

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

THE "1899" SECRET OF HIDING GUNS

The Little-Known Way to Have Guns That Don't Exist

by Jason Hanson

Former CIA Officer

You're probably familiar with the term "Ghost Guns." A ghost gun is when you buy an 80% receiver for an AR-15 or an 80% frame for a Glock. Then, you build the rest of the gun yourself. Since you built your gun from an 80% frame, it doesn't need a serial number, it's never registered and the government has no idea it exists. I'm a big fan of ghost guns and think everyone should build one — not just for the "off the books" aspect, but because you learn a bit of how to put together your own gun.

However, now I want to share with you another way to get a gun that doesn't exist. Most people aren't aware of this method and it's 100% legal. The fact is, since COVID-19 started, governments around the nation have continued to show their desire to destroy the Second



Amendment. From shutting down background check systems to shutting down gun stores to the Governor of New Jersey saying, "I wasn't thinking of the Bill of Rights," when he was making unconstitutional orders in his state. This is why you need to have guns the government doesn't know about.

So, the secret I'd like to share with you right now is what I call the "1899" gun secret.

Why? Well, because you can buy a gun manufactured before 1899 and no paperwork has to be done and there are no background checks required. As long as the receiver on

the gun was made before January 1, 1899, the government considers the gun an antique and it is not considered a firearm.

For example, if you've got a friend who lives in Florida and you live in Wyoming, he can literally put the gun in the mail to you and send it to your doorstep. Please remember, you can only do this with pre-1899 guns. If you try

and put your new Glock in the mail to your buddy, that's illegal and you could get in big trouble.

If you are thinking that pre-1899 guns are too old and won't work,

"Most people aren't aware of this method and it's 100% legal."

WHAT'S INSIDE

- 3** The Great Commodity Collapse
- 4** Staying Sane In Stressful Times
- 5** Forging Mental Toughness
- 7** Now For The "Rest" of The Story...
- 8** "Nasty" Close Quarter Combatives

you would be sorely mistaken. There are plenty of good guns in that era that you ought to consider buying. A few of these include Mauser rifles, Winchester rifles, Lee-Enfield rifles and so on.

You can find these guns with a few searches on the internet for pre-1899 guns. One of the places to look is a website run by James Wesley Rawles. James is a survivalist who is well known for writing the book, "How to Survive the End of the World As We Know It." James has a business called the Elk Creek Company. (www.elkcreekcompany.net) On his website, he's got everything for sale from a US Springfield M1896 (a rifle) to a S&W Model 2 SA .38 (a revolver.) Another place to check out is the website www.GunBroker.com. Once on the site, just do a search for "pre-1899." You'll see a bunch of guns come up ranging

from a Springfield 1873 rifle to a Remington Smoot revolver.

Every one of these guns can easily stop and kill a person just the same as they did in 1895 or whatever year they are made. Keep in mind, this 1899-gun secret is not known by most people. So, if you try and buy a gun from certain places online, the person might try to send it to your local gun store where you have to fill out the typical paperwork. This person does not understand the law and I would not buy a gun from them since it will end up on the government's list like most guns.

Bottom line, if you're looking to purchase another gun (aren't we all) consider adding a piece of history to your collection that will not be in any government database and will be a heck of a lot of fun to shoot.



DeSantis Nemesis Pocket Holster

DeSantis is a company with a solid reputation for making top-notch pocket holsters. The DeSantis Nemesis is an ambidextrous pocket holster made in the USA. This holster is specifically designed to not move out of position in your pocket. The inside of the holster is made of a slick pack cloth for a no-friction draw and the right amount of foam to break up the outline of the gun.

Regardless of the material you are wearing (unless it's incredibly tight pants), the Nemesis will keep your weapon concealed and it looks similar to a wallet or cell phone in your pocket.

The most important feature this pocket holster offers is reliable trigger protection. The exterior is reinforced to help prevent other pocket items from accidentally setting the gun off. Plus, the design of the holster helps to keep your firearm in an upright position, ready for a quick and easy draw if the need arises.

There are no safety straps, and none should be needed as long as you keep the gun in your pocket. In most cases, you wouldn't want a retention strap on a pocket holster.

The company makes the Nemesis for a wide range of firearms so you should be able to find one for your pocket carry gun whether it's a Sig Sauer P365 or Glock 43 or any other gun.

Copyright © by *Spy & Survival Briefing*. 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@spybriefing.com



Spy & Survival Briefing is published monthly by *Spy Briefing LLC*, 124 S. Main Street #4090, Cedar City, UT 84720. www.SpyBriefing.com.

Spy Briefing President: Jason Hanson; Managing Editor: Theresa Dean; Graphic Design: Mena Sugg

THE GREAT COMMODITY COLLAPSE

How to Protect Your Wealth When Things Get Bad

by Forest Hamilton
Universal Coin & Bullion

What in the world is happening with the price of commodities and especially oil? On Monday April 20, the futures contract for May's delivery of West Texas Intermediate (WTI) crude oil fell under zero dollars per barrel. How did that happen and what does it even mean?

Before the current panic-demic, the world consumed around 100 million barrels of crude oil per day. Today, we're using barely 70 million barrels a day. With airlines virtually closed down and automobile traffic severely reduced, the demand for oil simply isn't there. The fact is, oil companies are paying others to store oil because it is cheaper than shutting down wells.

Gold's recent dramatic rise is remarkable because nearly all commodities are drastically declining. As of April 21st, 2020, the CRB commodity index was down 37%. Oil fell over 70%, from \$61.81 at the start of 2020 to just \$18 on 4/17. Gold advocates used to chart the price of gold and oil together, with inflation rates pushing both up in tandem, but that is no longer the case since we are in a world of deflation, not inflation.

The global slowdown means there isn't much demand for industrial

metals or energy sources. Other commodities are also down, including agricultural commodities like corn, cotton, cattle or chicken.

The Thomson Reuters/ CoreCommodity CRB index consists of 19 commodities sorted into four groups, with a 41% weighting in agriculture, 39% in energy, 13% in base or industrial metals and 7% in precious metals. In the last 12 months, the CRB index has fallen from 195 to 123.8, a 37% decline.

Gold leads the pack with 32.8% gains, with wheat and coffee being the only other commodities with an appreciable gain. Fully 10 of the 19 commodities are down by double digits, with crude oil leading the way with an 83.8% annual decline.

This downfall of many commodities shows that gold has a unique role as a "crisis hedge," not dependent on industrial demand and silver is up slightly because it is a "hybrid" metal (both industrial and precious). All of the other metals and energy resources are down significantly during the current global economic slowdown.

So, what is next? Let me tell you a story... I have a good friend in the financial services industry. He is a seasoned financial advisor and a highly sought after consultant to hundreds of financial advisors that

employ him as their coach/guru. After many years of knowing him and even speaking on his stages, he had never invested a single penny with me.

Out of the blue, he called me and asked a barrage of questions before deciding to invest hundreds of thousands of dollars with me in physical gold and silver. When I asked him why he was choosing to move so decisively right now, he said, *"I was a financial advisor in 1987 on Black Monday. I lived and worked through the worst time in the history of the stock market. I survived and even thrived during the financial crisis of 2008. Forest, this is different. America has always been able to work its way out of any problems it might face. But when the entire country is forced to grind to a halt and stop work, all that's left is the problems. Just because we are going back to work soon doesn't mean everything is going back to normal. The damage has been done and I don't think people truly realize what is coming."*

I am not one to focus on fear and problems. I prefer to focus on positivity and solutions. That being said, I urge every family to immediately diversify some of their wealth into physical gold and silver to prepare for whatever the future holds as gold and silver are the only asset class that I know of that has always done well in times of great uncertainty.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@universalcoin.com or call 800-822-4653. Please know, if you purchase any coins from Forest, we don't receive any compensation from him. We simply know he's one of the good guys in the business that can be trusted.]



STAYING SANE IN STRESSFUL TIMES

Spec-Ops Tips for High Morale

by EJ Snyder

Former Army Ranger and Extreme Survivalist

We are definitely living in a crazy moment in history: A worldwide pandemic assaulting the norms of daily life, “Stay at Home” orders, social distancing, folks now working from home and schooling being done online. People are getting cabin fever, going stir crazy and trying to find ways to cope with this stressful situation. It’s forcing us all to use creative thinking and find outside the box ways of doing what used to be “routine.”

It reminds me of my last deployment to Northern Iraq in 2004. What was supposed to be a 12-month combat tour turned into 15-months. That kind of thing is like a swift kick to the groin. It can crush the morale of soldiers who are on constant patrol in hostile zones, getting mortared and rocketed frequently, far from home and already missing loved ones. Now, I have always believed it’s crucial to keep morale and spirits up. And, it was great to have a place for soldiers to go and make phone calls, use the internet, and make video calls to their loved ones. But, with a



20-minute limit, I knew we needed to think outside the box and do even more to keep morale up.

So, when I saw my soldiers taking smoke breaks under a flimsy piece of plywood cover and either getting sandblasted or soaked in the rain, I knew what to do. I hired local contractors to build a covered cantina with a bar inside. I called the cantina Duke’s Kirkuk and it was a little taste of home, complete with palm trees, as our unit was stationed out of Hawaii.

The cantina served cold, non-alcoholic drinks and frozen snacks to the troops. I brought in a refurbished pool table, wide screen plasma TV with surround sound, a dartboard, board games, free books, seating areas and a monster BBQ grill. We strung up lights and played music (unless a movie was on the big screen). We sponsored BBQs once a week, hosting up to 250 soldiers throughout the day. And we tried to ensure every soldier in the battalion attended at least once a month.

Then I contracted a local artist to paint Hawaiian murals all over the T-Rex Barriers – another touch of home. We made sure all company

areas had full weight and exercise equipment set ups, TVs, video game consoles, board games and other things to keep morale up both mentally and physically. I knew that keeping the soldiers mentally focused during this tough and stressful time was everything.

Our efforts paid off. The soldiers loved it. Hearing the laughs and seeing the smiles on the soldiers’ faces as they shot pool, threw darts or hung out chatting with friends, escaping the stress and chaos of war did my own morale and mental well-being a lot of good too. The soldiers had some good memories to take away with them and they will never forget Duke’s Kirkuk.

Now, I share this story with you to encourage you to find creative ways to bring a smile to yourself and those in your life during these tough days. Staying mentally fit, focused, and as stress-free as possible is vital today. All you need is a little creativity, a “Can Do” attitude and the will to keep your morale and mental well being in check. I promise that you will appreciate it, those around you will appreciate it, and you’ll all make amazing memories together. Stay safe, stay healthy, and stay sane!

FORGING MENTAL TOUGHNESS

"The Plane's On Fire, But You Have To Stay Onboard."

by Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

We were in-bound, RTB (Return/Returning To Base) and on final approach. We had a strong tail wind, and to make matters worse, the pilot was also fighting crosswinds as we touched down — both times. We used up every foot of the main runway, and crossed into the spillover. With several dozen combat reconnaissance missions under our belts, we could sense how fast we were still moving, even with the thrust-reversers roaring and our pilot standing on the brakes.

It's fairly rare, but most of us had experienced "HOT BRAKES" on a landing. It happens when an aircraft's braking system overheats while trying to stop an aircraft during landing. Excess speed,

over-full fuel tanks or being too heavy-laden with cargo can create excess momentum of the aircraft at landing and lead to hot brakes. On rare occasions, the brakes actually catch fire, threatening to engulf the entire airplane in flames.

Our mission aircraft was an RC-135. We were loaded down with an experienced front-end crew, our EWO (Electronic Warfare Officer), Mission Supervisor (#1 Op), me (#2 Op) and 15 other hardened special operators. Our platform was equipped with four tons of specialized hardware, electronics, reconnaissance gear, intelligence collection and processing systems, a full complement of highly specialized secure communications systems - up to and including TS/SCI (Top Secret/Sensitive Compartmented Information/Intelligence traffic) - for SatCom, with a Special satellite channel directly to the Pentagon's JCS (Joint Chiefs of Staff's Combat Duty Officer), Air-To-Navy, Air-To-Air, Air-to-Ground, and SAR (Search And Rescue) forces.

While far less significant in weight, but still about ten times the "baggage" of a passenger on a commercial flight, everyone had their individual ops gear. Which included everything from our parachutes and cherry bottles (10-minute oxygen tanks), to our open water survival "Butt Boats" (inflatable life preservers), our personal survival gear and individual mission bags containing special items unique to each operator.

The pilot patched his communications with ground

control into our on-board intercom system using the "All-Call" channel so everyone could hear what was happening in real time. Based on his experience with this mission aircraft and tail winds, he had already alerted the tower to a potential hot brakes landing. Fire

trucks, foam trucks and crew rescue vehicles and their teams were already in place on the active runway.

The emergency crews were successfully "chasing" us, and as the

plane slowed down near the end of the runway, the foam truck called out "hot brakes," confirming the pilot's prediction. The emergency crews immediately began foaming the landing gear, and our crew used emergency egress plans and systems to disembark. The pilot brought the bird to a full stop and called for an emergency evacuation as the ground crew fought to keep the brakes from igniting.

However, due to the very special nature of the intelligence and special ops gear on-board, at least two TS/SCI fully cleared ops team members had to remain with the intelligence and gear as long as possible. If a break in the chain of custody of that material or gear were to occur, it could mean loss of integrity of the systems, compromised intelligence — not to mention the end of lots of careers. Now, I am not suggesting that our lives were expendable or that somehow it was more preferable to lose a couple special missions unit guys to a cabin fire than to leave the classified material unattended.

The directive is to not allow the classified items to be unattended until loss of life or the complete

**"It's fairly rare,
but most of us had
experienced 'HOT
BRAKES' on
a landing."**



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can discover the 7-second test that shows whether you've got survival food that is quality or that could make you very sick. (This is the information the big companies pray you never see.) Plus, I'll show you the survival food I trust for my wife and kids. All

of the details are at

www.SpyFoodStorage.com.



destruction of the material is imminent. We are a combat crew and we know imminent. We knew we had time to use the pilot's window and drop rope to escape the aircraft if the "hot brakes" evolved into flames and fire.

Myself and one of our on-board maintenance tech's were the two team members appointed by our Airborne Mission Supervisor (AMS) to guard the classified material until we determined it was safe for cleared emergency teams to come on-board or that the complete destruction of the material was irrevocably imminent. At which point there would be no reason for us to remain guarding the materials.

Is remaining onboard a burning aircraft that's possibly on the verge of exploding into a fireball risky? Is diffusing a bomb in the darkness of night with high winds and rain risky? Is bursting into a room of known, armed terrorists risky? Is delivering a baby, operating a crane, welding, scuba diving, shopping during COVID-19 or investing risky? Of course, all of those are risky. The difference is not the inherent riskiness, but how well trained, prepared and confident the individual facing the risks is, and how he or she faces the gravity of the risk.

Even deeper than training or experience, personal mental preparedness and self-confidence are the keys to identifying and overcoming real risk versus succumbing to an irrational sense of risk and fear. Only by prevailing over risk will you achieve the rewards of conquering risk. Confidence is what overcomes risk. And confidence can be developed several different ways.

But, it is less important how or why you cultivate self-confidence, than it is to learn that you can gain confidence in anything you choose to apply yourself to. If you develop your gardening skills, nurturing skills, sports skills or any other skills, you can learn to transfer that sense of confidence to virtually any other activity you decide to engage in.

Consider this: A stay-at-home mom spends her day solving complex, diverse problems. She begins to realize that — though it's hard work — she can and will prevail over everything that falls within her purview as a mother. And when she has succeeded in recognizing her own skills and abilities to problem solve, to think critically, to discern and judge situations, and trust her instincts, she will find she has the confidence to handle whatever comes her way.

Whether it's repairing a faucet, balancing a budget, learning to scuba dive or negotiating and general contracting the building of her custom home, the stay-at-home mom has learned for herself that she can accomplish whatever needs to be done. Genuine self-confidence, borne of experience and cognitive awareness, not the latest fad book or inspirational guru, is what converts risky into manageable.

Self-confidence is always upwards scalable. If someone wants to become confident in their ability to defend themselves, before signing up at the neighborhood martial arts center they can pursue the self-confidence of doing callisthenic stretches, push-ups, sit-ups, and running on a routine daily basis. Once they have the confidence that they will do what it takes to be prepared for martial arts, they will prevail at martial arts and be prepared and confident in exercising self-defense maneuvers.

Building self-confidence is an essential skill and a requirement for success in every endeavor. Once an individual has learned the simple patterns of building self-confidence and has practiced and mastered that art, they can direct it toward every endeavor to address and overcome anything that seems risky.

It was confidence that allowed my teammate and I to stay in the cockpit of that plane, and not feel "at risk" while fire from the "hot brakes" blazed in the landing gear. We were confident we knew how to operate the escape window and rope, we had confidence in the ground rescue and recovery crews and flight-line emergency services, and we were confident in our own fitness levels. Most importantly, we were confident in our own abilities to assess the situation and execute our plan successfully and because of that, we were confident we would ultimately succeed.

NOW FOR THE "REST" OF THE STORY...

Do This Every Night For Optimum Health

by Dr. Omar Hamada
Special Operations Physician

Too often, we compromise sleep for things we think we don't otherwise have time for: catching up on entertainment, organizing or getting more work done. In the end, the only thing that matters is getting the sleep we need. Otherwise, we suffer dangerous sleep deficiencies. Any increases we think we've made actually end up as decreases. Even worse, the effects of sleep deficiencies increase with age.

So, to understand sleep, let's discuss the four phases of normal sleep, brain function, brain wave activity and the areas of the brain primarily responsible for sleep homeostasis. As we fall asleep, we transition from wakefulness and alertness (Stage 0), to Very Light Sleep (relaxed wakefulness), then Light Sleep that progresses with changes in brain wave function (Stage 1 and Stage 2). In this light sleep, our brain gears down, breathing slows, heart rate decreases, muscles relax, body temperature drops, and we begin to drift off to sleep. Awareness of our surroundings is still present, but becomes less acute.

Stage 3 moves from Deep Sleep to Very Deep Sleep. Our bodies are rejuvenated through muscle growth and repair and brain waste removal. During this stage, blood pressure drops, hormones are released, and brain waves slow and lengthen. If awakened from deep sleep, we are confused and disoriented. Deep sleep accounts for approximately 25% of our total sleep time.

During REM sleep (Stage 4) or the period of rapid eye movements, we dream. We may not remember

dreaming, but we do dream every night. During REM our memories are formed, problems are solved and deep learning takes place. Our breathing quickens, our muscles are active, heart rate increases and brain activity accelerates. It is during this period that we experience short periods of skeletal muscular paralysis. REM sleep lengthens later in our sleep cycles and accounts for 25% of our total sleep time.

Interestingly enough, we don't fall asleep and stay asleep. We move through the different stages of sleep in repeated 90-minute cycles including short periods of light sleep and possibly wakefulness that we don't remember. Though the optimal sleep session runs through the different stages 4 to 6 times (or cycles), it can differ based on age, activity and stress levels.

These sleep stages are differentiated by changes in brain wave activity on electroencephalogram (EEG). Stage 1 and 2 are primarily composed of low frequency, high amplitude alpha waves that transition to even lower frequency, higher amplitude theta waves with bursts of high frequency spikes called sleep spindles. These sleep spindles are thought to be important for memory and learning. Stages 3 and 4 sleep are characterized by even lower frequency but high amplitude delta waves. REM is characterized by very rapid and jerky eye movements. The significance of these is unknown.

While much of the brain is involved with the sleep-wake

cycle, the most important parts are the pineal gland, hypothalamus, brainstem, thalamus, and the amygdala.

**"Deep sleep
accounts for
approximately
25% of our total
sleep time."**

The pineal gland is right in the middle of the underside of the brain. It produces melatonin on command from the suprachiasmatic nucleus (SCN), which

is located within the hypothalamus. The SCN is a collection of neurons that are stimulated by light - or absence of light - and helps set our behavior and circadian rhythms. Many blind people can still sense light and dark in their SCN. The brainstem communicates with the hypothalamus and SCN and helps control the sleep-wake cycle through a neurotransmitter called GABA. The Pons and Medulla portions of the brainstem cause temporary skeletal muscle paralysis during REM to prevent injury during dreams. The amygdala is an emotions processing center, and is very active during REM sleep. The thalamus (made up of several nuclei and areas on both sides of the brain) is like a central relay station, sending signals across our brain and body based on its various inputs.

As you can tell, though sleep seems rather straightforward, it really is a very complex process. And, most Americans need to take their sleep more seriously by going to bed at the same time every night and getting up at the same time each morning. With a lot of this country under huge amounts of stress right now, sleep is more important than ever. After all, it's hard to protect and take care of your family if you're running on little sleep.

"NASTY" CLOSE QUARTER COMBATIVES

Four Battle-Tested Moves to Destroy an Attacker

by Matt Numrich

Head Instructor Of Spy Black Belt

Every successful self-defense move must meet three criteria to work in the real world. It needs to be: Effective: Many self-defense moves work well against one kind of attacker, but fail miserably against another (usually one who is bigger and stronger). Focus on moves that work against everyone, regardless of their size, strength, skill. Efficient: Time is not on your side in an altercation, it's on the attacker's side. The longer they can draw it out, the more time they have to assault, rob, rape and even kill you. You want all of your moves to be quick, so you can accomplish your one main goal: survival. Simple: All self-defense moves need to be easy to learn in a couple dozen repetitions, not thousands. They should be easy to practice, as most of us don't have hours each day to dedicate to training. And they should be simple to perform. Complexity is the enemy.

Here are four instant and basic self-defense moves that meet our criteria. The first is the knee strike.

Kneeing is a simple, direct movement. You strike with your kneecap in a thrusting motion. Targets include the groin, thigh, and even abdomen. You can use this move in any frontal assault very easily. When practicing, perform repetitions with the front knee, as well as kneeling to the right and left.

Next is the eye jab. This works whether you are attacked on the ground, the side or the front. Use any space between you and the attacker to flick your fingers at



their eyes. A minimal touch on the target will give you enough time to escape or follow up with another move. If you're tackled, you can turn this into an eye gouge. Plunge your thumbs into the attacker's eye sockets and continue to gouge until you can get up. Only do this if your life depends on it!

The third move is an elbow strike. Targets range from an attacker's face to their abdomen. As you strike, aim for the side of the face if the person is in front of you. If you're attacked from behind, it

will depend on where your arms are. If your arms are pinned down low, elbow their stomach and ribs. If the attacker grabs you around the waist, perform a rear elbow to the face. The point

is to try a number of positions and see how versatile and effective this move is.

Finally, there is the headbutt. If someone grabs you and picks you up off the ground, you can't really elbow, kick or eye jab. The only tool you may have is a headbutt. Some people think a headbutt

may hurt them too much to use it. But, take a look at the surface area of your fist. Compare that to the surface area of the top of your head. Big difference. Plus, your fist is made up of dozens of small, easily broken bones. But your skull is among the strongest structures in the human body. And, it's a great tool to strike an attacker's face. Use as much of the top of your head as possible, it's the strongest part. And, aim for his face — it's the most vulnerable target.

Finally, remember this: most self-defense moves don't work in a real fight because they're based on fine motor skills (think: putting a key into a key hole) and complex motor skills (multi-step moves, like throwing a ball while running). As adrenaline surges into your bloodstream when you're threatened, your ability to perform fine and complex motor skills plummets. But, your ability to perform gross motor skills — single, direct moves by large muscle groups — increases when adrenaline flows. So, ensure your self-defense moves are gross motor skill based, so you can actually perform them when threatened.

"Time is not on your side in an altercation, it's on the attacker's side."