

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

CIA'S "CYBORG SPY CAT" SPLATTERED IN ONCOMING TRAFFIC

How Technology is Affecting Spies and You Too

By Jason Hanson
Former CIA Officer

"Operation Acoustic Kitty" was a secret CIA plan to turn cats into spying devices. The CIA only produced one spying cat before it abandoned the project. The cat was a regular, everyday feline with just a few upgrades. A CIA surgeon implanted a microphone into a cat's ear canal, a radio transmitter next to the skull, a battery into its abdomen and turned its tail into an antenna.

Essentially, they created a "cyborg cat" to spy for them. Next, they spent hours training it to hop through obstacle courses. The plan was to train the cat to sit near foreign officials so the CIA could listen to conversations through



the cat. During training, the CIA realized the cat was more focused on food than what it had been taught.

For one of its tests, CIA officers took the cat to a local park where it was supposed to capture the conversation between two men sitting on a park bench. Instead, the cat wandered into the street and was hit by a car. According to a CIA memo, *"Our final examination of trained cats convinced us that the program would not lend itself in a practical sense to our highly specialized needs."*

While the cyborg spy cat didn't work out, the fact still remains that technology plays a huge role in spying. These days, as much as it helps, it can also hurt. The CIA's decades-old spying model has been devastated by technology. Over the past few years, there have been spy

networks that have been completely taken out. These incidents weren't due to incompetence. Rather, it was the evolution of technology that made fake identities easy to spot.

From social media to facial recognition, technology has complicated the spy business. Here are a few ways that technology has forced spies to change their game plan and how this could also affect you.

American companies: McDonald's is a company with over 39,000 locations in 100 different countries. Imagine if the U.S. government forced them to spy on customers. Many believe that intelligence collection by American corporations abroad is critical. This has already been happening on a small scale, but some argue it should be a centerpiece. This translates to asking ordinary

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Americans to do more than just their job. Which means, if you are working abroad, you and your company could be asked to share information about foreign customers. There is a gray area in this type of spying but it does help with intelligence gathering.

No more secrets: In the past, intelligence gathering was about stealing secrets and convincing someone to share information with you. Secrets will always be part of the business, but more focus will be put on harnessing open information — everything from smartwatches to cars collect information on users. Privacy is a thing of the past for far too many people.

Intelligence agencies use supercomputers to sift through information to find what they need. For the average American, this



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should be a reminder that smart devices share loads of information. How much do you want these devices to have in case it was ever stolen by an intelligence agency? Think about what you already own and what information your devices give away. Configure the settings to keep as much of your personal information as private as possible.

Digital dust: With all the advances in technology, everyone in the world spews some form of "digital dust." For example, the photo you posted on Facebook could help identify you using facial recognition. Digital dust is information that can share your movements, habits in life and who you associate with.

More CIA officers won't be able to pose as diplomats working in an embassy. They cannot work there during the day and recruit spies at night without getting exposed. Foreign governments will be able to capture faces with facial recognition and use them to create a pattern of the person's habits. In the same way this will hurt spies, it can also affect the average person. If you are trying to avoid an ex-spouse or stalker it may become more difficult. The good thing for U.S. spies is that they're the best at creating fake digital dust.

You should leave as little "digital dust" as possible to keep your privacy secured or manipulate the digital dust that you do leave. And be sure to adapt your personal life to these technological changes. You don't want to invite these spying devices into your home.

PAMAX Tactical LION

Here's a device for a more extreme type of situation, perhaps for home defense or dispersing a mob. It's the PAMAX Tactical LION, which is a hand-thrown, grenade-type blank firing device that creates an incredibly loud noise. It is not a flash bang that is typically used by police.

The device has a two-part design with a body and detachable base. The body has a weighted, free-floating firing pin and a pull-ring safety block. The screw-on base has a pocket and removable adapter. The adapter can accommodate either a .209 shotgun primer or a 9mm blank.

When using .209 primers the device will produce a pop — not enough to damage your ears, but enough to get your attention. The 9mm blank provides more of a bang. It will definitely make you stop and look. The LION is a dedicated blank-firing device so it avoids any legal issues as it's not intended to be a grenade of any kind.

It's manufactured 100% in the U.S and is made from high-grade aluminum and 416 stainless steel. The device is about 2" W x 5.5" H. It comes in multiple cerakote color options and is backed by a limited lifetime warranty.

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Spy & Survival Briefing is published monthly by Spy Briefing LLC, 124 S. Main Street #4090, Cedar City, UT 84720. www.SpyBriefing.com.

Spy Briefing President: Jason Hanson; Managing Editor: Robert Conroy; Graphic Design: Mena Sugg

3-TIERED PLAN FOR HIDDEN HOME DEFENSE

The Time I Had a Home Invasion

By EJ Snyder

Former Army Ranger and Extreme Survivalist

One night in the mid 80's, I came home from dinner with my girlfriend and noticed our front door cracked open. We lived in a mobile home in a bad area. I hadn't yet evolved to the survivalist I am today so I had nothing more than a machete and a tire iron, and that is what I grabbed. I entered the trailer to find the power cut and then announced "Get the hell out or there's gonna be trouble!"

Then I thought about what I had in my hands for weapons and thought that I don't want to kill whomever it was, I just wanted them out. So, I grabbed an antique brass lamp and removed the shade. The stick was solid brass and as I looked up, I saw a large figure charging me so I swung hard and fast and caught the assailant in the noggin. He grunted and decided he didn't want any more, dropped the pillowcase he was carrying, and ran out the back of the trailer.

The pillowcase had all the valuables we owned, including a coin collection, jewelry, watches, and a coffee can with all of our money in it. Needless to say, we moved out of the trailer the next week. But I garnered a great home defense tactic that I still use today: Placing ordinary, and not so ordinary, defensive weapons around the home to use for self-defense. Having items to help you defend or escape in plain view comes down to planning and preparation. I do this logically, in three tiers, by level of escalation. Let's look at each one.

For Tier 1, first look around your home. What everyday items can you place around to defend with?



Where will you place them? Keep a jar of coins by your bedside with a sock, dump the coins in the sock and you have a makeshift blackjack. Always have your car keys within reach so you can press the panic button to wake up the neighborhood and alert folks there's a problem. You should also have your cell phone and a tactical flashlight nearby too.

Tier 2 items pack more punch. I love knives and keep many all over the house. When I hide these items, I use the "High-Mid-Low We Go Approach."

If I am tied up and bound, I need a knife accessible to me on the floor. I like to use a folding knife that is easily opened with one hand and I make sure it's sharp. I also tape cuff keys in the same places in case they use handcuffs and I have several lockpicks taped there too. For mid-range, I place them on the bottom side of tables, etc. For high-range, I set them on the top of a

hutch, entertainment center, or the backside of a flat screen TV.

Tier 3 is the most lethal: Firearms. Whether you decide to use a pistol, shotgun, or rifle is up to you. Pistols can be placed in various locations like a gun safe, drawer, or a closet shelf. Shotguns and rifles, obviously longer, need to be placed behind doors or stowed in voids like on top of a hutch with an open

top. Some companies make decorative wooden cases that look like wall hangings that you can hide firearms in and are mounted on walls in plain sight.

"I saw a large figure charging me so I swung hard and fast and caught the assailant in the noggin."

I've presented you with many ways to defend and aid yourself in your home. Use your imagination and creativity and be intentional about the types of items you keep in plain sight. As well as the items you hide around your home to defend it, and yourself, from danger. Your home is your castle, so have every tier covered in every room so you can defend it like one. Stay safe!

CANADA'S TYRANNY HIGHLIGHTS NEED FOR PRECIOUS METALS

The Fate Of "Your" Money During Government Overreach

By Forest Hamilton
Universal Coin & Bullion

Last month, Justin Trudeau, the Prime Minister of Canada, invoked the Emergencies Act in an attempt to stop the Canadian Trucker Convoy, known as "The Freedom Convoy." The Emergencies Act was intended to be a measure of last resort, only to be put into use when no other laws can help. It allows the Prime Minister to "take special temporary measures that may not be appropriate in normal times," and is only to be used in "urgent" situations that threaten the "lives, health or safety of Canadians."

Here are just a few of the powers that invoking this act granted to Trudeau and his cabinet: Regulating and prohibiting public assemblies, including blockades, protest or dissent. He banned public assemblies that can "reasonably be expected to lead to a breach of the peace," which led to the breakup of the Ottawa blockade and over 100 arrests.

He forced reluctant tow truck companies to forcibly remove trucks, trailers and other vehicles from the protest. Many of the tow truck companies had refused to do this, but with threats of fines or jail time, the tow trucks have been prodded into action.

Authorizing or directing specified financial institutions to render essential services to relieve the impact of blockades, including by regulating and prohibiting the use of property to fund or support the blockades. This is a big one and one we should all pay attention to how this unfolds over the long term.

Trudeau mandated banks and other financial institutions to

freeze accounts of individuals and corporations participating in the protest, while choking off the funding to the organizers of the protest. Not only did the federal government force banks and insurers to stop providing services to protestors, they also stopped the flow of over C\$10-million from a GoFundMe that had been put together by people around the world supporting the truckers and their fight.

When the GoFundMe was shut down, a GiveSendGo fund was created and raised a similar amount, but those funds were then frozen when the Canadian Government prohibited any banks or payment processors from distributing the funds.

How extensive are the financial measures? As bloomberg.com reported, "The measures apply to the full breadth of the nation's financial sector, whether federally regulated or not: Foreign banks, credit unions, insurers, trusts, loan companies, security firms, portfolio managers, payment facilities and crowdfunding platforms. These companies must cease dealing in any way with individuals involved in these protests, including providing any access to digital currencies. Effectively, anyone deemed participating in these public assemblies will become de-banked. In addition, companies involved in crowdfunding or electronic payment platforms will need to register with Canada's financial intelligence agency."

What's more, Trudeau gave police additional tools to get "unlawful assembly" under control. The

police could prevent supplies of everything from fuel to food from being brought to the protestors. Many Canadians carried cans of gas to keep the protestors warm, plates of food for sustenance, and other supplies.

The Freedom Convoy reminds us that we should all be aware of the potential dangers of government overreach. Once a government takes away rights, restricts

what was thought to be unrestrictable assets, and forces companies to serve the will of the government, we should all pay attention.

Over the past 20+ years of being in the tangible precious metals world, I have never seen a time where owning a significant amount of physical gold and silver made more sense than right now. Whether you are investing for inflationary hedge, diversification, investment, or simply to have something in hand that you cannot be blocked from accessing with the push of a button, I highly recommend adding some gold and silver to your family's survival cache. I'm always here for you for advice and to share what I personally do for my family, so please call me if you need anything.

[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.]

"He forced reluctant tow truck companies to forcibly remove trucks, trailers and other vehicles from the protest."

APPRECIATION BORN OF DEPRIVATION

Lessons From My Near Death Experience At 30,000 Feet

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Suffocating sucks – literally. My airborne combat and clandestine foreign intelligence operative training included many segments of deprivation training, including air/oxygen deprivation. But make no mistake, you cannot be trained to “endure” deprivation of life-essential elements. However, you can be trained to recognize and cope with signs that you are experiencing life-threatening deprivations.

In the altitude chamber (barometric chamber), we are trained to recognize the telltale signs of hypoxia, or oxygen deprivation. We are also trained to recognize the symptoms of insidious decompression and we learn techniques to recover from them. But to be clear, we are not trained to tolerate or endure going without air. The same applies to hypothermia training. We are trained through experiential programs including immersion in freezing water, spending nights in the mountains of Washington state in November, etc., to recognize our body and mind’s ways of reporting to us that we are in trouble and things are getting life-threatening.

For instance, during my course, I suffered frostbite of a few fingers and toes and two of my fellow operators were medically evacuated due to chronic (as opposed to acute) hypothermia that developed over the weeks of training.



On more than one occasion, that training of learning my personal symptoms and reactions to distinct life-threatening deprivations saved my life. On one airborne mission I was in the ops area of the mission aircraft and I began to have familiar feelings. I was a bit dizzy, nauseous, and I began to get a headache and felt disoriented. In an instant, my mind flashed back to the altitude chamber where I had these same symptoms come on in the same order and at the same

**"For those of you with
scuba diving experience,
it's a bit like rising
faster than your own air
bubbles."**

pace as I was experiencing at that moment. I hit the all-call selector on the ships intercom system and I simply said “Anybody else feeling like we are having some decompression?” A moment later, the callbox was lighting up with operators calling and confirming that they were feeling it as well. We had developed a small gasket leak around the crew entry hatch/

emergency jump-door seal.

The significant aspect in this recount is that in cases of insidious decompression, as you suffer from gradual hypoxic effects, without becoming aware of the very early symptomatic signals, you can lapse into unconsciousness before you have a chance to take corrective procedures. For those of you with scuba diving experience, it’s a bit like rising faster than your own air bubbles and suffering the gradual effects of decompression sickness (the bends). You won’t know what happened; only an autopsy will tell the story.

Until you are truly deprived of certain life-essentials, it’s easy to take them for granted and fail to appreciate them. Like clean air to breathe, (somewhat) potable water from the tap, and our individual liberties and national freedoms.

We don’t notice each breath we take, we don’t think about

breathing because it is natural and automatic. The same is true for our personal rights – our God given rights. They are natural and automatic and we seldom need to think about them. But the moment we are deprived of them, or even see our neighbors being deprived of those life-essential freedoms, we are ready to fight to the death to restore them.

Like I said, having nearly suffocated as well as having experienced deprivation of several life-essential elements such as air, water, sleep, food, safety, etc., I have taken steps to reduce the risk or at least mitigate the effects of events that could deprive me of one or more of the fundamental elements of life.

On the floor between my bed and my nightstand, I have a fire extinguisher. On my nightstand, I keep a fire escape hood and bottle of Boost Oxygen. The fire escape hood I chose is a commercially available, self-contained hood. It has a filtered mask with respirator rated to clear toxic fumes including petroleum, and fireproof cape that



covers the head, neck, and shoulders. They cost me about \$200 each and I have one on my nightstand and one on my wife's nightstand.

Next to the very compact and nicely boxed escape hood (about 6"X8"X4" in a sturdy box) sits a can of Boost Oxygen. Boost is commercially available 95% pure oxygen in an aluminum can with a built-in O2 delivery mask. It's fairly affordable at about \$10.00 a can.

In my nightstand drawer I also keep a Taurus Public Defender Poly, a short barrel revolver loaded with five rounds of .410 shotgun shells. While it is chambered to accept .410 shells or .45 Long Colt rounds (even mixed loads), I keep it loaded with five rounds of Winchester PDX1 Defender self-defense shells. Each shell blasts four metal-plated discs equivalent to four 9mm slugs and additionally releases 16 metal-encased 'BB's'.

Two trigger pulls (of the five available) effectively deliver the stopping power of eight 9mm rounds, plus 32 shotgun BB's. A devastating personal protection round that will absolutely stop a home invader without over-penetration of walls.

I know that several self-proclaimed firearms 'experts' deride the S&W Governor and the Taurus Judge and their sister revolvers for being non-traditional 'fad firearms'. This is because they do not have a long

history of ballistics studies, applications in home and self-defense cases, and they are not carried by law enforcement or military units.

But those non-sequiturs evade the true affirmative which is that even in the hands of a non-professional, low-to-moderate firearms user, a handheld revolver firing shotgun

rounds without the distractions of misfeeds, slide engagement, safety toggling, or hang fires is an exceptional home defense weapon.

"On my nightstand, I keep a fire escape hood and bottle of Boost Oxygen."

Add to that mix of possible weapons system failures, a suddenly awakened home defender who has not been to the firing range practicing with his/her weapon in a while, and it becomes very apparent that a .410 revolver next to the bed is a wonderful ally.

If we become deprived of air, we are ready to kill for our next breath, if necessary. Our Founding Fathers felt the same about natural liberties and our unique, God-inspired Constitution. The cost of gaining, or regaining our freedoms and preserving them for the next generation is far less than the cost of losing them. Just like the act of breathing, if we lose our liberties, we will not get them back without some degree of death.

INJURY PREVENTION AS WE AGE

How To Avoid The Causes And Consequences Of Falls

By Dr. Omar Hamada
Special Operations Physician

I was working in the Emergency Department last year after the worst ice storm we'd had in several years. Suddenly, a Cardiologist shuffled in holding the back of his head. Bright red blood dripped through the towel onto his white doctor's coat.

He had stepped out of his house onto his front porch on his way to work. The next thing he knew, he was looking straight up at the sky dazed and seeing stars. His feet had hit an ice patch and, before he could react, his head cracked the ground. It left him with a concussion and a large scalp laceration.

Falling is part of life. When we're young, we can fall and little happens. As we get older, we get less flexible, our bones get more brittle, and our reaction tends to slow — so the object is to prevent falls, or if we do fall, to minimize injury.

There are many reasons people fall. We may slip and fall like my friend or get dizzy and lose our balance or even get lightheaded and pass out. Sometimes, we get weak and our legs give out. Other times, we trip over something. Injuries can be minimal or as serious as a broken hip, a cracked skull, a dislocated shoulder, a head bleed, skin tears and lacerations, or even compression fractures of the spine.

So, how do you minimize fall and injury risk? To avoid slipping and falling, make sure you are paying attention to the surfaces you are walking on and the footwear you have on. Many falls occur indoors on slick wood or concrete floors in socked feet — especially when going down stairs. Make sure the shoes you're wearing fit the task



and the surface you are walking on.

Many times, people get dizzy and feel the room is spinning. They lose their sense of balance, stumble and sometimes fall. This is usually a middle ear problem and is associated with vertigo. If this is recurrent, see a doctor. It could be anything from sinus congestion to a stroke or brain tumor. Typically, it's nothing more than a viral infection that passes quickly and the dizziness can be treated with medications.

Lightheadedness usually occurs from the brain getting less blood than it needs to stay alert and properly functioning. The causes can be that the heart isn't working properly because of an arrhythmia or poor output or it could be that your blood pressure is too low. Make sure that you are taking your medication as prescribed and see your doctor if this persists. You may need cardiac testing or you may need your medication adjusted. Sometimes, infections and illness can result in decreased blood pressure.

Weakness and legs giving out is most often from severe blood infections or other infectious diseases like a urinary tract

infection, a bad skin infection also known as cellulitis or other infections like pneumonia. Sometimes, it can result from a stroke. If you have weakness and your legs give out, get evaluated by a physician as soon as possible.

Finally, we trip and fall when the ground on which we walk isn't clear of obstacles, when it's uneven, when we have gait disturbances like foot drop or Parkinson's or when there are loose rugs with edges that curl up.

To avoid these falls, clear your home of things that could trip you, mark uneven areas to warn yourself and make sure your shoes fit. If you have a physical ailment that causes you to trip, see your physician for help improving your condition with physical therapy, inserts, medication, surgery, or other therapies.

When we were young, falls were mostly inconsequential. As we get older, falls get more serious and could be life altering. My advice is to do all you can to "fall proof" your environment, strengthen your musculoskeletal system and improve your balance and cardiovascular system.

WHAT TO DO WHEN AN ATTACKER GOES AFTER YOUR WEAPON

Two Simple But Wickedly Effective Ways To Retain Your Gun

By Matt Numrich
Head Instructor Of Spy Black Belt

When your life is on the line and you have to pull your weapon in self-defense, there are many things to consider. But one that I see many people overlook is how to retain your weapon against a determined attacker who's trying to disarm you.

So, I want to cover what to do if you're pulling your weapon, or have already pulled it, and the attacker grabs your gun. Plenty of people train on how to shoot their gun but few train for a deadly struggle on how to keep it once you've drawn it.

As always, the goal is to use the most effective techniques but to organize, teach and learn it in the most simplistic way. When adrenaline is streaming through your bloodstream and your mind

is processing the threat to your life, complex moves just won't work. You need simple gross motor movements that actually work in a battle to save your life.

To accomplish this, we're going to separate this scenario into two situations. First, we'll discuss what to do if the attacker grabs your weapon while it's still in your holster. Then we'll consider what to do if the attacker tries to get your weapon once it's outside your holster.

Now, to ensure you really get the most out of this, I've included a few pictures, but also made a short video for you to really allow you to see these techniques in action and train with them. You can see the video at www.CombativesMastery.com. But be sure to keep reading below then watch the video to cement the technique in your mind.

Now, let's cover the scenario when a threat grabs your weapon when it is still inside your holster. If this happens, you're going to employ a "trap, wrap and attack" defense. This is true whether the attacker grabs the weapon itself or your hand when it's on your weapon.

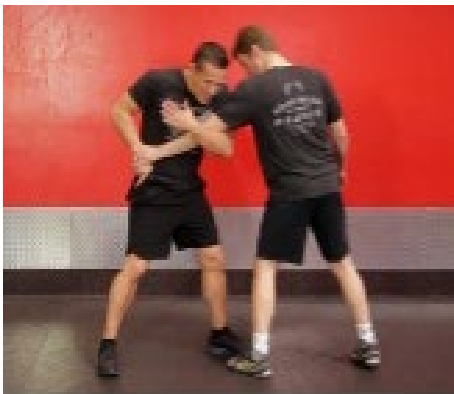
To combat this attack, we simply use our hand to trap our weapon or their hand on our weapon, then wrap their arm with our free arm and then attack back with arm breaks, kicks and head butts. This situation can happen from the front or back, but ideally follows the same defensive reply. Please see the video for examples.

Next, here's what to do if your weapon is already pulled and an assailant puts their hands on your weapon. You're again going to use a three-step defensive process for getting back control of your weapon: "push, twist and rip."

As you'll see demonstrated in the video, any time an attacker puts their hands on your weapon, is a potential deadly situation, therefore pulling the trigger is an option. But, if the weapon is offline or not sighted on the target, you want to push the weapon back into the attacker, twist it, and then rip it back to your torso.

There is no doubt that this situation is scary. But having a simple, direct and effective strategy is all you need in order to combat it and be successful. Training on these various positions and options will help you act quickly and adapt to the threat so you're prepared and ready to act even if the situation takes you by surprise. Use these techniques to be able to walk away from a life-or-death situation and help ensure the bad guy doesn't.

Scenario 1:



Scenario 2:

