

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## COMMUNIST TAKEOVER OF THE WORLD'S PERSONAL INFORMATION

### How the Chinese Are Legally Stealing America's DNA

By Jason Hanson

*Former CIA Officer*

When COVID-19 cases began to rise in the US, a Chinese company contacted several US states to offer assistance. Beijing Genomics Institute wanted to assist these states by setting up testing labs to "help" our country.

The result would have been putting American's DNA in the hands of the Chinese government. Thankfully, US security officials told states not to work with the company because of the data that would be collected. So, Beijing Genomics Institute set up COVID testing labs in at least 18 countries, but not the United States.



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The thing is, human rights groups claim that China is trying to collect DNA for many purposes. For example, China is reportedly using DNA to track and identify Muslims in Western China. And the government is also trying to collect DNA on its male population of about 700 million. They want to keep tabs on the half of the population most likely to commit crimes.

China's goal is to dominate in the artificial intelligence field. But, to do this, they will need lots and lots of data. Chinese media claims

the country has the world's largest database of genetic material. They claim to have 80 million DNA profiles, but they want more.

The fact is, China is our biggest threat. Not Iran, Russia or North Korea. And they are clever and willing to do anything to gather intelligence on Americans. For example, China is obtaining the DNA of Americans by buying American companies. The US company Complete Genomics was purchased by the Chinese firm BGI Group and they now have the largest DNA database on Americans.

With this information in hand, the methods the Chinese can use to target Americans are vast. If China has both personal information and DNA it creates a map for how to take advantage of you. Here are some of the ways they can use this stolen information against you and other Americans.

**Intelligence:** Gathering intelligence is the number one reason China steals information. They use this information to try and get Americans to betray their country and to spy for them.

Imagine if China has the DNA of two relatives who don't even know about each other. Then, a Chinese operative contacts the person and says they can put you in touch with your long-lost relative. All they ask for is a little information from time to time.

**Money problems:** Money makes the world go round. If the Chinese government has your Equifax report, they have your financial information. The problem is, China could flag people who have money problems. Then they can focus on people who might exchange money for secret information.

Greed or need for money are the biggest reasons that people betray their country. When you combine DNA and money struggles, this opens even more doors to being compromised.

**Medical concerns:** With DNA, you can learn a lot about someone's health or potential health problems. For example, maybe an individual

has diabetes. Chinese hackers could target them with e-mails explaining the latest developments in medication and try to get unsuspecting victims to click on links that are really malware.

Lastly, China wants to dominate the biotech medical industry. They want biological weapons designed to target certain groups based on their DNA.

In 2015, the U.S. and China signed an agreement about theft. The terms were that neither government would steal intellectual property from private companies. This was a total joke of an agreement and did little to stop Chinese hackers.

The theft of American technology and data has given China a massive economic lift. The Chinese need US data to fuel their economic progress. This has resulted in the biggest theft of information we have ever seen. And when you add DNA to the mix, it opens all sorts of doors.

**"They want biological weapons designed to target certain groups based on their DNA."**

The best way to protect yourself is to give up as little data as possible about yourself both offline and online. Always use a VPN (Virtual Private

Network) when you're surfing the internet. Don't click on suspicious emails or random links. And please don't send in your DNA samples to any of those companies that promise to tell you what your genealogy is. That's just asking for trouble. Bottom line: Do what you can to protect yourself because the government can't protect you.

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## CoolFire Pistol Trainer

Dry firing your pistol is a great way to practice trigger control. It's one of the best things you can do to improve your shooting skills. Yet, dry firing can get boring over time.

The CoolFire Pistol Trainer can help with this. The CoolFire uses a CO2-powered piston to replace your gun's barrel. It also has a visible laser that shows your shot placement. So, you can dry fire your gun and actually get feedback on how you are doing. To use this training device, you simply fieldstrip your pistol and swap out the barrel. There are no tools needed. When the pistol's firing pin or striker hits the CoolFire system, a piston is activated. This cycles the slide and the laser provides feedback on your trigger pull.

One of the best things about the CoolFire system is that since it replaces your existing barrel, this means there is no way to accidentally fire a live round. It won't work. The CoolFire Pistol Trainer starts at around \$285 and goes up from there depending on your specific firearm.

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# THE BATTLE OVER THE FUTURE OF MONEY

## The Truth About Bitcoin

By Forest Hamilton  
*Universal Coin & Bullion*

I am often asked what I think about Bitcoin. My answer is simple. I think it is brilliant while also absolutely terrifying. It offers the potential for massive profit, while making you afraid to see where it's trading because it's plummeted 40% overnight. It is one of the most talked about yet least understood "currencies" in existence.

So, to help cut through the confusion, here are answers to the most common questions I get about Bitcoin: What exactly is Bitcoin? Here's a succinct definition from one of the news sites: "Bitcoin is a new currency that was created in 2009 by an unknown person using the alias, Satoshi Nakamoto. Transactions are made with no middle men — meaning, no banks. There are no transaction fees and no need to give your real name. Bitcoins can be used to buy merchandise anonymously. In addition, international payments are easy and cheap because Bitcoins are not tied to any country or subject to regulation."

Do you invest in or use Bitcoin? Yes. While I fought the urge to invest in Bitcoin for over a decade, I finally invested \$1,000 into Cryptocurrency in September of 2020. I put \$500 into Bitcoin and \$500 into a small Cryptocurrency on the recommendation of a friend. As of the writing of this article, it is currently valued at \$10,560.

With such a dramatic increase in your own personal investment, why don't you recommend it to others? I have a hard time buying into a "currency" that was made up by an unknown person using an alias. I have a hard time investing in something that is "mined" by computers that are competing to solve math problems and being "awarded" 6.25



Bitcoins an hour. I have a hard time storing an investment in a place that has been hacked, deleted, attacked by viruses, and had entire companies flee with their clients' money. I have a hard time rationalizing my desire for anonymity with all of the illegal activities that are taking place using it.

I consider myself relatively tech savvy. But it took me almost a month to figure out how to get my money out of the app and transferred back to my bank account. It still hasn't settled in my account and I have wondered many times if it ever will.

And the final nail in Bitcoin's coffin is my belief about its future. I believe the world governments will soon crack down with heavy regulations, removing many of the advantages that it offers.

Why is gold better? Goldman Sachs, one of the largest global investment banking firms, recently compared the properties of gold to Bitcoin, whose price has been vacillating wildly in recent months. "While both require expertise for correct long-term storage, gold wins because cryptocurrencies are vulnerable to hacking through online wallets or the user's computer or smartphone, are subject to regulatory risk, and network and infrastructure risk during a crisis.

Gold has a limited supply, gold is better at keeping its purchasing power and has much lower daily volatility," said Goldman.

Gold is valued for its rarity and beauty and fulfills all the requirements to be the world's oldest and most perfect form of money. First, as a store of value, which means people can save it for later use with confidence it will retain value. Next, as a unit of account, it provides a proven way of setting prices by weight. And finally, as a medium of exchange. Gold is portable, so people can use it to buy and sell across borders.

While I believe Blockchain technology and Cryptocurrencies in general will stick around, I am significantly more comfortable with my belief that gold and silver will be around for as long as humans are. While I can't fully vouch for Bitcoin, I believe that everyone should own some real, physical, gold and silver.

**[Publisher's Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at [foresthamilton@universalcoint.com](mailto:foresthamilton@universalcoint.com) or call 800-822-4653. 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.]

# LESSONS FROM THE GRENADE PIT FOR TODAY'S WORLD

## The Fuse Is Lit, Countdown to Social Detonation

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

The ground was already muddy and the light mist made everything that much yuckier. The good news was that it was nearly thirty degrees Fahrenheit, so at least it was not hard-frozen ground. We were doing the "bayonet" course, which included the ever-popular "crawl in the insidious mud under the barbwire while live machine gun rounds are being fired over your head (and butt)."

If you've served in the combat forces, you know these drills are more about "stress inoculation" than developing an often-used skill set. Belly crawling through the mud under low barbwire while enemy machine gun fire arcs across your path probably saw its last days before Desert Storm.

But the tactical and practical training for stress inoculation has proven

critical in every life-threatening endeavor since the beginning of time, and the post-action evidence has proven the effectiveness of this special training approach.

I was 45 during this particular training and evaluation course. While a clandestine Human Intelligence (HUMINT) operative, assigned to the Defense Intelligence Agency's clandestine operative unit at Bolling AFB, this training took place at Fort Knox under the auspices of the Army National Guard. It was a markedly different experience than those I had in my 20's and 30's. I found myself working just as hard at concealing my physical distress as I was at expending my previously comfortable, dormant energy reserves.

The last phase of the bayonet training and evaluation course included a full-on sprint of about 50 yards,

up a very steep (60° incline) hill. That's where most guys (and gals) lost it. They could not, or would not, draw on their deepest, final, morsel of energy to crest the top. It really is less about physical strength than it is about attitude and a profound resolve to finish what you started.

**"But in the end, they are all lethal, mass destruction weapons."**

To my younger and more physically fit peers, my age probably appeared my undoing. But what the young might not understand (until they aren't young) is that with age comes wisdom, endurance, self-confidence, and a resolve that fuels our ambitions and allows us to achieve the righteous desires of our hearts. And it was my righteous desire to not die of a heart attack in front of the "kids" who were with me that day.

But one of the areas of combat training that does not allow for falling-short is the grenade course (pun intended). There are several different types of grenades that are used for different applications. There are many ways of throwing, tossing or boobytrapping with grenades. But in the end, they are all lethal, mass destruction weapons.

Here is one thing to know about all grenades: You can pull the pin and still keep the spoon pressed down and it will not detonate. You can even replace the pin and put it back in your grenade pouch. But once you release the spoon, and the inner fuse starts burning, there is no stopping the impending explosion.

You've probably seen war movies where guys pull the pin and "cook" the grenade. That was common in WWII. Most 'pineapple' grenades



in those days had from two-to-six-second fuses. If your enemy was close, you did not want to toss a live grenade and allow him to have five seconds to throw it back at you. So, our soldiers were trained to release the spoon and “cook” the grenade for a few seconds so that it exploded in the air or just as it landed — giving the enemy no time to pick it up and return the volley.

One of the grenades we use in combat and covert intelligence operations is the Thermite grenade. This particular grenade is an incendiary grenade that burns at 4000 — 5000 degrees Fahrenheit. But, it does not explode like the common hand grenade. We did not use our “Thermals” to throw at enemies. We had special needs and applications for these. As an airborne recon unit, we placed Thermite grenades on top of all of our ground-based safes, file cabinets, equipment cabinets, etc.

Our bomb tech guys configured them so that if we were over-run, breached or had to combat evac, they could all be detonated with one lever. The instant the lever was activated, the pins holding the “spoons” (striker handle) would be pulled. This would allow the spoon to spring up from the grenade and detonate the primer. Within about four seconds of the primer igniting the internal chemical fuse, the main chemical reaction of metals and oxides ignites into a nearly 5000 degree incendiary torch. The intense heat burns through plate steel like butter. It completely destroys everything — documents, weapons, special gear, etc.

Obviously, pulling the pin can be done in advance of the need to throw the grenade, but releasing the spoon is the final commitment. It cannot be stopped. I think a good

**"We placed Thermite grenades on top of all of our ground-based safes."**



comparison is taking your firearm off of safe, which is like pulling the pin of a grenade. But once you pull the trigger, there is no recalling that bullet just like there is no stopping the grenade from detonating once you release the spoon.

Our politicians, media, schools, Big Tech and hundreds of billionaires have pulled the pin on our economy, social order and Constitution. But they have not stopped there. They are slowly releasing the spoon and cooking this disaster long enough that “We The People” will not be able to stop the detonation nor volley the impending explosion back.

You have heard the stories of the heroic team member who threw himself on a live grenade to protect his teammates. We are seeing that exact scenario playing out right in front of us today as there are still plenty of patriots fighting for our freedom.

But, in the future, there may be no one to absorb the blast of the next grenade they lob at us. We will not survive if we are standing out in the open with no shelter or barricade

to shield us from the force, fury and fire of their attacks.

Consider this closely; “There are no atheists in foxholes” and there shouldn’t be any in your foxhole. Prepare spiritually and mentally and get you and your family into shelter. A spiritual shelter as well as a temporal safe place. We have several great advantages that are guaranteed to help us win this final battle.

Start off by reading the battle plans of the enemy - we have them in written form, available right at our finger tips. Study the enemy’s strategies, tactics and goals. Understand the weapons our enemy has relied on for millennia. Shelter yourself and your family in sturdy sanctuaries that are impenetrable to the enemy’s barrages.

There will be time, and need, for us to emerge from our safe place and take the fight to our common enemy after the frontal assault that we are experiencing has receded. Right now is the time to hunker down and ride out the storm of exploding grenades. Soon, we will all be called upon to race full-speed up that steep incline to meet our rescuer. Stay vigilant, prepared and secure until then.

# NO GYM, NO GEAR, NO PROBLEM

## How to Keep Fit During a Lockdown (At Any Age)

By Dr. Omar Hamada  
*Special Operations Physician*

I travel a lot and hotels have varying levels of fitness centers. Rarely, you'll find one with an excellent and well-equipped fitness center. Few are either passable or have agreements with nearby gyms. Most are horrid.

You just can't rely on having passable gym equipment while traveling. So, I have learned to rely on body-weight and minimal equipment that I can easily pack. The nice thing is, this can be continued at home with minimal effort and great results.

Here's what I recommend: Calisthenics are an amazing place to start. They cost you nothing but discipline. You can start easy and build repetitions and intensity over time. There are many different movements to choose from and they are safe and low velocity, so your risk of injury is incredibly low.

I recommend you start with basic warm-ups, pushups, body weight squats and sit-ups. You can slowly add Korean pushups, windmills, jumping jacks, burpees, planks, bicycles, crunches, wall sits, pull-ups, and any number of other movements and position holds. Focus on proper technique to get the most out of each exercise and to minimize injury risk. It's ok to cheat a little here and there until you build

strength and endurance. But focus on getting your technique right, because the habits you build early on will be the ones that stay with you longest.

Then, after calisthenics, I recommend you transition to stretching. Stretching is vital for maintaining flexibility, minimizing injury and reducing pain. Stretching keeps your muscles, ligaments, tendons, and joints healthy, pain free, and mobile. It also helps maintain good blood and lymphatic flow.

Focus on each body area: Your head and neck, shoulders and arms, back, trunk and abs, thighs, hamstrings, calves, and ankles. Start slow, stay consistent and push past where you're comfortable. You want to feel your stretch — it should be a little uncomfortable until you get to the point that you are in maintenance mode.

After you've progressed and you want to add resistance beyond your body weight, consider the addition of high quality fitness bands. The best I've seen are what my friend John Jaquish developed with X3 Bar. Very high quality, layered latex and an Olympic quality bar. Plus, the X3 actually replaces free weights.

Of course, you can go cheaper and still get a good exercise. The nice thing about fitness bands is that you can use them for both stretching and exercising. I'd recommend you use them for repetitive range of motion exercises like squats, bicep curls, military presses, tricep extensions and the like. You can also use them as assist devices to give you an edge with sit-ups or pull-ups

if you are having trouble with the initial movements. Or you can use them to add resistance with push-ups or other movements.

**"The best I've seen are what my friend John Jaquish developed with X3 Bar."**

I believe everyone should have a quality jump rope. Though it requires some coordination, there aren't many exercises that can beat it for improving balance, flexibility, coordination and cardio-respiratory fitness. Jumping jacks and running in place are easier movements, but ultimately, nothing beats a good jump rope workout. There are many jump ropes to choose from — leather, plastic, rope, weighted, etc. Find something you like and get after it.

Finally, though they are not packable, everyone should have a high quality rebounder or mini trampoline. You can get them with a rail or handle if you have some balance problems or are worried about falling. JumpSport makes very good ones, though they aren't cheap.

Rebounding can be something as simple as getting your blood and lymphatics moving early in the morning or can get more advanced as you add weights and alternating foot and arm motions to your rebounding. Not only is this fun and refreshing, but it is simply incredible for advancing your health and fitness goals whatever your age.

The key is to just get started. Go slow. Work your technique. You'll know it's time to add reps, weight or exercises when your workouts start getting easy. And remember to cool down and stretch, it will help with flexibility, soreness and injury prevention.



# WHEN WATER IS THE ONLY WAY TO ESCAPE

## My Favorite Survival Watercrafts

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

Just like knives, watercrafts have always been a big part of my life and I have always loved being on the water in any way possible. Whether swimming in a pool, snorkeling in the ocean or paddling into rapids, it's been a passion and a lot of fun. And, it was during my first canoe trip down the Delaware Water Gap with the Scouts as a young boy that I got hooked on watercrafts.

It carried over to my time as a Ranger Instructor in the Florida Ranger Camp, heading down the Yellow River safely getting Ranger students down the river while avoiding the many large alligators about. My experience has aided me greatly in many survival situations I've found myself in and has gotten me out of some bad ones. I have built many survival rafts in my travels, but while paddling down the mighty Amazon and Orinoco, I certainly wished I had a pack raft, canoe, or kayak handy.

Now that winter's frosty chill is thawing, many of you will be looking to get out, get some sun, and maybe some water time in. I want to make you more aware of the various watercraft available and how they can be used to aid you in an emergency or survival situation or just to have a great time in.

We'll focus on the smaller watercrafts, as they are more practical and affordable. But first, let's touch on paddles and gear. Almost all watercraft needs safety gear and vessel-specific gear. These are things like personal

**"It carried over to my time as a Ranger Instructor in the Florida Ranger Camp."**



flotation devices (life-jackets), the double-headed paddle for a kayak, a canoe oar, etc. Gear design and pricing varies and your choice should fit your budget. Whatever you get, always check weight capacities for people and gear, as well as any special safety gear.

A favorite watercraft I've been using more lately is a kayak. I own and have used many different types. Most are rugged, easy to learn and handle, move well in the water, and can accommodate you and your gear. Kayaks come in several types: sit-on-top recs, anglers, whitewater kayaks, inflatables, foldables, peddle, and tandems.

Sit-on-tops are made of durable material and are fairly tough.

They're used on waterways and are more for recreation and when the weather is nicer. They require some balance but can accommodate you and your gear. They are pretty low priced, but you'll need a pickup truck or vehicle roof rack for transport.

Angler kayaks are popular with fisherman. You sit inside them and they usually have watertight compartments for gear, but can also carry dry bags in the front and rear and are set up for fishing pole rigs as well. They are durable and can take a decent beating. They're surprisingly roomy to sit in, depending on the make. They're also easy to row and not as "tippy" as a sit-on-top.

Whitewater kayaks are popular with adrenaline-driven water adventurers. They are made to sit

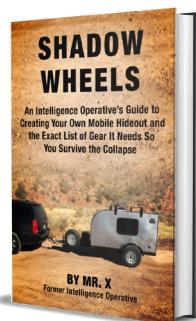
inside and usually come with a top water skirt. They typically have watertight compartments for gear, but can carry gear in dry bags in the front and rear like the angler kayaks. Sitting inside them can seem cramped, but they need to be that way for navigating rapids. White-water kayaks require some training to operate and more specialized safety gear.

Peddles and tandems are used on waterways, mostly for recreation. The peddles are just another way to propel yourself and I always recommend you carry a paddle in case of emergency. Tandems accommodate



## SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can get a copy of our newest survival book called, *Shadow Wheels: An Intelligence Operative's Guide to Creating Your Own Mobile Hideout and the Exact List of Gear It Needs So You Survive the Collapse*. If you ever have to flee your home during a crisis, this is the perfect way to do it and it's what I have for my own family. Grab your free copy of this book at



[www.YourUrbanPrep.com](http://www.YourUrbanPrep.com)

two people and are great for couples. These are lower priced but need a pickup or roof rack for transport and two people to carry.

Inflatable kayaks are for recreation and when the weather is nicer. Most of them are easy to carry by yourself and are lighter-weight. But, they do need a way to inflate them for use. This could be a hand or electric pump or if you are desperate, your lungs (but this would be the option of last resort).

Many inflatables are made of durable material, but you still need to use some caution not to tear them or you will sink. But some are clearly made solely for floating in a pool and not recommended for emergency or survival uses, unless you clearly have no other option.

Foldable kayaks are amazing to have as they don't take up a lot of space, do not require a pickup for transport and can easily fit in your vehicle trunk. You can take them anywhere easily and always have them on hand. Most of them are easy to carry by yourself at just under 30 lbs. One of the best things is that you don't need a pump. They assemble in mere minutes and you are into the water having fun. They're mostly for calm waterways, but can handle up to Class 2 rapids and small waves.

The next type of watercrafts I use are canoes. They come in several types, can be used solo, but usually in pairs, and are made of various materials like light metal, aluminum, durable plastics, fiberglass, carbon poly, wood, or even inflatable rubber.

Most need a trailer or a pickup for transport. They are easy to carry with two people. A bit challenging by yourself, but doable. They vary

in price depending on make and model.

Another favorite of mine are rafts. I have used rafts as a civilian and when I was in the Army. Most are easy to handle and can accommodate a solo rider to up to 15 people. They are usually propelled by paddles, but some can be equipped with outboard motors too.

Most rafts move well in the water and are fairly easy to learn and use. They come in several types, made from various rubberized materials. It will come down to your preference, need, and wallet size. You'll need a trailer, pickup, or roof rack for transport. These will require a way to inflate them (from heavy duty pumps for the larger types to smaller pumps).

I'm not going to touch on smaller power speed boats, pontoons, catamarans, sailboats, etc., as I consider them medium class watercrafts. They would require a lot more discussion and detail to do them justice. Just know they are out there as viable options for use in emergency or survival situations.

So, as you can see, there are lots of emergency and survival watercraft out there for you to choose from — even if you just want to have fun and relax on the water. It all depends on your preference, needs, and affordability in your budget. You never know when you might need one in an emergency or serious flood situation (like what happened during Hurricane Katrina).

In any case, when you get your watercraft, make sure you are well read on it. Get all the necessary gear for safety and operation. Always ensure everyone wears their fitted, personal flotation device and have fun.