

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

SURVIVAL TOOLS OF THE FBI'S MOST WANTED AND KIDS EVERYWHERE

Add This Unique Piece Of Gear To Your Kit

By Jason Hanson

Former CIA Officer

Leslie Isben Rogge is a notorious bank robber. He was featured on the TV show *America's Most Wanted* five times and was on the FBI's Ten Most Wanted list for six years before he was caught. One of the tell-tale signs of Leslie's crimes was the fact that he used police scanners and smoke bombs to get away. As he left the banks he robbed, he would set off a timed smoke bomb that he had planted the night before. It was the perfect distraction.

To set up the smoke bombs, Leslie and his crime partner used a battery-powered alarm clock and a light bulb that had a fine wire inside. But the alarm clock couldn't

be set more than twelve hours in advance so Leslie had to plant the alarm clock and the smoke bombs around 9pm the day before the robbery.

During a two-decade-long bank robbery career, he robbed over 30 banks without hurting a single person. He was even dubbed the gentleman bank robber. Leslie was eventually caught while living in Guatemala. He helped a neighbor kid connect a computer to the internet and the kid later found a picture of Leslie online and turned him in. Tough break for the "gentleman."

But, there's a lesson in Leslie's story. While he used smoke grenades in a unique — albeit illegal — way, smoke grenades can also be used as a helpful, legal, survival tool.

Now, before we go on, let me quickly define what I mean by smoke grenades. I'm talking about the smoke-emitting canisters (and not the little smoke bombs kids light on the 4th of July). The smoke canisters vary in size, color, and smoke capacity and are typically used as a signaling device or to shield or distract.

Smoke grenades can be a lifesaving tool. When communication systems are down and you need to alert



others, smoke is a great way to signal for help. If you get lost, smoke can show rescuers your location. Plus, aircraft would be able to spot the smoke easily.

In addition, smoke can help you escape dangerous situations. If you are escaping from a house, smokescreens can buy you enough time to get away. Also, smoke grenades can flush things out. If

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you are survival hunting you could throw smoke into burrows to flush out rabbits or other small game. One thing to keep in mind with smoke grenades is that they are single-use items and they usually only last about 60 to 90 seconds, so timing is key. Also, when deploying smoke grenades, you want to do it during the day. It's pointless to deploy at night since it can't be easily seen.

Smoke grenades are legal in most states, but some states require permits or a pyrotechnics license.



SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

We just got in a new shipment of one of our most popular survival tools. These things have been selling like hotcakes and I have one in both my bug out bag and vehicle survival kit. When you visit the website today, you'll see videos of me using it to smash out a window, go right through a car tire, and straight into the hood of a car. Plus, you'll get a free bonus gift. Simply visit www.AmazingGearGiveaways.com.

"They come in nine different colors and cost about \$10 per smoke grenade."

Some governments also have by-laws and regulations governing the use of smoke grenades. For instance, smoke grenades are prohibited in National Parks due to the threat of fire.

Generally, smoke grenades are safe to use around people. A lot of manufacturers have stopped using toxic chemicals. But people with sensitivities may experience throat or eye irritation if directly exposed to the smoke.

Now, there are plenty of options when it comes to smoke grenades. One to consider is the Ring Pull Smoke Grenade. These are designed for parties and photography, but can be used in survival situations. They're simple to use, and last about 90 seconds. They come in nine different colors and cost about \$10 per smoke grenade.

Another brand to consider is Enola Gaye USA. This company offers one of the best selections of sizes and colors of smoke grenades. You can buy directly from the company and pick the specific details you want in your smoke grenade.

The bottom line is, smoke grenades can be helpful in a survival situation. There are plenty of situations where they might come in handy and adding a small smoke grenade canister to your bug-out gear could be a life-saving decision.

Nordic Pocket Saw

You never know when you'll need to cut down trees to make a shelter or a fire. This is why the Nordic Pocket Saw can be a beneficial part of any survival gear. It's a hand-powered chainsaw that is easy to pack in your backpack or attach to your belt. The saw is made in Sweden and it's the perfect chainsaw for hiking, camping, or keeping in your car. The chainsaw is made of heat-treated high carbon steel. It weighs 4.7 oz. and comes with a carrying case. The case is 4.7 x 4.1 x 1.2 in. and packs down to a portable size.

The handles are made of Cordura nylon and are easy to grip even when wet. And, the saw has 33 bi-directional teeth, so you can make cuts going back and forth. All you need to do is lubricate the chain and sharpen the teeth when needed. The company developed it to endure harsh Nordic conditions. It's durable and ideal for survival cutting and it won't take up much space in your bug out bag or vehicle survival kit.

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HACKERS ARE STEALING BILLIONS — ARE YOU AT RISK?

Crypto Thefts Are On The Rise, No Investor Is Safe

By Forest Hamilton
Universal Coin & Bullion

I am not against cryptocurrency as an alternative investment and do use it myself. But the one thing I have stated since the beginning is that you should not invest a single penny that you aren't willing to lose. While I knew the dangers of investing in cryptocurrency, I invested a small amount with a company that had daily TV ads featuring an A-List actor, a company that had just put their name on a big NBA stadium, and a company that had the feel of the market leader in bringing Crypto to the masses. So, I was quite surprised when I recently saw a headline from *The Verge* that read, "*Crypto.com admits over \$30 million stolen by hackers.*"

Of course, the first thing I did was check my Crypto.com account to see if I had been affected by the hack. I immediately noticed that there was enhanced security, including a reset of the 2FA (Two-factor authentication, a common encryption used to add an extra layer of security to accounts).

Once I confirmed that my funds were all there, I immediately attempted to transfer the funds to my bank, but received an error as all withdrawals had been frozen due to "suspicious activity". I was glad that my money had not been stolen, but frustrated that I couldn't touch it. I was at the mercy of Crypto.com for the foreseeable future. (The hold on my account has since been removed and I was able to transfer my funds out.)

The final amount stolen in the Crypto.com hack is being reported as \$15.2 million in Ethereum and \$18.6 million in Bitcoin, for a total of around \$33.8 million. A statement from Crypto.com says that all funds have been returned



to the hundreds of investors that were affected by the hack, but I'm confident they were not able to recover the consumer confidence that was lost in this process.

You see, while big exchanges are able to have emergency funds set aside for hacks like this, not all exchanges have this luxury, and often are forced to shut down, leaving investors with empty hands. And what happens when the hack on a big fund is bigger than the emergency fund?

NBC News wrote an article in December of 2021 titled, "*Crypto exchanges keep getting hacked, and there's little anyone can do.*" In this article, one paragraph really stood out to me: "*There have been more than 20 hacks this year (2021) where a digital robber stole at least \$10 million in digital currencies from a crypto exchange or project. In at least six cases, hackers stole more than \$100 million, according to data compiled by NBC News. By comparison, bank robberies netted perpetrators an average of less than \$5,000 per heist last year, according to the FBI's annual crime statistics.*"

Cryptocurrency experts are warning investors that hackers are only going to increase their efforts as hacking at crypto exchanges continue to grow. Esteban Castano, the CEO of TRM

labs, a company that builds tools for companies to track digital assets, had this to say: "*If you hack a Fortune 500 company today, you might steal some usernames and passwords. If you hack a cryptocurrency exchange, you may have millions of dollars in cryptocurrency.*"

I believe one of the many reasons that I have seen such a large uptick in investors acquiring gold and silver in the last year is that they desperately want some certainty in an uncertain world.

While I *hope* that investing in cryptocurrency will someday give people that peace of mind, I *know* that investing in physical gold and silver allows people to sleep easy, knowing they have total control over their asset. I believe gold and silver are the last true forms of private, portable wealth and I truly wish that everyone had some stored away for the rainy days that are coming.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@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.]

ARMY RANGER “MUST KNOW” STRATEGIES AND TACTICS

How to Clear Your Home If An Intruder Breaks In

By EJ Snyder

Former Army Ranger and Extreme Survivalist

It's 2am and you've been startled awake by a noise downstairs. If you're alone in the house, you can call the cops, grab a weapon, and move to your safe room. Or if you arrive home one night after dinner and you're by yourself, just call the cops and wait outside for them to arrive. But, what if your family's at home?

In either scenario, with family in danger, you may not have time to sit and wait for the cops. Definitely still call 9-1-1. But you may need to clear your home and ensure your family is safe before the cops get there.

Here's how to do it: When clearing your home, you need to be methodical. Establish a launch point, whether that's an entry point outside the home or inside at your last known safe and secure area.

Move forward a little at a time. Pace yourself, stay calm, be poised, and be vigilant. I highly recommend a pistol over a shotgun or rifle as it's easier to move with, but if all you have is a 12-gauge, use it.

The obvious place to start is upstairs, if possible, and work your way down, but if you're outside or downstairs, the principles are the same.

Once a room has been cleared, try to make sure you can cover access to it at all times. Make sure as you clear each room that you check every closet and leave those doors open. If there's an attached bathroom, check it as well and leave that door open as well. Check anywhere someone could hide, under beds and desks and behind drapes.

If you have someone that can help you — even if just by shouting a warning — get them to watch the top of the stairs, so you'll know if any



intruders come up them. Once you've cleared each room, lock it if you can.

When the top floor is done, move down a level and repeat the process, working out from the base of the stairs to make sure nobody takes the chance to sneak back up them.

Clearing the house in this order also makes it easy for intruders who hear you searching to get out. If they leave without a confrontation, that's safer for you and your family. A good technique you can do to prepare for this situation is to place your mirrors in locations where you can use them to your advantage (cover blind spots, see around corners or down hallways). Remember, it's the preparations you do beforehand that are key.

On the ground floor, make sure that any exterior doors and windows are secure as you clear. Eventually, you should have covered the entire house. If there are any intruders, they'll either have escaped or you'll have found them. A methodical search plan gives you the best odds of a thorough clearance.

Now, let's discuss some simple tactics. As you enter, give the room a quick sweep for any obvious threats. Then mentally divide it

into sectors — the “slice the pie” method — and scan each one in turn. The barrel of your weapon should always track with your gaze, so if you do see a threat, you can react immediately.

Move in ways that minimize your profile. Try not to silhouette yourself against lights. Avoid framing yourself in the center of a door or passage. When going through a door stay to one side and don't hug walls, as stray bullets that hit a wall can ride along it for a good distance.

When you clear a room, get out of the doorway as fast as possible such as into a corner that you can see is clear. That way, you can scan the room without worrying what's behind you.

Be aware that when you scan a room from outside the door, even if you're close to the door, there will be significant blind spots to either side of it.

Take time now to work out what sequence you'd clear your home in. A few minutes of planning could make all the difference. Set your home up ahead of time. Discuss your plans and rehearse them with loved ones so you'll all be on the same page and ready if the situation arises.

ONE INTRIGUE EVEN SPIES DON'T LIKE TO TALK ABOUT

The Secret Of "The Two Worlds Theory"

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I was in Europe and in a bind. I was in possession of highly classified government documents that I had just stolen from an agent of a hostile foreign nation. He did not know that I had absconded with copies of the files, but there were agents from two other foreign governments watching me, expecting me to somehow have, or to soon get, the documents.

So, I had the documents but I could not leave without being searched on my way out of the building. Frankly, my plan had not gone as well in reality as it did in my head. I was feeling very tense and unsure of what to do. Then, like an epiphany, I saw a man who I had become acquainted with over the last few weeks. He was not American. Rather, he was a citizen of the country in which I was operating at the time — a citizen who would not be searched as he left that building.

Our discussions and the sense that I had about that man told me he was trustworthy and forthright. I call it instincts, but whatever term you want to use, I had a very strong conviction that I could trust him — strong enough that I put my freedom in his hands at that moment.

I stopped this man in the corridor, put my right hand on his left shoulder, leaned in just a bit and half whispered, *"I would very much appreciate it if you could bring this to my hotel room this evening. I need you to give me your word you will not open this or look at its contents. Will you do this for me?"*



He paused and looked me in the eyes. He didn't say anything for what seemed like minutes but really was just a few moments. When he spoke, he simply said, *"I will come by your hotel around 7pm tonight."*

So, I handed him, a non-US person, a file folder in a manila envelope containing encryption protocols for the secure communications of a third country. Documents that I had just stolen (copied and returned unnoticed) from an officer of a mutually foreign, mutually hostile government.

He could have turned me in to his local authorities. He could have made contact with agents of the country from which I had just stolen those documents and negotiated a very high price for my life and the documents. He could have just taken the documents directly to his government. I am sure there are a few other scenarios that he could have exploited.

But he didn't do any of those

things. Instead, he knocked on my hotel room door at 7pm and returned the documents. He smiled and said, *"We did a good thing, together."* I agreed and we shook hands. I had the opportunity to come across him again several years later and you would have thought we had shared a foxhole in WWII.

As soon as he returned the stolen and copied documents to me in my hotel room that evening, I used my emergency communications protocols to make contact with an undercover US Intelligence officer in this country and, by noon the next day, those documents were in the hands of top US government officials.

Now, they train us on a wide range of skills, teach us vast amounts of knowledge, and help us sharpen our critical thinking and problem-solving talents. We get advanced training on flaps and seals, locks and picks, crash and bang, disguises, weapons, and the list goes on and on. We have so many

GOOD OR EVIL



special operations training courses in the international espionage field that a person could probably spend ten or fifteen years just attending courses and still not have been to all of them.

But there are also a lot of things they don't teach. There are even topics that we do not discuss, except with our very closest friends, our fellow spies.

In one training program, I learned how to kill a person with a pocket comb, how to dispatch a bad guy with three quick thrusts to his throat, and how to do a "bulldog" maneuver to snap a person's neck instantly. But even in that program there were topics too taboo to even mention.

We attend training on counter-espionage and even on double agent operations. We explore the reasons why good, patriotic Americans can become traitors. Of course, we study those nefarious jackals who actively chose to betray America, and we openly discuss how one of us could become so disillusioned, malcontent, disgruntled, or tempted to sell-out our own country that we might face the risk of becoming traitors.

But that does not mean we ever discuss the most sensitive topic

of the real world of international espionage, the theory of "Only Two Worlds."

In every field of endeavor, in every profession, humans have an innate ability to classify and categorize their associates, friends, and even family members. For instance, you might love your Uncle John dearly, but also recognize that he is a genuine doofus when it comes to understanding international relations. Or, perhaps you admire the scholastic genius of one of your colleagues but you can't shake the feeling that there is something very dark and disordered deep inside of them. You can feel their latent malevolence from across the room.

In our subconscious, we put people into three primary categories: distrust, doubt, or trust. These categories are not easily demarcated, they can change over time, and they may be different for different aspects of the individual relationship. This gets a bit tricky to fully understand because you may have absolute confidence and trust in a person in one topic and entirely distrust them on other issues.

For example, you doubt your uncle because time has proven he is a poor analyst and lacks understanding of international

relations, but he knows everything there is to know about automobile engines. So, you trust his word on matters of your car's engine but you doubt his assessment of China's military goals.

When we have grown and matured over time, we can look past individual topics and we can know if we distrust, doubt, or actually trust the character, virtues, and values of individuals close to us. And that is the forbidden knowledge in espionage — that we may actually trust our adversary more than we trust our colleague. Or perhaps, as in the days we are now finding ourselves, we may trust others over our own government — without being traitors.

We call it the "Only Two Worlds Theory," and we only talk of it in very private and discreet discussions. The philosophy underpinning the "Only Two Worlds Theory" is that there are only two great forces and agendas at work in this world: Good and Evil.

And there is a secret element in this theory. You must be Good to be able to accurately and definitively discern between Good and Evil. It is a gift from God that He gives to those who bear good fruit and make good choices. It is an exclusionary gift. It allows Good to exclude and defeat Evil, while Evil can only ever frustrate Good.

Perhaps you have experienced this in your life, your family, your work place, or even your church. It is real. And your life will eventually depend on your ability to exercise your personal discernment of Good and Evil. Hone those skills now because you will have to rely on them very soon. Knowing the difference between Good and Evil will give you the power to defeat Evil wherever it is and whenever it rears its jagged teeth.

MOM WAS WRONG!

The 5 Health Benefits Of Being Cold

By Dr. Omar Hamada
Special Operations Physician

For years, our moms have chided us that cold weather caused us to get ill. However, we now know that though cold weather may predispose us to certain upper respiratory infections, being cold actually improves our immune system function when we approach it correctly.

In fact, the intentional and judicious use of being cold has many remarkable health benefits. So, right now, we're going to talk about the amazing benefits of cold.

Wim Hof, otherwise known as "The Iceman," is a 62-year-old Dutchman and extreme athlete who's brought a lot of attention to the benefits of cold, breathing, and commitment — what he calls "The Three Powerful Pillars."

He's made it not only popular, but through extensive research, has demonstrated scientific validity to the claims of the five primary benefits of cold — improved metabolism, decreased inflammation, improved immune system function, improved sleep, and improved focus.

You see, repetitive and timed cold exposure improves metabolism by increasing brown fat development and activity. Brown fat is brown because it is packed with mitochondria — the energy production factories of our cells. These mitochondria ratchet up our metabolism, give us more energy, and burn calories. When we add optimal hydration, stress modification, and sleep optimization, we feel the amazing

benefits of improved metabolism.

Next, repetitive and timed cold exposure decreases inflammation. Athletes of all types and levels now routinely use cold to decrease cortisol and lactic acid levels, reduce inflammation, and improve the rehabilitation of sore, tired muscles. In fact, many use cryo-tanks, plunges in cold pools, cold showers, ice baths, and even localized cold applications to specific muscle groups in order to speed healing and recovery.

Not only that, but repetitive and timed cold exposure improves immune system function by activating various immune pathways and making them more responsive to pathogens that cause disease. Additionally, repetitive and timed cold exposure improves sleep. We've discussed the importance of adequate and good sleep here several times in past issues. We've talked about light and sound discipline, the removal of electronics, bedtime habits, pre-sleep fluid control, monitors and sensors, and room temperature.

Medically, it's known that cooler room temperatures lead to better, less disruptive

sleep. Anecdotal, some of the best sleep I've ever had was in winter in northern Germany. I was staying with friends who routinely slept with the bedroom windows open in the winter, but had thick, soft down-filled bed coverings. While my face and nose were cold, the rest of me was warm. The cold environment induced a deeper and more refreshing sleep.

That's not all. Repetitive and timed cold exposure helps us focus. When



our environment is too warm, we get sleepy, irritable, and have trouble concentrating. When we function in cooler environments, our mental acuity is sharpened, our focus is enhanced, and our ability to think and work improves. In fact, we are able to go significantly longer between breaks as well as improve accuracy and performance. Of course, this must be combined with adequate sleep, nutrition, and hydration.

One other thing that cold exposure does is that it increases diuresis, so make sure before sleep or extended activity that you consider that your bladder will fill faster when you're cold.

Disciplined, intentional, and regular cold exposure has great health benefits. Many people hate cold, but if you can engage it on a regular schedule, you'll find that your tolerance and motivation for it will increase as you experience and feel the benefits.

If you're interested, check out Wim Hof's free resources online to help you develop these habits and deepen your knowledge around the practice of using cold as therapy — your health and body will thank you.

"Athletes of all types and levels now routinely use cold to decrease cortisol and lactic acid levels."

AMBUSHED AT THE ATM

Use The “Pin and Drive” To Flip The Tables On An Attacker

By Matt Numrich
Head Instructor Of Spy Black Belt

For some reason, many of us think we're safer in our car when using an ATM. Sure, there are some benefits of being in a car, but there are also some concerns to be prepared for.

First, lock your doors and keep them locked. This seems like common sense, but many people need to park and open a door to reach the machine, which in newer cars unlocks all of the doors. If you have to open your door, my advice is to shut it and lock it again while the machine is thinking and processing.

Aside from that, choosing the best environment and time of day is key. Going to a drive-up ATM in a poorly lit, shady part of town,

is clearly a terrible choice. Avoid ATMs that are “tight.” A tight ATM offers few escape routes because of obstructions. These obstructions are “box in” opportunities where thieves can take away your ability to get away — either forward or backward.

When possible, go with a partner so you have a second set of eyes. Have them turn to the side so they have a rear view of the car and can see in front of you as well.

If you don't have another person, use your rear back up camera as your second set of eyes. Many new car models now have a button where you can toggle the rear camera, but if it doesn't, you'll have to put the car in reverse (just remember to put it in drive when you're done).

If you have a weapon, put it at the ready. Take your sidearm out and put it in the jam between the seat and your middle console or somewhere easy to reach and at the ready. Same thing with a tactical pen, knife or pepper spray.

Now, if there is an attempted robbery, the robber will either be on your side (driver's side), passenger's side or in front of the car. If they are in front of you, brandishing a weapon, put the pedal to the metal and use them as a speed bump. Do the

same if you're threatened from the passenger's side. Don't think, just floor it.

"I know it seems overly simplistic, but you have the asset of a 2,000-plus pound car at your disposal."

An attack from the driver's side is especially dangerous if they have a weapon to your head or throat. Driving off is not a good idea. At this

point, you could negotiate and give them what they want, aside from letting them in the car, which is where I would have to draw the line.

In this worst-case scenario, where a weapon is on you or close to you, the simple defense is what I call “pin and drive.” Whether a knife or a gun is used in the assault, you simply pin it against the closest point on the car and literally drive off.

I know it seems overly simplistic, but you have the asset of a 2,000-plus pound car at your disposal. The car's torque is much stronger than an assailant's arm, and the car's speed is much faster than a criminal can run.

To ensure you're doing the move correctly, you must make sure you're completely securing the weapon against the car. It makes no sense to drive off and have the knife snap back at you, or worse, have a gun go off while the barrel is pointed at you.

I am not a fan of trying to perform a disarm of a deadly weapon while seated in an inferior position, unless you have had substantial training. That's why I always teach people the “pin and drive” technique. It's a gross motor movement and flips the situation you're in. Having this technique at your disposal can save your life at the ATM if you're ever in trouble.

