

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

OCTOBER 7TH ATTACK IN THE US?

Actions To Take For This Threat

By Jason Hanson
Former CIA Officer

A few days ago, I was doing a podcast interview. The host of the podcast asked me if I thought an October 7th type of attack that happened in Israel could happen here in the US. Remember, during the October 7th attack, about 2,500 terrorists crossed into Israel targeting 20 different communities and killing over 1,200 innocent people. I told the podcast host that it could certainly happen in the US, and it could easily be ten times worse than what happened in Israel.

First, there are already thousands of terrorists laying low in the United States. They came through the open borders of the past several years. These terrorists are spread across every major city in this nation. Most of them already have the rifles



and other guns that they need for this type of attack. It's not hard to illegally get guns on the streets, just ask any gang member.

And since these terrorists are spread throughout the United States, it would not be difficult for them to attack 20 different locations at once. They want to destroy the US psychologically and to make people feel unsafe in their own neighborhoods. Also, these terrorists are not looking to make it out alive and are trying to take out as many Americans as possible before someone takes them out.

So, if this is a possibility, what can you and I do about this? Well, this is one of the many reasons I don't live in a big city. Attacking Los Angeles or Chicago or New York City, has a much larger psychological impact than attacking Torrey, UT

(population of 261.) If you can get out of the city, definitely do that. But I realize many people are not going to move or can't go anywhere.

In this case, you need to have preparations at the places you spend the most time. For many of us, this is work and home. At home, you should have your guns (especially an AR-15), your gear bag, and your medical kit. In your medical kit, you absolutely need a CAT tourniquet, an Israeli bandage, and some QuikClot.

Just imagine the scenario where you're sitting in your house eating dinner one evening, and you hear shots ringing out like crazy outside. You look out your front window, and you see terrorists running down the street with their AKs, spraying rounds all over the place and trying to get into your neighbor's house.

How long would it take for you to

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get to a weapon? How long would it take you to defend your family if these terrorists were trying to kick in your front door? If the only rifle you own is locked in a safe with a spin dial lock that takes 5 minutes to open, that's clearly not a good thing. This is why I also have rapid access safes that take me about 3 seconds to get into.

Also, don't forget to have your magazines loaded and ready to go. The pistols in my house are loaded with a round in the chamber. My AR-15s do not have a round in the chamber, but I have several magazines that are loaded and kept with the gun.

Here's another thing I want you to consider: How well do you know your neighbors? Do you know if they own guns and if they'll be able to help repel the terrorists or will they be sitting ducks? I think it's important to go around and meet your neighbors and see if they can

"Do you know if they own guns and if they'll be able to help repel the terrorists?"

be counted on or not. For instance, when I moved into my house a few years ago, I went around and knocked on my neighbor's doors to introduce myself.

When I did this, I really wanted to find out if they were "gun people" or not. I didn't just come out and ask this and be weird or anything like that. But I did just casually mention something about going to the shooting range so I could see their reaction. When I mentioned going shooting to one of my neighbors, he said to me, "oh good, you're one of us."

Like you, I pray this never, ever happens and that our country is safe. But if it can happen in Israel, it can certainly happen here. Just take a few minutes to ponder everything you've just read and make sure you're ready to act fast if you see a terrorist with an AK-47 sprinting down your street.

Mantis X10 Elite

I've spent my life around firearms and serious shooters from CIA training ranges to weekend warriors who just want to protect their families. And I can tell you this: most people don't train as much as they wish they could.

Luckily, we live in a day and age where there are lots of options for solid laser trainers. One such trainer is the **Mantis X10 Elite Shooting Performance System**. This little device attaches to your firearm and tracks your trigger pull, grip, recoil movement, and overall shooting mechanics. It goes with an app that gives you real-time feedback about what you're doing right and wrong.

Best of all, you use this during your dry fire practice. You don't have to burn through expensive ammo just to get better. In fact, the best shooters I know spend more time dry firing than they do at the range. The Mantis system makes that practice far more productive because it shows you exactly what you're doing wrong. Are you jerking the trigger? Anticipating recoil? Etc. Etc. Etc.

Now, is this a total replacement for live fire training? Of course not. You still need to go to the shooting range every now and then. But, if you want to become a better shooter, while being able to practice from home, you should consider some type of laser training system like this one.

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THE CAUSE OF THE RECENT "BIG DIP"

Are These Still Good Investments?

By **Forest Hamilton**
Universal Coin & Bullion

A few weeks ago, gold surged past \$5,600 an ounce, and silver briefly touched \$120 an ounce. But a few days after that, gold had pulled back to around \$4,600, a \$1,000 an ounce drop and around an 18% correction. Silver, after its unbelievable run, fell from \$120 to \$74, an unheard of 38% retreat from its intraday high.

So, what happened? Three things. First, President Donald Trump nominated Kevin Warsh, a well-known strong-currency "fundamentalista," to lead the Federal Reserve. Markets interpreted that as potentially bullish for the U.S. dollar — and historically, a stronger dollar can pressure gold in the short term.

Second, the latest PPI (Producer Price Index) showed a 0.5% monthly rise — roughly a 6% annualized pace — higher than expected. Some investors immediately concluded that rate cuts may be off the table. Ironically, gold sold off on higher inflation news.

In past cycles — including the 1970s — gold rose alongside rising rates and inflation. But markets are often emotional in the short run. For disciplined investors, volatility is not a warning sign, it's an opportunity.

And we've seen this before. From October 20th-30th, 2025, gold fell 10% from \$4,360 to \$3,920. Silver dropped even harder — 13% — sliding from \$53 to \$46 in late October and from \$78 to \$70 after Christmas. I advised investors then to buy the dips. That advice proved sound, as both metals remain well above those lows.

And lastly, the market was ready for a correction! Silver went up over

175% in 2025 and gold went up over 75% in 2025 alone. That much of an increase makes people nervous that it is too high, so they start anticipating a fall. When hedge fund managers and institutional investors smell short term weakness, they smash the sell button on their Gold and Silver ETFs to try and get out at the higher price point. This quickly turns into an avalanche of liquidations, pushing the price down rapidly.

Remember: short-term volatility does not invalidate long-term fundamentals.

Previously, I wrote about the potential for this crash and how to ride it out. For those who did not panic sell, the market corrected nicely with gold back up over \$5,000 and silver back up over \$78 in a matter of days. For those who sold at the high and then bought the bottom, this drop was a huge short term money maker.

The long-term fundamentals have stayed strong, so I'm still confident in \$100 silver and \$7,000 gold as early as 2027. And many major financial figures have now publicly embraced gold:

Ray Dalio describes gold as "alternative money," recommending a 5% to 15% allocation in portfolios as protection against currency devaluation and geopolitical risk. Jeffrey Gundlach, dubbed the "Bond King," predicted gold would reach \$4,000 when that sounded extreme. He supports a 10% to 15% allocation as a portfolio balancer. Elon Musk advocates physical gold ownership to hedge against currency erosion and institutional risk. And JP Morgan Chase now projects gold

reaching \$6,300 per ounce by the end of 2026.

Even if they were all dead wrong in their analysis, the mere fact that those big names are boldly predicting these numbers WILL impact investors to buy... driving up the market and becoming a self-fulfilling prophecy.

What does the future hold? Periods of excessive debt, currency debasement, and geopolitical instability always favor hard assets.

The only variable is timing, and timing favors those who prepare early, not those who panic late.

The "perfect" moment to get into gold and silver only exists in hindsight. The better approach is strategic accumulation: building a position thoughtfully over time. After 30 years in this business, I can tell you this with absolute certainty: gold and silver are not about "getting rich quick." They're about "not getting poor slowly." And silver, gold, and certified gold investment coins represent three of the smartest ways to anchor a portfolio in reality when everything else feels increasingly theoretical. Remember: when systems wobble, substance shines. And right now, gold and silver are shining very brightly indeed.

[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.]

"For disciplined investors, volatility is not a warning sign, it's an opportunity."

AN IMPORTANT FORCE MULTIPLIER IN BATTLE & LIFE

Lessons From Unlikely Bonds of War

By **Brian M. Morris**

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

I served six tours in the mountains of Afghanistan, where the air is thin, the roads are an afterthought, and the enemy rarely wears a uniform. As a retired Special Forces Master Sergeant, I can tell you with certainty: our greatest weapon in those insurgent-plagued valleys and IED-saturated cutback roads wasn't always a rifle, a drone feed, or close air support. It was our interpreters.

We called them "Terps," and the word carried affection and trust. In Afghanistan, language wasn't just communication, it was terrain. If you couldn't navigate it, it could kill you as fast as a pressure plate buried under a pile of rocks.

In the mountain passes of Kunar and Nuristan, one blind turn can put you in a kill zone. One wrong conversation in a village shura can tip off an insurgent cell that Americans are moving through the valley. The Taliban fought with rifles and RPGs, but also with whispers, rumors, tribal grievances, and centuries-old family ties.

More than once, a Terp saved my team before we realized we were in danger. Once, a village elder welcomed us with tea and pleasantries. Everything looked right—smiles, handshakes, kids peeking from behind mud walls. But our Terp's posture shifted. He leaned toward me and quietly said, "He is lying. His cousin's son was killed last week. They blame Americans."

That changed everything. We shortened the meeting, altered our route, and avoided the wadi they "recommended" for exfil. Later we learned that stretch of road had been seeded with IEDs overnight.

IEDs were the real ghosts in Afghanistan. They hid under culverts, inside dead animals, beneath fresh gravel. Our Terps scanned the ground as naturally as we did. They knew which tribes controlled which valleys, which fighters favored daisy-chained explosives, and which villages suddenly had too much "new" dirt on old roads. One Terp stopped a convoy cold because he noticed children weren't playing near a certain bend. "They know," he said. EOD found the pressure plate twenty minutes later.

Conventional units often hired Terps through large contracting firms. Many were brave men, but they weren't integrated the way ours were. Special Forces Terps were different. We handpicked them. Vetted them through our networks. Trained them to shoot and maneuver, react to contact, pull security on a halt. They learned our battle drills; we learned their instincts.

They didn't just translate words—they translated culture, intent, and danger. They were force multipliers. The Taliban marked them as traitors. Their families were targeted. Yet they showed up every day and headed toward uncertain outcomes.

One Terp stayed in my life after I rotated home. We kept in contact. I watched his children grow through grainy photos sent over unreliable connections. He built a small business. Lived quietly.

But, when Biden pulled out U.S. stabilization forces, the Afghan government collapsed with stunning speed. The Taliban descended on the country, and pro-American Afghans were suddenly exposed.

Within days, I received a call from the U.S. State Department. One of my Terps had listed me as a personal contact and asked if I would sponsor him. I immediately began the process

to sponsor him and his family through the Special Immigrant Visa program (a program built for allies who risked everything beside us). We pushed the paperwork through. He

and his family escaped the chaos and made their way to the United States.

Today, he lives near me. We've sat in my backyard, two old warriors in different skins, watching his kids play in safety. He's on the path to citizenship and building a safe and stable future.

When I think about Afghanistan, I don't just think about the firefights. I think about partnership and trust built across language and culture. About the quiet courage of men who stood beside us when it was dangerous and unpopular to do so. The lesson is simple: relationships are combat power.

Technology changes. Administrations change. Strategies shift. But human trust—earned through shared hardship—remains decisive. Our Terps were brothers-in-arms, and proof that victory isn't just measured in ground taken, but in bonds forged.

To ensure you can successfully survive the chaos, and especially aftermath of emergencies, disasters, and SHTF scenarios, you need a small cadre of trusted brothers-in-arms that you have bonded with by overcoming challenges together or shared hardship. Find those people. Start today. Maybe they are in your church. Maybe they are in your neighborhood. Maybe they are in your local hunting club.

**"More than once,
a Terp saved my
team before we
realized we were in
danger."**

THE MOST USEFUL SURVIVAL KIT YOU'LL EVER OWN?

Forget The AK, Take The PSK

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

My battle buddy that day was a goof. The advanced survival class required certification in several weapons platforms, medical aid, and the full gamut of survival in hostile conditions. I was looking forward to training with the AK-47 because we were more likely to have access to non-US weapons than to have all the firearms, ammo, and maintenance items for any weapons we carried.

Before they got to the really fun and exciting part, where we got to play with and fire all kinds of enemy combat hardware, we had to complete the PSK course. My goofy battle buddy yelled out, "Forget the stinking PSK, give me an AK!" with a guttural laugh.

I leaned so far away from him that I almost tipped out of my chair, publicly signaling that I had no connection to him. He was on his own. A senior instructor walked up to me. I looked over at my battle "buddy" and sold him out as the rabble-rouser. The instructor glared at the goofball and said, "Come with me." I had no battle buddy for the rest of the course.

After that, our instructor returned to the PSK. He stated, "You may need your AK skills on a mission, but I promise that you will use your PSK and the skills you are about to learn many more times and for the rest of your life." I can confirm that's true.

We carried the PSK, or Personal Survival Kit, on our bodies during airborne combat missions. Paratroopers had rigs that allowed them to carry a pack filled with fighting and living essentials, firearms, ammo, and all manner of glorious



gear. We had our flight suits with several large pockets, our flight jacket, boots, gloves, and our helmet bag.

During missions, we were seated in positions with assigned duties. We were known by our position designation more than our name or rank. When things get hot, you call for support from a designated position, regardless of the name or rank of the man in that position.

As the #2 Operator, if I needed urgent tactical updates on approaching enemies, I called out to the 3 Op. If I needed to know what enemy anti-aircraft artillery positions were engaging us, I called on the 5 Op.

During airborne reconnaissance, we are seated at special desks equipped with intelligence-gathering and processing electronics to monitor enemy communications, weapons status, active acquisition, ranging, and targeting radars, enemy ground forces in range of producing damaging fire on our aircraft, enemy aircraft, ships, and long-range surface-to-air defense installations targeting us.

We need room to manipulate our gear, adjust our equipment, and we must be nimble, articulate, and unencumbered. To achieve this, we leave our parachutes in the tail of the plane and sit on our butt boats (individual open ocean water survival raft), hang our LPU's (Co2 auto-inflatable Life Preservers, Underarm), on the sides of our seat, our survival vest is draped over our seat, and we hang our helmet bags on a hook near our right knee.

We keep small oxygen tanks with us in the event of rapid decompression from enemy fire or airframe failures. But we don't have room in the constrained compartment for each of us (or any of us) to have a backpack or any substantial personal fighting or survival gear.

Hence, the USAF taught us to pack our flight suit pockets with several life-sustaining items in the event we had to bail out behind enemy lines or over the open ocean. The civilian version is often called the Pocket Survival Kit (PSK) because they have adopted the term from us, but they often miss the true philosophy



of the PSK system and plan.

We had certain kinds of items in each of our many pockets. The operational theory behind the military PSK is moderate redundancy and reliable resiliency. Our senior instructor gave us the rule of 1/3.

Studies showed that, on average, about 1/3 of the gear an airborne combat operative originally carried with him was unavailable to him soon after beginning the survival process (a shutdown, aircraft malfunction, etc.).

The corollary to the 1/3 Rule is to have three, dispersed about your body, of whatever you deem your most essential items. Dispersing and duplicating the most essential items will help ensure you have what you need to stay alive.

Flight suits have special pockets with flaps and a lanyard just below our crotch on the inside of our thighs. That's where we keep our switchblade survival knife with the additional paracord-cutting hook blade. The hook blade remains deployed. If we reach down with one hand, left or right, we can pull that special knife, and it is already open and ready to cut parachute cords that may have caused our chute to fail to fully deploy. We have map pockets on the outside of our calves. This is where we could put our spare ammo, compass, and other heavier items that we did not want to have to lie on

if we had to go prone.

I kept my fire-starting, water-purification tablets, a spare pair of earplugs, and a small flashlight (with white and red lenses) in my shoulder pockets. And in obedience to the 1/3 law, I kept a small flashlight in my left ankle map pocket and one in my inner thigh pocket on a lanyard like my parachute knife. During night navigation and survival, I learned how almost impossible it is to be successful at anything in total darkness.

I kept snacks and some food items in my exterior right thigh pocket. You burn a lot of calories in high-stress, high-activity endeavors, and you need snacks for calories, to keep alert, and to suppress anxiety. We have large chest pockets that Velcro shut and are great for storing flat items like first aid bandages, flat-pack 100 mph tape (Gorilla Tape), etc.

We never really had to worry about paracord. If we lived through the egress and fall, we had an entire parachute worth of high-grade paracord. We also wore our summer or winter flight jackets during flights (usually), and those pockets were stuffed with things that would be useful if we got shot down or forced to bail out.

All of this was on us, even if we did not have time to put on our survival vests, which were also stocked with all kinds of goodies.

There is no prescribed list of items for our PSK. Instead, every man

custom-built his own based on his personal needs and requirements. Just like you, our loadouts might change weekly, and they definitely changed based on the areas we operated in.

To accurately mimic USAF Airborne Recon PSK, assess what you will need in an emergency. Collect the highest quality of each item, then determine where to store it: on your body, in your pockets, in a survival vest, day bag, or some pouch.

Beware of mass-produced 'Pocket' or 'Personal' survival kits. We call it a Personal Survival Kit because it is tailored to the person who will need and use it in emergencies.

Once you start building and storing your PSK on you and in your clothing, you will find it extremely useful. I use many of my PSK items daily and you may discover that you will, too. So, make your PSK, make it personal, and make it today, before you need it.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

The Escape and Evasive Driving Experience is officially open for enrollment for 2026. Remember, this is only available once per year to the general public, and as an Alliance member, you get first dibs. This is the intelligence operative driving course featured in Motor Trend magazine, Recoil Gun magazine, and more. For full details and to see your special discount, visit www.SpyDriving.com.

WHY SO MANY AMERICANS NEEDLESSLY DIE OF CANCER

How to Intelligently Invest in Your Own Health

By Dr. Omar Hamada
Special Operations Physician

In recent months, Sen. Ben Sasse (R - NE) revealed he was diagnosed with terminal Stage IV (metastatic) pancreatic cancer. Actor James Van Der Beek died of Stage IV colon cancer. A celebrity actress revealed terminal Stage IV ovarian cancer. And my pastor told our congregation that he was just diagnosed with a large metastatic abdominal malignancy and would need to step down for a while for major surgeries and treatments.

This makes me very angry, and I'm going to make a bold statement. There is absolutely no reason anyone in America should be diagnosed with late-stage terminal cancer. That so many are, reveals how broken our current system is and how poorly educated about health our populace is.

We have the technology and the ability to diagnose most cancers early - well before they are large, metastatic, and symptom-causing. That we don't do this is a horrific failure, though understandable. I'll explain.

The United States Preventive Services Task Force (USPSTF) is the primary governmental organization that sets evidence-based preventive medical standards for the country. The Centers for Medicare and Medicaid Services determines what Medicare will pay for based on those recommendations. And private insurance companies base what they pay for off of what Medicare pays for in order to reduce legal risk while still making a profit.

It is important to understand that population health models necessarily differ significantly from

what private individualized care models would otherwise recommend (and where private insurers should actually be).

The reasons are primarily two-fold. First, the government has a limited amount of funding that caps spending on routine screenings for the population. And we already spend more than any other nation both in absolute amounts (\$5.3 trillion) and percentage (18%) of our GDP, with a federal budget set by Congress of \$7 trillion.

Second, the USPSTF formulates their recommendations off statistical risk models. Rates of cancer diagnoses and deaths based on age and gender are compared to costs of diagnoses and deaths at certain ages, and recommendations are made by taking into consideration risk vs benefit ratios. This is a big reason why recommendations for various cancer screenings frequently change.

Third, we've trained our population to expect third party payers (insurers) to approve or deny services and then possibly pay for the entirety of our healthcare save our deductibles and insurance premiums.

However, for the many who can invest in their own health, this is a horrible way to live, as many things fall through the cracks that would otherwise be caught. We freely spend on frivolous things instead of our most important investment - that of our own and our family's health. We pay thousands on comfort, ease, and entertainment while failing to prioritize the things that keep us healthy.

If Sen. Sasse invested \$2,500 in a full body MRI, and/or \$900 in

a blood test that screens for 50 different cancers, and/or just \$395 for a comprehensive bloodwork panel, chances are his cancer would have been caught very early. If James Van Der Beek had paid \$1,500 for a colonoscopy, he may still be with us.

Insurance would not have covered any of that save the bloodwork - those are considered "out of pocket" costs or investments. And they aren't population health recommendations from the USPSTF, but they are lifesaving cancer screenings that many of us physicians recommend for our private clients.

True, Medicare and insurance won't cover many of these screenings outside of the USPSTF recommendations. Insurance pays for the bare minimum as far as preventive medicine and health optimization go. They do pay for sick care and disease maintenance.

But what would you give to live another 20 or 30 years? Let's say you were diagnosed with Stage IV cancer. Would you pay \$2,500 if you could go back and pick that up while it was Stage I and curable? Of course you would. The same goes for heart disease, kidney failure, metabolic disease, diabetes, and on and on. So why not do that now?

Break out of the current, broken model. Become the CEO of your health, invest in your own health, and live a longer, healthier, stronger life. There's no reason for you to ever be diagnosed with Stage IV cancer. Take charge. Save your life and remain able to take care of yourself and your family if and when SHTF.

"We have the technology and the ability to diagnose most cancers early."

USING SMARTER POSITIONING AND LEVERAGE FOR SELF DEFENSE

This Causes Instant Pain

By Matt Numrich

Head Instructor Of Spy Black Belt

Getting pinned against a wall by someone who's trying to choke you is a terrifying situation. For seniors, the risks are even more serious due to reduced strength or mobility. But there are practical, tested ways to break free that don't rely on force.

These techniques use smart body positioning and leverage to create the space needed to escape. Whether the choke is coming from the front, side, or behind, there's a method that can help you get out safely.

A choke from the front leaves you with very few options, especially when your back is already pinned to the wall. The first move is to shoot one arm straight up as tight to your head as possible, aiming to trap the attacker's fingers between your arm and your body. This movement tightens the space and reduces their control. Once your arm is up, turn your body away from it while looking down the wall. This starts to disrupt their hold. To finish, drop your elbow quickly and forcefully. This motion helps break their grip completely. The moment you're free, respond with close-quarter techniques—headbutts, elbow strikes, knee shots—whatever will create the opening you need to get away.

Side chokes are dangerous because they often come with added force to slam you into the wall. One of the most overlooked parts of defending this type of attack is head protection. Always bring your hand up and grab the back of your head. If you get slammed, your arm absorbs the impact instead of your skull.

From that position, drop your stance



and drive a sharp elbow into the attacker's midsection. This strike is close and quick, designed to break their focus and loosen their grip. Once there's an opening, continue with other close-range strikes to stop the attack and move to safety.

A choke from behind can feel overwhelming, especially when you're forced into the wall. The first step is to get your arms up and form an X across your face. This not only guards your head but gives you something to press against if you're shoved into the wall. After setting that barrier, raise the hand that's on top straight up while keeping it tight to your head.

Just like with the front choke, turn your body sharply away from the raised arm to start breaking their grip. Then drop your weight straight down, using your elbow to scrape off whatever parts of their arm are still

holding on. This move doesn't depend on size, it works because of the momentum created by your full body. To give you a visual demonstration of these moves and how to easily use them, check out this video I made for you: <https://fearlessstreetfighter.com/wall-choke/>

But getting out of a choke is only part of the response. What comes next determines whether you can safely escape. Once you've broken free, respond with anything that will stop the attacker from grabbing you again.

Quick elbow strikes, knee shots to the thigh or groin, even loud yelling—all of it plays a role in creating space. It's not about winning a fight. It's about surviving long enough to get out and call for help. Practice and train these techniques, so that if the worst happens, you won't be caught by surprise.