

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

SIMPLE, YET POWERFUL TACTICS FOR RESISTING TYRANNY

How Citizen Spies Can Turn The Tide Of Any Battle

By Jason Hanson

Former CIA Officer

On the first day of the invasion of Ukraine, Russian troops moved into the city of Kherson, a Ukrainian city with a pre-war population near 300,000. Within days of the invasion, the Ukrainian military withdrew from the city and Russia took control of the area. Russian military leaders took over schools and introduced truckloads of Russian money. They even brought Russian families to live in the city. But thanks to Kherson's citizen spies, Russia's occupation didn't last.

For example, a fellow named Valentyn D. is a retired fisherman in his 60's. He and his wife lived in Kherson for decades. Valentyn is



one of many residents of Kherson who worked together to push back against the Russian army. One morning, Valentyn took his inflatable boat down the Dnipro River. On the floor of his boat, he had a plastic tub full of disassembled rifles.

As he moved down the river, he came upon a Russian military patrol boat. One of the soldiers on the boat yelled, "Grandpa! Where are you going?" Valentyn told them he was getting fish for his wife.

But they demanded to search his boat, so a Russian soldier boarded the boat and asked what was stored in the plastic tub. When the soldier removed the lid of the tub all he

could see was a gross fishing net that had been placed on top of the guns.

Not wanting to touch the net, the soldier let Valentyn continue on his way. If the guns had been discovered, Valentyn would have been killed on the spot. Valentyn went on his way, delivering the guns to the resistance fighters in the city.

From students to grandmothers, citizens such as Valentyn carried out a successful resistance movement and became part of the city's underground spy operations. The fact is, citizen spies played a crucial role in Ukraine taking back Kherson. So, never underestimate the powerful role that the aver

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age citizen can play in the fight for freedom. Here are a few ways that citizen spies can turn the tide in battle.

Gathering real-time intel: Within days of the Russian invasion, civilians in Kherson began spying on Russian troops. They used secure communication apps like Telegram to send information. Each day, civilians relayed dozens of videos tracking the movements of Russian troops. This included details about Russian vehicles and the directions of travel. There was a grandma in a high-rise apartment sharing strategic information and young people in sailboats watching Russian river patrols. These first-hand accounts allowed Ukrainian forces to track the invading forces. So, even if you aren't a soldier, there are ways to provide information and help the cause.

Carrying out small attacks: When two uniformed militaries fight, it's relatively easy to know where attacks are coming from. But when small groups or single guerrillas attack, they can operate undetected. In Kherson, citizens formed small attack teams and killed Russian sol-

diers at night. This created paranoia and fear among the Russians. In one case, a group of three young men stalked Russian soldiers at night, allegedly killing ten of them.

A needed morale boost: At one point, residents in Kherson started running out of food. Then one day, yellow ribbons appeared all over the city. They were

painted on buildings as an act of defiance and show of support for Ukrainians. Russian leaders were so angry about the ribbons that soldiers went to hardware stores to find out who was buying paint.

In another example, when Russia stole Kherson's grain supply, they ordered truck drivers to transport the grain to Russia. Yet, many truck drivers refused and were punished. The people of Kherson were willing to die for their country. Their acts of defiance led to low morale among Russians, but gave Ukrainians a huge morale boost that led to success. One Kherson political leader said, *"It's only because of the residents that the liberation happened so quickly."*

Hopefully, you never find yourself facing a military invasion of your city. But even in smaller "engagements," or acts of defiance against tyranny, remember that citizen spies can alter the outcome of small battles and entire wars.

CanCooker Multi-Fuel Cook Top

Every prepared person knows that whether you are going camping or preparing for a disaster, you need a reliable way to cook meals and that's where the portable CanCooker Multi-Fuel cooktop is a great option.

The CanCooker is a portable stove that is ready to go right out of the box. So, during an emergency, you won't have to waste any time with the assembly.

The cooktop measures 15 inches X 13 inches X 4 inches. It weighs only 4.5 lbs., and it has an electronic ignition system, so you don't have to hassle with lighters or matches, and you control the temperature of the cooktop with a knob.

It runs off 8 oz. butane or 16.4 oz. propane canisters and it's never a bad idea to have a stove that can run on multiple types of fuel.

The cooktop is made in the US and is constructed with light-gauge stamped steel and aluminum. It also has an enamel-coated drip pan and grate that are removable and rust-resistant.

The CanCooker Multi-Fuel Cooktop is a great backup cooking option that you may wish to add to your emergency preparation gear.

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ONE COIN TO RULE THEM ALL

Biden's Bizarre Solution To Debt Limit Problems

By Forest Hamilton
Universal Coin & Bullion

The Boiling Frog Syndrome states that if you throw a frog into a pot of boiling water, it will immediately jump out. But if you place that frog into a pot of cold water and gradually heat it up, the frog will slowly sink into a tranquil stupor. Before long, it will allow itself to be boiled to death without resisting.

We are the frog in this metaphor and the water is getting hot. From a pandemic lockdown that got the masses comfortable with being put in time-out in their homes to muzzled with masks, to desensitizing us with the consistent fear of seemingly annual economic meltdowns, our adrenal systems are overloaded causing us to read and dismiss headlines and stories that would once have caused mass public panic and action in times gone by.

Here are a few recent headlines: *"Doomsday Clocks" Likely Before Congress Hikes Debt Limit.* — Bloomberg. *Defaulting on debt a recipe for "Economic Nightmare."* — Newsday. *Threats to weaponize the debt ceiling are more dangerous than ever.* — Washington Post. *Yellen says U.S. has hit debt limit, triggering "extraordinary measures."* — Politico.

The language being used sounds like a trailer for a bad horror movie. And if we aren't careful, that's what we will be living. So, what is this "Debt Limit Crisis"? The debt limit, also known as the debt ceiling, is a cap on the amount of money the federal government is allowed to borrow in the form of U.S. Treasury securities in order to complete its financial obligations.

America borrows massive sums of money to pay its bills because we run huge budget deficits. Sometimes, we hit the debt limit set forth by Congress, run out of cash and have to take action to lower the debt or raise the ceiling or risk defaulting on our debt and not making the required payments to our bondholders. This has the potential to be economically devastating, threatening America's credit rating and plunging the globe into a panic and financial crisis.

What can be done to avoid this? Usually, partisan posturing gets pushed aside and Congress agrees to raise the debt ceiling, allowing us to borrow more money and kick the proverbial can further down the road. Basically, we get another national credit card to be able to maintain our ridiculous lifestyle until we eventually admit we are bankrupt.

Janet Yellen will buy some time by enacting one or two of the four available "Extraordinary Measures" that allow her to perform some accounting wizardry and hold off the debt through a convoluted system of prioritization of payments and stopping the reinvestment of government employee (Postal and Thrift Savings Plan) retirements.

But this is just a smokescreen to buy time until Congress raises the limit. Congress played chicken with the limit back in 2011 and it cost us dearly. For the first time in history, Standard & Poor downgraded the U.S. debt, shaking the stock market, raising interest rates and costing the US billions of dollars in higher interest payments to bondholders.

In the case that Congress stays dead-locked are there any non-legislative options? One of the ideas that has been floated in past iterations of this recurring problem is to simply have the Treasury Secretary of the United States approve the minting of a Trillion-Dollar Platinum Coin using a 1996 law loophole that would then be deposited into the treasury, side-stepping the need for Congressional approval to raise the debt limit.

While this idea sounds like a fairy tale, many serious economists (Nobel laureate Paul Krugman being one of them) and even members of Congress have endorsed the idea.

While the Trillion-Dollar Platinum Coin is unlikely to ever pass muster and become a reality, there are some ways that you can use real gold and silver

coins to protect yourself from the uncertainty that we find ourselves in the middle of right now. Don't be a boiling frog. Find a reputable gold and silver dealer and diversify your assets before the water gets too hot. And please let me know if there's anything I can assist you with.

[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.]

"This has the potential to be economically devastating, threatening America's credit rating."

THE ONE-SHOT DRILL

Reality-Based Fighting

By JAVELIN

Former Intelligence Operative

Like many people, I have enjoyed extensive martial arts training. I have learned over my many years of combat training that the most effective martial arts skills are usually derived from some combination of mixed martial arts that are tailored to the individual operative.

For instance, I am tall, so Tae Kwon Do is one of my main martial art skill sets because of the focus on leg work. However, whichever combat arts you may focus on (anything from street fighting, boxing, or wrestling, to Jiu Jitsu or Krav Maga), you have probably found some of the training a bit lacking in reality.

One of the most adrenaline-demanding, high-stress training that I ever experienced was what my instructor called the One-Shot Drill. This drill was a no-pads drill, meaning that we could wear a protective cup, mouthguard, and gloves, but no shoes or other padding or safety gear.

We often had to perform this drill in street clothes. No Gi or special

robes. I destroyed more than one good suit while doing these realistic drills! But that was part of the special nature of these real-world training events — to be as realistic as possible while not actually killing or maiming anyone.

It is a short, fast, and hard-hitting drill. The concept is simple, pure, and highly realistic. Our instructor would put us about three feet apart facing each other. He would have us slap one another on the face with open palms about three or four times each, until we got good and red-hot mad at one another. Then he would grunt out his “Kiai” and our fight would begin.

No points for ‘tagging’ our opponent. No rules. We just fought like two people trying to keep from getting killed. About a minute or so into the martial combat, he would toss a firearm onto the floor near us.

The goal was simple — get the gun before the other guy. Don’t panic, the gun was unloaded. However, it was a real firearm and it’s hard to describe the level of stress that rushes over you unless you have experienced the intensity of fight-

ing for your life to get to a gun before your opponent gets it and shoots you.

You find yourself thinking differently than you do during normal sparing. Your heart speeds up and your focus narrows into two thoughts — deliver a blow that will stun, stop, or knockout your opponent and be in the right position to grab the firearm while he is disoriented. Oh, and don’t let him do that same thing to you.

There is an entirely new dimension to fight training with those kinds of parameters. It’s about more than hitting, kicking, blocking, and locking. It’s about driving your opponent to a place or away from a place and timing your attacks and blocks so that you can break contact and make a move for the gun (or knife, rebar, brick, etc.)

If your preparations for what is coming include any form of martial arts, including firearms training, then it’s not a bad idea to do some “One-Shot” training to prepare your mind and body to defeat an enemy with more strategy than tactics.

Do more than just hit harder or faster, be ready to break away from the fight and grab any tool that you can. You can do this at any level to start. If you want to wear pads and a Gi as you start your training, then do it. Just make sure you make yourself progress to the point where you are training for as realistic a life-defending event as you possibly can. Fighting to get to a firearm is a very real expectation that many of us may face in the near future. Make the time, do the work, and practice fighting to get the One-Shot that stops the fight.



THE 3 TYPES OF DISCIPLINE IN LIFE & WHY THEY'RE EFFECTIVE

One Surprise "Party" You Never Want Sprung On You

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

He was making it bad for all of us. One of those obnoxious alpha males who thought everyone in the squad should bow a knee and allow him to do whatever he wanted, whenever he wanted. The problem became significant when his bad behavior cast our entire unit in a negative light. Even worse, my entire squad began to suffer losses of privileges because of him.

I was the squad leader, which made him my personal problem. I tried everything I could think of to make him behave. Polite talks. Yelling. Threats. I even had his fellow squad members chew him out. Nothing worked and things continued to get worse in our squad. I didn't know what to do, but I was about to find out. A messenger came in the middle of the day and told me to immediately report to Headquarters. I had a sinking feeling in my gut about the meeting. But the conversation went differently than I expected.

It started off with a nice flow of compliments on our squad's performance. The commander listed several glowing appraisals on a wide range of measured tasks. I remember thinking he was going to say something like, *"All we need to do is get (jerk) out of your squad and you will have an excellent team."* Instead, he asked me why I had not fixed the problem. I tried explaining to him all of the things that I had done, but he was not impressed, rather, he was miffed.

That day, the commander taught me this life-long lesson: There are three levels of discipline: self-



discipline, group discipline, and enforced discipline. Self-discipline is the pinnacle of self-development. It requires no outside influences for an individual to always behave with integrity, honor, and intentionally good conduct.

Group discipline is far inferior, but it can be effective. This is where an individual's behavior is not just influenced but actually managed by his/her closest associates. Either for good or for bad, group discipline can be used to affect an individual's behavior, cause them to take certain actions, or prevent them from certain behaviors.

My squad's "problem child" had failed in both of these levels and the commander told me I would have to employ the age-old method of enforced discipline. He further explained that within units, be they families, military, businesses, gangs, or life, there exist two levels of enforced discipline: Internally applied and externally applied.

Before going outside of the unit (family, church, military, etc.), wise leaders start with the internal application of forced compliance. He concluded his lesson with this line, *"For instance, a father may spank a child to enforce obedience."* He just

sat there looking at me, leaving the comment hanging there.

Although I was tempted to ask if he wanted me to spank the little monster, I instinctively knew that was not what he was leading me to do. He said that a father enforces discipline at home rather than call the police or have his beloved child turned over to the "system" for corrective actions. Then he revealed an action I could take before having to execute the final act of conduct control — formal charges that would require a court-martial and possible dishonorable discharge or even jail time for this bad apple.

As his leader, I had one tool left that I could use. However, using it would put me in as much jeopardy as this man was already in. I could use non-judicial, non-sanctioned, corporal punishment to change this man's paradigm and behavior. If my approach failed, I would be subject to criminal charges and face even worse punishments than my recalcitrant recruit.

The commander simply said, *"Maybe it's time for a blanket party."* I had never heard of a blanket party, but after he explained it in detail to me, I decided that was what I was going to try. I gathered the squad together

(except the problem recruit) and reviewed his misconduct and the problems he was causing. Then I asked for suggestions. We discussed several potential solutions, but none seemed to have the teeth we needed.

Then I asked if they would agree to throw a blanket party for him. I described what it was and was clear about the consequences we would all have to accept. Everyone agreed to host a magnificent blanket party for our delinquent child.

We waited until he fell asleep, then gathered around his bed with a wool blanket. We quickly secured it over his head and body as he struggled. We pinned his arms down and secured his legs.

Then we beat him (with moderate force) and recounted everything he had done to cause us our loss of liberties. Each punch, kick, slap, and push came with a narrated cause for the blow and a threat of future, more damaging strikes. We did this for several minutes.

Soon his rage and anger turned to tears and moans. He began apologizing and swearing he would stop being the jerk and fall in line. But it wasn't enough, and we all sensed

it was only his way of stopping the "party."

Now, one of the guys, unbeknownst to me, had brought along a tube of Bengay ointment. They squeezed the entire tube over his genitals and let it stream down covering his entire crotch. I don't know if it really burned or not, but he was screaming and now genuinely begging for mercy.

I called an end to the party. With the blanket still securely over his head, I reminded him that everyone in the squad was there and that we would all swear we'd all slept through the night and had nothing to do with his injuries. In fact, we would all say he had gone out and gotten into a bar fight — something he had done plenty of times before.

Am I proud of what I did? I have mixed feelings. The way I justify my actions and convince myself of their ultimate good is that he reformed and began to mesh with the squad. Later, we all laughed about it, but I always felt he resented the beating at some level. However, he did not get discharged and we may have helped him get back on track for a more fulfilling life.

Being a leader (at any level) with stewardship over the conduct and

performance of others, you have to accept both the responsibilities and risks associated with those obligations. Had I just filed charges against that man and not risked my own career, I do not know if I would have grown to learn and live the principles that helped me become the best father I could be, a first-rate intelligence operative, a successful business owner, or truly succeed in other subsequent duties.

Today, we live in a world that is in desperate need of a blanket party. Look around and consider what you need to be doing to make yourself, your family, our country, or our world better, even if it means putting yourself at risk to accomplish the great tasks that lay at all of our feet. Don't leave it to someone else to fix the problems under your stewardship. Ask yourself, "Is it time for a blanket party?"



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

Don't forget to grab more Flashbang Flashlights that we recently released to the public. The Flashbang is very versatile and was built for self-defense. The 230-lumens of light can easily blind someone and the 16-inch length is perfect for stopping an attacker. To see pictures and the video of me running over the flashlight in my military Humvee, visit www.FlashbangLight.com.



ARMY RANGER TRAVEL “SURVIVAL GUIDE”

Staying Safe In Hotels Amid Surging Crimewave

By EJ Snyder

Former Army Ranger and Extreme Survivalist

With the pandemic in the rearview mirror, folks are traveling more. But with the uptick in travel comes an uptick in crime. Criminals are turning to easy theft of unwitting travelers to line their pockets and one of the fastest growing crimes are hotel thefts. The false security hotels give people causes many guests to drop their guard and become targets and victims.

A real-world example: I recently met an investor for dinner. We were on the patio of the hotel restaurant. Our vehicles were parked in a well-lit section of the lot and many other people were around. Even so, a brazen thief pulled his vehicle up, side-by-side with the investor's Bentley, and broke into the car. The thief made off with a leather bag, the investor's laptop, and office files. This criminal moved fast and was gone before anyone knew it. Sadly, the investor was only left with a pile of issues to deal with.

Another time, I was traveling back to my hotel from teaching a survival class and my room was on the 4th

floor. I could see my truck out the window and it was parked under a bright light. I stepped out of the shower and heard an alarm going off. I looked out the window and, to my surprise, it was my truck alarm blaring and I saw a guy climbing around the inside of my vehicle.

I rushed down to confront him, but he was gone. Thankfully, I had taken my valuables up to the room. The dummy grabbed a small backpack and what he thought was a laptop pack that actually contained nothing except my dirty laundry.

So, with the boom in crime today, I want to go over tips related to planning your stay that can help prevent you from becoming the target of criminals and to protect yourself and your belongings.

First, planning is key. Do you want to stay in a hotel chain or something local? Whatever you choose, check the hotel's info on its website. Further, check stars and reviews online to get a feel for the place. (Yelp is great for pictures).

You should know if the place has security and what type (active security guards, cameras, keys,

etc.). Find out if there's a parking lot or parking garage and whether they have valet service. Try to download any hotel maps and layouts so you can see the evacuation plans and exits — or make your own — in case of emergency.

Use the information to help you make your room selection. You should know if the place has rooms with entry doors on the outside (an increase of issues to consider) or are the rooms only accessible from inside the hotel?

Decide what floor you want to stay on. The first floor is better for accessibility and if you have pets, but will require a few more things to do for safety.

I recommend rooms between the second and fourth floors because fire truck ladders can still easily reach you but thieves are more likely to stay on the ground level for an easier escape. You also want a room close to the end of the hall near the stairwell, but not right next to it. And, keep away from the ice machine for two reasons: it's a high traffic area and it's also noisy.

Remember to never leave your valuables in your vehicle where someone can look through a window and see them. If you want to leave stuff in your car, at least put it in a locked trunk.

Now, most of this should be done in the pre-travel planning stage. It doesn't need to take long and a few minutes on your phone should provide you with everything you need to know.

Lastly, don't forget that you can do this pre-planning for all sorts of places you go. It doesn't just have to be for hotels. You can do this type of simple advance work before going to a new restaurant in the city, a music venue or even going to watch your grandkids at their band concert.



GLEANNING INSPIRATION FROM TRAGEDY

Reclaim Your Youth And Vitality With This Daily Habit

By Dr. Omar Hamada
Special Operations Physician

Recently, as I was reading the day's news headlines, I saw a picture of my friend "Mike" addressing the media after a shooting in Atlanta. Mike was previously Chief of Police in Calhoun County and is now Chief Deputy in Cobb County. He is one of the toughest, yet kindest and most generous men I know.

The reason Mike was in the headlines was because Atlanta law enforcement agencies were clearing out an area that is being used for a new LE training facility. A State Trooper approached a guy to try to get him to move out of his tent and was shot in the abdomen below his vest. Officers returned fire and neutralized the threat. My buddy Mike was there and was responsible for addressing the media.

Seeing Mike took me back 20 years and then inspired me to kickstart an old discipline I'd let fall by the wayside. Growing up, I was a year or two younger (and smaller) than my classmates and was often bullied. In 10th grade, I was inspired to take on the study of martial arts by my dad's older brother, Ismat, who was a 5th dan in Shotokan. My father didn't really like it, and though he allowed my training, he wouldn't allow me to bring home any weapons like bo, nunchucks, sai, stars, etc.

As I advanced in Taekwondo and Judo, my sensei, who had represented South Korea in the Olympics, left a deep and indelible impression on me. I taught for a while and became pretty confident in my skills. I got to the point where I could do 3-way splits, and touch the wall behind my head with either foot with my back to the wall.

During off times during our Special Forces Group deployment to Afghanistan in 2002-2003, a few of us would get on the mats and grapple a bit. Mike would also spar with whoever wanted to spar, including me.

In the Fall of 2006, Mike called me up and told me that he was driving through Tennessee on his way to D.C. to start a new job with a government agency. He asked if he could swing by and have me do a flight physical on him and sign some forms.

It was a slow day, and it was about lunchtime when he showed up. I was in the office with my office manager, two nurses, and a phlebotomist.

"I've made it a goal to get my flexibility back to where I can do 2-way splits."

After I did his physical and filled out his forms, he asked if I wanted to spar a little. Of course, I said yes. I had forgotten how incredibly good he was. Though he's a little smaller than I am, and though I seemed to know what he was going to do before he did it, I found myself completely unable to defend against him.

I remember thinking that if he wanted to kill me and everyone in our office with his bare hands, there was little I could do to stop him - and that was in 2006.

I'd spent years in martial arts and flexibility training. Then life hap-



pened and I let one day pass, then 5 days, then 5 years, then 15 years. Now I can no longer do splits even one way, my hamstrings are tight, my piriformis screams at me, and I am starting to feel my age. It's time to put it in reverse.

So, just a few days ago, because of that picture of Mike and the memories it generated, I decided to pick back up where I left off. I've made it a goal to get my flexibility back to where I can do 2-way splits by the end of the year, and relearn my katas to the black belt level. I still have my stretching machine and am going to pick up a 12-week membership at a stretching facility where a trained professional will help me restart.

We're all getting older, but how fast we age is up to us. Stretching is an incredibly healthy and essential exercise, as are the martial arts and other self-defense training.

Perhaps it's past time for you to make a change and reclaim your youth and your health. It's not too late. Join me and let's turn the clock back this year.