

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

SAFETY LESSONS FROM A GLOBE-TROTTING CRIMINAL

The 3 Things You Must Do If You're Arrested In A Foreign Country

By Jason Hanson

Former CIA Officer

Frank Abagnale is one of the most famous con artists of all time. His crimes were popularized in the movie *Catch Me If You Can*. He was a conman, check-forger, and imposter, committing most of his crimes between the ages of 15 and 21.

During this time, he was an international criminal and was arrested multiple times in different countries. He spent six months in a French prison and six months in a Swedish prison. Eventually, he served four years in a U.S. prison. But a story about Frank you may not know is his escape from a U.S. prison. In 1971, Frank was transferred to



prison by U.S. Marshals. But the Marshal transporting him forgot to give the prison officials Frank's detention commitment. The officials found it very strange that they didn't receive all the usual paperwork.

That's because around this same time prisons were being scrutinized for their treatment of inmates. The FBI investigated prisons believed to be mistreating inmates and they did this by sending in inspectors posed as inmates. So, the prison officials believed Frank was one of the FBI inspectors since he didn't have the proper paperwork.

Frank used this to his advantage. He used his one phone call to speak to a friend who was a forger. He had his friend create a fake business card from the FBI, so he could use it to convince the prison officials he was an FBI inspector. Once Frank had the business card, he showed it to the guards. They boasted about how they knew he worked for the FBI all along. After this, Frank told the guards he needed to go outside the prison to talk to his fellow agent. Ultimately, the guards let Frank walk outside with no problems. Of course, Frank didn't come back. He was eventually returned to prison

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to serve four years. But, after his release, he became an FBI consultant and opened a financial fraud firm.

Now, I'm assuming you aren't a globe-trotting criminal like Frank. But Americans do end up in foreign prisons just as we've heard about the Americans imprisoned in Russia. Obviously, getting arrested in a foreign country can be a nightmare. That's why I want to share with you what you should do if you find yourself in trouble with the law in another country.

As soon as you are arrested, you should politely ask to speak with the U.S. consulate or embassy. If your captors don't allow this, you should keep asking until they grant your request. Under the Vienna Conven-

tion, you have the right to assistance from the United States. Other countries are required to alert the embassy if a foreign citizen is arrested. However, a lot of countries will drag this out. So, be calm and polite but keep asking until you get in contact with the embassy. The embassy won't be able to get you out of jail immediately, but they will provide you with as much assistance as they can.

Next, even if you speak the language or your captors are speaking to you in English, don't say anything unless you have an interpreter. If possible, ask for one from the U.S. embassy. The country might charge you a fee for this but it's worth the cost. You don't want

your language barrier to cause a problem from a legal standpoint.

Finally, you can contact the media. Many people know who Amanda Knox is. She is an American who spent four years in an Italian prison for a wrongful conviction. If you have heard her name before, this is thanks to the media keeping her story in the news. Lately, you've heard the name Brittney Griner, the basketball player who's detained in Russia at the moment.

The point is, the international media can be a powerful tool for getting you out of prison. If you have a story of being wronged and it pulls at heartstrings, the press will share it around the world.

"Consider signing up for a medical and rescue service such as Global Rescue."

But be careful and keep in mind that anytime you are traveling you need to remember that your rights in foreign countries are very different from the U.S. The moment you enter a foreign country you are subject to their laws and their unforgiving justice system and you likely won't be able to dupe the guards into walking you out the front door. At the same time, always travel with cash stashed in a safe place on your person so that you can bribe the police overseas, as myself and many others have had to do. Lastly, if you travel a lot overseas, definitely consider signing up for a medical and rescue service such as Global Rescue.

Scrubba Tactical Wash Bag

During a crisis, we often forget about hygiene and keeping clean. But, cleanliness is a big-time morale booster. This is why you shouldn't discount this product. It's called the Scrubba Tactical Wash Bag and was designed with help from a retired Australian SAS member and is perfect for bugging out or a family camping trip. The Scrubba has a washboard design that can provide a near-machine quality wash anywhere you are. It weighs only 5.6 oz. and folds down to pocket size.

To use it, just add water, soap, and clothes to the wash bag. In most cases, you want to add about one gallon of water to the bag for sufficient washing. Next, rub the clothes against the flexible inner washboard for about 3 minutes. Then remove the dirty water and add clean water to rinse the clothes.

The bag comes with a large twist valve for quick opening and deflation. The Scrubba Tactical Wash Bag is designed to last hundreds of washes. It is made from a coyote brown fabric that helps camouflage it when in use. It comes with a one-year manufacturer warranty and sells for about \$60.

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HOW TO PROFIT IN UNCERTAIN TIMES

Discover The Money-Making Power of 70's Style "Stagflation"

By Forest Hamilton
Universal Coin & Bullion

I receive calls and emails every day of the week from Americans asking me to help them protect themselves against rising inflation. Even though the Fed stated that "inflation peaked" in March at 5.9%, we recently surpassed 9.1% in July. While I don't think inflation will peak for quite some time, I am more concerned about preparing people for when inflation gives way to stagflation.

In 1973, the OPEC Oil Embargo started nearly a decade of "stagflation." Stagflation is a combination of stagnation (recession) and inflation, a condition most economists thought impossible. But then we had the worst of both worlds — high inflation while in a recession.

The 1970s also marked gold's finest decade, boasting two major bull markets for both bullion and rare coins. It was also a time when few other investments were working. Stocks and bonds declined in real terms and bank passbook savings accounts were capped at 5.25% by law.

Because Americans could not legally own gold until 1975 or easily buy foreign gold until the 1980s, rare coins profited above all other investments in the 1970s, growing over 40-fold according to the PCGS-3000 rare coin index. They rose from a starting value of \$1,000 on January 1, 1970, to \$41,000 in 1980, increasing over 4,000% as gold rose a modest 2,300%.

The catalyst that pushed gold from \$400 to \$850 in the first month of 1980 was Russia's post-Christmas 1979 invasion of Afghanistan.

Sound familiar? Earlier this year, Russia invaded Ukraine — two nations where 30% of the world's wheat and corn exports and over 50% of Europe's energy originate. While Russia's invasion was not the primary catalyst this time around, it has led to massive price increases and shortages in Europe, similar to our gas lines in the 1970s.

We have since seen a shortage in fertilizer production, leading to a rise in global food shortages. Also, a new outbreak of COVID-19 in China's major cities has caused crippling lockdowns in provinces from Shanghai to Beijing.

Last week, former Federal Reserve Board Chairman Ben Bernanke published a new book written during the COVID-19 lockdown, titled "21st Century Monetary Policy: The Federal Reserve from the Great Inflation to COVID-19."

In it, he shows how the stagflation of the 1970s is the "closest analogue to what's happening in today's economy." He hopes the current Fed Chair, Jerome Powell, can curb inflation without the extreme measures (20% interest rates, 11% unemployment and two deep recessions) that Fed Chair Paul Volcker engineered from 1979-82, but Bernanke also suggested that the country may be heading into stagflation again:

"Even with a favorable scenario, we should have a slowdown in the economy," he said. "So, there should be a period in the next year or two where growth is low, unemployment is at least up a little bit and inflation is still high. So, you could call that stagflation."

With global shortages of food and fuel, Russia continuing its brutal war, and China leading the world into a trade recession, we are bound for years of inflation and recessions. This economic nightmare is along the lines of the 1970s "stagflation" decade, when gold rose from \$35 to \$200 from 1971 to 1974, then paused before rising from \$103 to \$850 between 1976 to 1980 with the rare coin market doing even better.

The rare coin market continues to outpace almost every market in the last three years. Also, many of the coins I recommend are up 50% to 100% or more in the same time-frame, including a modern rarity like the 1996 \$25 American Gold Eagle in MS-69 condition or a classic gold rare coin like the 1894 \$20 Liberty in MS-63, up about 125%.

This type of market does not come around very often, so while most other Americans are hunkering down and waiting for the dust to settle be sure to take advantage of these market conditions to put you and your family in a position to not just survive, but to thrive.

[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.]



HOW TO STAY WELL FED WHILE BUGGING OUT

My Preferred Survival Food Loadout

By EJ Snyder

Former Army Ranger and Extreme Survivalist

For years, I have kept a separate “food bag” in my bug out bag. The main food bag is a Bear Bag that has a sealable top and measures 18 inches tall and 15 inches wide and has a 7-inch by 9-inch rectangle bottom. I use the Bear Bag because if it can deter a bear from wanting it, it will work for other critters too. Plus, on the off chance someone is tracking you while you bug out, it can prevent the smell of food from giving you away. In a bag this size, you should be able to carry at least 3 days of meals of dehydrated food.

In addition to the Bear Bag, I carry a single burner, blended fuel backpacking stove. The bottles are a lot lighter than other fuel bottles and it's very compact for storage. I store my stove inside of an MSR Alpine Stowaway 775 ml stainless steel pot.

The pot is not only used to cook with, but it's also used to store and protect the stove. Inside the pot with the stove is a lighter and a couple of paper towels. The paper towels are used to cushion the stove from the inside of the metal

pot to both protect it and cut down on noise it may make.

Now, let's talk about food for the bug out bag. My ideal loadout is enough food for 3 days of eating good, with the ability to stretch it out to 5 days of spartan-like eating if need be. So, I typically pack 3 days' worth of quality dehydrated meals. I also add five packs of Ramen noodles, a staple from my military days. Additionally, I stow one box of tuna with oil (they come in the nice pouches, not the cans) and crackers. Oil is essential to good health and can be hard to come by in the wild, so I choose it over tuna in water.

For a taste of breakfast, I usually pack six packets of oatmeal with brown sugar. You can also add three large packs of beef jerky, three large packs of dried fruits and a large bag of trail mix. These are great to add into soups and oatmeal. You could add snack bars like Nature's Way or Clif Bars. They are good energy bars and are pretty tasty too.

While canned food is an option, I try not to carry it due to the weight and because it's cumbersome to pack. Plus, after use, the can needs to be disposed of. I prefer packing

out the trash to leave no evidence of my presence and cans make that a hassle in a bugout situation.

Some people bury their trash, but that can lead to animals finding it and following you or even people with bad intentions who are skilled trackers. Also, in hot weather, you may end up carrying rotting food in the cans, which attracts flies and other undesirables. So, it's an option, but I'd severely limit or eliminate canned food.

Finally, I put in various candies such as gum or mints. I also like to throw in a bag of throat lozenges. They help ease tension and keep my taste buds happy.

To make eating the food easier, I keep an accessories pouch in my food bag. The pouch contains a camp spork, a few spoons, hand sanitizer, various packs of herbal tea for drinking, a small plastic container of instant coffee, small packets of honey, and matches.

Don't forget that you can supplement your food by eating off the land. Keep an eye out for wild edibles, berries, and mushrooms. I carry extra gallon zip lock bags and small rectangle plastic closeable containers to keep my finds fresh and protected. I carry snare wire and paracord for making traps and a small fishing kit. I also pack a sling shot with marbles and my collapsible bow for bigger game. Of course, I always have my trusty survival knife.

Even if you don't spend a lot of time in the wilderness, I still encourage you to build your own food bag to fit your unique situation. Keep in mind how much weight you can carry and your dietary needs as you put together the ideal bag for you.



THE CASE AGAINST BEING THE “GRAY MAN”

When And Why I Want Everyone To Know I Have A Gun

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

“...The right of the people to keep and bear arms, shall not be infringed.” Every right has its attendant responsibilities. The “right to bear arms” could also be expressed as the “responsibility to bear arms.” Preserving individual liberties requires perpetual vigilance, commitment to personal responsibilities and devotion to our society’s values and freedoms.

Let me be very clear, a lot of the stuff you read or see on YouTube about being a “gray man” is misinformation. Yes, I do prefer to blend in with my surroundings when I am performing operational acts or just trying to be non-alerting. However, if I am moving towards or am in an environment where I can reasonably expect physical, possibly armed, confrontation, I want to appear strong, assertive, and confident. In these cases, I do not want to blend in. I want to stand out as the least available target.

When I performed spy missions, I seldom carried a firearm. The whole point of clandestine work is to not encounter threats. Instead, my job was to wisely and tactfully skirt around them. But when my duties put me up against threats that we knew to be armed and ready to kill for their “cause,” I used a very different profile. My choice of carry then, and now, is a .357 Magnum revolver.

Now, anyone who wants to discuss the pros-and-cons of revolvers and

semi-automatics will find that I have very strong arguments for revolvers. However, I realize plenty of people love semi-automatics, but I am certainly a revolver guy.

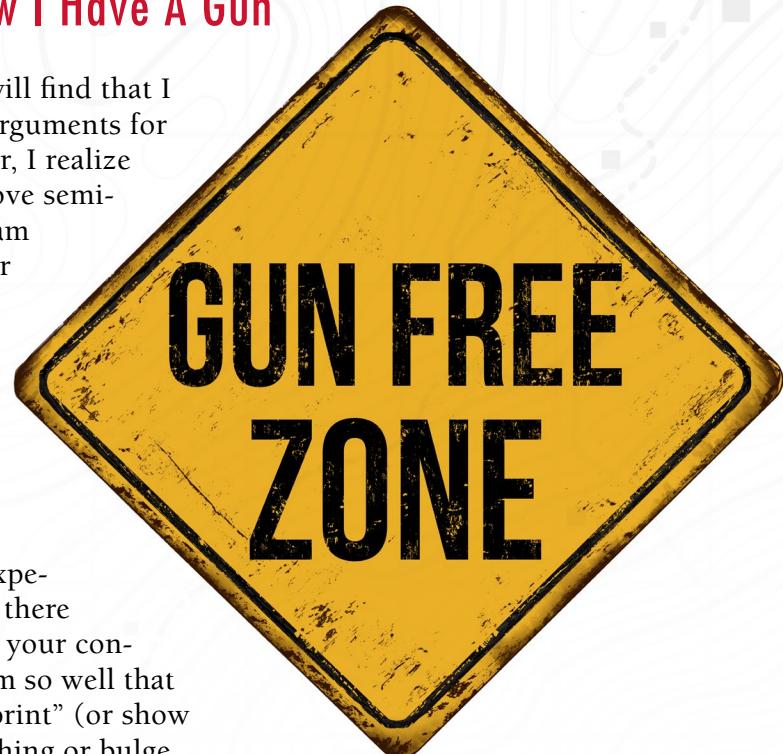
Look, it will be helpful to do your own little thought experiment here. Consider all those untrained and inexperienced voices out there telling you to hide your concealed carry firearm so well that it does not even “print” (or show through some clothing or bulge from a concealed holster). These people will tell you things like, “if an armed assailant enters the restaurant and sees that you have a firearm, they will likely shoot you first.” Or “shooters look for people who have guns and try to take them out first.”

All of that is bogus and contradicts actual evidence. In fact, shooters target places where they do not expect people to have

guns. They are not well trained and do not look for signs of concealed firearms. There have been plenty of reported cases

where shooters who had intended on opening fire in a crowded area changed their minds when they spotted armed law enforcement or other real threats to them and decided to come back another day or move on to a softer target.

Here is a fact: if a would-be shooter spots someone with an open carry or even a “printing” of a concealed carry, they will likely



move on to another location or target rather than open fire where there is a person with a firearm.

If you are still doubting my assertions, consider this. Why do active shooters not just walk into gun stores, police departments, or biker bars and open fire? The answer is simple. It’s because they want to shoot easy victims – unarmed victims. They do not want to engage with anyone who has a firearm and knows how to use it to stop them.

The more those of us with training and conviction carry our firearms openly or perceptibly, the more of a deterrent we are to would-be active shooters. Consider a scenario where parents were permitted to carry concealed weapons at their children’s schools. Where trained parents, armed with concealed-carry firearms, were invited into the classrooms to work with the teachers to teach and protect their children.

In your own assessment, how

“My choice of carry then, and now, is a .357 Magnum revolver.”



would that change the evolving culture of school shootings? What if a would-be shooter knew that there were several potentially armed parents in that school? Parents that would not hesitate a moment to shoot anyone trying to harm their children. Parents would not stop pulling the trigger until the job was done and done right. The dynamic of school shootings would change dramatically.

When I was a kid, as you may already know, many of the boys in junior high and high school carried shotguns and rifles on racks on the back window of their trucks. Many carried handguns in the glove compartment. But these guns were not for shooting innocent people. There was no such thing as “active shooters” or “mass shootings” because there

“Remember, deterrence is the first and best way to avoid a fight.”

was a built-in deterrent to that kind of demonic behavior in many vehicles.

Today, the more of us that carry firearms in a fashion that allows others to be aware that we are armed, the more we reduce the stigma of concealed carry and the greater “show of force” we create, will likely deter the bad guys.

Now, it’s vital to know your rights in your state and city. We get concealed carry permits because we are law-abiding citizens and we don’t want to violate the laws, even when we find them repulsive and unconstitutional.

As of this writing, not many schools permit parents to be armed or defend their own children. But that is not the case for the mall, grocery store, park, zoo, museums, movies, concerts or even a

walk down the street. Your children should know that you carry a firearm to protect them. Your spouse should know that you carry a firearm to protect them. Your friends, neighbors, and fellow church members should know that you are armed and will help protect them. The bad man with a gun who is looking for an unarmed target should know that you are carrying a gun and will stop him if he makes you use lethal force.

Whether you choose to carry your firearm in a bellyband, ankle holster, pocket, or anywhere around your waist, remember, deterrence is the first and best way to avoid a fight. So, get a firearm, learn how to use it to defend yourself and others, and let the bad guys see what you’ve got. They’ll think twice about attacking where the threat of armed retaliation is high.



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

Like guns, you can never have too many knives. You should have both fixed-blade knives and folding pocket knives for whatever life throws your way. So, this month, I want to make sure you grab the new Shadow pocket knife. This tanto knife

is excellent for both self-defense and survival and is one of the main knives I give to all of my private clients.

You can see photos at
www.AmericanChange.org.

HOW TO USE YOUR INTUITION TO SAVE LIVES

This “Heart Illness” Epidemic Is Stealing Our Loved Ones

By Dr. Omar Hamada
Special Operations Physician

I woke up this morning to a text about another suicide. This time it was my good friend's son. It's the fourth suicide of someone I've known in two months. The fourth.

My successful movie producer soon-to-be neighbor with a wife and two little boys — just a week before closing on the house — overdosed. His wife found him.

My incredibly successful and well-respected friend hung himself. His wife and daughter found him. He left behind a wife, five grown children and several grandchildren, and a huge community of people who loved and admired him.

My co-worker who was having an affair and consequent marital problems went to a hotel room and shot himself in the head.

And now this. A young man in the prime of his life with the world by the tail. His father found him after hearing the gunshot.

There have been too many others. Guys I've been in combat with, a few law enforcement buddies, successful businessmen, children of friends. It's almost too much to bear. So much suicide, so little hope,

even among those who have every reason to hope. I fear it won't stop until we stop it.

I had another article done and ready to go for this edition of our newsletter. But this broke me and I felt I needed to address it. Suicide has reached near epidemic proportions in our society despite all the attention thrown its way — hotlines, warnings, social media posts, and the caring words on printed media. Ultimately, very little of that really matters or works for those who are truly suicidal and intent on ending their own lives. Maybe you or someone in your circle is struggling right now.

Though there is real mental illness, much of suicidality is what I call “heart” illness. People who are in pain, desperate, hopeless. Feeling no one cares. They're just done. Almost every patient I've seen that is seriously contemplating suicide — not just acting out — is usually silent about it. No one knows until it's done. I've seen it every day for three decades and it's getting worse as our family and social fabric frays.

There are usually little clues or tells. Things said, perhaps with a smile, that betray a heart breaking under some unseen pressure. Most often, it seems the person feels that they don't belong, don't fit in. That no

one cares or loves them. They have no value, no true purpose. Even that the world would be better off without them because they are worthless or the mistakes they've made are too big to overcome.

Don't be scared to ask questions of another. Trust your intuition. “Are you thinking about killing yourself?” Not only is it okay, but sometimes necessary to ask. And if you are the one contemplating suicide, please reach out. Tell someone, even if you think there's nothing anyone can do.

Many of the deep heart issues can be mended with relationship. We need one another. We are relational beings, made for relationships. Deep, meaningful, loving, intimate, authentic relationships. Yes, relationships are hard, but they're essential. It does take time, but love, care, and meaning heal. We all need to feel like we matter, are valued, know we belong, and are desired.

Many blame suicide on the victim having “an illness” or being “selfish,” when we know that the most reliable and effective prevention for suicide is deep, intimate, loving and caring relationships. We live in a world full of hostility and spite. Anger and hate are lauded and misperceived as power when true power is a quiet and mature strength.

We can have strong convictions and vehemently disagree about bad and destructive ideology. We don't need to compromise truth, but we can be kind and care for hearts. We can love, even those who disagree with us. Realize that a person's worth is independent of their opinions and beliefs. There is a difference between ideology and people. Be kind, to yourself, to others. As a Christian, I believe that the God-shaped hole in our hearts can only be filled by... God. That's where I find my hope when it seems there is none anywhere else.



SIMPLIFYING SURVIVAL WITH A BLADE

The #1 Way To Survive A Lethal Knife Fight

By Matt Numrich

Head Instructor Of Spy Black Belt

While there are a whole host of knife defense teachings out there, a lot of the information is confusing and contradictory. So, to simplify the topic of knife defense, here are the three main situations you can be in: 1) Knife vs. empty hands (attacker has a knife, you have nothing), 2) knife vs. knife (where you both have a knife), and 3) empty hands vs. knife (a unique situation not often taught, where the aggressor is unarmed and you have a knife to defend yourself with).

This month, I will cover the second situation where both you and the attacker have a knife. We can also adapt this scenario to the aggressor having many kinds of weapons — a knife, stick, bottle, or anything they can hit or strike you with.

As most people know, there are two main knife types: a fixed blade or a folding knife that many people refer to as a pocketknife. There are pluses and minuses to each, but for all intents and purposes, I would suggest you carry the folding knife type because of its size and concealability. A folding knife is long enough when deployed to be a lethal self-defense tool and small enough when folded to be hidden away, yet close at hand when needed.

Now, when facing off against someone with a knife, I want you to first learn about five basic angles. I've created a video for you that goes over the details of these angles and included a number of pictures to illustrate the techniques. You can see the video at www.CombativesMastery.com.

At that website you can see the illustrations of each angle, as they



cover the main angles of attack, which consequently are also the same angles of defense. My suggestion is to work with these angles first and to get familiar with them.

Next, once you are familiar with the angles, you must practice the art of "defanging the snake." In the Filipino Martial Arts there is a lesson that says, "If you 'defang' a snake, the snake is rendered useless." The same is true with an attacker wielding a knife. If you "defang" the opponent by disarming them, they are ideally rendered useless or at least not as dangerous. In order to accomplish this, you must cut the incoming (or attacking) limb, as seen in the video.

You must "meet the force" where your knife cuts the opponent's hand or limb holding their knife. You do this by meeting the attacking hand or limb, but not following it. That is "defanging" the snake, as you are defanging the hand which is holding the knife, hence the attack itself.

Slicing anything from their elbow on down will accomplish this. This immediate shot of pain will likely disarm them, in addition to the intense emotional fallout of seeing their arm

opened up in front of them.

There is one other important note about this technique that I want to talk about. Make sure you move back when cutting the hand, as you will need to get out of the way of the incoming attack. By sheer momentum, even if you cut the hand, the follow through of the weapon could still strike you.

Now, keep in mind that this concept works for impact weapons just as much as edged weapons. Meaning, if you have a blunt weapon, think about "smacking" the hand, instead of cutting it. It works virtually the same way. Or if you have a blade and the attacker has a stick, you can still "defang" the attacker with the stick.

Whether you find yourself armed with a knife or a blunt object, my suggestion is to "get used" to moving with the weapon. Get comfortable striking, pivoting, stepping back and cutting or hitting a second and third time. Use all five angles as you practice coordinating your hand and foot motions. These simple movements applied to the simple tactic of "defanging the snake" can save your life in a violent encounter.