

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## CIA TROJAN HORSE THAT WENT TERRIBLY WRONG

### Operation Marlin

By Jason Hanson

*Former CIA Officer*

The CIA is very good at what they do. Yet, mistakes happen. In 2000, the CIA carried out Operation Marlin. The goal of the operation was to slow down the nuclear development being carried out by Iran. The plan was to give Iran a flawed blueprint of an actual nuclear weapon.

Of course, the U.S. couldn't just give Iran the plans. They would know they were fake. The CIA needed somebody that the Iranians would trust to hand over the documents. So, the Agency convinced a Russian nuclear engineer who had recently defected to the United States to give Iran the documents so they appeared legitimate.

The Russian was given a \$ 5,000-a-month income to provide Iran with instructions for the supposedly Russian-made nuclear weapon. The



designs were for the high-voltage block, which is a critical component of a nuclear weapon. The plans would help Iran build the parts that trigger a nuclear chain reaction.

The CIA operation plan was for the Russian to pose as a scientist who was selling the nuclear blueprints to the highest bidder. The Russian traveled to Europe to meet with Iran's representative of the International Atomic Energy Agency. The catch with the plans was that they contained a huge design flaw that the Iranians wouldn't recognize. The CIA believed the flaw would go unnoticed until Iran already built the weapon.

In other words, the idea was that when Iran went to test the bomb it would be a dud. Iran would have wasted years on a flawed design and would be forced to start over. The

CIA also hoped to be able to watch what Iran did with its nuclear weapon plans. It would give the CIA an idea of what Iran knew about nuclear technology.

In theory, it sounded like a solid operation. But the Russian scientist was a heck of a lot smarter than the US gave him credit for. When the Russian scientist looked at the blueprints it took him a few minutes to point out the design flaw. Even though he was a scientist, the CIA handlers were shocked at how quickly he pointed out the mistake. The CIA didn't even think that the Russian would be able to figure out the flaw.

The CIA decided to move forward with the operation even though the Russian was hesitant. After the Russian was given a sealed envelope with the blueprints, he got scared.

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He didn't want to get caught in the crossfire between the CIA and Iran. So, the Russian opened the envelope and included a letter that pointed out the design flaw so the Iranians could fix it. The scientist gave Iran the blueprints and fled.

In other words, the CIA had hoped to slow down Iran's nuclear weapons program. Yet, in reality, the plans provided by the U.S. likely contained enough useful information that it helped Iran accelerate their nuclear weapons program.

Operation Marlin was a complete failure. It did the opposite of what it was supposed to do. The CIA misplaced their trust and lacked patience, which is not a good combination.

The fact is, during a disaster or crisis you have to be careful who you trust for help or information. For instance, during a disaster, you need to be cautious who you listen to as far as evacuating or staying put. Americans depend on their state and local governments for advice during a disaster. This includes whether to evacuate or hunker down at home. But the reality is that your government leaders can't see out your front door.

You always need to trust your gut and do what you think is right. This is why you need lots of supplies at home and also lots of supplies in a bug out location.

During Hurricane Katrina, one in four people ignored evacuation orders and stayed in their homes. This meant first responders were unable to get to a lot of people who needed help immediately.

The fact is that when trying to decide whether to stay or go it's always better to err on the side of caution. Leave before it's too late. Or be ready to be your own first responder.

Also, according to the federal government, 85% of critical infrastructure in the U.S. is owned by private companies. During a disaster, government and private companies must work together. The reality is that the cooperation between these sectors is not always the best. (There's a shocker.)

This is why you should know what plans your local utilities have in place. Before disaster strikes, you should know what your utility company will and won't do. Contact the utility and ask what their plans are for a disaster. They should have documentation they can provide to customers so you will know what to expect.

During a true disaster, you will likely have to trust some strangers. This will include private companies and government leaders. But always remember that your eyes and ears are the best information you have to make informed decisions. As Ronald Regan said, "The nine most terrify-

## Flash Thunder Ammo

I love shotguns and my home defense shotgun of choice is the Remington 870. The great thing about shotguns is there are several different types of unique shells you can purchase for them. One round that can be very intimidating is the Flash Thunder Ammo.

These are shotgun shells that produce a blinding flash and a 182 dB bang. That loud of a noise is louder than a jet engine, so make sure you're wearing hearing protection if you ever shoot one of these shells. In fact, I'd recommend doubling up on hearing protection, using both the soft foam plugs and the ear muffs.

Flash Thunder is made by a company called Firequest. The company says the ammo is used by law enforcement and military personnel. The ammo produces the blinding flash and loud blast at the same time. It creates a 1.5 to 2 million candle flash.

In addition, it causes an overpressure of about 2 atmospheric pressure units. The Flash Thunder ammo sells for about \$5 per shotgun shell, so it's not cheap. But if you're looking to have some fun or unique home defense ammo, you may wish to check it out.

ing words in the English language are: I'm from the Government, and I'm here to help." Do everything you can to have all the supplies you need so that you're totally self-reliant and can also help others.

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# WHAT HAPPENS TO GOLD IN ELECTION YEARS?

## How to Prepare Your Portfolio for the 2024 Election

By Forest Hamilton

*Universal Coin & Bullion*

In a normal market, I would wait until January to write this article for you. However, I believe we are heading into one of the most important elections in United States history, which is why I want to give you a chance to get ahead of the curve. While we all know that past performance does not guarantee future results... history has a funny way of leaving clues that allow us to peek into the future and see the possible outcomes.

For example, here are the election year numbers for the price of gold from the last 3 elections: During the 2012 election, gold jumped 10.5%. During 2016, it jumped 20.9% and in 2020, it increased 25.6%. And gold is evidently not partisan, as that growth happened with 2 Democrats and 1 Republican getting voted in.

It didn't matter who was in office, it mattered what was happening outside of the office! As it currently stands, the 2024 election is likely to be a rematch between Joe Biden and Donald Trump. Their health and legal problems will undoubtedly dominate the debates instead of the actually important financial and geo-political challenges facing America. Since we cannot rely on the media to bring us clarity, let's examine the facts from the Obama/Biden/Donald Trump years.

The 2008 election happened in the midst of a financial crisis that nearly crippled the world's financial system. Gold rose in 2007 and 2008, while the stock indexes fell over 50%.

The 2012 election pitted Mitt Romney against the incumbent Barrack Obama. By the end of 2012, the U.S. debt was a staggering \$16.05 trillion.

That made the debt-to-GDP ratio 100%, the highest figure since World War II. Even with the relative stability that a re-elected president often brings, gold rose over 10% from January to November.

The 2016 election was a heavyweight bout between Hillary Clinton and Donald Trump and boy was it a doozy. It was a divisive battle that ostracized many voters and Clinton was favored to win by as much as 90% in some polls. Trump lost the popular vote by almost 3 million votes, but won the electoral votes and the Presidency. Gold rose over 20% from the beginning of the year to Election Day.

The 2020 election took place in the middle of the COVID-19 pandemic. In the midst of this uncertainty, gold rose over 25% from the beginning of the year to Election Day.

While we don't know for certain who will run in the 2024 election, we do know that the problems facing America are more severe than at any time since World War II. When you consider our out-of-control debt, our weakened political, military and social structure and rising threats from China, Russia and Middle Eastern powers, we are a nation with a future fraught with uncertainty.

What we need is a President with some backbone who will stand and fight for America's core values rather than dividing the country further by attacking the "other" side. Unfortunately, I don't see that happening, so we are likely to see further volatility in our markets. A financial tug-of-war between parties.

**"Gold rose in 2007 and 2008, while the stock indexes fell over 50%."**

This seems to be the sentiment of many as reflected in a recent Gallup poll in the Wall Street Journal. In an August article titled, "Individual Investors Seek Safety of Gold", the Gallup Poll of American Investors asked Americans to name their favorite asset categories.

The article started by profiling a young (age 44) engineer from Massachusetts that was frustrated by the roller coaster of value in tech stocks. The engineer stated, "Precious metals... makes it so I can sleep at night, where I hold it and nobody can hurt me," adding "It's impossible that I'm going to end up in a bread line somewhere, waiting for someone to drop something in my hand so I can eat."

This feeling is spreading based on the Gallup Poll that found 26% of Americans believe that Gold is the #2 long-term investment, with people only preferring real-estate over the shiny metal.

Based on history and current investor sentiment, gold and certified gold investment coins will likely see a dramatic rise in demand in the coming election year, leading to higher prices.

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

# CATASTROPHIC GEAR FAILURE

## Army Sergeant In Deadly Hand-To-Hand Combat

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

Here is a true story of survival: It's early morning in Iraq and a platoon of U.S. Army infantrymen is preparing to clear terrorists from a building where they've been holed up for weeks. The soldiers move in and clear the first room. The point man, a young sergeant, takes the lead and moves into an adjacent room. The room is smoky from the breach, but through the haze, a shadowy figure moves toward him, weapon in hand.

The sergeant raises his M4 to engage, but to his horror, his weapon jams. The terrorist, a 6-foot-tall, bearded man, has the young soldier in his sights and takes aim when his weapon also miraculously fails. The sergeant charges the enemy, but the larger, stronger terrorist grabs him. That's when the soldier pulls his knife from its sheath and slashes the terrorist across the hamstring, dropping the man to the ground in great pain. The sergeant was able to survive and win

the day, thanks to his knife. And the terrorist turned out to be a key ISIS leader with crucial intel.

When troops are on the battlefield, a knife can play a pivotal role in many tasks, but more important than that, it could be the one thing that keeps them alive while giving the enemy the opportunity to die for their cause. You can find countless stories of battlefield heroes relying on their trusty blade in close quarters combat. When all else fails, your tactical carry knife may be just the thing that keeps you alive.

So, choosing the right tactical knife is very important. But just as critical is your knife's sheath and where you carry it. In my 25 years of military experience as an infantryman, I have carried my knives in various places due to need, practicality and the evolution of combat gear we wore.

For example, when I was in the 82nd Airborne Division, as Paratroop Jump Master, I carried my knife upside down on the shoulder strap

of my web gear, so it was readily available during a parachute jump. It was a nice, snug leather sheath with one leather button snap holding it in place so I could free it easily with the flick of my thumb.

Additionally, I carried a Bowie knife on my hip, as I found the newer M9 bayonets inadequate for knife tasks or as a fighting blade. As we started wearing heavier gear, I switched to a lighter, K-Bar tanto-edge combat knife and carried it on the chest area of my body armor vest for easy access while in or out of a vehicle.

The sheath was Kydex and had a pressure release lock, which allowed quick drawing of the blade. I also strapped a combat dagger in my boot as a backup blade because of the difficulty of quickly getting to a knife attached to my belt.

Again, the knife, sheath, and where you carry it, could mean the difference in whether you live or die in a violent confrontation, survival, or emergency situation. Obviously, all of this is personal preference based on your particular needs for your situation. But to be truly prepared, you need to take the time to think through it and also take the time to test different knives, sheaths, and places where you carry them.

I always say you need to "train as you fight" so that you build up self-confidence with your setup and have proficiency for when you need it most. You need to carry and practice your draws with your knife so that you are as sharp as your blade. Because in battle, or on the street, when things go sideways, you only get one shot at it. Have yourself, and your set-up, battle ready for when you need it most!



# IT'S TIME TO ACT WHILE OTHERS DREAM

## How To Develop A Private "Insidious" Evacuation Plan

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

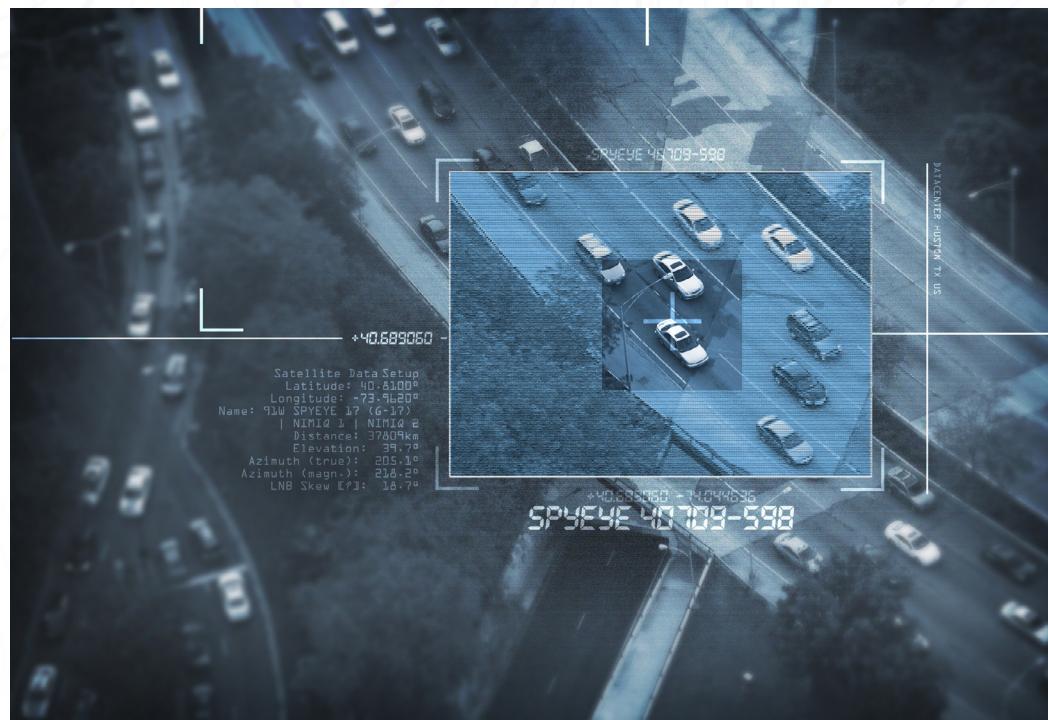
One of the rather peculiar operations I worked on while I was at headquarters as a Regional Desk Officer was the insidious evacuation program. The concept was to have a fully developed logistical and transportation infrastructure and plan in place to evacuate people from the local area to someplace under U.S. or U.S. ally control.

These escape routes and plans were not done through the embassy because we all know the embassies are filled with spies of the host country. What good is a secret escape route if the people you are escaping from know your plans?

The destination for our escape routes might be a neighboring country, a U.S. or British naval vessel, a hunker-down area in the wilderness, or for individuals or small groups, a safe house somewhere outside of the hot zone. The number of people and their destination were entirely dependent upon the mission parameters assigned for the development of an insidious evacuation.

Whether the evacuees were secret agent assets, U.S. personnel, high-profile citizens, key allies who live or worked in the local area, or high-value targets that needed to be moved without using overt public transportation, the goal was to get people out quickly and quietly without alerting local authorities, military, or other foreign intelligence agents working in the area.

While special operations were not included in this big picture evac mission, the core concept was that in the event of an impending disaster (natural, military, political, econom-



ic, etc.) this plan was ready to roll out instantly.

That's why during the bungled withdrawal, I watched in horror as Biden abandoned U.S. citizens and indigenous allies in Afghanistan and was shocked and sickened to see that they had not initiated their local evac plan, because I know they had one.

And when I say, "I know," believe me, I know they had a robust plan and all of the logistics in place and ready to be applied. So, there is only one reason that they did not activate their emergency escape plan – they were not authorized to do so.

I have a fair amount of knowledge about emergency egress plans. It takes a great deal of deep thought, planning, money, and some rudimentary experience to set up insidious evac plans, but they are critical to ensuring that we can egress as successfully as we ingress.

But having a fully developed plan with all the required elements to

implement the plan already inventoried, managed, and in place, is a very strong selling point when you are trying to encourage someone to spy for you. You want to prove to them that you have several plans to get them (and their families) out at a moment's notice.

No better way to convince them than to demonstrate exactly how you will keep them safe. And the best way to do that is to give them a virtual tour of their escape routes. Not all of your routes, resources, and plans, but at least one. Never show, discuss, or even admit that you have your own escape route and plan – keep that to yourself. If they sell you out, they will also tell their new masters how you plan on escaping.

This is what we did to establish those mass evacuation routes and how we built resilient and reliable emergency egress plans. First, we hired and trained locals to go out and find everyone who had keys, experience, and "anytime access" to any vehicles that could carry more than



one person (we did have a few motorcycles, jeepneys, etc. for special circumstances).

These people believed we worked for an international rescue group. They did not know who or when they would be called upon to pick up people or even where they would take them. We paid them very well each month to be on-call. We explained how secret this special mission was and that if their government ever found out that they told anyone what they were doing, their government would be very upset with them.

Every few months, a U.S. Intelligence operative, undercover as an international aid worker, would check in with them to make sure they still had unfettered access to the vehicle, that it was fully operational, and that they had the keys and fuel to operate the vehicle with no-notice. Our operatives also checked to make sure that the “rescue driver” was physically and mentally prepared to be called upon at zero-dark-thirty to pick up people and get them to a border crossing or beach.

Next, we developed a plan based on the number, capacity, and location of each vehicle in the rescue fleet. We had to determine how many we could load into a particular vehicle and how long it would take to get that vehicle on the road to them, pick them up, and get them to the evac point. Along with that, we had

to know who and how many each vehicle would pick up and transport. Mapping out and load-balancing the locations of the vehicles, assets, and escape routes was the hardest part.

After that, we made sure we had enough fuel, food, water, and other items stashed away that we could grab and get to the drivers in the event that some driver was short of fuel or some evacuees failed to have their go-bags fully outfitted.

Then we did dry runs to shake the bugs out of the plans and to prove to the “rescue drivers” it was a safe, humanitarian operation and that they would not get in trouble and would make good money. We never had them pick up actual assets, only role players, and they only took them to the train station or airport.

Finally, we did test runs with certain assets we felt needed training because of the high likelihood we’d need to evacuate them in crisis conditions. For these exfiltration exercises, we always used an intelligence operative with excellent training and experience in combat. Not only were they qualified to train the escaping assets, but they were able to assess the likelihood of successfully getting a particular asset out of harm’s way and what adaptations might be needed.

I glossed over several important aspects, such as secure communications, signaling, challenges and

responses, validations, proof of identity, personal protection procedures, abort routes, emergency comms, techniques to escape the escape vehicle/rescue team, etc. But the key elements for you to get from this are that you need to have a plan, and all of the assets, resources, and chosen safe destinations in place beforehand in the event of a crisis in your area.

You never know when you may be called upon to get important people (you and your family) out of the area using your own private, insidious evacuation plan. So, prepare your plan now and be thorough. Remember, a plan without resources is just a dream.



## SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

I love pocket knives and own dozens of them. But one of the downsides is the time it takes to flip open the knife in order to use it. That's where the Berserker Blade comes in. It's a specially designed fixed-blade knife that is small enough to clip to your pants pocket. In other words, you don't have to spend any time flipping it open if you need it in a crisis. Plus, its unique shape makes it devastatingly effective for use in self-defense. For pictures and videos that explain this amazing knife in full detail, visit [www.BerserkerBlade.com](http://www.BerserkerBlade.com).

# WEAR THIS TO GET HEALTHIER

## Heart Rate Variability Monitoring

By Dr. Omar Hamada

*Special Operations Physician*

For decades, obstetricians have used heart rate variability monitoring to assess fetal wellbeing in utero. The variations in a baby's heart rate while in its mother's womb, reassures us that the child is okay, is happy, and has good and adequate reserve. When its heart rate curve flattens and doesn't adequately respond to stimulation, we get concerned about its ability to weather the stresses of labor and delivery.

Over the past few years, we've extrapolated this concept to the adult population, particularly in the area of athletic performance. We now use heart rate variability to assess adult cardiac wellbeing, athletic performance, fitness, and neural responsiveness.

Heart rate variability, or HRV, is the variance in timing between individual heart beats as measured in milliseconds and is primarily a function of the autonomic nervous system. It is measured by assessing the variance between the R-R intervals from beat to beat (the R-wave is the component of the ECG that reflects the depolarization or contraction of the ventricles).

Our autonomic nervous system is made up of the competing parasympathetic nervous system that mediates our rest and many of our organ functions and the sympathetic nervous system that stimulates our fight or flight responses.

The synergy and balance of both maintains a healthy and homeostatic existence as parasympathetic discharge slows our heart rate while sympathetic discharge speeds up our heart rate. If one significantly

inhibits the other, our HRV is lessened or flattened. This then indicates an increased propensity to illness or injury and lets us know that our efforts that day should be curbed as our recovery is less than ideal.

Though HRV is primarily controlled by our nervous system, heart rate itself is dependent on many factors including O<sub>2</sub> or metabolic demand, lactic acid production, hydration status, dietary and pharmacological stimulants or depressants, mental health as it relates to depression and anxiety, and hormones such as thyroid hormone and adrenal hormones and steroids.

It is important to note that since HRV can vary widely between individuals, we can't really compare our heart rate variability with that of others. What is a more important consideration than comparison between one another is to observe the trends of our own HRV as we attempt to improve and increase it with lifestyle modifications such as regular exercise, a healthy diet, consistent and quality sleep, avoidance of alcohol and tobacco, and proper psychological stress management.

Though HRV decreases as we mature and differs based on gender, it continues to be independently reflective of our training, our lifestyle, and our biology and genetics. Interestingly, it is remarkably indicative of our sleep quality as well as our level of health and overall fitness.

Just as a healthy heart rate variance indicates healthy adaptive responses and reserve, a low HRV indicates a lessened ability to meet physiologic demands and could indicate impend-

ing or underlying disease whether acute or chronic.

In fact, one of the biggest influencers of HRV is the amount, the consistency, and the quality of our sleep. Whether this is due to the resulting physiologic and psychological irritability that poor sleep causes or is simply a result of inadequate deep and REM sleep that in turn disallows proper brain and neural recovery is yet to be

seen. The important thing is that proper high-quality sleep is a key factor in maintaining our health as well as our physical, intellectual, and physiological performance.

There are many products currently on the market that accurately assess heart rate variability. I'd say the best is the WHOOP band as its strain and recovery algorithms are truly remarkable. Other excellent products are things like the Oura Ring, Garmin watches, the Apple Watch, and others. Remember, a heart rate monitor is just that - it monitors your heart rate, but it will not tell you what your heart rate variability is. To get your HRV, you will need a product that specifically measures that.

A good target for HRV is somewhere around 40. Anything that is consistently below 25 is problematic. My recommendation is to consider wearing a device that monitors your HRV and track your results. Change your habits to optimize your metrics. Consider a device that also measures your skin temperature, sleep habits, blood O<sub>2</sub> levels, baseline heart rate, calories burned, etc.

**"Heart rate variability is the variance in timing between individual heart beats."**

# THE WEAPON AMBUSH

## Crash, Isolate, and Then Disarm

By Matt Numrich

*Head Instructor Of Spy Black Belt*

As we turn from summer to fall and eventually to winter, predators have extra means to hide and conceal weapons, which is bad news for the good guys. Whether you're talking about the image shown in movies where a trench coat conceals a shotgun or as seen in CCTV recordings where the convenient store customer hid a full-sized crowbar inside their puffy jacket, we need to know what to do when an assailant surprises us and pulls a weapon quickly.

In fact, I just saw a highly respected instructor post a video of two guys who were punching it out on a third world country dirt road. After about thirty seconds, one of the fighters realized it wasn't going to be as easy of a fight as he thought, and so he pulled out a knife from his belt holster. Immediately, the other participant ran away and the text on the video said: Best knife defense.

I would completely agree, unless we need to stand our ground to protect a loved one or if we're trapped and can't escape. But there might be one more scenario where we must engage, and that would be if we're surprised by someone who pulls a weapon we weren't expecting and we might be too close in the fight and can't escape. For example, it would be too dangerous to turn our backs to them because they could knife us in the back or strike us with a baseball bat, tire iron or pipe.

So, as the weather will start getting colder over the next several months, concealment is easier for a whole host of weapons. Therefore, what do

**"One of the fighters realized it wasn't going to be as easy of a fight as he thought."**



we do if we're surprised by one of these "weapon pulls" and we can't simply flee to safety?

My answer is to "crash" and "isolate" and then "disarm". Let me walk you through each one. First, we must crash into a closer range and smother the attacker with our pressure and force. (Anyone who has taken Jason's Spy Dangerous self-defense class knows that he says CIA now

stands for "Crash Into Attacker".) A person wielding any weapon must have at least a little bit of space to maneuver the weapon in order to strike, stab, slash, etc. If we take

that away from them immediately, we have physically helped our cause, but also, emotionally we have taken the fight to the attacker.

Next, we must isolate the weapon's arm. You can see my expanded description in the accompanying video, but my tips are always having 2 on

1, one high, one low and one on top, one on the bottom. After we isolate, we must continue the pressure with a barrage of close quarter tools like knees and head butts.

Finally, with all the aggressiveness we have taken toward the attacker, we will disarm the knife or the gun. Sometimes they might drop it from the knees and headbutts and other times you will have to snatch it out of their hand.

Action and quickness are your best defenses by moving offensively against the attacker in this situation. The attacker hoped to use the element of surprise on their side, which means we need to respond aggressively to turn the tables and surprise them back with quick action, solid strategy, and a violent counter attack.

You can watch the video here as I break down each step specifically: <https://fearlessstreetfighter.com/hiddenweapons/>