

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## FOREIGN CRIME MARCHING ACROSS THE U.S. BORDER

### New President, Same Old Mexican Corruption

By Jason Hanson

*Former CIA Officer*

Last year, a former Mexican presidential cabinet member, Public Security Secretary Genaro García Luna, was convicted of accepting huge bribes to protect the very cartels he was supposed to bring down. His work also put him in connection to American politicians. These politicians believed they were supporting his efforts to fight Mexican cartels. The U.S. even spent \$1.6 billion to support Mexican law enforcement efforts.

Luna met with drug traffickers and came up with plans to keep law enforcement away. He tipped off traffickers about upcoming raids and made sure that drugs could move



freely through Mexico. He also worked with cartels to raid their rivals.

It was revealed that during one sit-down meeting with the cartel, Luna walked away with \$3 million in bribes. As one cartel member said, “He was the best investment they had.”

Luna is the highest Mexican official to ever be tried in America. During the trial, cartel smugglers and Mexican officials testified that Luna accepted millions from the cartels. It was also revealed how he helped

cartels move drugs by boat, private jets, trains, and even submarines.

Luna conducted meetings everywhere, from car washes to restaurants. He collected bags of cash and cocaine during his meetings. Witnesses also talked about the cartel killings and kidnappings.

It all came crashing down when his name was brought up during the trial of the infamous cartel leader “El Chapo.” After the trial, a Mexican citizen said, “Our country is so bloody because of the corruption.”

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As most of us know, Mexico has long faced issues with corruption, and each time a Mexican president is elected there are calls for crack-downs. Recently, Mexico elected its first female president, Claudia Sheinbaum. Here are a few ways that Mexico's next president could impact the U.S.

One way is through Mexico working with Central American countries to take advantage of near-shoring (which is a term that describes bringing manufacturing closer to the market.) This would be a benefit for Mexico because it would create jobs and economic stability, however this may result in higher prices for goods because of the increased labor costs.

Also, although every time a new president is elected there is hope that they will get tough on crime, Sheinbaum is almost certainly going to follow in the footsteps of her predecessor. She is the first female president in a country that has not always viewed women as equals, and it is likely she'll take a hands-off approach and not ruffle any feathers. This means that we Americans can continue to expect the same crime and drugs flowing in from Mexico.

Sheinbaum won the election by a landslide. Her party also won a majority in the Chamber of Deputies. These victories will allow the new president and her party to approve at least 20 constitutional reforms. The concern here is that this weakens the checks and balances in Mexico's politics.

This means that Americans should brace for more instability from the South and about the same level of cooperation on solving problems. So, while many Mexicans have hope for their new President, it looks like Americans won't see much change.

Regardless of where you live, this continued exporting of crime into the U.S. from Mexico endangers your safety and isn't going away anytime soon. In fact, as of now, the Mexican border will continue to be a porous nightmare allowing "sleeper cells" to easily enter our country. While most people focus on the illegal Mexican immigrants, it's the Asian, Islamic, and European illegals who will be the true saboteurs. They are the ones who have set up shop and are just waiting for the signal to cause massive damage to America's economy and grid.

This is why I hope you continue to ensure your safety and survival. Stock up on gold and silver. Continue to add emergency cash to a fireproof safe inside your home. Add to your firearms arsenal if you can, and don't forget to throw in some good old-fashioned revolvers made by Smith and Wesson or Ruger. Have multiple generators (solar, gas, diesel, propane.) Secure a clean source of water whether it's a well or hundreds of gallons of fresh water stored in your garage. We are getting closer and closer to a major catastrophe and most of America is woefully unprepared. Don't be among them.

**"They are the ones who have set up shop and are just waiting for the signal."**

## Stratus AR-15 Holster

Have you ever heard of a holster for your AR-15? Probably not. But now there is the Stratus AR-15 Holster made by Stratus Support Systems, a company from Huntsville, Texas. Despite its small size, it does pretty good job to help distribute the weight of the rifle on your vest or belt. The holster is relatively small, as I just mentioned — about the size of a handcuff case, which is nice since it won't take up a lot of space. All you do is slide the buttstock of your AR-15 into the holster and that's it.

The only drawback to the system is that you will need to install a receiver plate on your rifle. It's not hard, but it isn't something you would want to hassle with all the time. Also, it's designed to work with or without a sling. If you use the holster along with a sling it will keep the weight of the rifle up, while the holster keeps the rifle from moving around.

The holster works with a belt or MOLLE setup and has several quick detach pins. It's a level two retention holster so you have to push in on a release to pull the rifle off the holster.

I wouldn't use this holster as a replacement for a sling, but when they are used together it can keep your rifle from moving around and make it more comfortable. If you do a lot of patrolling on a large piece of land, this might make sense for you. However, if you only use your AR-15 for home defense purposes, then you wouldn't need to bother with one of these holsters.

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# THE HIDDEN VALUE OF TRUST IN PRECIOUS METALS INVESTING

## Why Costco's Gold Rush Is Good For The Market

By Forest Hamilton  
*Universal Coin & Bullion*

Maybe you've heard about the recent gold rush that Costco created. I have received hundreds of emails from clients and friends asking my thoughts about it and even had a random American in a bakery in Paris ask me if he should buy gold bars from Costco.

In October of 2023, Costco started selling 1-ounce, 24-karat gold bars on its online store with a maximum of 2 bars per member. You were required to be an active Costco member in order to purchase them and there were no refunds, returns, or options to sell back to the store. The bars often sold out within hours of online release and the numbers have been staggering. Wells Fargo has reported that Costco has been averaging up to \$200 million dollars' worth of gold bars per month.

Many people assumed the gold was selling so well because their bars were much cheaper than anyone else. This turned out to be false. In fact, there were quite a few major gold dealers selling the gold bars for similar or even lower prices. The identical gold bars that I sell are less expensive, do not have a shipping fee, have free replacements, and we guarantee to buy them back.

With this in mind, why would anyone pay more money, pay unnecessary shipping fees, not be able to return or exchange them, and be guaranteed to not be able to sell them back to Costco?

A few terms come to mind: convenience, availability, trust, herd mentality. The vast majority of Americans have never purchased

gold but would like to own some. They just didn't know how. Once a convenient option became available from a company they trusted, the pros outweighed the cons, hence the addition of billions of dollars of money flowing into the gold market.

Many people in the gold industry were worried that this could be the beginning of a trend that could be negative for our industry, but I couldn't be more excited about it. When more investors come into the market, the market gets healthier. And if you are a good company with a proven track record and fair prices, you can only benefit.

For example, recently, a new client from Florida (we'll call him J.A.) reached out to me with some questions. J.A. told me that he had originally gone to Costco and saw them offering one-ounce gold bars for sale, so he bought one for around \$2,500. J.A. said he liked the product, so he went back later to get another bar but was told by Costco employees they were "sold out."

That's when J.A. picked up the phone to call me. We had a great conversation, and I was able to answer many of the questions he had always had about the precious metals industry.

Questions such as: where he should store his gold, how to put physical gold into his IRA, the tax benefits and rules of buying and selling gold, and, most importantly, exactly which type of gold and silver he should invest in to match what his goals were.



J.A. got a one-ounce gold bar, which actually was less than the price he was charged at Costco. The fact is, my knowledge (and others in the gold industry) about prices, and personalized service are why J.A. decided he would work with me.

Keep in mind, I am not suggesting that you should not purchase from Costco. If you just want to grab an ounce or two of gold and stick it in your pocket at a fair price whenever they have them in stock, go for it.

But if you want an excellent price that comes with white glove personalized service, free shipping, replacement, and guaranteed buy back, call one of the industry accredited and authorized PCGS and NGC A+ rated BBB firms to assist you.

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

# A TEMPLATE FOR CHOOSING THE RIGHT GEAR

## Knife Vs. Axe: Which One Has The Edge In A Survival Situation?

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

There is an ongoing debate over whether it's better to carry a survival knife or an axe – assuming you have to choose one. So, I thought it might be helpful for me to run through how I think about these types of gear decisions, which will then allow you to use this process as a “template” for making other gear choices.

First, let's examine the strengths and weaknesses of each. Survival knives are versatile tools that can be used for a variety of tasks, including cutting, slicing, and self-defense. They are usually smaller and more compact than axes, which makes them easier to carry. This can be a significant advantage in a survival situation where you may need to travel long distances with your gear. Plus, the smaller size of the knife makes it easier to use and maneuver in tight spaces.

Survival knives are also handy for tasks such as food preparation, shelter building, and fire starting. They are relatively easy to maintain and sharpen, which is crucial in a survival situation.

On the other hand, axes are primarily designed (and are simply more effective than a knife) for chopping and splitting wood, which is also essential in a survival scenario. They are generally more powerful than survival knives, thanks to the added weight and leverage of the axe, which allows for more powerful and efficient cuts. This can definitely save time and energy in a survival situation.

Axes are also less likely to break or become dull over time, making them a durable option for long-term use. An often-overlooked consideration is the level of skill and training

required to use each tool effectively. Survival knives are generally easier to use and require less training than axes, which can be more difficult to master. This can be an important factor for those new to survival skills or those without the time or resources to invest in extensive training.

When it comes to self-defense, both survival knives and axes can be used as weapons, but the choice ultimately depends on the specific situation and personal preference. Survival knives are generally more agile and maneuverable and with better balance, which makes them a better choice for close-quarters combat. Plus, most of us carry a knife on us every day and that's not something we do with an axe. Meanwhile, axes can be used to deliver more powerful blows. But they can be unwieldy and cumbersome and off balanced when used as a defensive weapon.

Ultimately, the choice between a survival knife and an axe will depend on the specific needs and preferences of the individual. If you prioritize versatility and ease of use, a survival knife may be the better choice, while if you need a more powerful tool for tasks such as gathering firewood or clearing brush, an axe may be the better option.

It's also important to consider the specific environment and conditions



you may face in a survival situation. In a heavily forested area, an axe may be more useful for gathering firewood and clearing paths. Conversely, in a more open or rocky terrain, a survival knife may be more versatile and easier to maneuver.

In any case, whichever you choose, whether it be a survival knife or an axe, it's important to have a solid understanding of how to use and maintain your tool and to be prepared for a wide range of survival scenarios. Of course, either one of these tools can save your life should you find yourself in a dire survival situation.

Consider using this method of thinking through the pros and cons, versatility and weight, potential situations and environments, and your personal training and level of comfort for each piece of survival gear that you add to your kit. This way, everything earns its place, and fits precisely within your planning and preparations. And if you decide to go the direction of axes, you may wish to check out some made by the following companies: Gransfors Bruk, Fiskars, Adler German Axes and Ochsenkopf.

# EVERYDAY AMERICANS ARE UNDER THE MICROSCOPE

## Will You Be Ready When It's "Time To Shave?"

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

I was on a covert intelligence collection mission in South Korea that required getting "danger-close" to the North Korean border in order to obtain the most accurate and deepest intelligence possible. Our covert mission took place during a period of intense tension that required us to closely observe what was going on just north of the line.

The stakes were high, and we had valid concerns that if our presence was discovered and the North Koreans decided to act, our team would be in grave danger. This was at a time when few in the public were aware that those of us in special operations had less-restrictive grooming and uniform requirements. This helped keep us from standing out as much and allowed us to move around more easily as individuals in foreign countries without being so obviously American warfighters.

It does not violate international espionage laws and rules because not all

countries require their warfighters to adhere to strict grooming standards. My hair was well over my ears, and I had what can only be described as a prepubescent-like blond beard that resembled peach fuzz.

A good friend was with me on this mission. We'd been on many covert missions together and developed a shorthand for urgent communications. On our mission, my buddy turned to me and said, "It's time to shave." Now, that phrase may sound peculiar, but for reference, ponder why Adolf Hitler wore his mustache trimmed so tightly under his nose. Some will remember that it was because of his experiences in trench warfare in WWI. He was temporarily blinded during a British gas attack on his unit in Belgium on October 14, 1918.

He witnessed many of his friends and fellow soldiers crying out as they died agonizing deaths because their gas masks did not seal tightly

enough to their faces because of their facial hair. The mustard gas leaked in and tortured them to death. So, Hitler maintained face-mask-ready grooming, including a tightly trimmed mustache, for the rest of his life. We learned a little bit about that

experience ourselves in gas mask training. Plus, we knew our enemies planned on using chemical weapons against us if they found us.

**"It does not take long to shave enough of your face to ensure the gas mask seals properly."**

There are advantages to mass-area lethality that penetrates trees, undergrowth, concealment, and cover. A few chemical projectiles will kill everything within a 100-yard radius, which is exactly what we expected if we were discovered. So, when my buddy said, "It's time to shave," he was being literal.

It does not take long to shave enough of your face to ensure the gas mask seals properly, so inside our gas mask pouch, we all carried safety razors and a chunk of soap

But why not just be closely shaved every day, all day? Well, when you are living and working in the jungles and wilderness, you do not have "normal" days. Days and nights are not measured. Instead, watches and patrols stretch for untold hours based on threat exposure.

The demands of the mission are your only clock. Sometimes, you don't get to wash, shave, eat, or sleep. You only have time to tackle the most important and urgent tasks, and others have to wait. Neither of us had shaved for about 30 hours. Until then, we thought we were totally undetected. But Tom heard something on the enemy radio frequency that warned us of trouble.





He intercepted communications that our enemy was discussing using a chemical device because they suspected there was an intrusion. On the spot, we immediately dropped to our knees, splashed water from our canteens on our face and neck, and gave ourselves a quick shave. We had our masks at the ready. By the grace of God, we were able to egress without them using chemical agents against us. That was not our first, nor last, close call.

One of the things that has changed in the intervening years is that now many Americans are under the same kinds of imminent threats that we were under while in combat. My teammates and I used to anticipate and prepare for several threats during every mission. We had to have the training, experience, and equipment to protect ourselves or at least minimize the effects of those threats.

But today, my family has to be prepared for a far wider range of threats every day. I know how to prepare for a chemical attack. I know how to move, shoot, and communicate and understand battlefield tactics and strategies. I've taught my wife and children to shoot and use smoke grenades, flashbangs, and all manner of defensive and offensive tools.

But now they have to be prepared for things such as hyperinflation. They have to be prepared for supply chain shutdowns. I have been trained on donning NBC (nuclear,

biological, and chemical) AKA CBRN (chemical, biological, radiological, nuclear) protective clothing, gear, and devices. Moreover, we have those items available for rapid retrieval and implementation in an emergency since they now have to be prepared for that too.

We have several large gas tanks, several 100-pound propane tanks, dual fuel generators, solar panels, and portable solar power stations. We have all this and lots of survival food for when grocery stores get closed.

We are working on our homestead to make it increasingly self-sufficient. We have ponds with bass, bluegill, and catfish, freshwater creeks and a well, and over 40 acres of woodlands in the middle of thousands of acres.

We are taking daily steps to prepare for what is coming, but we all have to be prepared to survive existential threats that were once science fiction.

Ask yourself: If things were to get so bad that there was a real risk of chemical, biological, or radiological attacks close enough to you and your family, would you be fully prepared?

That includes not just gas masks, but razors, soap, NARCAN (OTC naloxone nasal spray), Potassium Iodide, antibiotics (especially broad-spectrum ones like Levaquin or other fluoroquinolones that are effective against anthrax), and a fully stocked trauma and self-aid medical

kit large enough to take care of your entire family, and possibly friends and neighbors.

It means having enough fresh water and survival food to sustain your family for months. Plus, a garden large enough to feed your family and access to enough hunting, trapping, fishing, and foraging to support your body's need for protein for years to come.

At first, cash, gold, and silver will help you buy what you don't have. But, within weeks, no one will want to sell anything that keeps them alive. The reality of today is that, just like my friend and I, you have been spotted and they are preparing to use social, economic, health, food, and munitions to attack you. When it's time to shave, it's too late to run out and buy a razor. Get your personal collapse defense system ready now. You must be ready at a moment's notice, because you may wake up tomorrow to a very different world.



## **SAVINT**

### **YOUR MONTHLY SAVINGS INTELLIGENCE**

If you haven't done so yet, make sure to grab our new survival bucket cover. This allows you to turn an ordinary bucket into a special bug out bucket or shooting range bucket. It has several pouches for pistol magazines, AR-15 magazines, and other gear. For pictures and full details, visit

[\*\*www.SpyBucket.com\*\*](http://www.SpyBucket.com).

# THE EFFECTS OF ARTIFICIAL INTELLIGENCE ON YOUR HEALTH

## Technological Breakthrough Promises A New Lease On Life

**By Dr. Omar Hamada**  
*Special Operations Physician*

As technology advances, artificial intelligence (AI) has taken a front seat in discussions with both hope and fear punctuating predictions of how it will impact our futures.

In a world where survival and peak physical performance are paramount, advancements in healthcare technology are crucial. The integration of Artificial Intelligence (AI) into the health and healthcare sectors has emerged as a game-changer.

For men and women aged 50-80 who have spent their lives pushing the limits, AI offers a new frontier in maintaining health, optimizing performance, and ensuring longevity.

One of the most significant contributions of AI to healthcare is in diagnostics. AI algorithms, trained on vast datasets of medical information, can analyze imaging scans, blood tests, and other diagnostic data with unparalleled precision and speed, and unimaginable predictive value. This is particularly beneficial for those who face unique and complex health issues.

AI can detect early signs of conditions such as cardiovascular disease, cancer, and neurodegenerative disorders, which are critical concerns for aging warriors. Early detection means early intervention, allowing for more effective treatment plans and better outcomes.

For example, AI systems can identify minute changes in heart rhythms or anomalies in scans that might be missed by the human eye, providing an early warning system that could save lives. Personalized health monitoring with wearable technologies integrated with AI have revolutionized how we track our health.

Devices like smartwatches and fit-

ness trackers contain sophisticated sensors that continuously collect data on vital signs, physical activity, heart rate variability, recovery, oxygen saturations, strain, and even sleep patterns. AI analyzes this data in real-time, offering personalized insights and recommendations.

This technology allows for the constant monitoring of key health metrics, helping to prevent injuries and optimize physical performance.

The mental toll of a lifetime in high-stress environments can be significant. AI is making strides in the field of mental health, offering tools for monitoring and improving psychological well-being.

AI-driven apps and platforms can provide real-time mental health assessments, detecting signs of stress, anxiety, or depression through subtle changes in speech patterns, social media activity, and even facial expressions.

These tools can offer therapeutic interventions, such as mindfulness exercises and cognitive behavioral therapy techniques tailored to the individual's needs and lifestyle. AI integration in the areas of acute and chronic rehabilitation transforms rehabilitation processes, making them more effective and personalized.

AI-powered robotic exoskeletons and physical therapy devices can assist in recovery, providing tailored exercises and real-time feedback. These devices can adapt to the individual's progress, ensuring that rehabilitation is both challenging and achievable, maximizing recovery outcomes. As we age, this technology can offer a new lease on life, improving mobility and reducing pain.

One of the most promising aspects of AI in healthcare is its predictive capabilities that I mentioned ear-

lier. By analyzing a combination of genetic information, lifestyle factors, statistical demographics, and medical history, AI can predict an individual's risk of developing certain conditions. This allows for proactive, preventive measures to be taken.

This predictive power is particularly valuable as it can identify risks of heart disease, diabetes, and other chronic conditions, allowing for lifestyle adjustments and medical interventions that can significantly improve quality of life and longevity.

Telemedicine is booming as AI is making remote healthcare more effective and accessible. AI-driven platforms can facilitate virtual consultations, providing doctors with AI-analyzed data to make informed decisions. This ensures that those in remote or challenging environments have access to high-quality healthcare regardless of location.

For those who may be deployed or live in areas with limited healthcare access or facilities, AI-enabled telemedicine offers a lifeline, ensuring that health concerns can be addressed promptly and effectively.

The integration of AI into healthcare is not just an amazing technological advancement; it is a revolution that promises to enhance our health and longevity. From early diagnostics and personalized health monitoring to mental health support and predictive analytics, AI offers tools that can significantly improve the quality of life and operational readiness for those of us who prize an active lifestyle.

In a community where every second counts and optimal health is crucial, embracing AI in healthcare is a strategic move towards a healthier, longer, and more resilient life. The future of health is here, and it is intelligent, personalized, and incredibly powerful.

# GUN DISARMS MADE EASY

## Simple Steps To Disarm A Gun Toting Assailant

By **Matt Numrich**

*Head Instructor Of Spy Black Belt*

Last month, we covered the “why and how” of gun disarms and the steps to a frontal disarm. This month, I want to cover a gun disarm from the side position as if someone is off to your side and aims a gun at your temple.

First, let’s do a quick review of the steps because they are very similar regardless of the position that the gun is pointed at you. This is by design because the less changes to the disarm, the easier and faster it will be to drill, practice, and make instinctual.

Assuming you are within arm’s reach, there are six simple steps to this disarm. The first step is to “clear” the gun. You want to imagine a laser beam extending out of the barrel of the gun, and you never want any part of your body to cross that beam or have it cross you.

You can clear the gun by using your hands to move the gun away from you. You want to add body movement by stepping away as you push the gun offline. For example, you can do this by stepping back at a slight angle.

The next step is to “isolate” the gun by using your free hand to grab behind the gun’s receiver. Then you’re going to “manipulate” the weapon out of the attacker’s hand. This is done by using overwhelming leverage to painfully take the gun from the attacker.

Additionally, if you have the space, you can use a punch over the cleared hand to stun the attacker and then pull the back of the receiver under the hand.

Once you have complete control of the firearm, you follow up with a “strike.” Using the gun barrel, smash the attacker in the head and face.

Next, you should assume that during the struggle the gun has jammed in some way. So, you’re going to work to “unjam” it. You do this by tapping-and-racking the gun. You’ll smack the magazine up into the magazine well to properly and firmly seat it in the firearm. Then, you’ll rack the slide back to clear out any jam and chamber a fresh round.

Finally, you want to gain “distance.”

This will keep you from an immediate counterattack. By gaining distance you’ll have more time to react to anything the attacker tries. And you can either escape if you want or give verbal commands to keep them corralled until the cops show up or shoot them if you have to.

**"You'll rack the slide back to clear out any jam and chamber a fresh round."**

To accompany this article, I’ve created a video for you that covers this disarm. This way, you can watch me perform the steps and follow along to really

ingrain the how and why of the movements and then drill them. You can see the video here: <https://fearlessstreetfighter.com/gun-disarms-side/>

Finally, if you read last month’s article, you’ll recognize that the steps are similar to the frontal disarm, with a couple of minor changes to account for this side position.

So, now that we have disarms from these three basic positions (frontal, right side, left side), it’s important to upgrade your training. To do this, have someone pull a rubber training gun on you over and over again, but rotate the three positions. Training like this will help you make these techniques successful. Stay tuned for next month’s article where I’ll demonstrate what to do when someone sticks a gun to your head from behind you. Until then, stay safe!

