

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

"THE PANDEMIC WAS A WAR GAME EXERCISE"

How Russia Spies On U.S. Supply Chains

By Jason Hanson

Former CIA Officer

As we learned during the pandemic, semiconductor chips are a crucial part of the manufacturing of things such as computers and cars. In cars, these chips are used in everything from the power steering to the radio, and at the peak of the chip shortage, worldwide automobile production fell over 25%.

China is the biggest producer of semiconductor chips and accounts for 24% of the world's manufacturing. Taiwan produces about 21% and South Korea makes 19%.

Yet, none of these countries would be able to produce these quantities of semiconductor chips without Ukraine. This is because Ukraine produces and exports around 55% of the world's semiconductor-grade neon. Ukraine's



steel plants capture neon gas from the air and produce it in a liquid form.

The neon gas is used to produce many things from semiconductor chips to the weapons that the U.S. is sending to Ukraine. For example, the U.S. has sent over 5,000 Javelin missiles to Ukraine that required parts that were made from neon gas.

Obviously, because we import so many raw materials from around the world, the supply chains needed to manufacture many popular products in the U.S. can be rather complex. So, supply chain issues can create massive shortages that can have a crippling effect, which is exactly what we saw during the pandemic and still continue to see in some sectors today.

This is why countries such as Russia have gone to great lengths to gather intelligence on supply chains around the globe – especially the critical supply chains that America is so dependent on.

First, Russia wants to blunt U.S. ability to support Ukraine. The U.S. has sent billions of dollars and a lot of weapons to Ukraine, including a range of military equipment like tanks and ammunition.

According to the NSA, as the war drags on, Russia could be looking at ways to attack supply chains, including those in the U.S. The NSA's Director of Cybersecurity said, there is "a significant amount of intelligence gathering into the Western countries, to include the U.S., in that logistics supply chain."

In other words, it's only a matter of time before Russia targets and attacks U.S. supply chains, likely in the form of cyber-attacks.

The next reason Russia is gathering intel on our supply chain is to cut off our ability to combat another epidemic or pandemic. The fact is, Russian spies watched how the U.S. addressed the COVID-19 pandemic and noted the weak logistical aspects

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that the U.S. faced. They saw the struggles the U.S. had obtaining medical equipment such as ventilators. In addition, Russia used the pandemic to spread disinformation and portray themselves as competent, while other countries were incompetent and unable to deal with the pandemic.

As one U.S. official put it, the pandemic was a war game. It showed nations' abilities to respond to a crisis and exposed weak points and supply chain issues for many countries. The next time there is a pandemic we should know that hostile countries will leverage the weaknesses in our supply chains to disrupt our way of life and cripple our ability to combat sickness and defend ourselves.

Finally, Russia is gathering intel to keep tabs on the U.S. suppliers of enriched uranium, used in nuclear power plants. When Russia invaded Ukraine, the U.S. enacted sanctions on energy exports such as oil and gas. But there was one exception to the sanctions, nuclear power.

That's because Russia's government-owned nuclear energy company exports and enriches uranium and sells it worldwide. The company, Rosatom, has been relatively unaffected by the sanctions because the company's production can't be easily replaced.

In fact, in 2021, the U.S. purchased 14% of its uranium from Rosatom. Rosatom's enrichment services accounted for about 28% of what the U.S. consumed.

Clearly, the U.S. depends on uranium from Russia to operate nuclear power plants. So, while U.S. officials have tried to find another supplier, it could take years to find one.

This means the U.S. needs to prepare for power outages if Russia halts sales of uranium. Outages could cause disruptions in wide swaths of the U.S. So, if you don't have a backup plan for power, now's the time to get one.

The only thing scarier than our supply chain dependence on Russia is our de-

Highwild Bullet Trap

Highwild is a Canadian company that sells steel targets and similar products. This includes the Bullet Trap, which is an all-metal trap system that collects spent ammo. The trap is angled to absorb the rounds and force them downward.

It's made from powder-coated steel with a heavy back plate. It's easy to assemble, the only tool needed is an Allen key.

Once the system is set up it provides an 11-inch by 11-inch shooting area. The Bullet Trap is rated for .22 caliber rimfire rounds at a minimum distance of 30 yards. Of course, even though the system is designed to stop the rounds, you want to make sure that you have a safe backstop behind the Bullet Trap.

The Highwild Bullet Trap sells for \$50 and comes with two 10" paper targets, a metal clip, and a cardboard backer. (You can always print your own targets). So, if you're looking to make an inexpensive shooting range, this is a good place to start.

pendence on China and Taiwan. But it's just a matter of time before those supply chains run into trouble as well.

Bottom line, please get as prepared as you possibly can and have lots of food, water and other gear, so that you don't need to rely on someone else's supply chain in a major crisis.

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AMERICAN GOLD EAGLES

Start Stocking Up On These Valuable Coins

By Forest Hamilton

Universal Coin & Bullion

Recently, I promised to bring you highlights of our recommendations from the major types of coins we like most for their survival benefits, exceptional beauty, profit potential and historical importance. So, for my first recommendation, I want to bring your attention to a series that is more modern, more well-known and becoming exponentially more valuable as time goes by. I'm talking about the American Gold Eagle, authorized by the 1985 Gold Bullion Act. The coins were first minted in 1986 in denominations of \$5, \$10, \$25 and \$50, with a gold content of 1/10, 1/4, 1/2 and 1 full Troy ounce.

The American Gold Eagle was a truly significant notch in Reagan's presidential belt. When he petitioned congress to begin striking these beautiful coins, he opened a golden door that had been closed for over half a century. You see, as a country, we went 53 years without striking any legal tender gold. Franklin



D. Roosevelt signed his Executive Order in 1933, recalling private citizens' gold in an attempt to ease the effects of the Great Depression and make the paper dollar the primary means of trade. To further his cause, all U.S. gold production was stopped and Americans were not allowed to own more than a few ounces of gold for ornamental or industrial purposes. That is, unless those gold coins were deemed numismatic. This single act by the POTUS ignited a generation of collectors and investors and inspired the great hunt for gold coins that were beautiful, historically significant, and full of profit potential. This golden hunt has been passed from generation to generation and is alive and well today.

For basic survival and preparation purposes, the \$50 and \$5 Gold American Eagles are ideal. The \$5 (1/10oz) Gold Eagle is small and easy to trade, while the big \$50 (1oz) is a better way to concentrate larger amounts of wealth at a low margin above the metal value.

For more advanced investment purposes, we have also chosen a

total of 18 American Gold Eagles, 9 each of the low mintage and low population \$10 and \$25 (1/4 and 1/2 ounce) coins. All of the American Gold Eagles included have original mintages under 85,000 and MS 69 populations under 6,000 coins. Out of the 18 coins, the worst coin in the group has increased in value over 200% since 2005, which equates to a simple interest average of over 14% per year for the past 14-year period.

With gold breaking through \$1,900 per ounce and continued uncertainty in the economy, now is the time to see if Gold American Eagles make sense for you.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at 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.]

A THREE-STEP COURSE OF ACTION IS NOT ENOUGH

An Immediate Action Drill For An Active Shooter Scenario

By EJ Snyder

Former Army Ranger and Extreme Survivalist

It's scary these days that just going to the mall can turn deadly because a mentally ill or deranged person committed an evil act. I can't imagine the horror for anyone caught up in these events who have never been subjected to this type of stress.

It gets me thinking about my days in the Army and how while preparing for war, we did drills that mimicked the stress of people shooting at us to prepare us for battle. And when we saw action for real, I witnessed firsthand the number of lives saved because of those drills.

We would practice battle drills for every possible scenario until our reactions became second nature and instinctive. We would talk through and then physically do the drills to ensure they were ingrained in us.

What if civilians used a similar tactic in their everyday lives? How many would still be here today? As a parent, I talk to my older kids about these things and we talk through what actions to take. We are all responsible concealed carry holders.

For me, it's not about being a hero,

but if put in that situation with my training, I plan on saving as many lives as possible. But I have been through this duress and understand what my actions will be. I don't ask this of everyone, only that you save yourself and those with you.

You may have heard the three-step course of action to take if you're in a building (such as a school, a movie, or a religious facility) and an active shooter situation arises. The three steps are run, hide, and fight. The course of action is similar for open spaces (like outside a mall, a concert, or in a busy section of a city).

That three-step course of action is fine in general. But you should go further and develop your own personal actions in the event the initial steps break down or can't be carried out. What if you are in the immediate fray of the initial fire and can't run? This is where your personal active shooter immediate action drill comes in. It is something everyone can do and doesn't matter where you are at.

So, let me lay out a simple action drill that may just buy you the time needed to free you up to run or get out of the area. First, upon hearing shots fired, drop immediately to the ground or get as low as you can. Next, look for somewhere to duck and dodge the

bullets. Choose whatever cover and concealment is available.

But this is important: You need to know the difference between cover and concealment and the protections each provide you. Cover is best. It's something that will hide you from view, and it's hard enough to withstand a bullet, so it protects you from getting shot. Concealment is anything that will hide you from the view of the assailant but will not stop a bullet.

When you're behind cover or concealment, you want to quickly identify where the shots are coming from, where the assailant is and if they're moving about, and possibly what kind of weapon is being used (pistol versus rifle, etc.). You don't need to know the exact gun, but if you can determine if it has a high-capacity magazine or not, that will be useful.

If possible, try to keep track of how many rounds have been fired, so when the assailant is making a magazine change, you can take the next step in your personal immediate action. While the attacker is reloading is when you want to make your move. Look for the best route that heads away from the assailant, but still provides you cover and concealment. Continue to pick out spots along the route to safely leapfrog out of the area.

Once you are a safe distance away from the assailant, run! Then, after you've escaped the area and danger, use your cell phone to call authorities, then call your loved ones so they know you're alright.

As you can see, a simple personal active shooter immediate action drill can save your life. You can rehearse it anywhere, so it becomes second nature. When the shooting starts, it is imperative you react immediately to survive. It could save you and your loved ones' lives.

ACTIVE SHOOTER RESPONSE

LEARN HOW TO SURVIVE A SHOOTING EVENT



RUN



HIDE



FIGHT

CALL 911 ONLY WHEN IT'S SAFE TO DO SO

THE CORE MISSION OF EVERY FREEDOM LOVING PATRIOT

Small Team Combat Rules Adapted For Today's Violent World

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

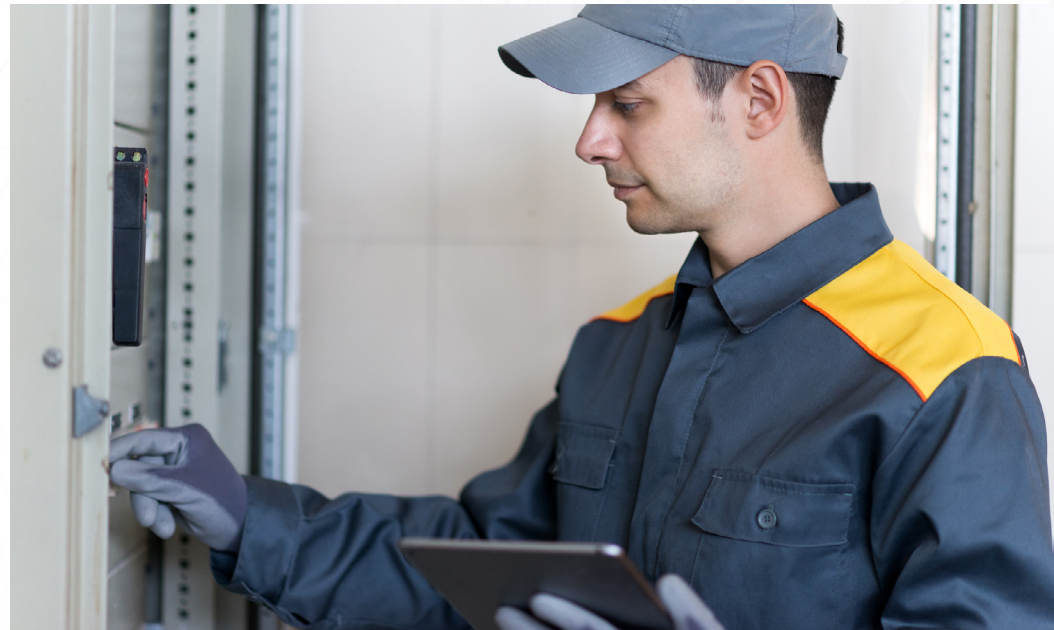
I have never served in the infantry. Even though I have trained with them, I am not proficient in large-unit combat tactics or maneuvers. My core training and experiences have been in small-team special operations. I share this because, in my opinion, you may face your own need to operate in or lead a small-team special operation in the near future.

That may sound sensational, but I truly believe it and expect it. There would be little value for me to compare and contrast the countless differences in operational paradigms between large unit engagements and small team operations. However, I can provide you with some tips and advice as you consider, and possibly prepare for, your own involvement in the coming conflict.

First, small units do not attempt to take and control large swaths of land or do battle with large infantry types of units. We use the old adage of eating an elephant one small bite at a time. This approach (that some call guerrilla warfare) has proved successful in recent conflicts, from Vietnam to Afghanistan.

Second, it requires an entirely different type of planning and organization. This involves much greater autonomy for each individual and it presupposes a level of personal loyalty and commitment greater than that expected of the nameless crowds in infantry units.

Control is not top-down, but peer-to-peer, and group discipline can be imbued with measurable levels of morality, decency, divine purpose, and



coherency among tactics and strategy. One mind, one purpose, one team.

The pre-planning, delicacy of operational methodology, and incremental changes you are able to accomplish by working from the individual up are more effective, require less destruction, and produce a more pleasing result even though it may take a little longer and be more intellectually demanding.

An example of the kind of mission that you may well face in the not-so-distant future is one that I conducted with my partner Max. Our mission was to disable the power supply to a building. We had to get in, then perform some special activities to do it.

While the mission and actions may be different, you must be able to plan and conduct an operation that involves surreptitious entry and the clandestine acts of sabotaging a building's power supply.

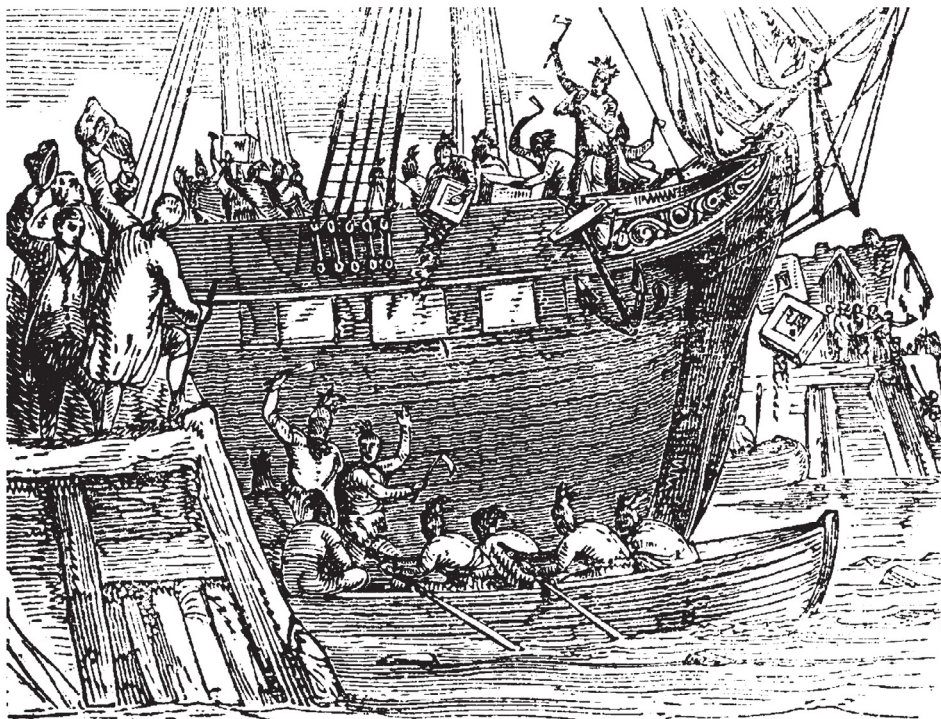
Obviously, you would never, under any circumstances, conduct such a mission here in the United States,

or in violation of any existing laws or ordinances, or for any nefarious purpose or intent.

So, hypothetically, for academic illustration, let's pretend you needed to turn the power off to a building without notifying the power company, local security, building occupants, law enforcement, or locally hired technicians.

Planning and conducting an operation like this may sound simple and straightforward. Just walk in, go to the main breaker box, and flip the switch. If only it were that easy. There are people who will notice you, cameras, locked doors, security systems, and always, some friendly person who asks what you want and offers to help you.

You need a "cover story" (a reason you're there) and a "cover for action" (a plausible excuse for what you're doing) in the event you get detected. You will likely need tools. Things like lockpicks, flashlights, rubber gloves, headlamps, communications. You'll also want overwatch (some-



one watching for people coming into your area of operations), an escape plan, and any specialty tools needed to force a power outage rather than just flipping a breaker.

You will need to do a “hard shut-down.” Disable the power and building communications in a manner that will take days to fully repair. Perhaps even set boobytraps to prevent repair teams from quickly getting into the area to assess or make repairs.

As part of the operational plan, you will need to design a triggering device on some kind of delay mechanism. You don’t want the lights to go out while you are still prodding around with all of your gear in your possession.

Depending on the situation, you might choose to employ an electronic, mechanical, or explosive device with either remote or time delay activation. You can even devise a delayed activation of your device by rigging it to an activity such as a door opening or an event such as a motion detector that you install.

In this hypothetical scenario, you will also need to pre-plan what kind of decoy evidence to leave behind

and where to place it. Trust me, you will want to place multiple samples of decoy evidence in different places. If you leave too much or make it too obvious, even the least effective detective will spot its inauthenticity.

This special aspect of your planning process requires a great deal of thought experimentation and some level of understanding of investigation techniques, devices, and sciences. This may help you understand some of the complexities of real-world sabotage in the modern age.

However, not every act of small team operations or infrastructure manipulation requires such detailed and elaborate planning and risky operations. Some of the most effective operations are very simple, easy to plan, and easy to coordinate actions.

These are the kinds of operations that our Founding Fathers engaged in while fighting the British. Actions like the Boston Tea Party were pivotal to conquering the British. The act alone did little to disturb the economy, damage vital infrastructure, disrupt British governance, or disable any British policing or military activities.

The transformational power and global consequences of the Boston Tea Party resulted from showing that unempowered American citizens actually had the power to change things. The masses can control the elitists if they form, organize, plan, and act. Actions like the Boston Tea Party energized the quiet, peaceful residents of not just Boston, but all the American colonies.

The Federalist Papers inspired the thinking minds of the colonists, but the acts of blatant sabotage proved to be thousands of times more powerful than articles published in the popular newspapers of the day by Hamilton, Madison, and Jay. Actions truly do speak louder than words.

Networks exist around the country where individuals are linked with trusted allies who are willing, able, trained, and ready to conduct activities to protect and preserve our Constitution. You may be asked to lead, contribute, hide, or form such a small enclave of resistance against the emerging evil tyrants, the entities and individuals choking the life out of our country and the soul out of our Constitution.

Chances are you will have the need to be part of a small team unit. Start preparing now so that you can contribute and help save America. Begin by asking yourself what you can do, personally. What actions could you take, either alone or in concert with other patriots, to give actual notice to the tyrants that you demand to be heard and obeyed? How can you “fire a shot across the bow” of usurpers who have commandeered our government agencies? Are you physically, financially, emotionally, and spiritually prepared to engage in these activities?

If you find that you are currently under-prepared in any one of these categories, invest time, money, and attention into correcting that defect so that you will be ready when called upon to do small but great things.

USING SUPPLEMENTS TO SAFELY ENHANCE YOUR HEALTH

How To Keep Your Testosterone Levels Up As You Age

By Dr. Omar Hamada

Special Operations Physician

Though women have long been encouraged to consider hormone supplementation as they age in order to ameliorate menopausal symptoms, preserve bone health, maintain sexual health, and slow cardiovascular disease, testosterone supplementation has only recently become widely accepted for men.

Although it is present in both men and women, testosterone is a hormone primarily associated with male development and ongoing health. As we age, our testosterone levels naturally decline, leading to potential health concerns and quality of life issues.

Testosterone supplementation has recently gained in popularity as a means to address these concerns and enhance overall well-being. There are many benefits to supplementing testosterone in aging men, but let's just consider four.

One of the key benefits of testosterone therapy is to enhance muscle mass and increase strength. Testosterone plays a crucial role in protein synthesis, the process by which muscles grow and repair after exercise.

Studies have shown that individuals receiving testosterone supplementation experience greater gains in lean muscle mass as well as improved athletic performance over those who do not. It is good to remember that one of the primary indicators of longevity is the maintenance of strength and muscle mass.

Testosterone is also essential for maintaining healthy bone density. As individuals age, the risk of thinning bones, also called osteopenia and osteoporosis, increases due to declining hormone levels resulting in alterations of bone metabolism. These factors are now

starting much earlier as more and more men become testosterone deficient earlier — even beginning in their 30s.

Next, testosterone supplementation in those who are deficient has been shown to enhance bone mineral density thus reducing the risk of fractures as it improves overall bone health and thus also muscular mass and strength as muscle mass is extremely dependent on adequate bone health.

Testosterone has a fairly significant impact on one's mood, energy, endurance, and cognitive function. Low testosterone levels have been associated with depression, irritability, and fatigue. Supplementing testosterone has been shown to improve mood, increase energy levels, reduce symptoms of depression, improve cognitive function and spatial ability, increase verbal fluency, and enhance overall well-being.

Finally, testosterone plays a crucial role in sexual function including libido and erectile function. Men with lower levels of testosterone often experience declining sexual performance and a decreasing interest in regular sexual activity. Testosterone supplementation improves libido, sexual satisfaction, and erectile function.

It is important to remember that testosterone supplementation should always be carried out under the direct supervision of a qualified healthcare provider. It's imperative for your provider to routinely assess individual hormone levels, hematocrit, cholesterol levels, blood pressure, overall health, and risk factors as they adjust dosage to assure appropriate effectiveness.

While supplementation can provide some amazing benefits, there are also some associated side effects and potential risks. Some of the side effects include (but are not limited to) acne, increased blood pressure, increased

hematocrit and blood viscosity, increased aggression, fluid retention, breast enlargement, worsening sleep apnea and insomnia, testicular shrinkage, prostate enlargement and urinary dysfunction, and a potential increase in cardiovascular events.

Testosterone supplementation has raised concerns regarding its impact on prostate health beyond simple prostatic hypertrophy with resulting urinary dysfunction that includes poor bladder emptying, frequent nighttime urination, and elevations in PSA. Although the relationship between testosterone and prostate cancer remains unclear, those with a history of prostate cancer should avoid testosterone and should consult with and be closely followed by their physician if they choose to supplement.

Supplementation should never be thought of as a substitute for a healthy lifestyle. Before testosterone supplementation is considered, individuals should dial in their sleep habits, dietary habits, and exercise habits. Only then will testosterone supplementation be fully effective in delivering the results most look for in using testosterone.

Testosterone supplementation can provide some truly amazing benefits as it improves one's quality of life and can even improve one's lifespan. However, it is important to approach any exogenous hormone supplementation with care and assure that it is delivered under the guidance and supervision of a knowledgeable and qualified healthcare professional.

Regular monitoring with measurement of hormone levels and blood counts, as well as consideration of cardiovascular and cancer risks is important in order to optimize the benefits of supplementation while minimizing any potential risks.

EMPTY HAND DEFENSE AGAINST AN ARMED ATTACKER

How To Flip-The-Script On A Bat-Wielding Psychopath

By Matt Numrich

Head Instructor Of Spy Black Belt

Last month, we covered the use of a bat for offensive purposes, in situations where we'd use it in defending ourselves against an attacker. This month, we're going to talk about how to defend ourselves against an assailant who is wielding a bat.

When defending against someone attacking us with a bat, the two main things you need to be concerned with are distancing and the "50% mark."

Obviously, an attacker is going to have either a single or double handed grip on the bat, which will influence the distance they're able to effectively swing the bat. Swinging one-handed affords more distance, while two-handed gives the attacker a more powerful swing.

The proper distance for staying safe is either outside of the range of the bat (where you can simply flee the situation), or inside the bat's range, specifically a foot or less. Where you can't be is in the middle or what I call "home run range." This is where the top third of the bat would have direct contact with you.

So, when someone is attacking you, and you can't just run away, your ultimate goal is to move inside of the "home run range" and strike with ballistic tools such as fists, elbows, knees and headbutts.

But to get inside, you might have to back up and move, evading swings until you can find an opening to close the distance. Because the bat is a heavier weapon, and can be more difficult to swing and control, once you see the attacker over-swing, or throw themselves off



balance "swinging for the fences," you can close the distance, move inside, and pummel them with strikes.

The key is to move in after their swing has passed the 50% mark of the swing arc. This gives you time to enter in as the bat is finishing its full swing arc.

Plus, even if the attacker somehow recovers and tries to swing quickly again, we're still entering right at the weaker start of the swing where you won't take much damage, and you'll be on top of them and battering them with your counterattack.

"Two main things you need to be concerned with are distancing and the 50% mark."

Once inside, you want to isolate the weapon's hand with both of your hands. This control will buffer another swing attempt, but also keep

him in that close quarters range where you can use your hardest hitting tools.

Ideally, while securing the bat to prevent another swing, it is smart to have one hand high and another low (or one hand on top and the other

under) for the firmest grip. Once it's secure and you are close enough, it is time to unleash your counterattack with the moves mentioned above.

Knowing this information, any thrust can be defended against the same way, using the fullest extent as the 50% mark, and when they retract, it is time for us to enter in.

I made a video for you where I walk through defending yourself against a bat wielding attacker. You can follow along with the video as you read or watch it when you're done to supplement what I've written here for you. To see the video, enter this website into your web browser: <https://fearlessstreetfighter.com/bat-defense>

Once again, a bat is a powerful weapon which does need to be respected. I'm hoping by breaking this strategy down, it takes some of the fear out of the situation, gives you a simple game to counter an attack, and allows you to safely defend yourself.