation within the borders of a close ally without prior consultation and coordination is an international crime, a violation of a treaty, and a crime under U.S. law.

But what about extenuating circumstances? What if you have



to have an American intelligence officer conduct the operation to protect the allied nation and local population? I can answer that. You have to design a creative way of navigating a minefield of laws, rules, personalities, and intergovernmental prerogatives and privileges.

I sought out advice and suggestions from legal experts across the entire intelligence community, international treaty monitors, senior legislative liaisons, and every other connection I had. Of course, I promised each of them non-attribution, meaning that I would never reveal who provided me with that counsel. If things went badly, I would bear full responsibility for the conclusions I developed.

Well, I produced a Decision Memo for the Director recommending we move forward with the operation because, in my assessment, not conducting the mission would result in more damage to our relationship with our ally than asking for forgiveness if they ever found out.

Chalk one up for being way wrong and looking like an idiot to the Director of the National Security

Agency. He made it quickly and abundantly clear to me that he was not going to risk his career on solving a problem for an ally that they should handle themselves. He struck a line through the entire body of text of my memo and wrote "NO" at the bottom.

I simply had not calculated that angle. I'd operated off of the information I was given and presumed that the only way forward was to either: 1) Approve the Op, or 2) Let bad things happen to an allied population.

However, the Director knew every deputy director, the general counsel, our legislative liaisons, and others that were all examining this issue. None of them saw it as clearly as he did. None of us had the authority to discuss this directly with the intelligence members of our ally.

But the Director did. And after he read my two-page background memo listing the significant issues, pertinent laws, treaty obligations, and uniquely applicable U.S. Intelligence Community rules and guidelines, he told his assistant to call the head of the allies' foreign intelligence service.

While I sat there, he briefed his foreign colleague about the reason, purpose, and goals of our planned operation. After they chatted, he said, "I am not going to get involved or have any of our people involved. You will have to figure this out on your own. Good luck."

The Director asked me, "Who advised you on this?" I told him that I relied on every professional I trusted and knew had intimate knowledge of the matter. However, I explained to him that I had promised them anonymity because they all knew the issue was a dangerous, career-busting quagmire.

He smiled and said, "They got that right!" and then thanked me for the work I had done. No gallows, firing squad, or suicide pills. I showed up the next day to tackle the next career-killing issue.

The hardest part about doing this kind of work is insulating those willing to assist you despite the ramifications that could come back on them. It's a business of supreme trust that requires the deepest discretion and personal loyalty.

Young officers like to brag or allude to their access to highly sensitive and classified information. What you don't learn until you have been through the ringer is that the best way to protect secrets is by keeping anyone from even knowing you have secrets.

We often fail to give people credit for their understanding of the value of silence and feigned ignorance. If you have to share extremely dangerous information with someone, it obviously won't be the office gossip or anyone who openly shares their own knowledge of general or even esoteric topics.

I found smiling to be one of the best ways to avoid answering questions about what I might or might not know about a sensitive topic. People understood that even if I did know

about "Operation XYZ", I was not going to share anything.

The other advantage was that when I smiled at their inquiry, they figured I must know something they didn't – even if I had never even heard of the operation. We call it the power of secrecy or the power of secrets. Not knowing what someone else knows gives that person a credible measure of power and leverage.

You will be shocked at how many people cannot keep secrets. The truth is you can become the most secretive and powerful person in your network by being the one who knows how to keep secrets. When you become known as someone who keeps secrets, then secrets will begin to pour into your life.

Consider the respect afforded to attorneys, doctors, priests, judges, and CEOs. They have access to enormous vaults of secrets. Secrets whose worth is measured in billions, lives, reputations, and liberties. Or consider spies. Perhaps our most notable superpower is "secrets." Not just finding and collecting secrets of global value but also keeping those secrets within strict handling guidelines.

We could sell or barter those secrets: how we obtained them, who we obtained them from, what we do with them, and any other angle a merchandising mind could come up with. But it is our devotion to protecting secrets that makes us valuable and useful in our field.

The better you become at keeping secrets and confidences, the more successful you will be in your business and personal life. Being trustworthy is an increasingly rare and in demand character trait in every walk of life.

Secrets are burdens, but they can

provide immense power, prestige, honor, and trust to anyone who can keep a secret. So, learn to keep a secret so well that others never know that you have that secret.

The power of secrets is yours if you will accept the burdens and protect what others share with you, even if it comes at your own expense and peril.

"The best way to protect secrets is by keeping anyone from even knowing you have secrets."

Thwarting a potential crime, attack, or squelching trouble before it happens is the best way to keep everyone safe and alive.

Reach out to a handful of trusted friends in your area and commit to watching each other's backs and alerting the group if something is off. Having your own human intelligence network could save countless lives. Start one today.



SAVINT **YOUR MONTHLY** **SAVINGS INTELLIGENCE**

My guess is that it'll be pretty close to sold out by the time you read this because I think we only have about 20 left, but I had enough people ask me about the Texas Cowboy Knife that I wanted to share this with you anyway. The Texas Cowboy Knife is one of my favorite knives and it comes with two free sheaths. As the name implies, it's made by two guys in Texas and is an excellent blade to have on you. You can see pictures and videos of the knife at www.TexasCowboyKnife.com.

THREE PRIORITIES FOR RECLAIMING YOUR HEALTH IN 2026

Start Turning Back The Clock Immediately

By Dr. Omar Hamada
Special Operations Physician

There are several things you must do to age well, and remain fit, strong, and active. Willful inaction or acceptance of deterioration leads to disease, frailty, weakness, and inability to live fully.

Our choices over the next 12 months will reverberate through our family, career, and future. If we are not intentional with those choices, they'll be made for us as our body breaks down faster and eventually deteriorates.

The choices revolve around three things - sleep, nutrition, and exercise.

Sleep is the process our body uses to regenerate, repair, and create. It's actually a very active process. While our brain shuts down certain executive functions while creating new pathways and storing memories, our body goes to work removing toxins, destroying damaged cells, redistributing fuel, and rebuilding tissues.

When we don't get enough quality sleep, we hamper these effects, and don't allow our bodies to rehabilitate. When this becomes chronic, it leads to disease, obesity, metabolic dysfunction, depression, and general ill health.

Great sleep has three components - consistency, quality, and length. Our body (including our brain) runs on a clock called our circadian rhythm. It affects everything from our sleep-wake cycles to hormonal cycles to muscle building.

When interrupted or inconsistent, it throws everything into a tizzy. Most need 7 to 8 hours of sleep in

every 24-hour period. Despite what you may see on the internet, it is best when it is taken in one session instead of broken up.

In addition, because of the sun and moon's gravitational, magnetic, and radiative energies, the hours before midnight are 2 to 3 times more effective than the hours after. Try going to sleep at 10 PM and wake at 6 AM (or something like that) every night. You may have sleep apnea, nocturia because of prostate problems, and other issues, but do your best. Get in the habit and see how you feel.

As for quality, make sure you have a cool room (around 69 degrees F), a dark room (black out curtains and no flickering lights), and no active electronics (charge your phone in another room and use a regular alarm). Also, no food 3 hours before bed, no liquids 2 hours before, and no screens 1 hour before. Cut off caffeine 8 to 10 hours before and avoid all alcohol.

As for nutrition, focus on increased protein intake and limit simple carbohydrates. For example, 150 to 200 grams of protein a day and 75 grams of carbs. Consider an 18:6 intermittent fasting schedule to allow improved digestion and metabolism as the body redirects its efforts towards renewal rather than continual digestion.

There are so many different diets and fads out right now, so which is right for you? It all depends on what your goals are and what you will stick to either long-term or at least for a period of time. If you are trying to lose weight and reset

your metabolism as you shrink your prostate, solve sleep apnea, and reverse diabetes, a carnivore diet may be the best. Long-term, there's data showing the Mediterranean diet is best for longevity and health. The main thing is to focus on macros - increase protein, limit carbs, and use healthy fats (particularly Omega 3s).

"For example, 150 to 200 grams of protein a day and 75 grams of carbs."

You should be exercising every day. To age well, you need three things - strong cardiovascular fitness, good muscular strength and mass, and maintaining and improving mobility and flexibility. So, if you don't currently have a habit of daily exercise, start today.

Just move. Do something. Five pushups, a short walk, something. You want to be able to do an hour of heart rate zone 2 cardio a couple of days a week and three short 1-to-5-minute sessions of heart rate zone 4 or 5 (like sprints on a bike, rowing, swimming, or on foot).

Lift heavy. Start light but get heavy with squats, deadlifts, bench presses three times a week. Grow muscle and get limber. Start with bodyweight squats, wall sits, pull ups, push-ups, sit ups, lunges. Then, find a program that increases your flexibility. There are plenty of options on the internet.

The secret to doing all of the above is to write it down. Plan your day, week, month, quarter, and year. Plan your meals and exercises. Set goals and write them down. Think BIG. We're not getting any younger so let's get healthy again. Start today!

DEFENDING YOURSELF ON RICKETY KNEES

A Devastating Move Virtually Anyone Can Use

By Matt Numrich

Head Instructor Of Spy Black Belt

If you cope with joint pain or limited motion, especially in your knees, you may wonder how you'd protect yourself in a dangerous situation. The truth is, self-defense isn't reserved for those who are athletic or fast, and you can effectively protect yourself even if you can't dodge punches like you did in your twenties. What matters most is using the right techniques when moving.

When I start teaching "more mature" students, I always start with their head. The top of the head is among the toughest parts of the body. It is dense and solid. In contrast, the face holds many delicate bones and sensitive nerves.

So, when someone invades your space, tuck your chin to protect your throat and simply drive the top of your head forward into the attacker's nose or cheek. When doing this "head butt" move, plant your feet firmly, lean slightly into the strike, and use the weight of your torso to generate force. You do not need agility or speed—just correct form and confidence. This move is especially useful when you cannot rely on footwork or kicks. It works best at close range and can create an opening to escape.

Working down the body, I focus next on the arms and hands. When an aggressor gets very close, for example, let's say someone's shouting a few inches from your face, you don't want to freeze up.

Instead, grasp their shoulders, upper arms or even their head to stabilize yourself. Then launch a head butt directly into their face. A sharp, forward motion using your chest and shoulders adds power without requiring leg strength or

even swift movement. The shifting of your weight forward increases impact.

This action breaks the psychological hold over the situation. You will cause enough discomfort to disrupt their aggression and give yourself room to breathe, create distance or draw a weapon.

On the other hand, if someone grabs your wrists, it can feel like there is nothing you can do, especially if your balance is shaky. Yet even when hands are pinned or you cannot twist, the head thrust strategy still applies.

Lean forward just enough, without compromising your posture, to drive the top of your head into the attacker's face. The element of surprise matters. Since the head thrust relies less on flexible joints or strong muscles, it gives reliable results in tense, close-quarters encounters. Often a single strike is enough to force a release.

Even in the worst case, where you're in a full bear hug and your arms are trapped and your legs can barely shift, you still have options.

Use the side or top of your head to strike toward the face. Deliver several short, quick strikes rather than one long swing. With rapid action, you can stun or disorient the attacker, creating a window in which to break free. Do not try to lift your feet or twist aggressively—those moves often worsen pain or risk stability.

Instead focus on what you can control: your head's angle, the firmness of your stance, and the



force of your thrusts.

Always remember that strategy and preparation matter more than strength or speed. Sharp, simple moves often outperform complicated or physically demanding techniques. So, if you have bad knees, you can rely on this simple move versus a complicated kick.

You can practice these head thrusts at home, in front of a mirror, slowly at first. When you feel comfortable, increase speed and commitment. Visualize what to do if someone grabs your wrist, tries to pull you close, or presses into your space. Rehearsing those responses in your mind makes them more accessible under stress.

Knowing that you do not need to be agile or limber to defend yourself changes everything. Even on rickety knees, you still have power and options.

Acting with purpose, knowing how to use your body intelligently, and staying aware of your space will give you greater confidence and safety. Also, I've made a video for you where I go deeper into the mechanics of this movement so you can see exactly how to do it to defend yourself. You can watch the video here: <https://fearlessstreetfighter.com/bad-knees/>