

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## IRAN'S GOONS IMPERSONATING FEDERAL LAW ENFORCEMENT

### How To Spot A Fake Agent Or Cop

By Jason Hanson

*Former CIA Officer*

The world of espionage is a wilderness of mirrors. But, of course, those pretending to be someone else don't only exist in the intelligence business. Arian T. and Haider A. were supposedly Homeland Security Officers in Washington, D.C.

For over two years, the men told people in their luxury apartment building that they were part of Homeland Security Investigations (HSI). They even convinced agents from the U.S. Secret Service and the Naval Criminal Service that they were federal officers.

The scary thing is, the counterintelligence work on these two fake

#### WHAT'S INSIDE

- 3** These Precious Metals Aren't Just For Spending
- 4** Strategic Gear Choices To Enhance Comfort And Safety
- 5** The Trojan Horse Parked In America's Backyard
- 7** How To Make Yourself Harder To Kill
- 8** If You Believe One Of These, It Could Get You Killed



agents shows they are likely part of a bigger, more sophisticated plot. There are over 17 law enforcement agencies in Washington, D.C., along with the state and local police departments in the region, and the men knew how to blend in with the thousands of agents in the area.

They lived an upscale lifestyle in D.C. At the apartment building they lived in, they made friends with the security staff and even had master access codes for the building.

They often flashed their badges to other residents, some of whom were

real federal agents. The men carried Glock pistols and offered to buy rifles for Secret Service agents they befriended. Inside their apartment, the two had police gear such as

SWAT vests and high-powered scopes.

Ultimately, it was a U.S. postal inspector that brought them down. He was investigating an assault on a mail carrier and interviewed the two men because they were nearby. The men identified themselves as part of the Department of Homeland Security. But the postal inspector found the two men to be suspicious and alerted the DHS and FBI.

**"They even convinced agents from the U.S. Secret Service and the Naval Criminal Service."**

While Washington, D.C. is no stranger to spies and espionage, the scale and duration of the impersonation by the two men is pretty intense. One of the two imposters had visas for travel to Iran and told people he had connections with the Pakistani intelligence service. It's now believed the two men could have connections to the Iranian regime, which would be no surprise at all since there are numerous Iranian spies in the US.

While criminals pretending to be police officers or FBI agents is nothing new, these days, criminals can easily buy real police gear online and look incredibly convincing. So, if a federal agent ever comes knocking at your door, here are a few ways you can verify that they are legitimate.

First, most federal agents work in pairs, and conduct investigations together (sometimes they work alone, but it's uncommon). So, if a stranger shows up at your house alone and they claim to be a federal agent, it could be an imposter and definitely do not open the door.

Most federal agencies have offices across America and most major cities have an FBI field office. If agents show up at your house, you should ask basic questions such as the address of the local field office and the phone number and tell them you are going to call to verify their identity. You can also ask who the current agent in charge of the field office is. Legitimate agents should know this information off the top of their heads. The good thing is, you can find this information online and/or make a call to verify it.

Most federal agents are required

to be armed on duty (unless they receive special instructions from a supervisor). The gun might be concealed or open-carried, but it should be there. A federal agent isn't going to whip their gun out, but they won't hide the fact that they have one either. So, if someone claims to be a federal agent but doesn't have a gun, it could be a red flag.

If a federal agent wants to talk to you, they are less likely to pick up the phone and more likely to show up at your house. That's because, if you are under investigation or are a witness to a crime, they don't want to tip you off. They want to confront you unexpectedly in person so they can gather evidence (if there is any) and see your raw reaction.

Even the most sophisticated imposters make mistakes. If a supposed federal agent knocks on your door, ask them questions and verify their answers. Look for inconsistencies. Don't be afraid to call the local field offices, or even the sheriff or local police if things just don't add up. Like Reagan said: "Trust but verify." After all, if they are a legitimate federal agent they will have no problem if you want to call the local field office and verify with a supervisor before you open the door to them.

Obviously, if the person freaks out and starts kicking in the door when you won't open it, that's your clue right there. This is when you would run to your gun that is hopefully close by. I always have a gun nearby whether it's a Sig Sauer P320, Glock 19, Sig Sauer P365, Springfield XD, Walther PPQ or a good old Smith & Wesson snubby revolver.

## Panzer Arms Super Short SS12

Panzer Arms is a gun company based in Turkey that specializes in manufacturing semi-auto shotguns. One of their latest designs is the Super Short SS12. The SS12 is a magazine-fed compact shotgun. It comes with either a five, ten, or twenty-round magazine.

The 12-gauge shotgun has a standard pistol grip and the action is spring-loaded. This means you could rack the action backward and let it go to load another round. It comes standard with a heat shield and flip-up sights.

The shotgun has an overall length of 16" with a 6.2" barrel. It's one of the smallest shotguns on the market. As of now, the company has not released a version for the U.S., but when they do, it will be subject to the National Firearms Act because of the length of the barrel.

However, it's expected that the Super Short SS12 will eventually sell for around \$200, which is a great price for a unique, compact shotgun. And since I'm a fan of shotguns for home defense, I will keep my eye out for this when it is available.

Copyright © by Spy Briefing LLC. All rights reserved. This newsletter may only be used pursuant to the subscription agreement, and any reproduction, copying or redistribution (electronic or otherwise, including on the World Wide Web), in whole or in part, is strictly prohibited without the express written permission of Spy Briefing LLC, 124 S. Main Street #4090, Cedar City, UT 84720. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. If legal advice or any type of assistance is needed, please seek the services of a competent professional. Survival training and gear is potentially dangerous and should be handled responsibly by all individuals. This material, produced by the *Spy & Survival Briefing*, is for informational purposes only. All technical information, instruction, and advice, reflect the beliefs of *Spy & Survival Briefing* and are intended as informational only. This material is not intended to serve as a replacement for professional instruction. By reading this material you understand that survival training and gear, especially knives and guns, are potentially dangerous and you assume all risks if you choose to handle the survival gear mentioned in this material. You agree to indemnify, and hold harmless *Spy & Survival Briefing* and Jason R. Hanson from any and all such claims and damages as a result of reading this newsletter, which is for informational purposes only.

Contact our Customer Care Center:

435-572-4432

or e-mail [support@spymbriefing.com](mailto:support@spymbriefing.com)



*Spy & Survival Briefing* is published monthly by Spy Briefing LLC, 124 S. Main Street #4090, Cedar City, UT 84720. [www.SpyBriefing.com](http://www.SpyBriefing.com)

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

# THESE PRECIOUS METALS AREN'T JUST FOR SPENDING

## Lesser-Known Roles Of Gold And Silver In Espionage And Survival

By Forest Hamilton

*Universal Coin & Bullion*

I can still remember the way I felt watching my first James Bond movie, the iconic Goldfinger. Sean Connery saved Fort Knox from a villain trying to contaminate America's gold in order to throw the world's economy into a tailspin.

I was fascinated by the concept of Fort Knox, gold bars, and spies. But most of all, I was interested in understanding how our country was dependent on gold as a means of stability.

In the world of espionage and survivalism, the value of precious metals like gold and silver goes far beyond their economic stability and investment upside. These timeless assets have played significant roles in history, from clandestine operations behind enemy lines to private exchange of wealth via physical means.

Obviously, gold has long been revered for its intrinsic value, rarity, and durability, making it a universal symbol of wealth and power. With its universal recognition and store of value, gold serves as a hedge against economic instability and inflation, making it a reliable medium of exchange in times of crisis.

In survival scenarios where traditional currencies have lost their purchasing power, gold can retain its worth and serve as a means of preserving wealth and financial autonomy, or just to buy you some bread.

In the world of espionage, gold holds a unique allure for its ability to transcend borders and political regimes. Throughout history, gold has been used by spies and intelligence agencies for various covert operations, ranging from bribery and

funding undercover activities to storing sensitive information in a secure and portable form.

One of the most famous examples of gold's role in spycraft is the use of gold coins as a means of communication between agents. During the Cold War era, intelligence agencies on both sides of the Iron Curtain used specially minted gold coins with hidden compartments to conceal microfilm containing classified information. These coins could be easily exchanged in covert meetings, providing a discreet and secure method of communication between spies.

The allure of gold as a precious and indestructible metal mirrors the qualities that agents aspire to embody – resilience, value, and permanence in a volatile and unpredictable world where one mistake can lead to capture and even death.

While gold may reign supreme in the realm of investment and espionage, silver plays a crucial role in the world of survivalism and preparedness. Silver, known for its antimicrobial properties and conductivity, has been used for centuries in medical treatments, water purification, and as a safeguard against bacterial infections.

In survival circles, silver holds a special place as a versatile and reliable tool for addressing a wide range of practical needs in times of crisis. One of the most notable applications of silver for survival is its use in water purification. Silver ions have been proven to effectively kill bacteria, viruses, and other pathogens, making silver an invaluable resource for ensuring access to clean and safe drinking water in emergency situations.

**"Gold has been used by spies and intelligence agencies for various covert operations."**

Compact and easy to carry, silver-based water purification systems have become a staple in survival kits and bug out bags for those preparing for unforeseen disasters.

In addition to its role in water purification, silver has also been used in traditional medicine and wound care for its antibacterial properties. Silver-infused dressings and ointments are commonly used to prevent infections and promote healing in survival situations where access to medical facilities may be limited. The antimicrobial properties of silver make it a valuable asset for maintaining personal hygiene and preventing the spread of disease in challenging environments.

In the context of survival scenarios, both metals have qualities that make them invaluable assets for those seeking to navigate and overcome challenging situations where traditional forms of currency and resources may lose their worth.

Embracing the timeless appeal and strategic significance of gold and silver can empower us to face the unknown with confidence and preparedness, ensuring that we are always ready for whatever challenges may come our way.

**[Publisher's Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at [foresthilton@universalcoin.com](mailto: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.]

# STRATEGIC GEAR CHOICES TO ENHANCE COMFORT AND SAFETY

## Hiking Tips For Fluctuating Weather Conditions

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

As winter thaws into spring, more people will venture out to enjoy walks and hikes in nature, both for exercise and to just finally get out of the house. When you're preparing for a hike, you need the right gear to ensure a safe and enjoyable experience.

The "Ten Essentials" recommended by the American Hiking Society include appropriate footwear, map and compass or GPS, water and water purification, food, rain gear, dry-fast layers, safety items, first aid kit, knife or multi-tool, sun protection, and shelter.

What's more, you should consider using trekking poles for balance and support, especially during backpacking. Trekking poles are a valuable addition to a hiker's gear, providing stability, plus they can be used in self-defense or to fight off an animal. Companies that make solid trekking poles include Leki, Black Diamond, and Fizan.

In addition to the above, you can enhance your safety, comfort, and hiking experience by adding some or all of the following to your gear:

First, we'll look at convertible pants. These are great for hikers facing unpredictable weather. They easily adapt to changing weather conditions, which helps regulate body temperature during hikes. Convertible pants also offer the advantage of versatility in packing for a hiking trip. By eliminating the need to pack separate shorts and pants, you save space and reduce the overall weight of gear and pack.

When selecting convertible pants,

look for features such as sturdy zippers and lightweight fabric and always buy quality. Some convertible pants you may wish to check out are from companies such as Kuhl, Mountain Hardware or REI.

Next, are multi-layer jackets, which are also vital when facing unpredictable weather. They allow you to adapt to fluctuating weather conditions on the fly, so you'll always be safe and comfortable. Additionally, they can also serve as a protective barrier against environmental elements such as wind and light precipitation.

It's important to consider factors such as breathability, waterproofing, and insulation when choosing a multi-layer jacket to help keep you warm and dry in a range of outdoor environments. Patagonia, Arc'teryx, and Outdoor Research have good jacket options.

You should also think about adding moisture-wicking apparel to your gear. It can help keep you dry and comfortable by moving sweat away from your body and drying quickly. That's because moisture-wicking apparel is designed to regulate body temperature and prevent the discomfort associated with damp or sweaty clothing. It also helps you avoid chafing, overheating, and the chilling effect of wet clothing so you can enjoy your hike in comfort.

Base layers made from polyester, nylon, or merino wool are ideal for moisture-wicking, and technical shells designed for breathability further enhance comfort on the trail.

In addition to specific fabric choices, pay attention to the design and con-

struction of the clothing to ensure optimal performance in unpredictable weather conditions.

Garments with reinforced seams, adjustable features, and strategic ventilation enhance durability, adaptability, and comfort on the trail, contributing to a more enjoyable and hassle-free hiking experience.

Layering is essential for adapting to different weather conditions, especially during seasonal transitions when weather can be wildly unpredictable.

**"Base layers made from polyester, nylon, or merino wool are ideal."**

Prioritize function over fashion in your clothing choices and try to anticipate weather conditions on the trail. An example of a functional and adaptable clothing strategy is layering a moisture-wicking base layer with a lightweight down jacket and a waterproof shell, allowing hikers to adjust their clothing according to the changing weather.

Your clothing strategy for all-season hiking should also include careful consideration of the specific environmental conditions and terrain of your intended hiking route.

The strategic use of gear such as convertible pants, multi-layer jackets, and moisture-wicking apparel can significantly enhance hikers' preparedness and resilience in the face of unpredictable weather.

By tailoring your clothing to the unique challenges of the trail, you can help ensure you're prepared for the demands of the environment, which will enhance your comfort, safety, and overall enjoyment of your hike.

# THE TROJAN HORSE PARKED IN AMERICA'S BACKYARD

## Why The Government Can't Help You Anymore

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

I loved the extensive, special training I received at the CIA's covert training facility in a place I am unable to name, but I will just call it The Compound. Besides the skills and spy training I received, I appreciated the opportunity to visit some very special facilities and experiment with incredible technical gear. One of the facilities that filled me with awe was the Numbers Station.

That incredibly powerful broadcast station had formerly been used as our international spy instructions delivery system. Unfortunately, this facility's location and purpose have been leaked, but it still serves as home to several covert and clandestine training areas and programs.

The fact is, The Compound serves the larger Intelligence Community with several capabilities besides the

number station broadcasts and special training. As the home of select, highly specialized clandestine services training, most of the training and special operations preparation and gear at this site are dedicated to the Science and Technology intelligence collection needs of America's national security.

The purpose of the international broadcast station (numbers station) was to broadcast a series of four-and-five-digit number groups and counting sequences over shortwave radio broadcasts in the VHF and HF range.

Those longer wavelengths (3 to 30 MHz – remember, the lower the number of waves in a cycle, the longer the waves are) reflect off of the ionosphere, back to the surface of the earth, and back up to the ionosphere, effectively giving those transmissions worldwide bounce coverage for reception.

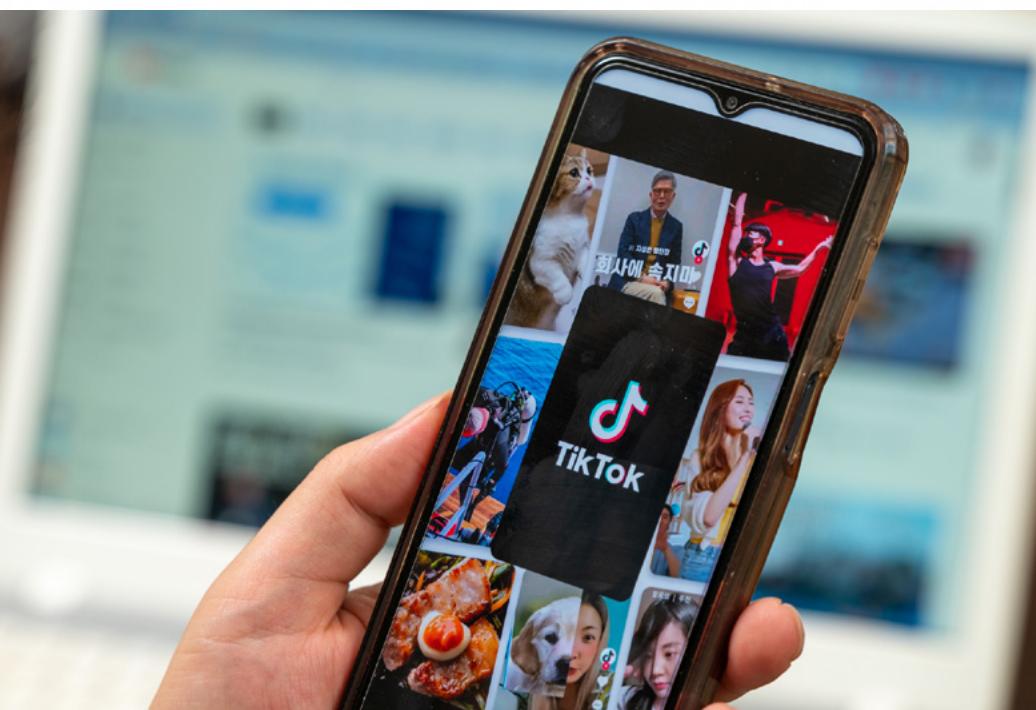
A powerful enough transmission can bounce around the world in every direction, giving global reception coverage. Of course, like a commercial radio station that broadcasts over large areas, it is only designed to broadcast, not receive incoming radio transmissions.

Everyone has seen spy movies where some guy has a radio in the attic or basement and is tuning in to listen to secret messages in Morse code. We do not use Morse code for any meaningful transmissions, because anyone can figure out what instructions are being conveyed in such a broadcast.

Covert signaling is very different. You cannot decrypt a series of numbers because there is no encrypted message. One must have the code key (or prior knowledge) to know which numbers are transmitted at what minute and second mark, and which are authentication numbers. Additionally, since the number agreement has a predetermined meaning, there is no code that can be broken or deciphered.

For reference, during the American Revolution, even if the British Army had modern computers, they would not be able to know what information or instructions the single or double lanterns in Boston's Old North Church conveyed or to whom they conveyed the information. All they could know was how many they saw, but since they did not know the intended meaning, they would not know what the signals meant.

To use number station broadcasts, you have to know what those numbers mean, what minute of what hour of what day you listen for, and how to interpret their instructions based on your mission protocols.



It sounds cool, but I will tell you that when you are getting a very weak and garbled signal and you have to guess at about 50% of what you think you are hearing, some of the luster of being a secret agent fades.

You check your watch to confirm the exact second and hope your timepiece is correct. You can begin to uncontrollably shake all over, squeeze your eyes shut so tight so you can hear a little better, hold your breath, and pray like mad that you get it right. Because in espionage, the prize for second place is torture, incarceration, death, or all of the above.

The number codes would be broadcast in the open, 24/7, for anyone to receive. The trick is that no one knows who has a radio tuned into the frequency at the time and they do not know the embedded meanings of the numbers in the broadcast.

For instance, if I was in Mexico and needed to know if my mission was a go or a recall, I could tune into the right frequency at a very precise minute of the day or night and listen to the special series of numbers that would tell me if I was to proceed, delay, or abort.

Only the controller authorizing the transmission at the Agency and I would know if that number series meant Go, Stop, Delay, or Abort. Heck, it could have meant "Stop by the store on your way back and pick up milk and eggs."

Without knowing the prearranged meanings for those numbers, only the sender and receiver could know what instructions were being transmitted – or to whom they were being transmitted. No matter who else could hear those broadcasts, they would not know who received them, where that spy was, or what

the encoded instructions told them to do or not do.

All of our adversaries used the same devices and broadcasts. All spies had severe limitations on the number of instructions or information, and when they could receive the coded messages.

But now there is TikTok. If you don't already know, TikTok is the leading source of clandestine communications for foreign agents operating in America. They no longer need number stations, secret posts in the classified ads, little

marks and messages in dead drops, or any other covert spy craft communications.

They are all getting their marching orders constantly and reliably through China's TikTok. That includes radical Muslims, North Korean agents, Chinese, BLM, Antifa, Russians, Iran, and every other threat who can afford a digital device with TikTok.

Every sleeper cell here in America with plans to damage or destroy our country is getting a continual flow of information, aid, instructions, and networking assistance from their masters, whoever and wherever they call home, via TikTok. They are also using that same app to track you, your conversations, purchases, travels, posts, doctor appointments, vacations, and hobbies.

But far more frightening is that they are using the platform to plan and conduct the most devastating attacks on America's homeland. Consider the effect of nationwide synchronized attacks to include sabotage, terrorism, cyber intrusions, EMP detonation, dirty bombs, activation of BLM and Antifa insurrectionist units, and the intentional and fatal collapse of our banking system.

**"Every sleeper cell here in America with plans to damage or destroy our country is getting a continual flow of information."**

TikTok is five orders of magnitude ahead of our old number stations. It allows instantaneous networking, information transfer, GPS locating, and the transmission and sharing of cyber debilitation tools.

It will happen in an instant and there will be no chance of avoiding it. We have already let them in. Their TikTok is not their numbers station, it is their Trojan Horse, and we have already invited it right in through our front gates.

If Congress moves to ban ownership of TikTok by its Chinese owner Byte Dance, or even bans it outright, there are plenty of social media platforms to take its place. This means – as always – it's up to you to be prepared to defend yourself and your family from localized violence, widespread chaos, long-term societal upheaval, and split-second emergencies. Assess your plans and your preparations and address the gaps in each to ensure you are ready when (not if) things go sideways.



## **SAVINT** **YOUR MONTHLY** **SAVINGS INTELLIGENCE**

This month, you can get the brand-new Ammo Can Survival Kit. This is a compact 72-hour kit that weighs less than 7 pounds. It's portable and easy to carry and contains items such as food, water purification tablets, a first aid kit, knife, and more. To watch the video that shows you the full contents of this kit, visit [www.AmmoCanKit.com](http://www.AmmoCanKit.com).

# HOW TO MAKE YOURSELF HARDER TO KILL

## Forget BMI, Pay Attention To THIS Instead

By Dr. Omar Hamada  
*Special Operations Physician*

The modern American diet, paired with the modern American lifestyle, has resulted in over 80% of Americans being either overweight (BMI 25-30), obese (BMI 30-40), or extremely obese (BMI > 40).

In fact, in 1960, the average American male weighed just over 160 pounds and today it's closer to 200 pounds. What's more, while the average American female weighed around 140 pounds in 1960, it's now close to 170 pounds.

Carrying excess fat increases the incidence and severity of chronic disease. In fact, the primary causes of death in the United States are all significantly impacted by obesity. Though BMI or the body mass index was developed in the 1800s, it didn't come into popular use until the 1980s.

Before that, we used weight-for-height tables. The standard formula worked out to be that for the first 5 feet for a male, a normal weight was 106 pounds with an additional 6 pounds for every inch over. For females, it was 100 pounds for the first 5 feet with an additional 5 pounds for every inch over. Ten percent variance was allowed for a "normal" weight for height.

In the 1980s, we found that the square of the weight-for-height ratio was slightly more accurate, so the move to BMI was implemented. However, the American Medical Association now believes we should switch from BMI to simple waist-to-hip ratios.

I've never been a fan of BMI simply because it does not account for body composition and produces false positives for obesity in muscular individuals with higher muscle mass than those in days past.

In fact, many of us are moving away from weight-based measurements to body composition calculations, because ultimately, that's what matters.

So, for men we shoot for 12-18% body fat, and for women 18-25%. Anything over that, up to 25% body fat for men, and 30% for women, is considered overweight. And body fat numbers higher than "overweight" are classified as obese.

There are many ways to measure body composition. The least accurate is probably tape measure of waist-to-hip and neck ratios, followed by skin calipers, water immersion testing, electrical impedance testing, and finally DEXA scan.

This is important because with increasing body fat, there's a consequent increase in chronic diseases from cardiovascular disease, hypertension, renal failure, fatty liver and cirrhosis, strokes, even cancer. Disease gets worse and more common as body fat percentages increase.

This is because of increased fat, related lifestyle choices, increased risk factors, and poor fitness levels that affect metabolism, insulin, chronic inflammation, and immune system function.

I belong to a group where we are making men over 50 "harder to kill." We do that through lifestyle choices, intentional habits, tracking, and accountability as we focus on an abundance mindset, adequate sleep, proper nutrition (1 gram of protein for every pound of body weight per day, along with 50-75 g carbs/day), proper



hydration (1 ounce water for every kilogram body weight/day), and daily fitness goals primarily focused on strength and building muscle.

This is a newsletter about survival. The first preparatory move any of us should make is getting in shape mentally and physically. If you're not healthy when the SHTF, and access to healthcare evaporates, you're going to be up a creek — and fast.

For millennia of human history, most everyone was of healthy weight. That changed when the USDA came out with their horrible Food Pyramid and food producers started moving us away from healthy, natural, single ingredient, organic foods to processed, mass-produced, chemically infused, artificially created garbage.

I don't care how old you are or how many pills you're on. You can get healthier, more fit, and improve your mobility and fitness. Start with 1 push up and 1 sit up today. Add one rep of each movement every day till you hit 50.

Change your nutrition goals and get serious about it. Go for a walk every day until you can easily walk 2 miles. Not run, simply walk. Get stronger. Gain confidence. Eliminate fear. Turn your life around. Breathe deep and enjoy life.

# IF YOU BELIEVE ONE OF THESE, IT COULD GET YOU KILLED

## 5 Deadly Self-Defense Myths

By Matt Numrich

*Head Instructor Of Spy Black Belt*

Being able to defend yourself in today's violent world is a must. But there are some common myths about self-defense that could get you killed if you buy into them. One of the worst myths is the "one punch knockout." It happens in Hollywood movies all the time, which perpetuates the myth.

But the truth is that knockouts typically happen from combinations of strikes or an accumulation of damage, which means you need a full arsenal of strategies and strikes. By arming yourself with a variety of tools you can use in combination, you give yourself the best option of surviving a violent encounter.

A second deadly self-defense myth is that carrying a weapon guarantees your safety. Of course, nobody outright says it, but they feel that way. Whether it's a gun, knife, etc., it acts like a security blanket for their psyche. Obviously, you need to know how to use the weapons you carry.

If you lack the proficiency to handle the weapons you carry in a stressful, life-or-death situation, your attacker could take your weapon away and use it against you. Or you could fail to deploy your weapon because you don't have the space or practiced speed to bring it into the fight. Either way, it could get you killed. Your best bet is to train to deploy and use the weapons you plan to carry every day.

The third deadly self-defense myth is that being the aggressor and fighting back will lead to victory. In reality, you need to determine the best and safest course of action for every particular situation. It may be simply de-escalating the situation and walk-



ing away without a fight. You should learn and practice how to verbally de-escalate and even calm your anger or nerves.

You also want to consider who is with you, the environment you're in, how many attackers there are, etc. In reality, fleeing a potentially deadly situation is usually better than being blindly aggressive and getting maimed, or worse.

Another common myth is that simply going to a seminar will make you invincible. Now, it's true that a couple hours training will definitely upgrade your skill set.

However, you need to drill and practice the movements consistently, and under a variety of intense situations and scenarios, to really make them your own and make them instinctive reactions when trouble kicks off. It's consistent training, plain and simple, that builds skill and confidence.

The last deadly self-defense myth is that the physical techniques are what matter most when trying to defend yourself. The truth is, there are many

things to consider that come much earlier than the actual physical confrontation.

Situational awareness is where your self-defense should start. Being aware of the possible altercations, threats and exits are all crucial. Assessing the threat can help you know if you can even walk or talk your way out of the problem or if fighting is your only option. And being mentally prepared for violence to happen can be a huge advantage for you.

Self-defense should be an integral part of everyone's life. However, the myths and misconceptions surrounding it can get you hurt or even killed.

So, remember, you'll almost always need to throw more than a single punch, simply having a weapon is not always a guarantee of safety, fighting back is not always the best option, self-defense training takes more than one seminar, and you need more than just physical techniques to stay safe.

So, beware of falling for these myths, and instead, use the lessons learned here to help you stay safe.