

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## LESSONS FROM AN OSS OPERATIVE

### Redundancy Saves Lives

By Jason Hanson

*Former CIA Officer*

In 1943, an Office of Strategic Services operative parachuted into Nazi-occupied France. This man had no backup at all, no quick reaction force coming to get him, and no way out if things went wrong. If he was caught, there would be no trial, no prison, no negotiation. Just a quick bullet to the head.

The man's mission was simple, but deadly. He was supposed to link up with the French Resistance, help them organize sabotage operations, and help cripple the Nazi's before D-Day.

But here's what people often forget. This man and others like him didn't look like a spy. He didn't have a James Bond tuxedo, and he wasn't built like a linebacker. He wore

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civilian clothes, carried minimal gear, and relied almost entirely on preparation, deception, and contingency planning.

That's how real intelligence operations work. That mission succeeded, not because of Hollywood heroics like car chases and someone hanging onto a helicopter, but because of something we can all learn from. You see, his most important weapon was not a gun. Yes, OSS operatives did carry pistols. But their real weapon was planning for failure. They assumed radios would break. They assumed contacts might be compromised. They assumed extraction would never come.

So, they prepared accordingly. This particular operative who dropped behind enemy lines in 1943, carried a

concealed pistol, fake identity papers, cash sewn into the lining of his clothes, a knife, and what we would refer to today as a "multi-tool."

This operative's goal was not to fight, but to blend in, move quietly, and survive long enough to complete the mission. That mindset is exactly how you should think about preparedness. A lot of surviving is about staying unremarkable and not drawing a ton of attention to yourself. In hostile environments, whether it's a war zone, civil unrest, or a natural disaster, the people who stand out can be the first to be targeted. OSS operatives understood this. They dressed like locals and they carried what locals carried. They didn't drive around in a Ferrari, wearing a Rolex watch, screaming,

“look at me!”

And that brings me to lesson #1: Cash. Like I just mentioned, they didn’t “flash their cash.” They kept it hidden inside their clothes. OSS operatives didn’t rely on banks. If they needed food, shelter, or cooperation, cash solved problems fast. Same rule applies today. In an emergency situation, ATMs probably won’t work, credit cards will be useless and the 10 million apps on a smartphone will be just as worthless.

Having small-denomination cash gives you options when systems fail. I recommend keeping some cash hidden at home, in your vehicle, in a go-bag and on your person, just like the OSS did.

Lesson #2: Fire and warmth are critical. Many OSS missions failed not from gunfights but from exposure. Cold kills quietly and so does exhaustion. That’s why operatives carried simple fire-starting tools and prioritized having good shelter.

You don’t need a ton of expensive or fancy items. You need a reliable lighter, ferro rod, a mylar sleeping bag, and a quality poncho. Fire means warmth, morale, and the ability to stay functional. Without it, everything else falls apart.

Lesson #3: Redundancy saves lives. OSS operatives were obsessed with backups. If one method failed, there were two more ready. That’s a mindset most people ignore. If your flashlight fails, do you have

5 more? If your power goes out, do you have a solar generator, a propane generator and a gasoline generator? If your primary plan collapses, what’s next? Redundancy isn’t paranoia. It’s what smart professionals and smart Americans do. Remember, hope is not a strategy. Backups are.

Lesson #4: Simple self-defense beats complicated gear. OSS operatives didn’t want gunfights. But if one happened, they needed a weapon that worked under extreme stress.

**"You need a reliable lighter, ferro rod, a mylar sleeping bag..."**

Something that was simple and reliable with not a ton of thinking required. (An easy-to-use pistol and an easy-to-use knife.)

That same principle applies to home defense today. In a real emergency, your heart rate spikes, your hands shake, and fine motor skills disappear. Your defensive tools should work despite that. Complex systems fail under stress while simple ones save lives.

The bottom line is this: That particular OSS operative survived his mission and helped change the course of the war, not simply because he was fearless, but because he was prepared to adapt when everything went wrong. That’s the real lesson. Preparedness is about staying calm, mobile, and alive. When things go sideways, you won’t rise to the occasion. You’ll fall back on your preparation. Make sure it’s solid and you are taking care of whatever you need to while we are still early in the New Year.

## AquaTabs

When it comes to survival gear, I believe in three things: simple, proven, and not too many moving parts. This is especially important when it comes to your water purification methods.

In a crisis, contaminated water leads to dehydration, parasites, and infections, and once you’re sick, everything else gets harder.

This is why in your gear, you should have something like AquaTabs. These are chlorine-based tablets designed to purify one gallon of water at a time. Just drop one tablet in, wait 30 minutes, and the water is safe to drink.

That simplicity is the real advantage. Filters are great and I use them, but they can fail. AquaTabs don’t care if it’s freezing, if you’re exhausted, or if your gear is broken. Tear open the packet, drop it in, and wait.

You will taste a slight chlorine flavor, which is normal and easy to reduce by letting the water sit for a few extra minutes. I would definitely recommend having something like this in your gear and they aren’t that expensive at all.

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*Spy & Survival Briefing* is published monthly by Spy Briefing LLC, 921 S. Main Street #4090, Cedar City, UT 84720. [www.SpyBriefing.com](http://www.SpyBriefing.com).

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# MUST ALL GOOD THINGS REALLY END?

## Gold's Wild Run Could Temporarily Be Over

By Forest Hamilton

*Universal Coin & Bullion*

Right now, the long-term case for gold and silver is strong. The global structural pressures that push hard assets higher are still in play. But if you're looking for a clean, straight-line rally from here to the next moonshot, I think you're going to be disappointed.

Gold and silver are likely to take a breather—maybe even drop—before they really take off. And yes, I believe the next major move is big enough that the “impossible” targets start sounding a lot less crazy: silver moving toward \$100/oz and gold toward \$7,000/oz over time. Not tomorrow. Not next week. But in the kind of environment we’re building toward.

The current market is over-caffinated, so it needs to calm down a little. Precious metals don’t just trade on supply and demand; they trade on narrative and positioning. When too many traders crowd into the same idea at the same time, the market tends to do what markets always do: punish certainty.

Even in a bull market, price doesn’t move in a straight line. Rallies attract fast money. Fast money uses leverage. Leverage forces liquidations when volatility spikes. Then the same people who were convinced metals “can only go up” get shaken out at exactly the wrong moment.

A breather – especially one that feels uncomfortable – clears the board. It resets positioning. It allows physical buyers to step in without chasing. It gives the market the fuel it needs for the next leg higher.

If you’ve watched metals for any length of time, you’ve seen this

scenario play out: Metals rally hard. The press discovers it. Everyone gets excited and piles in. Metals “drop for no reason.” Sentiment collapses. Then the real move begins.

But that “for no reason” phase usually does have a reason. It’s just not the reason retail investors expect.

Gold and silver tend to struggle when real yields rise, when the dollar strengthens, or when markets suddenly convince themselves everything is fine. Even temporary waves of optimism can pressure metals.

We’re also in a world where central banks, institutions, and governments talk tough about inflation, stability, and “soft landings.” Sometimes markets believe them, albeit briefly. When that belief spreads, demand for hedges can cool.

And there’s another factor: liquidity. When something breaks somewhere in the system — credit stress, a geopolitical flare-up, an unexpected economic print — big players often sell what they can sell, not what they want to sell.

Gold and silver are liquid. So, in sharp risk-off moments, gold and silver can drop initially even if the crisis ultimately strengthens the long-term case for owning it. That’s why a pullback doesn’t invalidate the bull thesis. Sometimes it confirms it.

Weak hands sell. Strong hands accumulate. The market transfers inventory from emotional owners to disciplined owners.

Now let me quickly cover the reason I believe gold and silver can ultimately run much higher than

most people are psychologically prepared for. We’re living in a global environment where trust is eroding: Trust in currency purchasing power, in institutions to “manage” risk, in debt staying manageable, and that the next decade will look like the last decade.

**"The market tends to do what markets always do: punish certainty."**

Gold and silver are not “investments” in the traditional sense. They are an insurance policy with a performance chart. They re-rate higher when trust decays and when the cost of maintaining the system rises.

Debt levels aren’t just high – they’re structurally high. Servicing that debt becomes harder as rates rise. Cutting rates can ease the debt burden but risks reflating inflation. Hiking rates can slow inflation but risks breaking something else. That is not a stable equilibrium; it’s a tug-of-war where every outcome has tradeoffs.

In that kind of world, gold and silver don’t need to “win.” They just need the system to keep wobbling. And because I still see a lot of wobble in the global system, I’m still bullish on their prices.

The question you have to ask yourself is whether you want to take some profits at all-time highs and buy back in after a dip or just hold and ride out the wave.

**[Publisher’s Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at [foresthilton@universalcoin.com](mailto: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.]

# **SURVIVING AN AMBUSH IN THE HINDU KUSH**

## **It Was 7 Hours Of Fighting**

**By Brian M. Morris**

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

At 18 degrees Fahrenheit, brutal wind chill, and ten thousand feet up in the Hindu Kush Mountains along the Afghan-Pakistan border, everything was rock, snow, and ice—unforgiving and indifferent to human plans.

I had a front-row seat to it from the back of a UH-60 Black Hawk, flying over a known terrorist enclave. Below was a narrow river valley with black water cutting through white ice like an open wound.

I was the ARF—Aerial Reaction Force—team leader. My element was small but solid: four Green Berets and four Afghan National Army Commandos. Our job was to stand by, watch over the Special Forces team on the ground, and be ready to move fast if things went sideways. Most days it was routine. Until it wasn't.

When you have an Afghan Commando kandak—about a hundred strong, superbly trained and heavily armed—most troops-in-contact situations don't end well for the enemy. That's why my gut tightened when the pilot's voice came over my intercom headset. "Team's requesting immediate insertion of ARF." Something had gone very wrong.

I leaned forward and told the pilot to get us as close to the valley wall as possible. High ground mattered. Cover and concealment were thin commodities up there, and I wanted whatever scraps we could get. As the chopper descended, I signaled my team that we were going in.

The wheels barely touched before we were off the bird, and the helicopter was gone as fast as it arrived, rotor wash replaced by the sound of a massive exchange of automatic fire coming from

just 100 meters north up the valley.

Then a supersonic round snapped overhead. Mohamed S.—one of our Afghan Commandos—went down. A single round took him between the eyes. The back of his skull was gone. No drama. No last words.

We dragged Mohamed's body to what little cover we could find, and I ordered the team forward to establish security. We needed to understand what we'd just walked into. It didn't take long.

A routine sweep had become a wasp's nest. Predator and Apache feeds later showed insurgents—upwards of 250 fighters—pouring out of pre-designated fighting positions along a ridgeline overlooking the valley. They were organized, armed, and ready.

We'd arrived right on time for something big. We set a support-by-fire position and passed a SITREP to the mission commander. His response was calm and professional. "Hold your position. Stand by for CAS."

Seconds later, I saw the flash. Then the thud. A 500-pound bomb impacted the village above us, shaking the valley. Boulders the size of Volkswagens rained down meters in front of us.

For hours, more than twenty thousand pounds of ordnance rained down. Eventually, the enemy fire dwindled to occasional pop shots from a distance. Once all of our wounded and dead were medivac'd out, we held our position and waited for exfil.

But the valley was still full of insurgents. We burned through twenty Carl Gustaf rounds, triple basic loads of 5.56, and 40mm grenades until most of us were down to one magazine per man.

Seven hours into the fight, the stronghold was rubble, and an estimated two hundred enemy



fighters lay dead. Then there was intercepted ICOM chatter that revealed that the enemy was regrouping for a counterattack.

Weather grounded our birds—Chinooks, Black Hawks, scouts, even attack helicopters. For a while, we were alone. Then, through the clouds, came the sound of four CH-47 Chinooks with Apache's stacked behind them.

We were heading back to the relative safety of Jalalabad Airfield for some hot chow, debriefings, and hopefully a decent night's sleep.

We killed over 200 enemy fighters, but we paid for it with 2 really good men. The Air Force SOTAC who called in all our close air support moved fires with precision and courage under pressure that day—earning the Congressional Medal of Honor.

No plan survives first contact with the enemy. What mitigates the loss of life when everything goes wrong isn't technology or firepower alone—it's discipline, trust in your teammates, and the ability to act decisively in chaos.

In combat, as in life, routine breeds complacency. Train and prepare relentlessly, accept uncertainty, and never underestimate how fast an ordinary day can become the fight of your life.

# HOW TO DEVELOP YOUR BRAIN TO AVOID DECEPTION

## My Dinner Date With An Enemy Spy?

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

I was at a very nice restaurant in Orange County, California sitting across the linen-topped table from my friend and source, the Professor. He earned that name from his previous work as a full professor at an Ivy League University. He had come out of retirement to help the United States Intelligence Community.

The purpose of this meal was to get his account of an invite-only meeting he attended with six other world-class mathematicians. He had become involved with a group of his peers as they explored a niche area of advanced mathematics that he recognized was at the core of emerging cryptography.

He did not want to run afoul of the US Government's long-running grant funding for much of his work. His original intent was to simply report his close and continuing contact with experts in cryptography, who were nationals of certain foreign countries.

This was the third time that I met with the Professor. I had an extra duty on this trip. We had discovered some critical errors in the papers he brought back from his workshops with his foreign friends. Our mathematicians and security personnel began to doubt the legitimacy of the papers.

Was he faking the papers? Were they giving him falsified papers? Was he a dupe or involved? On this mission, I was supposed to use my highly developed skills of detecting lies and deception. I was assigned to assess his truthfulness while sitting at a café. No polygraph, no hidden



cameras looking for micro-muscular movements, no voice stress analyzer, just me and my ears, eyes, mind, and gut.

Why not hook him up to a polygraph? There is a dirty little secret behind polygraphs: they are used to apply pressure, not to resolve the truth.

It accurately monitors and detects fluctuations in heart rate, respiration, galvanic skin response, and body movements/adjustments (such as moving in the seat or changing the weight distribution on your feet while sitting).

That's why they do not permit polygraph results to be admitted as evidence of guilt in a court trial. They only measure your response to the question, not if you actually lied. We all want to know the truth. However, we are constantly bombarded by fake news, altered reports, deceptively edited interviews, and artificial statistics.

So, if even polygraphs are not valid lie detectors, how can we know who is deceiving us? How can we be sure of the truth? How can we make

the most critical of life's decisions without having a way to authenticate and verify the information we have at our disposal?

Our brain is divided into two hemispheres. The left side is predominantly responsible for logic, sequencing, linear thinking, mathematics, facts, and word-based thinking. The right hemisphere processes our imagination, holistic thinking, intuition, arts, rhythm, nonverbal cues, feelings, visualization, and daydreaming.

God has designed them to work together to merge both areas of cognitive awareness. The physical gap between the two hemispheres is known as the longitudinal fissure.

However, this microscopic divide is bridged by a bundle of nerve fibers called the corpus callosum, which links the two, allowing us to amalgamate both kinds of intelligent interpretations of our senses and memories into a single great cognitive awareness.

This is much more important than many people realize. In the espionage business, we are

constantly faced with several versions of stories—different truths from different people.

Detecting deception is one of the most critical thinking skills we must all develop. It goes far beyond being misled by advertising, being duped by politicians, or falling for some contrived news report. An individual's ability to accurately, reliably, and consistently discern truth from deception will shape their life path.

When I discovered that facts and truth were not synonymous, it made me doubt my ability to resolve dilemmas logically. If I cannot rely on a set of facts to determine if something is true or false, what else do I have? How can you refute facts?

Facts are not truth. They are bits of information that must be tested and evaluated against the broader body of truth. Truth is absolute; it is not relative. Facts, on the other hand, are relative and dependent on conditions and circumstances.

Is it a ‘truth’ that water freezes at 32° F? No, it is an isolated fact, dependent on the air pressure and the contents in the water. But we have elevated science and selective facts to the higher status of truth.

So, I was sitting with one of the most respected and prominent mathematicians in the world. My predecessor and I had known him for years. Without the aid of technical tools, I was expected to determine, just from talking with him for a few minutes, whether he was being truthful or if I suspected he was part of the charade.

As I talked with him, I had a sense of well-being. I measured his comments and the answers to my questions against the facts at my disposal. But I also used my inherent instincts, that inner voice, to tell me if this man was being truthful

or deceptive. I concluded that he was being truthful and the source of the ruse was one or more of his colleagues.

Later, Agency mathematicians determined that he had been candid with us. In the brief interim, we had developed another source who the same small group was also feeding the same corrupted equations.

Remember, if someone is repeating a falsehood that they genuinely believe to be the truth they will not show any signs of lying – even on a polygraph – because in their minds, they are not lying.

The most prominent example of this delusional thinking is on display every day in the current political divide. Most adults who have worked to mature both hemispheres of their brain can quickly and effortlessly recognize bovine scatology.

On the other hand, those who have failed to exercise critical thinking, source analysis, and reasoning, and do not have well-developed instincts, will instead be driven by their immature right brain. They will respond like emotionally immature children.

Don’t misunderstand; the right brain is possibly your most important tool in discovering false narratives. It’s your ‘gut’ (poetically located in your right brain hemisphere) that tells you, long before your left brain retrieves facts, analyzes the matter, and sorts through the logic, that you are being fed the food of mushrooms.

So, how do we develop both hemispheres to their maximum potential. How can we feel confident that we will not be easily deceived? How do we avoid being deceived if we have no control over the

information disseminated by media, government, social media, and AI?

We will not be able to rely on our mental vault of facts, on our exquisitely refined powers of reasoning, or even deep-dive research on the compromised internet. You will have to do what I had to learn to do. What all successful spies, attorneys, parents, employers, judges, and clerics do – listen to the still, small voice.

All of us have an inner gyroscope that helps us find truth and avoid trickery.

You can avoid being deceived, but it will take preparation. You will need to develop both hemispheres of your brain to their fullest potential. To quote one of my favorite TV Series, The X-Files: “The Truth Is Out There.” Don’t go home without it.



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# OVER 70% OF ADULTS IN AMERICA WILL BATTLE THIS

## A Blueprint For Beating Knee Pain

By Dr. Omar Hamada  
*Special Operations Physician*

Knee pain is quite common as we age. Globally, around 654 million people over the age of 40 deal with knee osteoarthritis (OA), the leading culprit behind chronic knee pain. Here in the U.S., 70% of older adults report joint pain, and the annual incidence of knee OA peaks between ages 55 and 64.

If you're active and like to hike, lift, or train - the risk climbs, but even sedentary people are affected. Up to half of people over age 50 report knee pain annually, with a quarter calling it severe.

But knee pain doesn't just appear out of nowhere, it's usually the result of years of wear and tear and abuse. For men between age 40 and 70, osteoarthritis tops the list, affecting 10% of us over 60. This happens when cartilage, which is the cushion between our bones, breaks down, leading to bone-on-bone friction, pain, and stiffness.

Old injuries exacerbate it. By our 40s and 50s, cumulative stress shows up as achy and stiff knees. Cartilage degeneration is the primary issue as aging reduces its ability to protect joints from friction. Even without a clear injury, pain can stem from arthritis (osteo or inflammatory), gout, infections, or conditions like bursitis, tendonitis, and cysts.

Tendons lose elasticity with age, causing inflammation. For active guys, overuse from running or heavy lifting accelerates this. For others, excess weight adds pressure (every pound equals four pounds on the knees).

Ruptured ligaments, torn menisci, or patellar issues round out the culprits. In midlife, it's often a mix of past traumas meeting natural decline. Recognizing

the cause is step one in fighting back.

When pain begins, start with conservative options before escalating to more risky ones. In traditional medicine we usually start with over-the-counter pain relievers like ibuprofen to cut inflammation and ease discomfort. Prescription anti-inflammatories or muscle relaxants follow, if needed.

For more targeted relief, injectables are effective. Steroid shots reduce swelling quickly but aren't long-term fixes. Hyaluronic acid (Synvisc) injections lubricate the joint, mimicking natural fluid for smoother movement.

Stem cell therapy is gaining traction as a regenerative option. It uses your own cells from fat or bone marrow to promote healing, decrease inflammation, and potentially regrow cartilage. Injected directly into the knee, it aims to reduce pain and improve function.

Studies show stem cell therapy offers slight improvements over placebo for up to six months, but results vary as there is no clear superiority over steroids yet. Though it's promising for avoiding surgery, it's not yet a miracle cure.

If non-invasive therapies fail, surgery is many times the next step. Minimally invasive arthroscopy includes a camera being inserted into the knee joint space through a small incision as tools are used to fix tears in menisci or ligaments and by removing damaged tissue. Osteotomy realigns bones to shift weight off damaged areas, relieving OA pain. For severe cases, partial or total knee replacements swap out worn, bony parts with metal and plastic implants. New techniques like genicular artery embolization (GAE)

block pain signals. Recovery varies, but modern pain management helps.

Physical therapy (PT) is a cornerstone for knee pain, focusing on strength, flexibility, and balance without drugs or scalpels. Programs include stretches like heel and calf raises, hamstring curls, leg extensions, lunges, step-ups, and squats to improve muscle strength around the knee and to stabilize the joint.

Techniques like massage or ultrasound can reduce swelling and improve mobility. For OA, ice/heat, walking aids, and home exercises help manage and modify symptoms. PT often precedes surgery and aids recovery, helping you return to activities faster.

For those preferring natural paths, start with RICE: Rest, Ice, Compression, Elevation. Heat therapy or Epsom salt baths soothe muscles. Anti-inflammatory foods like turmeric, ginger, lemon, cayenne, and omega-3s (from fish or nuts) fight swelling. Apple cider vinegar or mustard oil massages help.

Weight loss eases load—shedding just 10 pounds cuts knee stress significantly. Low-impact exercises like tai chi or swimming build strength without strain. Herbal ointments, willow bark, or paraffin wax provide relief. Balance training and posture tweaks prevent worsening. Red light therapy, sauna, and cold plunging also help.

Knee pain is common, but beatable. Focus on causes like OA and injuries, then attack them with a mix of treatments like those above. Prioritize prevention: stay lean, strong, and active. Consult a doctor for personalized plans. In survival terms, mobile knees mean freedom. Gear up, train smart, and keep moving forward.

# EFFECTIVE SELF DEFENSE FOR ARTHRITIC PEOPLE

## 3 Brutal Throat Jabs You Can Easily Use

By Matt Numrich

*Head Instructor Of Spy Black Belt*

When you're attacked, one of the most effective, vulnerable targets to strike on an enemy is their throat. Throat strikes don't require high speed or perfect strength, just good form, intent, and practice.

The three throat jab techniques below are devastating, even if you have limited mobility, weaker hands, or discomfort in wrists. Each move is clear, safe, and perfect for real world fights.

First, is the "hammer fist throat strike." The strike interrupts aggressors and can shock them into hesitation. To perform it, make a comfortable, not rigid, fist. Picture using a hammer; you swing it down and back, don't twist or bend your wrist.

To strike, bring your forearm slightly across your body, then swing downwards aiming for the throat. Let your wrist stay straight, let your knuckles point forward, and strike down in a controlled motion.

If you can stand, do so with feet shoulder-width apart, knees soft but stable. If standing is uncomfortable, raise your arm from a seated or partially supported posture.

Practice this strike by using a thin target, something like the edge of a pad turned on its side, as the shape of that narrow edge mimics the throat. Focus less on strength, more on accuracy. Over time, accuracy produces power.

Next, move into "the straight throat punch." This punch takes advantage of the throat's vulnerability. With your closed fist, pull the elbow slightly backward, then thrust forward quickly toward the center front of the neck. Even modest force

delivers devastating results because internal structures are exposed.

If you practice this in front of a mirror, you will see your arm moving in a straight line, your body aligned so the elbow doesn't flare, and your shoulders square.

Don't rely on large swings but natural motion and remember that correct aim counts more than brute strength. As you practice, you'll feel how your body can snap properly without over-extending painful joints.

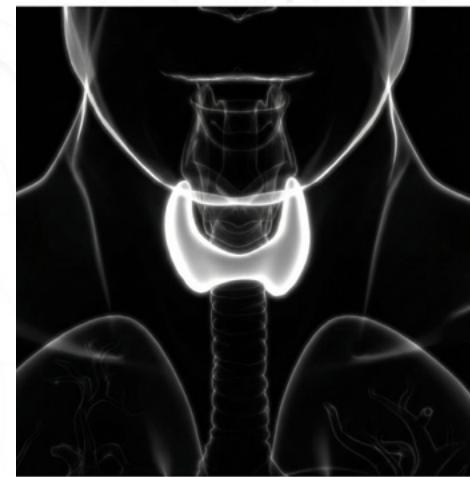
The third move uses what is called the "L-strike" or web-hand jab. Relax your hand, form it into an "L" by bending your wrist so your thumb and index finger extend and create the angle. The soft webbing between thumb and finger becomes the point of contact.

Raise your hand, bring your elbow slightly up, then jab upward toward the Adam's apple or center of throat. This motion does not rely on finger strength. Even if your grip is weak or arthritis twinges in your fingers, the hand shape and angle allow force to travel through correctly.

The line of strike matters, meaning your hand doesn't need to be perfect, but it should not twist or flop. Aim upward, let gravity assist and your torso push forward just enough to add momentum. Because the web of skin is soft, even a well-placed, moderate jab can cause a strong reflex: the throat instinctively reacts to protect itself.

To make these throat strikes work under pressure, practice often. Start slow in front of a soft pad or cushion. Observe your posture. Feel where your balance shifts.

Note any pain in your wrist, elbow, shoulders. Adjust accordingly. Once



you're comfortable, increase speed. Increase speed but never sacrifice form.

While you practice, imagine real situations when someone steps too close. Train your mind to see the moment their face hovers near yours or someone grabs your clothing. In those moments, choose one of the strikes you've practiced. Decide whether hammer fist, straight punch, or web-hand "L" jab fits best. Let the motion interrupt their approach. After the strike, don't stay in contact longer than you need. Create space, move back, shift position, escape, call for help.

These throat jabs give you high payoff for minimal effort, especially if you take care to train with safety and repetition. Knowing these strikes means that when push comes to shove, you won't feel stuck—you'll know exactly what action is available.

I made a video where I walk you through each strike, so you can see exactly how they're done and used in a real-world scenario. Once you see it, any questions you may have will be instantly answered, and you'll see how quick, easy, and brutally effective these strikes are. You can watch the video here: [www.fearlessstreetfighter.com/throat-jabs/](http://www.fearlessstreetfighter.com/throat-jabs/)