

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

WHAT GOT THE SMARTEST SPY IN MOSCOW KILLED?

This Man Helped Stop Nuclear War

By Jason Hanson

Former CIA Officer

In October 1962, the world came incredibly close to nuclear war. CIA analysts pored over photographs of Soviet missile sites being built in Cuba and they had access to a tremendous amount of information about these sites. They knew how long it was going to take to build the missiles, how far the missiles could actually travel, their targets, and much more. This critical intelligence was available thanks to a Soviet GRU colonel named Oleg Penkovsky.

Penkovsky was one of the most valuable CIA assets in Cold War history. He secretly passed thousands of pages of Soviet military intelligence to MI6 and the CIA. He



didn't do it through fancy electronics as he obviously didn't have access to the amazing technology we do today. He did it by using dead drops in Moscow parks and brush passes that were timed to the second. His discipline at the beginning was incredible. He lived by the motto of never deviating from the plan, never getting comfortable, and never assuming you're safe just because you haven't been caught yet. It worked until he got too casual.

By late 1962, Soviet counterintelligence had Penkovsky under constant surveillance. But it wasn't some dramatic mistake that got him caught. It was a slow erosion of the discipline that made the operation work in the first place. He got too cocky and comfortable and he began taking less time running surveillance

detection routes and making sure that nobody was following him. In other words, he got lazy and sloppy. He was arrested in late 1962 and was put to death soon after for spying for the US and England.

Here's the important lesson in this story that cost a man his life. Penkovsky didn't fail because he lacked a security system. He had one of the best tradecraft systems in intelligence history. He failed because over time the discipline behind it didn't stay as sharp as it should have been.

This is, by far, the most common way home and personal security actually fails as well. Not because people don't have a plan, many people have one. Their plan works great, but nothing bad happens for a

WHAT'S INSIDE

- 3 Investing Wisdom Of The Founding Fathers
- 4 Window Film For Home Defense?
- 5 Mission Critical Skills Are A Lifesaver Overseas
- 7 How Physics 101 Can Improve Your Quality Of Life
- 8 How To Instantly Stop A Sucker Punch



habits the way a good intelligence officer treats his own tradecraft... As something that needs a deliberate, scheduled check, not blind trust that it's still being followed.

while, and so the plan quietly stops being followed.

Think about how this shows up in many people's daily lives. You install an alarm system, and for the first few months you set the alarm every single time you leave and every night before you go to bed. A year later, you've started skipping it for "just running to the store."

You used to always check the peephole before opening the door. Now you don't, because nothing bad has ever happened. You used to keep your spare key somewhere genuinely hidden. Now it's been under the same mat for three years because you forgot it was ever supposed to be temporary. You used to be careful about which contractors and delivery people got your door code. Now half the neighborhood has it because it's just easier.

None of these are dramatic failures. Each one, individually, looks harmless. That's exactly the problem and it's the same problem that got Oleg Penkovsky killed. Every small deviation looks harmless right up until it's the one that gets stacked on top of all the others and your security flaws are exposed and taken advantage of by a dangerous criminal.

So, here's the important action to take: Treat your own security

Pick a date every few months, the first of the quarter works fine, and actually walk through the following questions: Is the alarm system getting armed every time, or just most of the time? Do you set the alarm every time you leave the house and when you go to bed at night? Do you have a driveway alarm and does it work?

Does your door code list still match the people who should actually have access, or has it quietly grown and you need to remove several people? Is the spare key still under the mat or have you relocated it to a much harder place to find? Are you still checking who's at the door, or has that become automatic in the wrong way and you just open the door without thinking?

The system you built when you were being careful is certainly the one you need to stick with and use daily. What gets people in trouble isn't a flawed plan, it's a good preparedness plan that nobody's following anymore.

Penkovsky knew the Soviet military's most closely guarded secrets. He still couldn't out-discipline his own complacency in the long run. Don't let your own security habits do the same thing to you. Always be vigilant.

SurvivorCord

Everyone who knows me, knows that I love paracord and have it in all of my survival gear. The cord I use is often the standard 550 paracord. It holds plenty of weight, lashes gear, replaces a broken shoelace and is excellent for escaping restraints. But there's a unique type of paracord that is more versatile than standard paracord, and you may wish to check it out.

Supposedly, it all started as a request from Special Forces guys in Afghanistan, and after 18 months of refinement, it became paracord on steroids. This paracord has three survival items woven into its core. A 25-lb test fishing line for when you need to catch dinner. A waterproof, paraffin-treated fire-tinder strand that lights even after a brutal downpour, and a 30-gauge stainless wire strong enough for making snares.

It's pretty creative if you ask me and I'm always up for gear that can serve multiple purposes and this is exactly what SurvivorCord can do. You can get this cordage on Amazon. It is obviously a lot more expensive than ordinary paracord, but you can get a 100-foot roll of it and that should be plenty for your bug out bag.

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*, 124 S. Main Street #4090, Cedar City, UT 84720. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. If legal advice or any type of assistance is needed, please seek the services of a competent professional. Survival training and gear is potentially dangerous and should be handled responsibly by all individuals. This material, produced by the *Spy & Survival Briefing*, is for informational purposes only. All technical information, instruction, and advice, reflect the beliefs of *Spy & Survival Briefing* and are intended as informational only. This material is not intended to serve as a replacement for professional instruction. By reading this material you understand that survival training and gear, especially knives and guns, are potentially dangerous and you assume all risks if you choose to handle the survival gear mentioned in this material. You agree to indemnify, and hold harmless *Spy & Survival Briefing* and Jason R. Hanson from any and all such claims and damages as a result of reading this newsletter, which is for informational purposes only.

Contact our Customer Care Center:

435-572-4432

or e-mail support@spybriefing.com



Spy & Survival Briefing is published monthly by Spy Briefing LLC, 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

INVESTING WISDOM OF THE FOUNDING FATHERS

America's 250th Birthday Offers Rare Opportunity To Profit

By Forest Hamilton

Universal Coin & Bullion

As we recently celebrated 250 years since the signing of the Declaration of Independence, the early stages of what could become a major shift in demand for rare coins, certified gold, and precious metals IRAs is starting to occur.

A big reason is the growing excitement surrounding all of the new coins expected to be released by the United States Mint in the coming months. Historically, whenever the mint launches major commemorative programs, collector demand increases, but this time feels different.

Congress is currently considering legislation that would authorize the creation of a new \$2.50 Semi-quincentennial coin, potentially the first modern \$2.50 denomination issued in nearly a century.

The last time the United States produced a \$2.50 gold coin was in 1929, and simply the discussion of bringing that denomination back has already increased demand for the historic 1926 Sesquicentennial \$2.50 Gold Quarter Eagle that was issued during America's 150th anniversary celebration.

We see this pattern repeatedly in the coin market — history creates interest, interest creates demand, and demand creates scarcity, which is exactly where opportunity begins.

I've already noticed a sharp increase in new investors entering the market. Some are focused on the upcoming new releases themselves, others are seeking pre-1933 U.S. gold coins with direct ties to America's monetary history, and many are recognizing the long-term value of certified Gold American Eagles being used inside precious metals IRAs.

There is also a noticeable increase

in investors converting portions of traditional retirement accounts into self-directed gold IRAs, and that matters because when demand rises for specific certified gold products, investors aren't simply benefiting from rising gold prices alone.

They often gain the additional advantage of premium appreciation when supply tightens and collector demand accelerates, creating a unique opportunity where the underlying metal and the collectible value can rise simultaneously.

As we recently celebrated America's founding, it's worth remembering what our Founding Fathers believed about money, because their perspective could not be more relevant today.

Thomas Jefferson warned that "paper is poverty... it is only the ghost of money and not money itself." Jefferson later argued that gold and silver represented the most perfect form of money because they held intrinsic value independent of government promises.

John Adams warned that much of the nation's economic confusion came from misunderstanding the nature of coin, credit, and circulation. These men understood what modern governments continue to ignore — sound money matters, and gold and silver were intentionally embedded into the foundation of our financial system for a reason.

The parallels to today are impossible to ignore. The United States now carries nearly \$40 trillion in debt while annual deficits continue running above \$2 trillion.

Meanwhile, central banks around the world continue aggressively buying gold as part of a long-term shift away from dependence on the U.S. dollar. Recent reports from Goldman

Sachs suggest central bank buying remains stronger than previously reported, while major institutions like JPMorgan Chase, Wells Fargo, and UBS continue raising long-term gold price targets, with many now forecasting gold above \$6,000 an ounce in the short term.

What many investors fail to recognize is that the best opportunities moving forward may not simply be owning gold bullion itself, but owning carefully selected certified gold coins that can benefit from both rising precious metals prices and expanding collector and investor demand at the same time.

"The last time the US produced a \$2.50 gold coin was in 1929."

This has happened repeatedly over the years. Gold prices remain relatively stable while certain certified coins appreciate

substantially because investor demand outpaces available supply.

Investors should seriously consider multiple parallel opportunities, including physical gold and silver for wealth preservation, historically significant pre-1933 gold coins tied to America's monetary history, and certified Gold American Eagles positioned inside precious metals IRAs where investors may benefit from both long-term metal appreciation and growing scarcity premiums. Investors would be wise to think more like the Founders. History has proven that paper comes and goes, but gold endures.

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

WINDOW FILM FOR HOME DEFENSE?

An Often Overlooked Way to Better Secure Your Home

By JAVELIN

Former Intelligence Operative

They say crime doesn't pay and for one burglar who spent most of his would-be heist on the ground cradling his injured head, he knows this firsthand. According to police in Maryland, a burglar tried to break into a restaurant but was met with unexpected resistance. The suspected burglar took a brick and used it to shatter the glass windows of a carryout restaurant business, but when he got inside, things got more complicated. Police say he took the brick and tried to use it again to smash through the glass protecting the counter but the glass didn't break. In fact, the bad guy chucked the brick at the glass twice, but to no avail. The third time had a different outcome.

Surveillance video shows the man picking up the brick from the ground, winding back like a baseball pitcher and hurling it at the glass one final time. The glass doesn't break and the bad guy twists away to duck, but the brick flies back and clocks him in the head. The man falls to his knees and cradles his head while staring at the floor. Then he turns around, lies on his side and waits there for what police said were several minutes. Finally, he gave up and left.

This particular restaurant had reinforced glass protecting their cash register counter, which no doubt stopped the burglar from getting away with anything. Obviously, there are many different ways to beef up security when it comes to glass, but the fact is, it's not realistic for most folks to install bulletproof glass in their home. However, there are other options for reinforcing glass such as adding a layer of security window film to your windows.

According to the FBI, 70% of



home burglaries involve breaking in through a window or door. This is why security film certainly isn't a bad idea. These window films are usually made of polyester or vinyl and are applied to glass in order to hold the glass together to prevent shattering. The reason these films are so widely used is because they can be installed after market and don't require a new window, reducing the costs for the homeowner or business.

Put simply, security film is great for making glass harder to breach because intruders will have to use a lot more force and the resulting noise can give you more time to react and defend your home. Plus, security film can also save lives by keeping the glass from windows and doors from becoming sharp projectiles when subjected to major forces such as wind. Considering how beneficial security films are, and the fact that they can be installed without breaking the bank, I want to share with you a few of the top security films I would check out if this is something you're interested in adding to your home.

VViViD 12 Mil clear safety

window film. VViViD security film is 12 millimeters thick making it one of the thickest security films on the market. The biggest difference between VViViD film and other security films is the amount of

impact the film can withstand. This film is coated with a rubber-based adhesive that spreads impact over a large surface area. This helps preserve the intact state of the window. In addition, the film provides 99% UV blocking.

BDF 8Mil window film. This virtually clear security film is 8 mil thick and serves as a protective layer to absorb impact from break-in attempts to hold shattered glass together. Since this film is clear, it's not intended for privacy purposes. However, it blocks about 99% of UV rays, helping to reduce fading on furniture or other UV sensitive belongings. Since it maintains the transparency of the window, you can still enjoy the warmth of the sunlight without having to worry about harmful rays.

HIDBEA privacy one way mirror film. This security film has an added dimension because it offers a mirrored effect from the outside while those on the inside can still see out. This does a good job at offering privacy while still letting in light and not obscuring the view of those looking out.

The fact is, security window film is a great idea to give your home an added layer of protection from criminals breaking in. Plus, it's easy to install so your home could be better fortified in just a few days.

MISSION CRITICAL SKILLS ARE A LIFESAVER OVERSEAS

Being A "Have" In A World Of "Have-Nots"

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

We were parked just outside our target building in the capital city of a less-than-friendly country. It was a nondescript, urban, office-like structure. But intelligence had confirmed it was the covert office of the target country's elite special intelligence warfare team.

They were cyber warriors who'd successfully launched a number of Denial-of-Service attacks against some of our national infrastructure. Power plants, water treatment facilities in major cities, cell towers, hospitals, and several other targets were affected.

This was not a mission we could accomplish from a safe distance. It required us to get very close to collect the signals. These guys knew how to protect themselves from what they were doing to others.

We had anticipated roving security on this mission. When we briefed our mission plan at Headquarters, I told them I had a strategy to handle any security patrols.

They were comforted when I added that my method did not require violence or firearms. That was enough for them. They understood that what we do, how we do it, and even when we do it cannot be explained in a conference room.

It was a matter of interpersonal manipulation that depended as much on the other party as on our plans. It is at the heart of espionage: How to manipulate people without them realizing what you are doing.

In this specific mission, when I



spotted the roving security, I stepped out of the car, smiled big, and walked up to the security officer heading toward our car. I said, "I am so glad you came by. We are tourists, and my friend has become very ill. We pulled over because he was getting sick. Can you please tell me how to get to a hospital or doctor's office?"

I needed to give Max a few minutes to disassemble the gear and replace the components into their concealment devices. Our fabrication shop designs items that are common-looking but conceal our spy gear. For instance, my small duffle bag with my shaving kit and change of clothes had a false floor that concealed several flat batteries that operated special electronics equipment. Max had a hat with an antenna array embedded in it.

There was a lot more gear equally effectively disguised. But it takes a few minutes outside of observation to insert or extract the gear from the concealment devices, and that's what Max needed. He needed me to give

him time and cover to put things away before the security patrol inspected him and the vehicle.

After describing our plight, answering the officer's questions, and having my passport checked, I saw Max smile and nod at me. A signal that everything was stowed away. Now, anything short of calling in a technical squad to sweep the vehicle, we were in the comfort zone. The officer pointed us towards medical attention. We thanked him and drove off.

That might sound like a happy ending, but the officer interrupted our operational espionage. So, we had to go back and complete it. Max hadn't isolated the frequencies, performed a preliminary signal analysis, or identified the precise frequency we needed to collect and process with our equipment and software. The bulk of the work was still ahead of us, and now we no longer had the protection of our cover for action.

We traded the rental vehicle for a different one. But there is a very small range of vehicle options

"The officer pointed us towards medical attention."



overseas, so if another security patrol came by, our pretense of Max being ill would not work and we would be immediately arrested.

We knew there was a high likelihood that the previous incident had been recorded by the security officer in a pass-on log or at least briefed to the security team. Frankly, we did not have a plan for going back after an interaction, so we had to figure it out on the fly. So, we loaded the gear in the car and discussed what had to be done to finish the mission. Max asked, “You got this?” I replied, “I will by the time we get there.” We both smirked and got in the car.

At first, we parked farther away from the target building than we did the previous time. However, we were too far away to collect the weak, well-protected signal spillage we needed. We would have to get very close again, right outside of the building.

When we arrived, I stepped out of the car and opened the hood. I used a screwdriver to loosen the hose clamp on the radiator line, letting a little water to steam and leak out on the ground. I stayed under the hood messing around for almost 45 minutes. Then, as Max was packing up the gear and returning it to its secret pouches, a security officer began walking towards me.

I smiled and said, “You are just a

few minutes too late. I think I got it fixed.” The officer leaned over and looked under the hood. He saw the water on the ground and dripping from the hose. I said, “I saw steam coming out while we were driving. I didn’t want to ruin the engine on this rental car, so I pulled over to see if I could fix it. I am not a mechanic, but I could see the leak, and I can use a screwdriver.” I smiled and laughed.

He looked around and asked for our passports. He asked why we were in the country, where we were staying, where we were going, and how long we would stay in the city. He looked through the windows into the car. He asked what was in the bags. I told him honestly that it was my shaving kit and a change of clothes. He grunted and motioned with his head that we could leave. He actually gave us permission to leave with some of the most valuable intelligence his country was trying to protect.

I learned in the military, later as an international intelligence operative, and in business, that there are “Haves and Have-Nots.” It has nothing to do with wealth, bank accounts, education, tools, or popularity. It is a matter of abilities, skills, reliability, willingness, courage, and fidelity.

Both Max’s life and mine were on the line. I was either going to be

able to pacify security, or we would be arrested, interrogated, tortured, and executed. No bank account, college degree, or toolbox was of value to us. And as for me, I would not have been over there facing the threat of torture and execution if I did not have every confidence that Max could nab the nearly impossible-to-collect signals quickly and effectively. I knew Max could be relied upon, and he had full confidence in me.

People team up with peers. If you want to team up with a “Have,” then you cannot afford to be a “Have-Not.” And, if you do find yourself teamed up with a “Have-Not,” look closely to make sure you are not one also. Step one is to be a “Have.” Which means planning, preparing, acquiring skills and gear, drilling, and staying vigilant. Assess your current situation and shore up your immediate needs. Build up from there.

Step two is to find and team up with another “Have,” to ensure someone has your six. Everyone knows two “Haves” make a whole.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

You get first crack at the limited-edition NOC Knife celebrating America’s 250th birthday. Only a handful of these are being made and they will never be produced again once they’re gone. If you haven’t checked out the videos and pictures of the NOC Knife yet, visit www.NOCKnife.com.

"I knew Max could be relied upon, and he had full confidence in me."

HOW PHYSICS 101 CAN IMPROVE YOUR QUALITY OF LIFE

Simple "Energy Levers" To Pull

By Dr. Omar Hamada
Special Operations Physician

In high school physics, we learned that energy exists in two forms - kinetic energy, or energy in motion, and potential energy, or stored energy. We learned that energy manifests in various forms - thermal, radiant, electrical, chemical, nuclear, sound, and motion.

What we didn't learn so much about, was what energy means when we apply it to our bodies, how we feel, and how we use it. When we consider the biochemical implications of energy production, storage, and utilization in our bodies, we see that energy is released from food when their chemical bonds are broken and ATP is created. Energy is usually measured in joules, however, in our bodies, it is measured in calories (a calorie is the amount of energy required to raise one cubic centimeter of water one-degree Celsius - the original basis of the metric system).

The transfer of energy in our bodies is mediated through the molecule ATP or adenosine triphosphate through the Krebs cycle. This biochemical energy is created when potential energy from macronutrients like protein, fat, carbohydrates, ketones, or alcohol are transformed into ATP.

Energy is then released when ATP's high-energy phosphate chemical bonds are broken thereby releasing electrons through a transport chain that consequently turn ATP into ADP. Sometimes, we "feel" like we have energy, or we feel zapped and don't have any energy. The truth is we have plenty of stored potential energy.

So, what does it mean when we feel a lack of energy? How does

true potential energy differ from the feeling of having it? The answer is complex and multidimensional, because it's not a lack of calories, it's instead a signal generated by our central nervous system that makes us feel a certain way.

These feelings of alertness and vigor versus lethargy and sluggishness are brought on by a tightly regulated complex symphony conducted between our brain, hormones, psyche, and immune system. Let's briefly discuss five of these actors.

As our body expends energy, one of the myriad byproducts is adenosine. As adenosine builds up in our brain, it binds to certain receptors which act like a dimmer switch slowing neural activity thereby increasing fatigue and heaviness.

Sleep clears adenosine, and in so doing, resets our sleep drive leaving us feeling refreshed and energetic. Caffeine competitively binds adenosine receptors, thereby reducing our feeling of fatigue.

Orexin is a neuropeptide released by our hypothalamus. It's our light switch and brings about vibrant physical and mental arousal by stimulating the release of norepinephrine, dopamine, and histamine. When Orexin's availability plummets because of poor nutrition, poor sleep, high stress, and other factors, our attention and motivation likewise plummet.

Stable blood sugar levels provide our brain a steady reliable stream of energy. When we eat high carb diets, our blood sugar spikes, which causes our pancreas to produce

more insulin, which then bottoms out our blood sugar, causing our liver to mobilize glycogen, thus raising our blood sugar, causing our pancreas to produce more insulin, and on and on. These rapid shifts cause our brain to become sluggish, inattentive, and lethargic.

When our bodies are fighting off infectious threats like viruses, molds, and bacteria, our immune system is activated. It then dumps chemical messengers into our bloodstream called cytokines. These cytokines cross the blood-brain barrier and reduce levels of dopamine causing us to feel sluggish so that we can rest in order to divert energy to fighting off infections. When inflammation lessens, dopamine production returns encouraging a renewed state of wakefulness and energy.

Finally, there is the interplay between thyroid hormones and cortisol. High levels of thyroid and cortisol hormones boost energy production and utilization, invigorating us. However, when these hormones are chronically low, we feel sluggish and lack energy to perform normally.

Energy is vital for activity and productivity. Thankfully, we can influence it with our daily habits around nutrition, exercise, and sleep - the three foundational stones of health and vigor. Start today to dial in your daily habits, and watch your energy, health, and quality of life improve. Like anything else, it comes down to basic planning, preparation, and focused action. So, eat well, exercise a couple of times per week and get plenty of sleep.

"The transfer of energy in our bodies is mediated through the molecule ATP."

HOW TO INSTANTLY STOP A SUCKER PUNCH

This Destroys An Attacker's Fist

By Matt Numrich

Head Instructor Of Spy Black Belt

A sucker punch is one of the most dangerous attacks because it's unexpected and fast. For seniors, the risk is even greater, as reaction time and mobility may not be the same as they once were. The good news is that there's a simple and highly effective way to protect yourself. It's a method called "elbow destruction." This technique doesn't rely on strength or speed, just smart body mechanics and a little preparation. Here's how it works.

First, understand the threat. Seniors are often seen as easy targets. A younger attacker might try to throw a surprise punch, hoping to overwhelm with speed and force. Recognizing this possibility is the first step. Preparing for this type of situation doesn't require years of martial arts training, it just takes one solid technique that stops the punch before it lands cleanly. Instead of relying on brute strength or trying to outpunch someone, the goal is to use their momentum against them.

The concept is straightforward: make your elbow the first thing the attacker hits. The elbow is one of the hardest points on the body, and when it's positioned correctly, it can act like a shield with a spike. So, instead of trying to block or catch the punch, you allow the punch to run into the tip of your elbow. The result is usually immediate pain for the attacker, a moment of hesitation, and a chance for you to move out of danger. This technique is highly effective, particularly when someone isn't expecting to hurt themselves by throwing a punch.

"That small window can be enough to create distance."



Setting it up properly is really the first step. When you see someone drawing back their arm to throw a punch, your first move is to raise

your forearm across your face to protect your head. It's important not to lift your chin or expose your face during this motion. Keep your elbow bent tightly and close to your body.

To make the elbow more solid and secure, use your opposite hand to grab the back of your head. This creates a tight frame and a sharper point for the elbow. Your goal is to give the attacker no other target but the hardest part of your arm.

This works so well because when someone punches into your elbow, the pain is immediate and surprising. Hitting a hard, sharp point can injure

their hand, throw off their balance, or simply shock them into stopping.

More importantly, it gives you a moment to react. That small window can be enough to create distance, call for help, or escape entirely. You're not trying to win a fight, you're disrupting the attack just long enough to get to safety. That's the real value of this method.

The best part is, practicing this kind of technique doesn't require high-impact drills or intense workouts. It's about understanding positioning and etching the motion into muscle memory. To see it in action, and ensure your technique is spot-on, I made a video walking you through it here: <https://fearlessstreetfighter.com/sucker-punch/>