

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## WHAT HAPPENS WHEN ROBOCOP FAILS?

### Beware Of This Wolf In Sheep's Clothing

By Jason Hanson

*Former CIA Officer*

Have you ever heard of Evolv Technology? Probably not. Most people haven't. They're a weapons detection company based in Massachusetts (it shouldn't be surprising it came from a state like that). The company developed a security screening system that uses artificial intelligence to detect weapons.

The company offers two types of detection systems. The first one is similar to metal detectors and screens people at entrances. The other system the company offers claims to be able to identify individuals brandishing weapons up to 100 feet away.

The Utica City School District in New York installed this Evolv detection system in 13 schools, costing



more than \$4 million. The scanners look like metal detectors and scan for the signatures of guns, bombs, and large knives.

One day, a 17-year-old student walked through the scanner and into Proctor High School without raising an alarm or detection. Then the 17-year-old student walked up to a fellow student, pulled out a hunting knife, and stabbed the student in the back.

And that instance wasn't the first time the system failed to work. About a month before the stabbing, a police officer walked through the detection system twice without it detecting his

weapon. Lastly, in another incident, the detection system mistakenly identified a 7-year-old's lunch box as a bomb.

There have been cases all around the U.S. where Evolv's detection system failed to detect threats. Yet, tech companies are preying on school districts' worst fears and more schools are installing systems like Evolv.

**"The Utica City School District in New York installed this Evolv detection system in 13 schools."**

I'm obviously against this kind of technology, because the gun-grabbers will use this technology to try and hurt our Second Amendment rights even more so than they do now and it won't do what they promise us in the process.

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Case in point: Manufacturers of AI weapon detection systems argue their products are not metal detectors. They claim they're better and more accurate than metal detectors. But that's not exactly true. Some AI detection systems look for metal density to detect weapons. So, if you have a mostly metal firearm or knife it could detect the metal density.

However, if the person is carrying a polymer gun or knife, it means the AI detection could be less likely to find it. So, if you are worried about an AI system detecting your legally concealed gun you might want to find a polymer firearm that has less metal.

Another aspect of AI weapon detection is that the systems tend to look for items close to the body. The AI is designed to search for someone carrying handguns and long guns. And the systems are supposed to be able to tell the difference between a gun and a cell phone that might be carried in a pocket.

However, some AI can detect weapons being carried openly but not always weapons that are concealed. Meaning, it could be fooled by thinking that a knife in a pocket is just a cell phone. Also, if a person carried a gun in a backpack, it might be harder to detect. Inexplicably, proponents of these systems argue that most active shooters walk around with their weapons easily visible.

**"If you have a mostly metal firearm or knife it could detect the metal density."**

Further, the companies that sell AI detection systems have to train their systems. Many companies spend all day with hundreds of different weapons training their systems to recognize them. For instance, these companies have employees walking around during the day, night and in all different positions. They have to consider everything to train their AI detection system to recognize weapons.

Some companies that sell AI weapons detection systems have humans that verify the threat. For example, if a system detects a weapon, it immediately notifies a human employee who can look at the video. However, this takes time. If there is an active shooter there could be a lot happening by the time the human sees the video and decides what to do.

There is no question that AI is here to stay and is the future of many parts of our world. It will likely play a critical role in security, but it's not the best solution at this point. So, be careful of anyone who thinks that AI scanners are the greatest thing since sliced bread.

As for me, this just makes me want to get more guns (legally) off the books. This includes building guns from an 80% lower receiver and also buying guns made before 1899, which you can get without any background checks or records. If you're looking for pre-1899 guns, I like the Swedish Mauser.

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## Vets Tactical Cupolster

If you carry a gun on your body while you drive, you know it can get uncomfortable if you're driving for a long distance, depending on how you carry your gun. This is why you may wish to consider the Cupolster by Vets Tactical (a veteran owned company).

The Cupolster is designed to sit in the cup holder of a vehicle and hold a pistol. The gun sits in the Cupolster pointed down at a 90-degree angle. Some options allow you to cant the pistol if you prefer. Additionally, the Cupolster can be set up in different positions for cross-draw as well as for right or left-handed shooters.

The company produces different options for large and medium size handguns, plus versions that work for pistols with a tactical light attached, and it's customizable so you can tailor it to your specific vehicle and pistol.

The Cupolster is made of polymer construction and has two foam pads to keep it snug and tight. Also, there are magnets inside the holster to keep the gun in place.

One drawback to the Cupolster is that it doesn't secure the weapon from thieves or kids. So, don't leave a gun in the Cupolster if the vehicle is unattended since it's definitely not intended to be used as a safe.

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# A SMALL NAME CHANGE WITH HUGE INVESTMENT POTENTIAL

## How To Get In On The Ground Floor Of "Phase 3"

By Forest Hamilton  
*Universal Coin & Bullion*

Over a decade ago, Mike Fuljenz, "America's Gold Expert", described *The Evolution of a Rare Coin Bull Market*, which detailed the factors that massively increased the odds of a certified coin bull market taking place.

Obviously, past performance does not guarantee future results, but paying attention to patterns in history can help us see what might take place next. So, let's consider the factors Mike described that contributed to the last few bull markets for the certified gold coin industry.

From 1972-1974 the Watergate scandal happened, Nixon resigned, and we got a new President with Ford. The Vietnam war wound down. The first wave of OPEC oil price increases happened. The stock market dropped 45% (the worst performance since the Great Depression). And interest rates rose 9 times in 15 months from 4.5% to 8%. The number of individuals purchasing gold, silver and rare coins dramatically increased. Silver went up 250%, while the PCGS 3000 Rare Coin Index went up nearly 350%.

From 1976-1980 President Carter was elected, we had the Iran-Iraq war, stagflation, and the stock market dropped 27% by 1978. Interest rates changed 23x over 4 years, rising from 5.25% to 18%! Gold, silver, and rare coin buyers increased, pushing gold up 800%, platinum up 400% and the PCGS 3000 Rare Coin Index up almost 1,200%.

From 1986-1990 new President Bush was elected, we had the Savings and Loan and Iran-Contra scandals, and stocks plummeted 36% in 55 days. Gold, silver, and rare coin investors

poured in after Black Monday and the PCGS 3000 Rare Coin Index shot up over 660%.

Today, we have a contentious presidential election, with the potential for 4 more disastrous years of Biden. The Russia/Ukraine war is hot and heavy. Interest rates have risen dramatically and are slated to go up even more. We've had 2 of the 3 largest bank failures in American history. Inflation has risen to the highest level since the Carter administration.

New customers are flowing into the gold coin market at unprecedented levels and inventory is at historic lows. But this wasn't the case in 2019, when we were in the middle of one of the strongest economic windows in American history. Stocks were surging, real estate was up, consumer confidence was high, and gold was languishing.

That's when Mike Fuljenz and his team put their heads together and came up with something called Project 20/20. He spent countless hours researching market capitalization. He took the total number of a coin's known population and multiplied it by its market price, while doing a deep dive into the original mintage, specific historical demand cycles, and then he came up with a testable algorithm.

Out of thousands, he narrowed his focus down to just a small group of certified gold coins he felt would increase the most with the least amount of investment and risk.

Since he announced Project 20/20 at the Freedom First Financial seminar

in May of 2019, the entire group has increased significantly in value with the majority up well over 100% since their release.

Remember, this was during a time frame that gold and silver fell dramatically from their 2020 highs. Imagine making money on certified gold coins, while gold itself was going down.

**"He narrowed his focus down to just a small group of certified gold coins."**

Today, we're at the beginning of Phase 3 of what is now called: The 20/20 Program. Beyond a name change, Dr. Fuljenz is adding new certified gold coins to the recommended buy list and tweaking the existing ones to maximize their value and performance.

The certified gold coins being recommended are \$10 and \$25 Gold American Eagles in Mint State 69 condition, \$2.5, \$3, \$5 and \$10 Indian Head Gold coins, Type 2 and Type 3 \$20 Liberties, but only from specific year dates and mints.

Reach out to me with questions about the 20/20 Program. I still recommend bullion gold and silver American Eagles but wanted to answer questions I've gotten on the 20/20 Program and about investing in certified gold coins.

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

# DON'T NEGLECT THIS SIMPLE SURVIVAL PREP

## The Summer Hydration Battle Heats Up

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

Summer is upon us, and ensuring proper hydration during hot weather activities is essential for maintaining good health and performance. The last thing anybody wants to do is ruin their day by becoming a heat casualty. Rest assured, you can safely engage in your favorite outdoor activities, even in the heat of the summer, as long as you keep properly hydrated.

I can tell you from my time in the Army that dehydration can sneak up on you, resulting in a range of unpleasant and potentially risky symptoms that can detract from your summer enjoyment. During hot summer activities, we lose water through sweat, which aids in regulating our body temperature. However, if we don't replenish those lost fluids, we can quickly become dehydrated, leading to a variety of issues, from headaches and fatigue to muscle cramps and dizziness.

When we're dehydrated, our bodies have to work harder to carry out even the simplest tasks, as the lack of fluids can impair our cardiovascular function and reduce our endurance. This can be particularly troublesome for athletes or individuals engaging in strenuous outdoor activities where peak performance is crucial. Furthermore, dehydration can have serious consequences for our mental well-being. As our bodies lose fluids, our brains can become impaired, leading to decreased cognitive function, mood swings, and even confusion. This can be particularly hazardous in situations where clear thinking and quick decision-making are crucial such as in survival situations.

To combat the heat and stay hydrated during hot summer activities, it's important to take a proactive approach. This means planning ahead and ensuring that you have access to plenty of water or other hydrating beverages throughout the day. It's also crucial to pay attention to the signs of dehydration, such as dark urine, dry mouth, and fatigue, and to take immediate action to replenish your fluids.

One effective method for staying hydrated is to drink water regularly, even if you don't feel thirsty. Experts recommend consuming at least eight 8-ounce glasses of water per day and even more during periods of increased physical activity or exposure to heat. Additionally, you can incorporate other hydrating foods and beverages into your diet, such as fruits, vegetables, and electrolyte-rich sports drinks.

Another important consideration is the timing of your hydration. It's not enough to simply drink water when you feel thirsty. Instead, you should aim to stay ahead of the curve by drinking fluids before, during, and after your summer activities. In fact, one of the most important things you can do is to drink two large glasses of water when you first get up in the morning, since it's been several hours since you've last had a drink.

This can help prevent the onset of dehydration and ensure that your body has the resources it needs to function at its best. Of course, staying hydrated during hot summer activities isn't just about drinking water. It's also important to protect your skin from the sun's harmful rays, which can further contribute to dehydration.

Wearing lightweight, breathable clothing and using sunscreen can help minimize the impact of the sun's intensity and reduce the risk of sunburn or heat-related illnesses. If you don't have some lightweight clothing in your bug out bag, consider adding some. At the very least, keep some in the trunk of your car.

By being proactive, paying attention to the signs of dehydration, and incorporating hydrating strategies into your daily routine, you can beat the heat and make the most of your summer adventures.

**"It's also important to protect your skin from the sun's harmful rays."**

As you see, staying hydrated during hot summer activities is an absolutely crucial aspect of maintaining optimal health and performance. Understanding the importance of hydration, and the simple steps to prevent dehydration, can help you plan and prepare your home preps, your bug out bags, bug out locations, vehicles, and caches.

Be intentional about including hydration in all your planning and preps. It does you no good in an emergency to have everything else dialed in if you're laid low by dehydration.

So, ensure you stockpile water, have multiple methods for water filtration, access to stoves or ways to make fire for boiling, and safe and reliable means to carry water and other hydrating drinks with you as you travel.

Now, get out there to enjoy all that summer has to offer, but be sure to stay hydrated. And if you don't have your hydration plan in place – both for sheltering in place or bugging out – take steps today to shore it up so you're ready for any emergency or SHTF scenario.

# LESSONS FROM CLANDESTINE OPERATIONS

## Your Part In Resisting The Torrent Of Oppression

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

There was a six-foot stretch of floor behind the operator stations of the #3, #4, and #5 operators that I kept glancing at throughout the inbound leg of our mission. Our AMS (Airborne Mission Supervisor), or #1 operator called me over the secure headsets and said, *“Stop. You are making everyone uneasy.”*

But it was hard to stop because that was where one of our combat crewmen lay dying on the long flight back to base a few weeks prior. Sadly, I never really got to know him, and I think that is what kept drawing my attention to where he had been laying and died. It was nothing heroic, just a matter of diabetic shock. He had managed to conceal his challenges with diabetes.

I do not know precisely what happened because I was not on board with that crew that day, I was in the ops center at the ground station and heard the call for the emergency abort. The pilot notified our ops

center that there was a medical emergency on board, aborted the mission, and flew to the nearest landing strip with access to a hospital.

But it is not like being on a commercial flight, where you can land at any airport in an emergency. Because of the classified nature of our missions, the great wealth of top-secret equipment and material on board, and the highly specialized recovery crews required to be present at landing, the pilot had to land at a U.S. military base.

In this case, it was an eight-hour flight to the nearest base that could accept a reconnaissance mission recovery. I am not sure that most people ever think about the extraordinary risks and sacrifices men and women take when they raise their hands and swear to fight to the death to defend our Constitution.

I was privileged to know many men who gave their lives, limbs, blood, and futures in service to America.

While I was a clandestine foreign intelligence operative for the U.S. Government, we had a similar situation. We lost one of the operators on the advance team. In this case, the mission of the advance team was to do an “area survey” and mission prep.

***“I was in the ops center at the ground station and heard the call for the emergency abort.”***

An area survey basically captures a snapshot of everything from local clothing to developing area familiarity to annotating security features (cameras, electronic monitoring, etc.) and other aspects of getting to know an area well. It also includes detecting and monitoring all electromagnetic emanations, including cell phone towers, microwaves, radar, government and commercial communications (TV and radio), driveway alarms, motion detectors, locations of law enforcement, and every other risk to spies.

As is always the case for clandestine operatives in foreign countries, he was operating under an alias and full cover. He and the rest of his team were prepping the area for our mission, planning ingress and egress routes before we got there, and pre-positioning specialized gear and essential mission materiel.

This was important because to increase the success of our missions, we need to get in quickly, do the deed, and be gone just as quickly. The only way to accomplish that is to have the area prepped for our work.

This operator had explored the area and was pre-placing some specialized, heavy, and cumbersome equipment and supplies for us. There are an inordinate number of obstacles and complications whenever anyone performs heavy labor and compli-





cated equipment installations. His challenges were further compounded by the requirement that he do much of the work at night with little sleep.

He had to carry a great deal of equipment, with little time for rest or food. He was working around the clock so that he could live and work his cover life during the day and work 12 hours at night as a spy.

The first sign of trouble was during one of our regularly scheduled mission update briefings. Our team was preparing to depart for the ops area, and we spent most of our days in the “shop.” We had a cover facility just outside of D.C. that served as our mission prep site and we got daily updates from the advance team through secure satellite linkups.

During this update, they reported that “Archer 19” (pronounced Archer one-nine) had missed his last two comms checks. They advised us that if he missed two more (that would be a total of 24 hours), they were going to send another ops team member to get a visual on him.

About 12 hours later, we received a very unexpected update. “Digger 84” reported finding “Archer 19” at the initial staging point. One of the large pieces of gear had fallen free from the pallet lashings and killed him. There was a great deal of concern that it was not an accident. It froze our mission while the advance team laid low and tried to determine whether it was a genuine accident or sabotage.

They could not risk retrieving his

body immediately. The concern was that it was an ambush. We were all concerned that if a team was to go in and recover his body, they could be captured, tortured, and used for propaganda. And the cold fact is that however he died, getting him out of the jungle today would not improve anything for anybody.

The advance team scouted the entire area around the site for two full days. Once they felt sure it was clear, they set about the gruesome task of extracting his body. They got his body to a physician who had ties to our government. We have recruited doctors and other healthcare professionals everywhere around the world to help us out in these situations.

This physician had a close working relationship with local U.S. operatives working out of the embassy and consulates. He performed an autopsy before preparing the body for shipping back to America.

His autopsy report suggested that “Archer 19” (now under his care as Juan Cruz, a local import-export worker) suffered a heart attack during his efforts to unload items from a container. He was not killed by the items that were atop him, rather, he died and they fell on him.

This meant the mission could move ahead. But it also meant we lost a very good man who gave his life in service of our country. Neither he nor his family will ever receive the recognition they deserve for their sacrifices.

As I look back and think of Benghazi, Afghanistan, Ukraine, Taiwan, and all of our other recent failures to serve and protect, I think about the men and women we are sending to their graves.

We did not honor them while they lived, and our current national behavior brings dishonor to all who willingly gave their lives, limbs, and futures for America.

When will we demand a return to honor and virtue as a nation, culture, and community? Be the one who calls out misdeeds and desecration of our culture. Don’t stand by, shocked in silence, as good men and women turn in their graves in horror of what has happened on our watch. Speak up, loud and often.

Don’t let the bullies crush another good patriot under the weight of their oppressive schemes to dismantle America. Let your voice be heard, your vote be counted, and your freedoms be preserved.



## SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

Don’t forget to grab the “Solar Savior” training at a large discount this month, so you can discover how to build a solar generator for 1/10 the cost of a store bought one. You’ll see the exact generator I’ve built to keep my wife and 7 kids protected when the grid goes down. To see it all, visit

[www.GridDownBlade.com](http://www.GridDownBlade.com)

# "DR. GOOGLE" WILL SEE YOU NOW...

## Truth About Your Health In the Age Of Disinformation

By Dr. Omar Hamada  
*Special Operations Physician*

The COVID-19 pandemic resulting from the NIH funded, gain-of-function studied, Chinese weaponized SARS-CoV-2 virus a few short years ago, made us all hyperaware of our immune system and its health. Since then, the internet has exploded with thousands of "Google-experts" who tell us all how to strengthen our immune system.

They promote any number of recommendations. Some spot on, others from out in left field. It's gotten so crazy it's hard to know who to believe.

What I've noticed is that 98% of these self-proclaimed "experts" don't have the first clue as to what the immune system really is or how it actually works. In fact, many state that if only we made our immune systems healthy with whatever product they are selling they would be impenetrable, which is simply not true.

However, there is usually some kernel of truth in what these people are saying, though it's unfortunately mixed with a large amount of bologna. Your immune system may be incredibly strong, but it will never be "impenetrable." If you get infected with Ebola, Marburg, HIV, Herpes, Influenza, or some other pathogens, you will likely get ill. In some cases, you may get deathly ill.

The severity and length of illness are dependent on many factors, but primarily whether or not you've been previously exposed through natural transmission or immunization, and how vigorously and effectively your immune system reacts. If your immune system gets too wildly strong without proper controls in place, it could attack your own body.

That's what happens with autoimmune diseases like Rheumatoid arthritis, Lupus, Inflammatory Bowel Disease, Multiple Sclerosis, Hashimoto's, Psoriasis, Sjogren's, and Scleroderma.

So, let's briefly discuss what our immune system is, how it works, and how to improve its health and functionality. Your immune system starts with a large passive and defensive barrier called the skin. As your largest organ, your skin doesn't simply provide sensation, cosmesis, and covering, it is also the initial and primary barrier to disease.

Your second line of defense is your mucus membranes — nose, eyes, mouth, urethra, vagina and anus/rectum. These are usually the areas pathogens enter our bodies. They are replete with various antibodies, mucus, saliva/tears, and other fluids that entrap and wash away, as well as other factors that can attack and incapacitate bad bugs.

Of course, the load of pathogens entering can overwhelm our initial defenses and invade our bodies through these cellular and humoral barriers. It's also important to remember that our intestinal walls have nests of very active white blood cells that provide great immune defenses. This is one reason gut health is vital, as it affects much more than just digestion.

Finally, we get to our active very complex immune system. The active immune system is made up of a cellular innate component, and a humoral or fluid/liquid adaptive component. The cellular or innate side includes white blood cells known as leukocytes that activate the complement cascade that then calls in help and also directly

kills pathogens as it identifies and removes foreign materials and dead cells.

The humoral or adaptive side is responsible for remembering specific pathogens, recognizing them, and tagging them for destruction with antibodies. The leukocytes that are part of the innate system include neutrophils, mast cells, eosinophils, basophils, monocytes, dendritic cells, and macrophages.

**"Your immune system may be incredibly strong, but it will never be impenetrable."**

There are also leukocytes that are then part of the adaptive side that provide humoral immunity by producing and reacting to antibodies which serve as flags to attract friendly cells to come kill invaders. Those are cells like B cells from the bone marrow that produce antibodies and T cells from the thymus that help and directly kill invaders.

To keep our immune system primed for battle against cancers and pathogens, it is mandatory to live a healthy lifestyle. Hydrate, focus on good nutrition, and get plenty of sleep. In addition, make sure you are taking the ideal co-factors like Vitamin D, Vitamin C, Zinc, and Magnesium (there are others, but these are the most important).

Finally, assure that you are not living in sterility. It's important to challenge our systems regularly. Don't overuse hand sanitizer (that could be the one thing that is killing us most quickly today), and don't freak out over "safe" microbes. They are a necessary part of our environment and the more we are exposed, the stronger our immunity.

# FULL FRONTAL ASSAULT ON YOUR SAFETY (AND LIFE)

## Simple Steps To Disarm A Gun Toting Assailant

By Matt Numrich

*Head Instructor Of Spy Black Belt*

Last month, I wrote about the signs and cues that would motivate us to attempt a gun disarm. So, now, we'll talk about the "how" of properly disarming a threat. As with any self-defense move, we'll break this technique into a handful of easy steps, then train those steps until they're second nature.

The key is to make these disarms simple, effective, and adaptable since there are many ways you can get assaulted with a weapon, and many types of firearms. In this discussion, we'll discuss a frontal disarm because that is most likely what you'll face if an attacker pulls a gun on you.

But, before we get started, you need to understand the importance of distance in attempting gun disarms. Obviously, if you are not within an arm's reach of the gun, completing a disarm will be nearly impossible. If you are farther than an arm's length away, and want to close the gap, there are some things you can do.

For example, you want to act submissive, keep your voice down, do whatever they ask. Whatever you do, do it submissively. When they ask for your wallet, you can take out

your money and slowly walk toward them to hand them the wallet.

Now, assuming you are within arm's reach, there are a few simple steps to an effective gun disarm. The first step is to "Clear" the barrel of the gun. This is done by parrying the barrel of the gun away, or turning your body away, or both, so you're not in the line of fire. You clearly don't want the barrel to cross any of your body parts. Nor do you want the barrel to sweep anyone else nearby, so be aware of your surroundings.

The next step is to "Isolate," which you do by using your free hand to cup behind the receiver of the gun. (Basically, grab the back of the gun.)

The next step is to "Manipulate" the weapon and remove it from the attacker's hand. You'll use leverage and pain compliance to pull the gun over the webbing of their hand and out of their grip. Delivering a groin kick before or during this process can help greatly.

Then you'll use the barrel of the manipulated gun as an impact tool to "strike" the attacker in the head and face. As you can imagine, it doesn't feel good to have a gun smashed into your teeth.

Now that you have the gun, there are two more steps. First, assume the weapon could have discharged or is jammed. So, you will "unjam" the weapon using the common "tap-and-rack" malfunction clearing maneuver. You do this by smacking the magazine up into the magazine well to ensure it is seated properly, then rack the slide back to clear any jammed round.

Finally, stepping back and gaining "distance" is vital. Distance will keep you out of immediate counter-attack range, gives you more time to react, and allows you to fully secure the gun so you can give the attacker verbal commands at gunpoint.

This may seem like a lot until you realize that everything happens in a second or two. And the point of breaking the disarm down into specific steps is so you can practice and master each piece, and it becomes reflex. That way you'll react the right way when things go haywire, and not have to stop and think when the adrenaline's racing.

In future articles I'll discuss gun disarms when someone has you at gunpoint from the side, and even from behind you. Also, I've made a video that covers the frontal disarm step-by-step (as well as the others we'll discuss in coming months). You can see the video at this site: <https://fearlessstreetfighter.com/gundisarms/>

Remember, you have to be within arm's length of the firearm to perform any disarm. If you're not at that distance — or closer — don't even try. But, if you're at arm's length, and you've determined your life is on the line, use these steps (Clear, Isolate, Manipulate, Strike, Unjam, Distance) to quickly disarm and dismantle any attacker who's trying to kill you.

