

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

SUBTLE BUT POWERFUL TECHNIQUES OF ESPIONAGE MASTERS

You Could Be A Spy And Not Even Know It

By Jason Hanson

Former CIA Officer

Vanya G. grew up in Bulgaria but lived in London, working as a beautician. But she always dreamed of being a police officer. Then, she met a man who was a police officer, which seemed like a perfect match.

Vanya's boyfriend said he worked for Interpol (the International Criminal Police Organization) and had an ID to prove it. *"I remember one time when I was with my sister on the phone," she said. "I was on a video call... and he put his badge on the phone to her."*

One day, Vanya's boyfriend asked her to accompany him on a work trip to Vienna. He said he was going there to conduct surveillance.



"[Since] you want to be a police-woman, you can come if you want," he allegedly told her.

On another occasion, Vanya's boyfriend told her they were looking for a thief from her home country. *"He told me it's a Bulgarian guy who stole a lot of money from our country and they are looking for him," she said.*

Throughout their relationship, the couple traveled around the world, spending time at the beach and eating in fancy restaurants, all while supposedly conducting surveillance for Interpol.

But, in the end, it was all a lie. British officials say the boyfriend was acting on orders from Russian intel-

ligence for at least three years. The couple were accused of spying all over the world, including at a U.S. airbase in Germany where Ukrainian troops were training.

Eventually, Vanya and her boyfriend were convicted in a London court of spying for Russia. But Vanya has long maintained her innocence, claiming she was a victim of her boyfriend's lies.

Now, whether or not Vanya was a willing participant, or just completely oblivious, it's not unusual for someone to be working for a spy and not even realize it. Here are some ways spies convince people to help them without the person realizing it and what you need to know.

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First, spies convince people to help them by preying on their self-interests. For instance, in Vanya's case, she wanted to be a police officer. Her boyfriend knew this was her dream and he made it clear that he could help her achieve that. Of course, he needed her help in exchange. (He also would have done a tremendous amount of surveillance on her to find out what her biggest motivation was.)

So, if you meet someone new and they are overwhelmingly focused on your interests it's a good idea to take a step back. Someone who is too interested could be up to no good. Plus, depending on what you do for a living, you could be targeted, and they might be using you to get access to what they need.

Second, spies turn up the pressure very gradually. They don't ask for big favors upfront. Instead, they start small and gradually build up. If they asked for something big up front most people would say no. By using smaller asks and slowly building to bigger requests, by the time the target realizes the magnitude of what they have done, they often feel too invested to say no.

For example, Vanya's boyfriend started by asking her to help him follow a journalist. Eventually, he asked her to travel all over the world with him to conduct espionage. Naturally, people don't like to say no, but always trust your gut and if something feels off don't hesitate to say no. Saying no could save your life and keep you out of jail.

Finally, spies often convince others that they have a shared purpose or are working together toward a common goal – even if the goal doesn't actually exist. Vanya's boyfriend told her that they were working toward the goal of her becoming a police officer. In reality, her boyfriend knew that wasn't going to happen.

Whether the stated purpose of their actions is to protect the community or to achieve some goal, a spy will make it a team effort to draw you in. But, in the end, the target is helping the spy get what they want without even knowing it.

"He also would have done a tremendous amount of surveillance on her."

Hopefully, you are not the target of some spy, but I will tell you who is in danger (besides people with security clearances.) The folks who are in danger are easily influenced young men. Whether it's a beautiful woman who is the honeytrap or whether it's a group of guys and the young man wants to join their "club," young men need to be careful.

After all, these spies and terrorist groups want to recruit young American men to do their dirty work. These young men might think they are simply helping out a friend, but they could be working for the Russians without even knowing it. So, warn the young people in your life to make good choices and always stay vigilant. With the world we live in today, you should never let your guard down.

Fith Ops Trip Alarm

An effective, non-lethal way to protect your family is to install a tripwire alarm. Perhaps you are camping or maybe you just want one around your house to notify you if anyone is approaching. A solid option that you might wish to check out is the Fith Ops Perimeter Trip.

The device is an outdoor tripwire alert system. When the tripwire is triggered, it will discharge a shot-shell primer. The sound of the primer is around 115dB, which is plenty loud enough to alert you.

The alarm must be in a vertical position, but can attach to walls, trees, or any hard object. Each trip alarm is sold with the pins and eye screws necessary for installation. Just keep in mind, the device is for outdoor use only and should be kept away from flammables.

A good feature of this alarm is that you can adjust the sensitivity of the tripwire. So, if you are worried about accidentally setting it off, you can take that into account and adjust accordingly.

Now, this device uses a shot shell primer, so you obviously don't want it to go off in your hand and don't want it pointed at anything. So, install the safety pin and set up the wire before installing the primer and be careful when setting up this device if others are around.

The Fith Ops Perimeter Trip Alarm sells for \$30, so it isn't crazy expensive if this is something you want to add to your home defense plan.

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TARIFF TREMORS RIP THROUGH THE STOCK MARKET

We Hit A Record Milestone

By Forest Hamilton

Universal Coin & Bullion

Last month, gold topped \$3,000 for the first time. A year ago, gold was only \$2,150 an ounce, so it's gained nearly 40% in the past 12 months. In the five years since COVID-19 struck in mid-March 2020, gold has doubled in price.

For those of us who view gold not just as an investment but as a cornerstone of our wealth, survival, and legacy strategies, this moment is both a triumph and a call to action.

This milestone marks a nearly 14% rise since the start of the year, driven by U.S. tariff wars under President Trump, central bank and ETF buying sprees, and a global flight to safe-haven assets. For investors, this is a confirmation that the systems we've long distrusted are fraying at the edges.

The \$3,000 mark isn't a fluke; it's the beneficiary of central banks hoarding over 1,000 tonnes annually for the third straight year. China alone is reported to have added 15 tonnes to its reserves in November and December 2024, signaling a broader shift away from the U.S. dollar dominance. For those of us who keep a stash of gold coins, this is validation that it remains a tangible hedge against a world searching for answers.

According to the latest update from the World Gold Council, North American investors accumulated a net 72.2 metric tons of gold — worth nearly \$7 billion at almost \$3,000 gold — in the month of February, the largest one-month inflow since July 2020. And in March, another 32.7 metric tons of gold ETFs were bought, of which 22.6 tons were in North American gold ETFs.

Some of the reasons for investors selling a portion of their U.S. stocks to buy gold ETFs, were the continuation of the wars in Ukraine and the Middle East, plus trade wars with nearly every major U.S. trading partner.

These wars are fueling a wave of new demand for gold among investors. There is also more central bank buying, especially from the developing nations, as they diversify from paper currencies into gold.

For the individual who wants to be prepared, physical gold coins are your silent allies in a crisis. They're private, they're portable, they're universally recognized, and they're immune to digital blackouts or bank freezes.

At \$3,000 an ounce, your stash just got more potent, but it also raises the stakes. If you've been holding a mix of bullion and certified coins, your purchasing power in a barter economy has surged. A single coin could secure months of supplies, a safe passage, or critical intelligence when SHTF.

But as gold climbs, so does visibility. Governments and desperate neighbors alike might cast a hungry eye on your holdings. Security becomes paramount—bolster your safe, diversify your hiding spots, and be careful who you trust.

The \$3,000 threshold also signals inflationary pressures and currency devaluation, meaning everyday goods will cost more. So, stockpile essentials now, before your dollars buy even less.

Now, where's this train headed? For 2025, I'd wager we'll see gold

oscillate between \$2,900 and \$3,500 with certified gold coins and Gold IRA accounts outpacing bullion in percentage gains as collectors and investors pile in and become educated.

For the certified coin market, I believe we are cruising into the golden age. As bullion prices climb, collectors and investors are seeking gold coins with a numismatic buffer, driving premiums higher.

Pre-1933 U.S. gold and modern low-mintage Gold American Eagles could very well continue to see the double-digit gains they have shown over the past few years. If you're

sitting on a hoard, hold tight—its value is climbing.

If you're looking to invest, focus on quality over quantity; many

pre-1933 certified gold coins are trading at a fraction of their previous market highs. There are values to be had!

Gold at \$3,000 isn't just a market event—it's a milestone for mankind. It's proof that chaos is brewing and that your foresight in holding physical wealth is paying off. Stay sharp, stay prepared, and let gold be your shield in the storm ahead.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@universalcoin.com or call 409-926-7001. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]

"North American investors accumulated a net 72.2 metric tons of gold."

DOG DAYS OF SPRING?

Most People Are Unprepared For This Type Of Attack

By EJ Snyder

Former Army Ranger and Extreme Survivalist

As the weather gets warmer, folks will be spending more time outside. One danger most people don't even consider – especially around their home or neighborhood – is a dog attack.

But dog attacks can be very traumatic, dangerous, and even deadly situations. So, ask yourself, what would you do in the following situations when you hear the sharp bark and bared teeth of an angry dog bearing down on you?

First, 80-Year-Old Kay B. was walking her dog in her neighborhood when she turned the corner and was attacked by two large huskies. The huskies attacked her pet, which was on a leash. Kay scooped her beloved pup up and fell to the ground, kicking at the Huskies to get away and screaming for help. Thankfully, neighbors came out to help Kay, but her pup needed an emergency vet visit. Now they stay inside and closer to home, but she has a can of pepper spray if she ever heads back out for a walk.

Next, Steve S. was jogging in his neighborhood as the sun was coming up. Suddenly, from his left side, a large dog charged him. He spun to face the dog and yelled at it to stay away. The dog slowed but kept coming. Steve threw his water bottle at the dog to distract it and quickly pulled off his sweatshirt, but the dog kept coming.

Steve whipped his sweatshirt at the dog which caused the dog to stop. The dog latched onto the sweatshirt and started a tug of war with Steve. Steve dropped the sweatshirt and slowly backed away as the dog flailed around with it. Finally, the dog's owner came running towards



them with leash in hand. The owner apologized to Steve who thankfully walked away unharmed.

Now, let me share how I would handle a situation like this. As you see, a dog ambush can happen anytime, anywhere, so you need to be ready. When I attended SERE School in the Army, a training session covered how to handle and take out dogs. But what's the everyday Joe or Joan supposed to do?

Well, on the internet, I found a lot of advice that I disagreed with. It seemed passive and actually gave the advantage to the attacking dog. Look, dogs may be man's best friend, but they are still animals, and if they're attacking you, treat the situation like any other wild animal attack.

First, before heading out on a jog, a stroll in the neighborhood, or an evening dog walk, prepare for a potential dog attack. Have self-defense tools on you that work for you. Maybe you want a gun or knife or large flashlight or pepper spray. Or maybe you choose to carry a walking stick that will allow you to keep distance between you and a dog.

If a dog does attack, stay as calm as possible and don't run, as this will trigger the dog's predator-prey drive. Instead, calmly and firmly yell

commands at the dog, getting louder as you do. Try to slowly back away. If the dog advances and you get knocked down, curl up in a ball and cover your neck and face.

If you're still standing, take off the jacket from your waist and wrap it around your "off-hand" (I'd wrap my left arm since I'm a righty). It's now a makeshift bite guard to shield yourself with.

And if the dog attacks, unload on it with whatever improvised weapon you have handy (walking stick, bat, flashlight). Aim for the snout and neck area, and if you have the balance and stability, add kicks to the nose or chest.

The stories above had things in common when faced with a dog attack. They remained calm, took action, and stayed incredibly brave. I truly believe fear omits a fear pheromone that animals can smell and will attack. So, keep calm and courageous.

A dog attack can happen when you least expect it, so you want to be ready. Whenever you head out, have the attitude that it could happen and prepare yourself accordingly. Then, if it does happen, you'll have the advantage over the attacking dog in the situation. Be prepared and survive on!

CHALLENGE ACCEPTED

A Secret You Can Use For Secure Meetings

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I was in London for a meeting with MI6, the UK's equivalent of a combination of America's CIA and NSA. MI6's express purpose is to protect the United Kingdom from foreign threats and espionage by foreign powers. They do this by collecting, analyzing, and acting upon intelligence.

MI6 was assisting me in my mission to contact an HVT (High-Value Target) we knew would be traveling through London. We wanted him to sell us information about his country's security protocols.

He was an engineer by trade and had surrounded himself with bright and strong-willed people who recognized his engineering skills and natural leadership, and they saw him as their chance at career advancement in a totalitarian regime.

His team gave him incredible clout because they solved the most complex and egregious problems facing their country's security apparatus. Thus, he held a position of trust and power near the top of a political regime hostile to the West.

The HVT had previously been approached by a fellow US Intelligence Officer in a brush-by meeting. The American officer told him that if he wanted to work with US Intelligence he should arrive at (redacted for security reasons) no later than 10am local on a specific date. For the meeting to take place, he should wear his regular hat crooked to the left side and his scarf over his right shoulder.

If he did those things, an American officer would approach him and ask him, *"Excuse me. I was wondering*



if the weather in (his home country) is bitterly cold this time of year." To which he was to reply, "Only if you are outside for too long."

This visual signaling and challenge and response exchange is used to confirm that both parties are genuine and that the meeting is secure. This way, both parties can be more assured that a hostile third party has not substituted themselves into the tête-à-tête.

For my meeting with the MI6 guys, the Agency provided me with a briefing package (what Hollywood calls a "dossier") on the two MI6 officers to aid me at our initial meeting.

The package gave their history, personalities, accomplishments, awards, assignments, etc. But the briefing package also included a personal note from our intelligence liaison who attended the meeting with the head of MI6 and these two officers. His note was succinct and helpful. It said, "They objected to the assignment. They were angry that we (US Intelligence) were taking the lead. Expect resistance and a

lack of genuine cooperation."

This was not good. The mission was going to be complex, and I had hoped for a warm reception and friendly support from my brothers at MI6. I had worked with MI6 in the past, and we enjoyed an excellent relationship with the officers and operations staff.

Before leaving Dulles for Heathrow, I was mulling over what I wanted to say and do to smooth things over from the start. I decided to wait until we met face-to-face to determine my approach.

The two MI6 officers were already seated at the table in a pub in a posh and dignified quarter of the ancient city. I knew the place well, and had enjoyed several meetings in the past with MI6 and other cooperative intelligence officers in that same pub.

But today's meeting felt very different. Their body language and facial expressions made it clear they did not want to be there, and they did not want me there. We were on a collision course.



As I started to sit, even before we exchanged pleasantries or introductions, one of them said something like, *"Here's how this is going to go. We'll help you connect with our assets, clear the way with local authorities, and provide information as needed. You will report to us before taking any action, get our approval for your approach and all actions related to the target. You will not conduct any portion of the operation without notifying us in advance and receiving our express permission. Understood?"*

I said, *"Screw you,"* and I got up from the table before I even finished sitting down. *"Tell your boss to send professionals, or I am on the next flight back to D.C. and he can explain to the Western intelligence agencies why this didn't happen."* Then I walked out.

I had not planned on doing that, but I was tired and had already worked myself up into a bit of a lather after reading the note in the briefing package. I was so angry that I spoke without thinking. Since I was still recovering from jet lag, I went back to my hotel and laid down.

Less than two hours later, there was a knock on my door. It was the same two guys. I opened the door without saying anything. They apologized and offered to start over. I said, *"It will be the worst day of your life if I ever see either of you again."* And I pushed the door shut with a thud.

Yes, I was risking the mission's suc-

cess by being "uncooperative," but from my perspective, the mission was doomed from the outset if I had to work with these guys. Thankfully, by late that evening, two MI6 guys I had worked with in the past knocked on my hotel room door.

"Hey Yank, you colonials sure know how to muck up a bloke's evening. What say we get this done without restarting the Revolution. We'll be at the pub, knocking back a few while you get your makeup on and your dress straight. Oh, you're paying since we had to give up watching the game tonight to escort your wanking self around London. See you soon. Sorry about those two twits they sent you earlier. From now on, they will be guarding the Queen's chicken coops in Brighton."

I smiled, shook their hands, and told them how relieved I was that I was not going to have to call the Queen and complain. Two days later, I met with our target. He was on time, his hat was tipped, his scarf was over his right shoulder, and he looked enough like the picture that I felt confident that I had the right guy.

My signal to him that all was safe and that I was his true contact was that I had an umbrella dangling from my left hand with the day's paper folded under my right arm. As I approached him while we were ordering from the pub's bar, I used my security phrase, and he responded in kind. The meeting went well.

You won't likely ever need to meet with MI6 officers or foreign intelligence sources, but you should still have the same level of security and safety intelligence officers have. One day, you may have to send an emissary to assist or convey a message to your spouse, children, friends, or colleagues. You must be confident they'll know to trust and cooperate with someone that you sent. So, you'll want a pre-established challenge and response, as well as visual signals to confirm that the envoy is legitimately authorized to represent you.

Imagine the confusion and stress your loved ones could experience if someone showed up claiming to have been sent by you but could not prove it. So, develop a simple but unique challenge and response code, and a simple signal and countersignal for your family or loved ones. I am sure it will be fun, easy and more importantly it will show them you are serious about protecting them.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

Don't forget to snap up your copy of our brand-new book, *Escape: How to Disappear Without a Trace and Never Be Found Again*. This book exposes intelligence operative methods that I've never shared before with regards to vanishing and protecting your privacy. You can get your copy of the book now at

www.SpyVanish.com

"SUPER COMPOUNDS" FOR IMPROVING YOUR HEALTH

Harnessing The Power Of Polyphenols

By Dr. Omar Hamada
Special Operations Physician

This month, I want to discuss something I haven't mentioned before, Polyphenols. There are over 8,000 of these naturally occurring, aromatic, organic, plant-based compounds found in foods like fruits, vegetables, tea, coffee, and red wine. These substances are known for their powerful health benefits, including fighting inflammation and slowing down aging.

Scientists have discovered that polyphenols affect important pathways in our bodies, such as sirtuins and the mTOR system, which help regulate aging, metabolism, and disease prevention, as well as actually feeding our healthy biome as they encourage gut health and support immune function.

Polyphenols are a group of plant chemicals that can be divided into four main types: Flavonoids, which are found in tea, citrus fruits, berries, and onions. Phenolic acids which are found in coffee, whole grains, and some seeds. Polyphenolic amides are found in chili peppers and oats. And there are other polyphenols which include resveratrol (found in grapes and red wine), curcumin (found in turmeric), and lignans (found in flaxseeds and sesame seeds).

These compounds help keep the body healthy by protecting cells and reducing chronic inflammation. They also help fight harmful substances called free radicals, which can damage cells and speed up aging.

They also help lower inflammation, which is linked to diseases like heart disease and diabetes and they support optimal heart health (and as a consequence, brain health). They help keep the heart and blood vessels healthy by lowering blood pressure, improving blood flow, and preventing bad cholesterol from causing problems. For

example, flavonoids in dark chocolate and red wine help blood vessels relax and improve circulation.

Polyphenols also support brain health and memory function, and some polyphenols, like those found in green tea and grapes, help protect the brain. They improve memory and learning by reducing stress on brain cells and promoting the growth of new brain connections.

They also help reduce cancer risk and may help prevent cancer by stopping harmful cells from growing, repairing damaged DNA, and triggering cancer cells to self-destruct. Curcumin and resveratrol are especially promising in cancer research.

They also help with weight control and metabolism by improving the way the body uses energy. Polyphenols also help control blood sugar and prevent excessive fat storage, which can lower the risk of obesity and diabetes.

Additionally, they support healthy bacterial growth and biome support. Many people have gut issues including bloating, cramping, and irritable bowel, and polyphenols provide critical support to the healthy bacteria that support optimal gut health, and as a consequence, immune system function.

They also significantly affect sirtuins and mTOR. Sirtuins (SIRT1–SIRT7) are a group of proteins that help control aging, metabolism, and cell repair. These proteins improve how cells function by managing stress, reducing inflammation, and improving energy use.

Some polyphenols, like resveratrol and quercetin, boost sirtuins—especially SIRT1, which helps improve metabolism and cell repair. Resvera-

tol is found in grapes and red wine and helps increase energy production and cell protection. Quercetin can be found in apples, onions, and tea and supports stress resistance and a healthy metabolism.

The mechanistic target of rapamycin (mTOR) is a system in the body that controls cell growth and metabolism. While mTOR is important for development, too much activity can lead to diseases like cancer and diabetes. But polyphenols help slow down mTOR when needed, encouraging cells to clean out waste and repair themselves.

Curcumin helps slow mTOR activity, reducing inflammation and protecting against diseases like cancer and Alzheimer's. While Epigallocatechin Gallate (EGCG), which is found in green tea, helps balance metabolism and promote healthy weight. Finally, Resveratrol helps to both activate sirtuins and slow down mTOR, supporting healthy aging and cell repair.

"Polyphenols are a group of plant chemicals that can be divided into four main types."

As you can see, polyphenols are powerful, naturally occurring, plant-based compounds that offer many benefits, including better heart health, brain function,

and metabolism. Their ability to interact with important systems like sirtuins and mTOR makes them valuable for promoting healthy aging and preventing disease.

Eating polyphenol-rich foods like berries, tea, red wine, and dark chocolate can help improve overall health and longevity. As research continues, polyphenols may become even more important in treating and preventing various health conditions. Check with your doctor and start adding foods containing polyphenols into your diet to help boost your overall health and wellbeing as soon as you are able to.

JOURNAL OF POLICE SCIENCE FINDINGS

This Simple Tool Is A Must-Have For Your EDC

By Matt Numrich

Head Instructor Of Spy Black Belt

It's important to remember that any object can become a weapon if you know how to use it. Being familiar with these tools and incorporating them into your self-defense training can boost your confidence and readiness for various scenarios.

One of the best choices for an improvised weapon is a flashlight. Often overlooked, it serves multiple purposes that extend beyond simply providing light. When the sun goes down or when you find yourself in a dimly lit area, having a flashlight can illuminate your surroundings, helping you maintain awareness of your environment. This increased visibility is crucial for avoiding potential threats and identifying safe paths. The flashlight is more than just a source of illumination, it's a practical tool that enhances your situational awareness, a vital aspect of self-defense.

There's a reason cops carry sturdy, longer handled flashlights with them – and it's not just to see better in the dark. You see, 40 years ago, a scientific study was conducted to discover how brutal a clubbing strike from a flashlight was. They used what is called the “impulse momentum theorem” to figure this all out, and the results were published in the Journal of Police Science and Administration for all to see.

I'll skip the scientific jargon and get straight to the results, which were staggering. The study concluded that a flashlight was “two to three times more likely to produce serious injuries than the baton.”

And “if the flashlight is swung such that it strikes the skull at an angle, the possibility of a fracture of the



skull is very likely, and almost a certainty if the blow is delivered near the eye socket or the temporal region of the head.”

In laymen's terms, a flashlight is one powerful self-defense tool that can end a fight – or someone's life – with one blow. It's so powerful, and potentially deadly, that based on the study's findings, police departments around the U.S. developed standards for use of force with flashlights.

That just tells you how powerful of an improvised weapon a good flashlight can be. Obviously, only use it if you're violently attacked or your life is on the line. But it's great to know you can truly defend yourself with such a simple tool.

Now, choosing the appropriate flashlight is key to maximizing its effectiveness as both a light source and an impact tool. Look for a model that is sturdy, made of metal, and long enough to deliver significant impact if necessary.

A flashlight with a robust design ensures that it can withstand the force required during a defensive encounter. Additionally, consider features like brightness settings and

a textured grip for ease of use in a high-stress situation.

By selecting a flashlight that meets these criteria, you equip yourself with a reliable tool that can serve you in various scenarios. In fact, Jason's Flashbang Flashlight is perfect for both lighting your way and for self-defense.

When considering everyday carry (EDC) items, prioritize tools that serve more than one purpose. A flashlight that can function as both a light source and a weapon ensures that you're prepared for any situation that might arise. However, probably the best “pro” about it is that you can travel with it no matter where you go.

I've created a short video reiterating these “weapon” specific points in action, which you can watch here: <https://fearlessstreetfighter.com/flashlight/>

Bottom line: incorporating a flashlight into your self-defense toolkit can significantly enhance your preparedness. By recognizing its value as an improvised weapon, selecting the right model, and understanding how to utilize it effectively, you can empower yourself to respond more confidently in potentially dangerous situations.