

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## WHO IS MOST VULNERABLE?

### This Is Where Our Enemies Will Attack

By Jason Hanson  
*Former CIA Officer*

Who do you think is more vulnerable and easier to attack? The United States military or a 70-year-old woman walking through the Walmart parking lot? Who is more vulnerable, the Nimitz aircraft carrier or a bunch of people at a busy shopping mall in Los Angeles?

Obviously, you know the answer. As the wars around the world continue to escalate, there are very few nations that would even dare to come against the United States military. Most nations know they wouldn't stand a chance. However, these same nations that hate America still want to hurt our country. And they know that going after the US military will not end well, which is why they will target civilians instead.

And the fact is, with the number of terrorists inside our country, most



civilians are sitting ducks. Most think “it will never happen here” or “it will never happen to me.” They don't ever imagine that a group of 5 terrorists will enter their local mall and go on a shooting spree attempting to take out as many people as possible.

But this is a threat that everyone needs to take more seriously, since this is one of the major ways that terrorists can actually hurt us. Don't get me wrong, they are still attempting cyber-attacks, and they are still trying to bring down our electrical grid. But at the same time, they have “boots on the ground” plans that haven't been put into motion yet.

Keep in mind, these plans are very well thought out. These attacks they want to execute are not random. They have been studied over and over and

over again. They are rehearsed and they do multiple dry runs. And this means something important for you: There are almost always warning signs beforehand. Not just during the attack, but before it ever begins.

When I was in the intelligence world, we didn't just look for the bad act itself. We looked for the pre-incident indicators because the attack is just the final step in a long line of preparations by the enemy. Before that, there's surveillance, testing, probing, and dry runs, as I mentioned.

This is where you have an advantage as a civilian... if you know what to look for and are paying attention. It isn't rocket science but you do need to have your head up observing and taking in your surroundings. You need to look for people who don't fit the environment and who don't

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have normal behavior. This could be someone walking into a store, not buying anything, and then leaving. Then coming back to the store and doing the exact same thing a few days later.

It could be someone taking pictures who doesn't look like they are doing it for a hobby and appears a bit nervous as they are doing it. It could be someone in a parked vehicle who never gets out, never has someone get in, and sits at that location at the same time each day before driving off.

You also want to watch for "dry run" behavior. Before an attack, terrorists often want to see how people will react. This could include pulling a fire alarm in a major building to see how and where people exit. It might be a fake fight in front of a government building to see how long it takes security to respond. It might be someone trying to access a restricted area and playing dumb that they got lost and took a wrong turn. Just don't dismiss it if you see this going on, as it might not be as innocent as it looks.

The fact is, "playing dumb" was one of my favorite things to do. It works almost every time and that's

how I got out of trouble overseas and ended up bribing the police. They thought I was just some dumb American and they let me go.

The bottom line is, most people focus on what to do during an attack. Run, hide, fight... you've heard it all before. But too many people don't talk about how to spot trouble before it starts and that's where you have the greatest advantage. Because once the attack begins, you're reacting. But before it begins, you have a chance to avoid it entirely or maybe even stop it.

So, the next time you're out, whether it's a mall, a grocery store, or a parking lot, don't just casually look, but actually observe. Because the people who are paying attention to the small things are the ones who see the big problems coming. And the ones who don't? They're the ones caught completely off guard. Don't be that person.

Now is definitely not the time to walk around in "zombie mode." Also, have whatever tools work for you on you at all times (gun, knife, tactical pen.) And don't forget your medical kit, especially have a CAT tourniquet in your car in case the worst ever happens.

## Renogy Inverter

I've tested a lot of gear over the years and some of it has been great and some of it has been junk. And when it comes to power during a blackout or grid-down situation, you obviously don't want to have junk.

This is why one of the items I use as part of my blackout plan is the Renogy 2,000-watt inverter. This is a pure sine wave inverter. That matters more than people think. Cheap inverters can fry sensitive electronics. This one won't. I've run laptops, tools, and even my refrigerator off inverters like this without any issue.

Second, the 2,000-watt capacity hits a sweet spot. It's not some massive, bulky unit that's overkill, but it can still handle most appliances. Like I said, I've run my fridge and numerous other devices.

Also, this unit has solid terminals, good cooling, and built-in protections for overload, overheating, and low voltage. That means you're less likely to destroy your devices when you actually need them.

Don't forget, in order to make this inverter work, you need a battery (or battery bank) to hook it up to. If you want the best battery, go with a lithium iron phosphate one. Just don't wait until the lights go out to grab your inverter and battery.

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# THE GOLDEN TUG OF WAR

## The Impacts Of Global Conflicts On Precious Metals

By **Forest Hamilton**  
*Universal Coin & Bullion*

Every major conflict has at least one pressure point. In Iran, it's the Strait of Hormuz. When it was threatened, the consequences rippled instantly across the global economy and oil surged past \$100 per barrel.

When energy costs rise, everything follows. Transportation, manufacturing costs, and food prices all increase. This is what we call cost-push inflation. Put simply, when oil spikes, inflation follows.

This played out immediately. Gold surged past \$5,200 per ounce, while silver followed with even sharper swings. This is classic behavior: uncertainty rises, stocks become unstable, currencies fluctuate, precious metals reassert their role as real money.

However, after the initial surge, gold pulled back. At first glance, that can confuse investors. If the world is becoming more dangerous, why isn't gold just continuing to climb?

The answer lies in the second force at work - monetary policy. War doesn't just create fear, it fuels inflation through rising energy prices. That puts the Federal Reserve in a difficult position. Higher inflation means interest rates must stay elevated, or at the very least, cuts are delayed. And higher interest rates tend to put short-term pressure on gold.

On one side, geopolitical fear is pushing gold higher. On the other, interest rate pressure is holding it back. The result is volatility. But this is not a sign of weakness, it's a classic setup. Much of the recent dip can be attributed to large institutions selling profitable positions like gold to cover losses elsewhere, particularly in the stock market.

Markets are increasingly volatile.

Investors are raising cash, uncertainty is rising, and the underlying foundation of the market is beginning to show cracks.

The biggest issue is to the broader economy. Rising oil prices act like a hidden tax on every American. When it costs more to move goods, it costs more to buy them. And the Federal Reserve is trapped. If they cut rates to support the economy, inflation could accelerate even further. If they keep rates high to fight inflation, they risk slowing the economy significantly.

This is what economists refer to as stagflation — a toxic combination of slow growth and persistent inflation. Historically, this has been one of the most favorable environments for precious metals — silver, in particular.

While gold gets most of the headlines, silver plays a dual role as both a monetary metal and an industrial resource. Right now, it has lagged slightly due to disruptions in industrial demand and supply chains. But that lag creates opportunity.

As global production stabilizes and industrial demand returns, silver's scarcity could drive a powerful catch-up rally. It's an overlooked opportunity in the current market.

Meanwhile, while the U.S. economy continues to operate under increasing pressure, government spending is ramping up to support military operations, adding further strain to an already debt-heavy system. This is where the bigger picture comes into focus. Historically, governments finance war through increased spending, expanding debt, and currency creation. This leads to one consistent outcome: the gradual erosion of purchasing power. In other words, currency devaluation.

When confidence in currencies and financial systems weakens, tangible assets with limited supply begin to rise. Gold and silver have survived every war, collapse, and reset in human history.

So, in the short term, volatility is likely to remain. But as we move into the mid-term, economic pressure will begin to force central banks to pivot. Rate cuts will eventually return, and when they do, precious metals will have the room they need to move higher.

Long term, expanding debt, declining purchasing power, and continued geopolitical instability create the foundation for a sustained bull market in gold and silver. Prices pushing significantly higher from here is not just possible — it is probable.

Wars do not destroy wealth, they transfer it, and historically, that transfer flows toward tangible, limited, and real assets. Over my 30 years, I've seen bubbles, crashes, and moments of panic. But moments like this are different. They are inflection points where positioning matters more than prediction.

The fundamentals remain clear. Prepare early. Stay disciplined. Don't wait for certainty before acting. By the time things feel certain, the opportunity is gone.

Stay vigilant and own something real.

**[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.]

# THE GOOD, AND THE EVIL OF MODERN TECHNOLOGY

## Staying Alive In The Age of Drone Warfare

By **Brian M. Morris**

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

I spent six tours in Afghanistan during the height of the Global War on Terror. Over those years, warfare evolved faster than at any point in modern military history. And some of the most profound changes came from drones.

When I first deployed, drones were still a relatively new tool on the battlefield. Today they are one of the most dominant forces in warfare, shaping conflicts across the globe. And the lessons we learned apply to soldiers and civilians alike.

One of the first unmanned aircraft systems I worked with was the RQ-11 Raven. It was a small fixed-wing drone that you launched by literally throwing it into the air like a football.

We used it for observation, reconnaissance, and battle damage assessment. Before entering a village or moving through a valley known for ambushes, we launched the drone to see what waited around the next ridge line or behind the next compound wall.

I remember missions where the Raven revealed insurgents setting up positions along a road we planned to use, or the disturbed soil that indicated freshly buried IEDs.

It wasn't perfect. Wind could push it around, its range was limited, and the jammers we used to mitigate the IED threat could knock them out of the sky if you flew too close. But they saved lives, mine included.

We used Ravens at the tactical level, but larger drones operated at higher altitudes. Aircraft like the General Atomics MQ-1 Predator, MQ-9 Reaper, MQ-1C Gray Eagle, and

Lockheed Martin's stealthy RQ-170 Sentinel.

A Predator or Reaper could stay overhead for hours, tracking insurgent movement patterns, confirming hostile activity, and striking enemy forces the moment they revealed themselves.

Early on, most of these drones were fixed-wing aircraft, launched from airfields, requiring trained operators, and controlled through satellite links. Their missions fell into two categories: intelligence gathering and precision strikes.

This was the beginning of the drone revolution. And over the past decade, technology has exploded. What once required a military budget can now be purchased commercially.

Small drones are inexpensive, portable, and incredibly capable. Many can carry payloads, including explosives. They can hover, maneuver through urban environments, and operate from almost anywhere.

On the battlefield, small drones perform reconnaissance, artillery spotting, electronic warfare, and direct attack. Operators routinely drop explosive charges into trenches or vehicle hatches with deadly accuracy. First-person-view drones have been turned into guided bombs.

That's concerning because it means a small team with commercial equipment could launch an attack from almost anywhere. A hostile actor aboard a cargo ship or fishing vessel could launch a drone from international shipping lanes just off the U.S. coast. With the right navigation programming, that drone could travel dozens of miles inland before detonating. Determining who launched the attack would be extremely difficult.

Even worse, if a hostile intelligence service like the Islamic Revolutionary Guard Corps placed sleeper operatives inside the United States, they could launch drones here at home. These operations would be small, quiet, and difficult to trace.

So, civilians need a basic understanding of how to respond to an attack. You will hear a small drone before seeing it. They produce a distinctive buzzing or whining sound, especially when flying low.

If you hear that sound and suspect a threat, assume the drone is armed. Your first priority is cover and concealment. Buildings with solid roofs and walls provide the best protection from fragmentation or small explosive payloads. Basements or interior rooms away from windows are ideal.

If you are outdoors and cannot reach a building quickly, get behind solid barriers (concrete walls, large trees, etc.) that block line-of-sight from above. Avoid open spaces where a drone operator would have a clear view of you.

Once you are in a protected location, report the sighting to local law enforcement and provide details about direction of travel, altitude, and any payload you observed. Stay put until the drone leaves or authorities give an all-clear. Be especially vigilant at large public events because dense crowds create attractive targets.

It's hard to believe how far drone technology has come. What began as a tool for soldiers has evolved into one of the most accessible weapons in history. Your situational awareness is still the most powerful form of protection. Use it and the tips above to stay safe.

# NO KEY? NO PROBLEM.

## How To Breach A Lock Like A Covert Operative

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

Drop Dead is a term we use for "Be done or get gone." It's that point when, if you have not completed your operation, you abort rather than risk exposure. In the movies, directors know exactly how much tension to build before providing a miracle that allows the protagonist to prevail. I had no script to follow. I was winging it, with only my inner voice to consult for advice and encouragement.

I watched from down the hall as the target left his hotel room. He wasn't carrying anything besides what he had in his pockets. That meant the intelligence I was sent to grab was in his hotel room – guarded only by a locked door.

Picking a lock is neither fast nor clandestine. If you are crouched in front of a door with two little metal sticks dancing around in the keyhole, people know you are picking the lock and will report you. Almost everyone has an innate disgust for thieves, and if they see anyone about to be robbed, they will immediately seek to alert someone to the dastardly deed.

I did not want to be the thief that got caught, but I had to get into that room and get the vital intelligence. There are three alternate ways to gain entry if you do not have keys or are unable to pick the lock. Two of these are what we call, in espionage parlance, bashing and bypassing.

Bashing is exactly what it sounds like. You can kick a door in, blow the hinges with shape charges, use



a crowbar, a battering ram, or any form of destructive force. This is the fastest and most sure way to get past a lock. But it's very noisy and it is impossible to disguise the act of breaching.

The other method is to bypass the lock by forcing the mechanism to fail. This can be done with a credit card, a wire, a pocketknife, a shim, or even a multitool. It can be summarized as creating a gap, manipulating the latch away from its receptacle, and opening the door.

It can be discovered if you damage the frame or door. However, you would have to look for damage to notice the lock had been defeated. Obviously, it

is harder to defeat a deadbolt throw than a simple locking latch on a door handle.

But there is another way to bypass locks. Which I used almost exclusively while conducting overseas operations as a US foreign intelligence operative. It requires more finesse and theater. It involves

getting someone with a key to unlock or leave the door unlocked for you.

In this case, I saw the hotel cleaning staff servicing rooms down the hall. I waited until the cleaner was at her cart, and I sneezed loudly as I made it appear like I was stepping into the hall, leaving what would have appeared to her as "my" room. I made a show of apologizing and laughed at my own embarrassment.

From her perspective, she saw me leaving my room. In reality, I was stepping away from my target's locked room door.

As I walked towards her, I patted my pockets and stopped in the middle of the hall, a look of panic and shock on my face, muttering words of aggravation and disbelief. I almost ran to her and begged her to let me back in my room to get my briefcase.

I explained that I was one of the guest speakers at the big conference her hotel was hosting, and I was not feeling well and forgot my briefcase

**"I watched from down the hall as the target left his hotel room."**



containing my written address for the afternoon's presentation. It was an international hotel in Europe, so I knew she would speak enough English to figure out that I, a respected guest, was in desperate need of her help.

She smiled, walked me down to the room, and unlocked the door. I thanked her and stepped into "my" room. I locked the door behind me and began searching the room. I found the target's briefcase hidden under the bed. (Note: Never hide valuables under a bed). I took pictures of every document since I was not sure which ones were the valuable ones because they were not in English, put everything back in its place, and exited the room. Every second I was in there felt like hours, and every step I heard in the hall I imagined was either my target returning or hotel security.

No matter how many times or how much of this you do, your hands still shake with adrenaline and nerves. I left the room undisturbed and left in the opposite direction from the cleaning teams.

It was a deep relief when I finally got on board the aircraft headed to the States. The day after I arrived home, I delivered the photos of the documents to the Agency's Deputy Director of Research and Development. He had several of his senior mathematicians, cryptographers, and technical advisors at the table as well as the top linguists for that language.

As a linguist scanned through the

pages, he said, "Ah, this must be what you are looking for." And then he launched into some kind of new language. It was English-like, but consisted of mathematical terms, phrases, and calculations that were foreign to my limited mind. The engineers, academics, and mathematicians all chatted among themselves as they tried to translate the foreign language into an English equivalent.

You need someone who knows more than just the vocabulary and sentence structure of foreign languages; you need expert linguists who can translate jargon, adages, slogans, and esoteric phrases into meaningful imagery that conveys the thoughts behind the string of words.

If I had not been prepared to find a way to defeat that lock the moment the chance presented itself, we may have spent many more months, spent countless dollars, and risked several more operatives trying to get those precious documents.

As a spy, you will have to get past locks one way or the other, and the more tools and experience at your disposal, the more likely you are to achieve your mission. The time may come when you need to defeat a lock. It might be your own home, a family member or friend's home, or a lock keeping you from getting to where you need to be.

Lock pick sets and the skills to use them could be invaluable. But in my experience, I never seem to have a lockpick set on me when I need to defeat a lock.

There are lots of YouTube channels that teach you how to bypass locks with shims, credit cards, etc. But a simple, small, affordable multi-use item you can keep with you in your car or go bag is the Firefighter Multipurpose Leverage Tool.

It's an emergency rescue tool used by first responders and firefighters to

gain access without injuring people on the other side of the door. You can find them online and they're one of the most reliable and widely applicable ways of defeating a lock quickly without kicking the door down. Add a few small shims that work on padlocks, handcuffs, and desk drawers, and you will have a dependable set of tools to bypass most locks.

If you are like me, and seem to lock yourself out of everything, be sure to have a Slim Jim, door/window wedges (plastic or pneumatic), and vehicle long-reach grabber tools to get into your car and retrieve your lock-defeating tools in case you have locked them in your car.

I long for the good old days when we did not have to lock our cars or homes. But since we did not lock our borders, prisons, or jails, we now have to lock everything else. So, be ready, equipped, and safe.



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

Don't forget to snap up your copy of *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](http://www.SpyVanish.com).

# HOW TO STAY ALIVE LONGER

## 5 Things To Do In The Next 5 Weeks

By Dr. Omar Hamada  
*Special Operations Physician*

There are 5 things you need to do in the next 5 weeks to make sure you don't die of something stupid in the next 5 years. I am a private physician outside of the traditional insurance model. Current US healthcare is driven by Medicare approvals which then drive what insurance companies pay for and reimburse based on a population health model recommended by the United States Preventive Services Task Force or USPSTF.

While an acceptable approach for a national healthcare model, it is not the best for an individual. If you want what's best for you as an individual, you are going to have to break out of the insured system and come out of pocket for specific care that is not "insurance approved."

Here's how I handle my patients so that you can mirror this with your own physician. When a client first signs up, we review their medical and surgical history, their family and social history, their medications and diagnoses in order to establish a current baseline.

Once we have that baseline, we discuss their goals moving forward. The very next thing we do is assess the

5 things that will kill them in the next 5 years. I want to make sure I know where we are on that continuum, so we address those issues first.

You see, I'm not into sick care. I'm not into reactive care based on symptoms. So, I want to know where my clients are on the continuum of disease so we can interrupt it, reverse course and trend towards health instead of managing disease, and I want to make sure that they are not going to die of something stupid in the next 5 years. I tell my patients, "Give me 5 years, and I'll give you another 30 or 40."

Now, the 5 things that will kill you in the next 5 years are: cardiovascular disease, cancer, stroke, metabolic disease, and dementia. Instead of waiting for symptoms to appear, we get proactive and do the tests that show us where you are on the continuum before you have symptoms.

So, the 5 things you need to do in the next 5 weeks are to schedule and get a Penuvo whole body MRI scan. There are other companies that do it cheaper, but you get what you pay for. You have to consider magnet strength (resolution), slice thickness, and body parts covered.

Considering all those factors, you're not going to get a more thorough scan anywhere else for that price. It will give you vital information around visceral (dangerous) fat, tumors and masses, previous strokes, aneurysms, and many other conditions

that you need to be proactively aware of.

Second, get a Cleerly AI heart scan to assess both calcified and soft plaque burden in your coronary vessels. Don't wait for symptoms. Know where you are.

Third, get a Grail cancer test through Galleri.

This tests for over 50 different cancers by picking up signals circulating in your blood.

Fourth, I don't care how young you are, get a colonoscopy. I know people are shying away from this because of procedural risk, but the risks are minimal as compared with finding out you have a Stage 4 colon cancer (and, no, the stool blood tests are not sufficient, as they won't be positive until after you already have cancer).

The amazing thing about colonoscopy is that you directly look at the colon wall. If you don't have polyps, you won't have cancer. You have to have colonic polyps for them to turn into cancer. The only way you can be sure you don't have polyps, and the only way to remove them if you do, is to look.

Fifth, get a brain mapping test (EEG) with a company like WaviMed. Consider any abnormalities in reflex speed, short- and long-term memory lapses, critical thinking ability, and overall brain functioning.

Do all these things and you'll be taking charge of your health. Don't get surprised by a diagnosis. Don't wait on symptoms before you make a move. Be the proactive CEO of your own health and give yourself a longer lifespan by doing these 5 simple things.

**"You have to have colonic polyps for them to turn into cancer."**



# SIMPLE WEAPONS AT YOUR FINGERTIPS

## How To Thwart A Surprise Attack When You're Unarmed

By **Matt Numrich**

*Head Instructor Of Spy Black Belt*

Sometimes, what's within arm's reach can be the difference between vulnerability and control. For seniors, particularly those who may not be able to physically overpower an attacker, using everyday objects for self-defense can be a practical and effective way to create space, cause hesitation, or escape a dangerous situation.

Here are three items commonly found in pockets, bags, or glove compartments that can be used to protect yourself if things go sideways. First, is loose change. Loose change may seem insignificant, but in a confrontation, a handful of coins can become a powerful tool. Thrown directly at an attacker's face, coins (or even small stones) can interrupt their focus, cause them to shield their eyes, or stop mid-action just long enough to shift the balance of the situation.

This isn't about inflicting injury - it's about buying time. When someone is stunned or momentarily confused, their guard drops. That window allows you to escape or follow up with a defensive strike that has a better chance of landing. This tactic gets its power from the element of surprise, which is often more valuable than brute force.

Most people carry a set of keys without thinking twice about them. But, by simply weaving keys through your fingers and forming a fist, you turn a common object into a close-range weapon. The sharp edges of keys make punches more damaging and increase the chance of cutting or bruising the attacker. Even a short



jab can cause enough pain to make them back off.

The goal is to deliver a quick, decisive strike and then move. Don't aim for perfection - any exposed area, especially the face or neck, can be enough to discourage further aggression.

Pens aren't just for taking notes and signing checks. When held properly - with your thumb braced over the back end - they can deliver targeted, forceful strikes (especially the Tactical Pen). If someone tries to tackle or restrain you, aim for softer targets like the neck or side of the body. A firm grip prevents the pen from slipping or collapsing and maximizes the impact.

Even a few jabs can cause serious discomfort and make your attacker think twice. Many people routinely carry a pen, which makes it a discreet option that won't raise suspicion but can still help in a sudden confrontation.

A large percentage of assaults involve weapons, meaning there's often an added threat beyond fists. That's why it's important to know how to use what's around you. Tools like keys and pens are helpful if you've thought through how to use them before trouble starts. Practicing with these items safely can help you respond under pressure.

I've created a video for you demonstrating how to use the above everyday items to defend yourself against a surprise attack. You can watch the video at this site: [fearlessstreetfighter.com/seniors-edc/](https://fearlessstreetfighter.com/seniors-edc/)

Remember: it's not about fighting like a professional, it's about giving yourself a chance to act quickly, defend your space, and get to safety. Wherever you are, your situational awareness, combined with simple objects used as self-defense tools, can shift the odds in your favor.

You don't need special equipment or a black belt — just some preparation, a clear head, and the willingness to act when it matters.

**"The goal is to deliver a quick, decisive strike and then move."**