

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

YOUR EMERGENCY COMMUNICATION PLAN

When All Other Systems Fail, THIS Device Will Work

By Jason Hanson

Former CIA Officer

Adolf Tolkachev is considered “The Billion Dollar Spy.” In the late 1970s, he worked as an electronics engineer for the USSR and created radar designs in Moscow. He had access to emerging military technology, including avionics for Soviet fighter jets like the MiG-29.

In the beginning, Adolf repeatedly approached CIA officers and left notes on the windshields of U.S. diplomats working in Russia. The CIA believed it was all a setup, so for a time they ignored his notes.

It took more than two years but eventually the CIA determined that Adolf was genuine in his offer to spy. You see, his motivation for spying was revenge. His mother-in-law had been executed by the



Soviet government, so he wanted to inflict pain on the Soviet Union. The best way to do that was by sharing military secrets with their greatest enemy — America.

In return, the U.S. gave him money and Western music. Adolf liked the Beatles and Led Zeppelin. He also asked the CIA for a suicide pill in case he was ever caught.

Over the next few years, Adolf had more than 20 meetings with the CIA. He provided the U.S. with information about Soviet radar technology ten years before it was even built. The U.S. government said that Adolf’s information saved the U.S. more than \$2 billion in research and development (thus his nickname).

While he spied for the U.S., Adolf never used radio or any other form of digital communication. The only way he communicated with the CIA was by

dead drops. He passed hand signals and left lights on to tell his handler when to meet. He made sure all communication was as secure as possible.

But, by 1984, the Soviets were on to him. An American CIA officer, who was a traitor, told the Soviets about Adolf and he was soon executed. The reality is that Adolf was smart with his communication and he only got caught because there was a double-cropper in the Agency’s ranks.

Now, when it comes to communication, having reliable comms during a disaster is something that everyone should make a priority. Imagine waking up tomorrow morning and all forms of communication that you normally use are down. One way you could survive and still communicate could be by using Meshtastic, which doesn’t use a cellular network, Wi-Fi, or any central servers.

WHAT'S INSIDE

- 3 Why Is Silver Spiking?**
- 4 No Fire**
- 5 Water Security Briefing**
- 7 Going From “Sick Care” To Disease Reversal**
- 8 A Deadly Weapon You May Already Be Using Every Day**



Meshtastic is an off-grid communication system that operates on long-range radio technology. It uses small battery-powered devices to relay text messages and data. Meshtastic is designed to send text messages over free radio frequencies without cell or internet connections. Long-range radio nodes pass messages along, forming a network of devices that can talk to each other. In other words, the message goes from one device to another and the message's reach is extended since the devices can simply continue relaying them down the line.

Meshtastic doesn't work with ordinary radios. You need to have a device with long-range capable microcontroller boards. These need to have ESP32 or nRF52 chips built in. These are small chips that can send and receive messages without Wi-Fi or cellular networks.

The good news is that devices that operate Meshtastic can cost as little as \$30 and go up to hundreds of dollars ensuring there is a device for every budget. One device is the Nano G2 Ultra, which sells for about \$80.

While the long-range radio is how the messages are sent and received,

you will still need a device such as a smartphone to read and write the messages. For example, you can connect the device to a smartphone to compose and see messages. But the smartphone doesn't need to be connected to a network, it only needs Bluetooth.

So, if you don't have a communication plan for when everything fails, this could be it. The only real drawback is that for Meshtastic to work you would need to be within range of another device that uses it. Depending on the terrain this can be as little as a few miles or span many miles.

Now, Meshtastic won't replace an internet connection, but it can send messages when no other method works. Even better, Meshtastic has more than 50,000 users so the network is decent sized and getting bigger. The more people using these devices, the more helpful it will be.

The best part is that you can easily create a network with loved ones and friends, so you always have communications in an emergency. The key is getting your plan and communications in place today.

Copyright © by Spy Briefing LLC. 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, 1224 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.

Mantis Blackbeard X

It's not always easy or practical to get to the shooting range, which is one reason I'm a fan of dry fire practice. One device that can help you practice dry firing with your AR-15 is the Mantis Blackbeard X. Mantis has been around since 2014 and is a firearms technology company.

The Blackbeard X is a digital training tool that helps shooters practice the fundamentals of marksmanship. The device comes with a red bolt carrier group with a charging handle and magazine. It can be great for dry firing since it automatically resets the trigger and you don't have to rack the bolt every time.

All the pieces are bright red so there is no mistaking it for other parts. Plus, by swapping out the bolt carrier group, charging handle, and mag there is little chance for accidents.

The company also has a smartphone app that lets you track shooting data and provides training drills. Plus, the device can track muzzle movement and record times on drills when used with the app – data that can help you improve your skills.

The Mantis Blackbeard X isn't cheap, as it sells for \$320. But if you want to improve your skills with your rifle, it could be worth checking out.

Contact our Customer Care Center:

435-572-4432

or e-mail support@spymbriefing.com



Spy & Survival Briefing is published monthly by Spy Briefing LLC, 921 S. Main Street #4090, Cedar City, UT 84720. www.SpyBriefing.com.

Spy Briefing President: Jason Hanson; Managing Editor: Robert Conroy; Graphic Design: Mena Sugg

WHY IS SILVER SPIKING?

How To Capitalize On The Surging Value

By Forest Hamilton

Universal Coin & Bullion

The conflict that started last month between Iran and Israel certainly sent shockwaves through the markets, driving significant price movements in gold and silver while spotlighting the unique potential of certified rare gold investment coins. But it is not the only factor impacting the prices of metals and coins.

Geopolitical tensions in the Middle East and around the world have long been a driver of precious metals prices, and the Iran-Israel conflict is no exception. This conflict, coupled with fears of a broader regional war, has pushed investors toward safe-haven assets like gold and silver.

Gold thrives in times of uncertainty. As global stock markets dipped and oil prices surged due to concerns over Middle Eastern supply disruptions, spot gold prices climbed 1.3% to \$3,428.10 per ounce. This rally was fueled by a risk-off mood in financial markets, softer U.S. inflation data, and expectations of continued Federal Reserve rate cuts, which reduce the opportunity cost of holding assets like gold.

Silver saw even sharper gains. Spot silver rose to \$36.32 per ounce, holding near a 13-year high and last month, silver prices surged over 12%. Silver's meteoric rise can be attributed to three key drivers: heightened geopolitical demand, industrial dynamics, and currency weakness in key markets.

The Iran-Israel conflict amplified safe-haven demand for silver, which, like gold, benefits from investor flight to safety. Silver's industrial demand played a significant role too. Unlike gold, over 50% of silver's demand comes from

industries like electronics, solar panels, and medical equipment. With global supply chains already strained, fears of conflict-related disruptions pushed industrial buyers to stockpile silver, tightening supply. Additionally, silver markets have faced consecutive years of deficits, with "sticky" stockholders demanding higher prices to part with their holdings. This supply squeeze, combined with robust demand, propelled prices upward.

Currency weakness in markets like India also amplified silver's surge. The Indian rupee weakened against the U.S. dollar, making dollar-denominated silver more expensive in local terms. This, coupled with strong domestic demand for silver as a hedge against inflation and geopolitical risk, drove prices to record Indian highs.

In addition to silver, certified rare gold investment coins present a unique opportunity in this crisis. These coins, graded by reputable services like PCGS or NGC, combine the intrinsic value of gold with numismatic rarity, making them a hedge against both economic and geopolitical turmoil. In the context of the Iran-Israel conflict, their value could rise significantly for several reasons.

First, certified rare gold investment coins often outperform bullion during periods of heightened uncertainty. Historical data shows that during crises, rare coin indices outperformed gold bullion by 20-30% over subsequent years.

Second, the conflict's economic ripple effects will likely boost rare coin demand. Rising oil prices, projected to hit \$80-\$120 per barrel if the Strait of Hormuz is disrupted, could reignite inflation globally, eroding fiat currencies, and driving

wealth preservationists to hard assets. Certified coins become appealing to both low and high-net-worth individuals seeking to diversify beyond bullion.

Third, supply constraints enhance rare coins' allure. Unlike bullion, which can be minted in response to demand, certified rare coins are finite. Coins in top grades are especially scarce, and their value can soar when demand outstrips supply.

Certified coins may deserve a place in your strategy. To maximize value, focus on coins with low mintages, high grades, and strong collector and investor demand. Work with reputable dealers and verify certifications to avoid counterfeits.

The Iran-Israel conflict and its effect on global markets could push gold toward \$3,700-\$4,000 per ounce and silver beyond \$40 in the near future, as forecasted by Goldman Sachs and Bank of America. Rare coins, meanwhile, could see even steeper gains as collectors and investors compete for limited supply.

In these turbulent times, physical precious metals offer a lifeline. Gold and silver provide stability, while certified coins offer stability and growth potential. As the Middle East simmers, fortify your financial bunker with these timeless assets. Stay vigilant, stay prepared, and let history's oldest money guide you through the storm. **[Publisher's Note:** For questions about buying gold and silver coins you can contact Forest Hamilton directly at 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.]

NO FIRE

Dancing Away A Freezing Night In Fiji

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I was on an adventure race through the mountainous jungle of Fiji. I had nothing but the clothes on my back, a headlamp, a water bottle, a machete, a hammock net, some waterproof matches, and three rescue flares.

The flares were to signal for help in a real life or death emergency or to be used with a code word when in dire need of resupply with a one-hour penalty. I met my partners on the starting line and as we started the race with rafting in white water, the conversation confirmed that all the wilderness skills and tasks were on my shoulders. We spent the day getting soaked in rapids and rained on. When we got to the debarking point, we had less than an hour before nightfall and race halt for the night.

We quickly claimed an area for our camp and started gathering resources to make camp. We were all soaking wet and as the sun went down, it was getting cooler. I worked hard to break the firewood down to get at the drier core, but in a wet jungle that's a chore.

I found some fibrous plant material and a bird's nest that was slightly damp from the rain. I knew then that getting a fire was going was to be one serious chore even with my skillset. I had one pack of waterproof matches that were quite damp. But I had the right levels of kindling, tinder, and firewood and made a good tinder bundle. So, I struck my first match and held it to the tinder bundle. It promptly went out.

Disappointed, I saw I had only 49 more tries. One by one, matches broke or fizzled out fast. It was getting more dark and cold, and I was down to 6 matches. Then, I finally got the bundle to take flame. I felt like Tom Hanks in Castaway and yelled out, "Fireee!"

It was a fight to get the fire up. I had to baby it. But to the excitement of my teammates, stick by stick, I got a small fire going. It was still touch and go because most of the wood we'd gathered was quite damp and needed to be dried out next to the fire before it was usable.

The fire was going well, so I told my teammates to watch the fire and slowly feed it while I relieved myself and found some food. When I

returned, to my disappointment, I saw a faint smoky fire with large logs on top of it. One of my teammates thought heaping wood on the fire would get it roaring. Needless to say, it was a long, cold night with no sleep, huddled together,

shivering, and dancing around to fend off hypothermia.

I debated trying to start another fire with one of the flares but we were in a race for money and I wasn't sure if we'd need them later. Turned out I was right, and we did end up using them later.

I have found the best lessons are "pain based." Like touching a hot stove or spending sleepless nights on the brink of hypothermia, they certainly stay lodged in your mind.

Fire is fickle even for those of us with extensive experience, so here's what you need to know about getting a fire going in a survival situation from someone who's depended on it for their very life.

Never leave home without a lighter in each pocket. Cheap Bic types are fine, but they heat up quickly, making it hard to hold and keep the flame going.

Try a Zippo instead. Once you light them, they're easy to hold and use. I keep one in my fire-making kit along with water and windproof matches. Additionally, I keep a magnesium fire starter with me (with magnesium that will light on top of the water).

I also have cotton balls dipped in petroleum jelly in a baggie. They are cheap to make, light easily with a ferro rod spark or lighter flame, burn a long time, and make starting a tinder bundle a cinch.

When it comes to fire, you cannot mess around or you are hypothermia bound. You need reliable fire-starting items with you at all times, the skills to properly process wood for tinder and fuel and have extra backups with you. Always be prepared and survive on!



WATER SECURITY BRIEFING

Ignoring This Nearly Killed Me

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I spent over three decades serving as a foreign intelligence operative and became numb to the “end of the world” briefings early on. At first, every new briefing for each mission carried dire warnings about the critical importance of success for the safety of Americans and the catastrophic risks that failure could lead to critical damage to our national security. That’s a lot of pressure for a father of two in his 20s whose objective was to get to the end of the month before he got to the end of his bank balance.

So, I did not always pay as much attention to some of the briefings as I should have – and I paid the price for it. In fact, one of the many times I made this blunder and paid for it was on a short mission to a third-world country. I only expected to be in the country for about 6 to 10 days, and my tasks were not overly risky or dangerous. I had so much downtime that I was able to explore the local area and enjoy the local culture and cuisine.

During the safety and security portion of my pre-mission briefing, I distinctly recall the briefing officer admonishing me repeatedly not to drink the local water and to refuse any water that was not in a sealed bottle or that I had not treated myself with the issued water tablets.

I remember that warning because that portion of the briefing was sandwiched in alongside the segment alerting me to the specific address of the armed enemy agent. It went something like this, “Your gravest concerns will be that (cover



name) will be just down the street at (address). He is armed with automatic weapons and known to keep a shotgun just inside his front door. Also, don't drink the water.” How is the latter tidbit supposed to catch your attention after the bolt of adrenaline surge from the leading warning?

I did avoid drinking the water the entire time I was there. However, I made the extreme mistake of brushing my teeth using untreated water. I had not made the normal mental leap from “don't drink the local water” to the logical restraint of not even filling my mouth with the water.

Spitting it out did not prevent me from getting very ill. Enough pathogens entered my system that by day six, I was very sick. As soon as I cleared the mission field and began my homebound journey, I went to the nearest U.S. military base in a neighboring country.

After all of the protocols of confirming my privileges as a covert U.S. Intelligence Officer on a cover assignment, they treated me. I was very sick and hospitalized for several days. I suffered hallucinations, delirium, and indescribable digestive anguish. All because I heard what they said about the local water, but I did not take it seriously enough.

Water is what keeps us alive, and yet drinking it kills over 2.3 million people around the world each year. According to the UN, unsafe drinking water accounts for over 2% of global deaths each year.

In survival school, we learned many ways to treat water so that it was potable. In water survival, we learned how to treat seawater. In advanced courses, we were taught the difference between sanitizing and purifying water. Later, I learned about the difference between purifying and filtering water.

Here is what you should know

about water. Consider this your threat briefing, and please pay closer attention than I did. Start by recognizing that city tap water is contaminated with fluoride, chlorine, and other additives, including unintentionally or intentionally infused chemicals and toxins. By filtering your tap water, you will be ready to start on the path of purifying and making all the water you consume safer for you and your family.

We have used the Berkey systems for many years, also reverse osmosis. Before

that, we used the big 5-gallon water jugs that dispense from coolers. Whichever method you consider cheaper, better, or easier, just pick one and do it.

If you have limited resources or space constraints, or if you travel, hike, or need to treat water from nature, there are several tools that will protect you. Boiling water will kill all known pathogens. But this is time and resource intensive. There are better ways to provide you and your family with safe drinking water.

First, know the difference between water purification and water filtration. Purification means rendering the bacteria and viruses harmless. The process does not eliminate the protozoa, fungi, or little beasties. It simply kills them and leaves them in the water. Filtration separates out harmful contaminants.

Most purification and filtration products (some chemical, some physical, and some use UV light) are very effective at removing or destroying the worst and most prominent biological contaminants (microorganisms, protozoa, bacteria, metazoan parasites, and at least some will defeat a wide range of

viruses). Any and all of them are preferable over untreated water.

Some products will also protect you from dangerous chemicals (which cannot be made safe with chlorine or iodine tablets). Only a couple will also remove the smallest of viruses, chemicals, insecticides, and radiological risks. To eliminate these other risks, you need to filter your water. To make your drinking and cooking (and toothbrushing) water truly safe, you need to filter it down to the smallest micron level possible.

"City tap water is contaminated with fluoride, chlorine, and other additives."

Filtering your water does more than kill the tiny beasties. Micron filters screen out contaminants regardless of their organic, chemical, or radiological nature. The problem is that most of them are expensive and many claim to be effective but do not disclose their limits.

Berkey is among the best, despite the negative publicity – paid for by its competitors – and the fact that the Biden FDA deemed it unsafe because it employs embedded silver as part of its filtration (not true). Although we all know that silver is a great purifier, the Biden FDA claimed silver is an insecticide and banned further production of certain water filters.

The advantage of filtering water is that you remove all of the lead, arsenic, fluoride, bacteria, viruses, cysts, pesticides, herbicides, fungicides, chlorine, chloramine, microplastics, PFOA/PFOS, VOCs, and sediments.

Another excellent solution is reverse osmosis (RO). While the Berkey system, like many others, filters down to +/- .2 microns and permits healthy minerals through its membrane, an RO system is stricter. The downside is that you

also remove all of the healthful minerals, and you will need to take supplements to replace those. The RO process removes the same gamut of toxins, but down to an even smaller size. By forcing the untreated water through a semipermeable membrane with pores of around 0.0001 micron, everything bigger than a water molecule is rejected and filtered out, including minerals.

For travel, hiking, or emergencies I recommend a quality filtration system that will filter out organisms, including viruses. If you do not want to mess with a filter and are in conditions where your filter might freeze, you could use a filter with a UV light to sanitize it and destroy all viruses and organic matter.

Waterborne pathogens are no joke. I wish that I had listened more closely to the warnings about water safety and saved myself some severe suffering. The Slovaks have a saying, “Pure water is the world’s first and foremost medicine.” Consider this your safety and security briefing.



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

Our premium and bestselling survival food is now back in stock. Get your critical food storage before prices increase and we sell out again. Visit www.PremiumSurvivalFood.com for full details and to see the difference between quality food and food that could make you seriously sick.

GOING FROM “SICK CARE” TO DISEASE REVERSAL

Use This Triplet For Better Health

By Dr. Omar Hamada

Special Operations Physician

I've been practicing medicine for 30 years and have been focused on longevity for half of that. My time dealing with chronic disease in my civilian patients, coupled with the high performing healthy men of the Green Berets, pushed me to abandon traditional “sick care.” Instead, I began to focus on chronic disease reversal and avoidance, improving longevity, and human performance optimization. When I say longevity, I mean living longer, healthier, stronger, happier, and more active.

As I've pursued this passion over the past 15 years, I've discovered that nearly everything can be broken down into three's - or triads.

For example, there are the three parts of optimal overall health (mind, body, and spirit), the three foundations of optimal physical health (sleep, nutrition, and exercise), the three foci of physical health (decreasing chronic inflammation, optimizing immune system function, and reducing oxidative stress), the three foundations of spiritual health (relationship with God, self, and others), the three foundations of brain health (critical thought, processing speed, and memory), etc.

There's a triad that's part of all of this that I want to talk to you about today. It encompasses the three essentials to aging well and staying strong. Those three essentials are muscle mass and strength, mobility and flexibility, and VO2 Max. Without these, we age in ways we don't like. Ways that lead to being weak, frail, and decrepit. With those three essentials we remain strong, mobile, and active. The strange thing is that the difference starts

with small habits and ends with absolutely huge rewards.

I mentioned being weak, frail, and decrepit. You can also add “incontinent and demented” in there as well. That is exactly what we think about in general when we think about growing old. It's what we visualize when we talk about “the elderly.” But it doesn't have to be that way.

How do we walk a different path? How do we end up in a different place? What do we need to do to age strong, active, and mobile? We focus on consistent good habits that compel us to daily lift heavy, move aggressively, and build cardiovascular endurance and efficiency.

Muscle is metabolically active. The more muscle you have, the more metabolically fit and insulin sensitive you are. When you lift heavy with regularity, you keep your bones strong, your ligaments and tendons flexible, and your joints nimble. You also keep your muscles big. You stand up straighter, move quicker, and improve your confidence both physically and psychologically. In fact, I'd say the primary predictor of good health as we age is our muscle mass and strength. We need more than Pilates. We need kettlebells, free weights, and pull up bars. We need squats and deadlifts. We need curls and bench presses.

The second important part of this is our cardiovascular endurance



and efficiency. That's essentially what VO2 Max is. It is a metric that reflects how well and efficiently our body uses oxygen. We used to think that VO2 Max was set, that you couldn't change it - you had only what you were born with.

We now know that while it decreases with age, we can improve it. The best way to increase it is to spend long segments of time in Heart Zone 2 with some short spurts of interval training to Heart Zones 4 or 5. (You can quickly and easily look these zones up online for further, deeper explanations.) If you're over 50, try to keep your VO2 Max north of 40 or 45.

Finally, you need to stay mobile and flexible. Stretch. Foam roll. Do yoga. Keep your joints, ligaments, and tendons nimble every single day. Get on the floor and stretch. You won't regret it. Start slow and build, don't overdo it.

Aging is a fact of life. Aging well is a discipline that pays huge dividends. Sliding through life without a plan is actually a downward trajectory that leads to disease and disability. Choose carefully, because you can't choose your consequences.

A DEADLY WEAPON YOU MAY ALREADY BE USING EVERY DAY

How To Use A Cane For Self-Defense

By Matt Numrich

Head Instructor Of Spy Black Belt

In the right hands, a walking cane is a highly effective self-defense tool. Especially for seniors, learning how to use a cane for personal safety can be empowering. The approach below doesn't require advanced martial arts training, just some basic awareness, practice, and a few simple techniques.

First, you'll need to get comfortable handling your cane. This means getting used to swinging it with control and confidence, not just relying on it for balance.

You should be able to hold the cane in different ways depending on the situation. When a potential threat is nearby, where you position your cane makes a big difference. Keeping it between yourself and the aggressor limits your ability to react swiftly. Instead, placing the cane on the outside of your body allows for a quicker response. From this position, you can swing or jab without needing to reposition. It gives you better access and control, allowing for a wider range of movement.

The jab strike is a direct, linear strike to the face, throat, or torso. It's fast and straightforward. Its effectiveness lies in its surprise factor. There are two ways to deliver it: Using the cane like a pool cue to drive it forward or gripping it with both hands and thrusting your body into the motion.

Either way, it's a quick strike that can create enough space to get away or buy time for additional strikes. It's also a low-risk move that doesn't overcommit your balance or positioning.

A lowline swing targets the legs, particularly the knee area. This strike

is harder to anticipate because it's not within the natural field of vision. When delivered with full-body motion, it can destabilize or stop an attacker's forward movement.

The highline swing targets the upper body – most often the head. This move is powerful and should be used with caution, as it carries greater risk and requires more coordination. Using your whole body to generate momentum amplifies the impact and can be a game-changer in a serious situation.

A quick upward flick aimed at the groin can catch an aggressor completely off-guard. It's a small movement with big results. You can build speed and strength into this motion by applying pressure into the ground before releasing the strike upward. This increases the force and makes the movement more fluid and difficult to anticipate. Used on its own or as part of a sequence, it's a fast way to disable and escape.

The overhead swing takes a bit more effort but delivers a strong blow when aimed at the top of the head or shoulders. This technique may require more upper body strength, but it also makes use of gravity and body weight. It's particularly effective after a groin flick, creating a combination of moves that hit both high and low in quick succession.

Here's a video demonstrating these techniques, so you can see how easy and functional they are:

<https://fearlessstreetfighter.com/walking-cane/>

Train with a partner holding a padded target to solidify these



techniques. Practicing the five strikes from a fixed position lets you focus on proper form and build coordination. Even solo, striking a punching bag or cushion provides a similar benefit. Repetition builds familiarity, leading to faster, instinctive reactions.

Once the stationary strikes feel comfortable, add a bit of movement. Practicing while stepping to the side, moving forward or backward, or navigating around obstacles.

This type of training helps reinforce the skills you've learned while adapting them to a dynamic environment, and the need to likely change positions in a real-world confrontation.

Lastly, consider targeted strength training that helps improve your ability to use the cane for self-defense. Rowing movements engage the back and shoulders, which are critical for control. Chest presses work the chest and arms, areas that help generate power and endurance in swings. These exercises also help with general stability and mobility, making the cane easier and more effective to wield.

Incorporating these drills, exercises, and techniques into your regular routine, builds confidence, physical awareness, and a renewed sense of control. And for seniors — or anyone else — looking to stay safe, the cane can be a tool of excellent self-defense.