

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## YOU'RE ON THE FRONT LINES OF THE GLOBAL CYBER-WAR

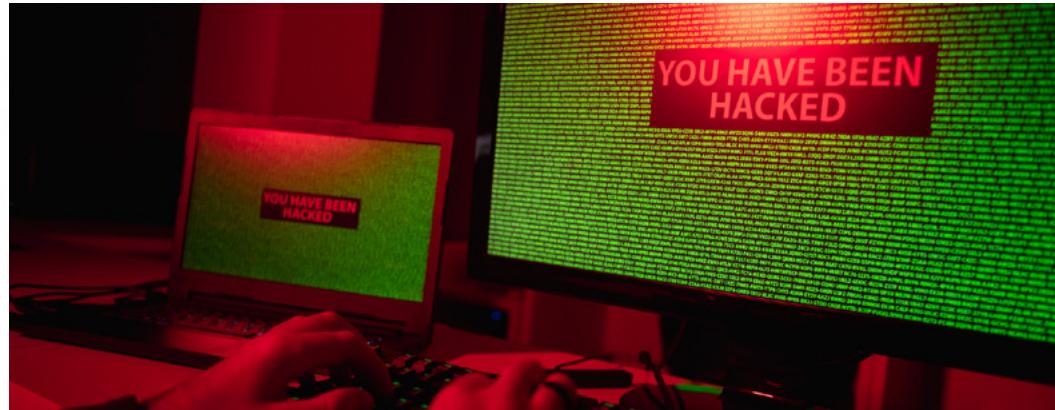
### How Iran Is Influencing The 2024 U.S. Presidential Election

By Jason Hanson

*Former CIA Officer*

As I'm sure you're aware, foreign countries influencing elections is nothing new. It's been done for decades, including actions carried out by the CIA. In 1948, the CIA carried out an operation involving the Italian presidential election. During the Cold War, the U.S. wanted the centrist Christian Democrats to win the election against the pro-communist Popular Democratic Front.

The CIA funneled millions of dollars to the political party. According to one CIA operative: *"We had bags of money that we delivered to selected politicians, to defray their political expenses, their campaign expenses, for posters, for pamphlets."*



In addition, the U.S. published books warning Italian voters about the consequences of a communist victory. And Time Magazine even supported the campaign and ran a cover story featuring the candidate of the Christian Democrats. It's estimated that the U.S. spent \$20 million supporting the preferred candidate in the 1948 election.

At the same time, the Soviet Union was funding and supporting the Popular Democratic Front. Leading up to the election, the Soviet Union spent \$10 million a month in Italy to support communist causes.

According to this CIA operative, *"The Communist Party of Italy was funded by black bags of money directly out of the Soviet compound in Rome."*

The Christian Democrats eventually won the 1948 election with 48% of the vote. However, the way elections were influenced back then is very dif-

ferent from what we see now.

Yes, governments still throw money at who they want to win, but these days, they influence foreign elections with technology. We already know that countries around the world want to alter the U.S. election, and Iran is one of the biggest players attempting to do this. Here are a few ways that Iran, specifically is doing so.

Iran has a long history of engaging in cyber-attacks and disinformation campaigns to create havoc and division in America, and this will only increase as the election gets closer. The way Iran uses the internet is multifaceted. They attack on a wide array of fronts, from social media campaigns to impersonating political activists, and they will try any method to see if it works.

Their hackers even target specific candidates as they recently did with Trump. So, as you spend time on-

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line this election season be leery of political emails, advertisements, and organizations.

If you want to contact a political candidate don't do it by clicking on their advertisements. Instead, find a phone number from their website and contact them.

Now, it's clear that tensions are high, and the Middle East is on the brink of multiple wars. And while Iran likely doesn't want war, the country likes to take actions that say otherwise and push the boundaries as far as they can.

For instance, Iran will likely increase tension in the region by conducting military maneuvers and diplomatic standoffs. Iran wants to make the Middle East a topic of conversation among the political candidates here in America and around the world.

They want the candidates to talk about foreign policy and how they would handle the issues in the Middle East with the idea that it will create more division among voters in the U.S. There is even evidence that Iranian groups are planning to incite violence at political events to create chaos and undermine government authorities.

So, if you plan to support a candidate by attending political events do so with caution and be aware that any political event can turn into a dangerous situation. Do your homework before you attend the event, and always have an emergency plan in place on how you will be able to escape quickly and safely.

According to Microsoft, Iranian hackers have targeted both Democrats and Republicans. But there is no denying

the fact that Iran fears one candidate more than the other. That's because in 2020, President Trump authorized an airstrike that killed a top Iranian general. It was revealed that U.S. has intelligence suggesting that Iran has been plotting assassination attempts, and the country was behind a cyber-attack targeting the former president.

It's clear that Iran does not want him to be president again, and they will continue to target Republicans with cyber campaigns. This means, as the election gets closer, you need to be careful about what messages you open and respond to, and what "news" you listen to because hacking, cyber-attacks, and disinformation will be rampant.

Protect yourself and your information by always using a VPN (virtual private network) when you're online and steer clear of opening or engaging with any fishy messages.

And don't forget that in a worst-case scenario, Iran wants to bring down our power grid so that we can't even hold an election and so the entire country is in absolute chaos. I can tell you without giving any specifics that I'm not allowed to share, that Iran has tried to bring down the grid in the past.

So, we know they want to do it, and the election is the perfect time. If you don't have your solar generator, your gas generator, and your propane generator, try to get them before November.

Remember, when the grid goes down, it will be too late by then. You have less than 30 days to really button up your preparations and to ensure you can be self-reliant for weeks and even months if you needed to.

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## 1791 Gun Leather G.I. Hip Holster

I'm a huge 1911 fan and I think they are great guns. You'll often find me with my Springfield 1911 on my hip. Recently, the company 1791 Gun Leather released the old G.I. Hip Holster. The updated leather holster is a replica made from thick, 100% premium American Steerhide leather and it's designed for the M1911.

The holster has hooks for a standard G.I. web belt and slots for a duty belt. The 2-inch belt loop gives you added options if you don't want to wear a standard web belt. The holster also has a leather thigh strap.

The stitching on this holster is reinforced and "US" is embossed on the leather flap. The flap protects the pistol from weather and provides retention.

It's a holster that can be popular for historians as well as practical for those who want an "old school" holster to carry their pistol. The G.I. Hip Holster works with the M1911 A1 and A2 style pistols with a "blade" style front sight. It sells for \$100 and is available in black or tan.

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*Spy & Survival Briefing* is published monthly by Spy Briefing LLC, 921 S. Main Street #4090, Cedar City, UT 84720. [www.SpyBriefing.com](http://www.SpyBriefing.com).

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# THE THREAT IS REAL, DON'T LET YOUR GUARD DOWN

## A "Financial Hurricane" Is Set To Wipe Out The Global Economy

By Forest Hamilton  
*Universal Coin & Bullion*

When I moved to Texas in 1994, I had no understanding of what a hurricane really was. I had learned about them in elementary school and had seen the occasional swirling clouds on TV reports. But from 1994 to 2005 there were 41 hurricanes that entered the Gulf of Mexico and threatened the town I was living in. 40 times I had to consider evacuating and many times I did, only to have the storm turn at the last second and hit Louisiana or Florida.

The 41st hurricane to enter the gulf I decided that I was tired of wasting time evacuating and I was going to just hunker down and take my chances. That hurricane ended up being Hurricane Rita, a Category 5 with sustained winds of 180mph. When I realized that it was going to hit us head on, I rushed to get my family to safety.

My wife and I wound up stuck in traffic with millions of others trying to escape the deadly storm. It took us over 20 hours to get to Dallas (a 5-hour drive in normal conditions). Over 120 people lost their lives. We didn't have running water or electricity (or air conditioning) for nearly 60 days in 90+ degree heat. But this catastrophe happened with plenty of warning.

As the global financial landscape becomes increasingly volatile, it is hard to miss the dark storm clouds that are gathering on the horizon. Many experts are warning of the impending financial hurricane that could wreak havoc on global markets and individual investors alike.

The signs are clear – geopolitical turmoil, rising debt levels, soaring

inflation and the rapid devaluation of the once mighty US dollar. For those paying attention, it is beyond time to start taking action to not just survive, but to thrive amidst all the chaos. The most proven way to protect your assets during times like these is to invest in gold, which is essentially "financial wind insurance" against the coming storm.

If the storm comes, you are prepared. If the storm misses us, you still own physical, tangible assets that have been used as a means of trade since Biblical times.

To understand why gold is such a crucial asset in turbulent times, it's important to first grasp the severity of the approaching financial hurricane. Global debt levels have skyrocketed to unprecedented heights with both developed and emerging economies teetering on the edge of fiscal collapse. Central banks, in their desperate attempts to sustain growth, have resorted to printing money at an alarming rate.

The result? An inevitable devaluation of fiat currencies and an inflationary environment that erodes the purchasing power of everyday people like you and me. Adding fuel to the fire, geopolitical tensions are boiling over. Trade wars, territorial disputes, and political instability are contributing to a sense of global uncertainty.

This uncertainty, in turn, creates fear in financial markets, driving down stock prices and shaking investor confidence. When markets are ruled by fear, rational investment strategies often go out the window and panic selling becomes the norm.

Moreover, the recent collapse of several high-profile financial institutions and the growing instability in the banking sector have sent shockwaves through the global economy. As trust in traditional financial systems erodes, people are realizing that the financial systems and institutions we've long relied on may not be as robust as we believed, and they're seeking alternative ways to protect their wealth.

The financial hurricane on the horizon is real and the time to prepare is now. Gold, with its proven track record as a safe-haven asset, offers the protection you need to weather the storm.

By investing in gold, you're not just preserving your wealth—you're securing your financial future. Just as wind insurance protects your home from the ravages of a hurricane, gold can shield your assets from the financial tempests to come.

**"My wife and I wound up stuck in traffic with millions of others trying to escape."**

Don't allow yourself to be desensitized by all of the warnings of impending disaster. Most importantly, don't wait until the storm hits; start building your financial fortress today.

**[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.]

# HOW TO MULTIPLY YOUR SURVIVAL EFFORTS IN A DISASTER

## 4 Ways To Passively Gather Food In A SHTF Scenario

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

Gathering food in a survival scenario can be a daunting challenge, but with the right approach it's possible to do so passively and increase your chances of survival. Passive food procurement allows you to gather food without exerting too much physical energy in dangerous situations.

Obviously, you should have lots of survival food storage, but if you don't have enough, the time may come where you have to passively gather food. Passive food procurement can help your overall well-being and mental health by providing a sense of control and alleviating physical and psychological strain.

Another advantage of passive food gathering is that it frees up time and resources typically spent on active hunting or gathering, which allows you to focus on other important survival tasks like shelter building, water collection, or signaling for rescue.

Survival often requires a balance between using and conserving energy. So, gathering food with minimal physical effort is a valuable skill to have.

Using passive food procurement strategies requires a deep understanding of the local environment and available resources. Careful observation and experimentation may be needed to identify the most effective methods for a given scenario.

You should also be aware of potential risks and challenges, such as animal interference and environmental changes. Passive food procurement can take many forms such as setting up traps and snares, foraging for edible plants, setting up a fishing line, or even finding roadkill.

Trapping is a time-tested passive food gathering method. It involves setting up simple devices such as snares or deadfall traps to capture small animals or birds. While initial effort is needed to construct the traps, once in place, they can continue working without further intervention.

When you set out a trap, it's like having another survivalist doing work for you while you are doing other things. So, the more traps you set, the more survivalists are doing work for you.

It's also hedging your bets because traps are a numbers and percentage game. Always try to mark where your trap lines run and never leave them out if you permanently leave the area.

Fishing is another effective technique. Simple methods like hand-lines or improvised hooks can be used to catch fish. Bait can easily be found by breaking up rotted logs, digging for worms, or catching insects like grasshoppers. By setting up multiple lines or even spring snare traps, you can increase the chances of catching fish.

In addition to trapping and fishing, foraging is one of the most effective passive food gathering techniques. It involves identifying and collecting edible plants, fruits, and fungi. This method requires knowledge of local flora and the ability to differentiate between edible and non-edible species. Learning about the area's plants can help create a mental map of potential food sources and plan foraging routes. I have used this method many times and it has saved my butt when it was the only option I had left.



Scavenging, while not the most appetizing option, can be useful when times are dire. It involves collecting discarded or abandoned food from sources like campsites, animal carcasses or even dumpsters. It can provide a valuable source of sustenance when resources are scarce.

But you have to make an assessment on what you find. Carefully inspect carcasses for signs of rot, parasites, and or contamination. There is no sense in eating something that will cause you to succumb to illness soon after.

By using these various techniques in conjunction, you increase your overall success rate of obtaining food, even in unpredictable environmental conditions or when traditional hunting and foraging techniques are less reliable.

Learning and practicing these methods in a safe environment can better prepare you for survival challenges. They can reduce energy expenditure, increase the success rate of food acquisition, and contribute to overall well-being.

I realize that most people won't want to practice dumpster diving, but at the very least, make sure you have a fishing pole (or two or three) as part of your survival loadout.

# GOING FROM PREY TO PREDATOR

## Using the “Hook, Hide, and Hunt” Maneuver In Everyday

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

I was walking down a busy street in Mumbai, India, on my way to a local shop to get some items to help us assemble our covert device. As I turned into a little hardware place, I became aware of someone maintaining my walking pace on the opposite side of the street. If he had me under dynamic foot surveillance, he was doing a pretty good job of concealing his presence while not losing sight of me.

I needed to know if he was actually tailing me or if I was ghosting. “Ghosting” is a term we use to describe the feeling that you are being observed when, in fact, your suspicions, guilty conscience, and hyper-awareness make you a bit paranoid.

Our mission was to retrieve electronic monitoring equipment from a dead drop, get it to our safe house, assemble it, and install it at the target location.

Just like a modern Amazon package that arrives on your porch, some of

the items were damaged, and even a few small parts were missing. It is not unusual to have to do some “MacGyvering” on our gear to get it operational and that’s why I went to the hardware store.

I didn’t want to alert my possible surveillance that I was aware of him, so I continued into the store and crossed the “magic mark” – which is a distance just a few feet inside of a threshold where you can see out better than they can see in through the opening.

Such a maneuver gives you a moment to observe their demeanor, direction change, level of focus on the doorway, possibly the number of surveillance team members, and other indicators that could reveal them as your enemy.

I needed to make sure that if he was following me, I did not leave him any clues as to why I was in there, where I was going when I left, who I might be, or where I came from.

After a brief moment just inside the entrance, I asked the Hindi proprietor if he had any cold drinks for sale. He said, “Yes, I have many things like that.” However, while saying “yes,” he was shaking his head “no.” I had learned that was how some of the merchants would say no.

So, I took a few moments to politely look around to see if there was anything entirely inconsequential that

I could buy from him. But without finding anything, I thanked him and left.

I kept my head down and turned to continue down the same direction of the street I was headed before stopping in a shop, and I noticed who I thought to be the same nondescript man across the street looking at a vendor’s offerings.

In the spy business, nondescript is often the giveaway. The more effort you put into blending in, the easier you can be spotted. So, it seemed the game was on.

The device we were implanting was to be installed just outside of the suspected covert operations center of a terrorist cell that was connected to an international network of evildoers. It’s hard to know for sure if these multinational organizations are managed by hostile governments (either by officials or rogue elements) or only funded by them.

But, in the end, what the organization chart on the wall looks like does not matter to American intelligence operatives. Our job is to dismantle it. I decided to use the “Hook, Hide, and Hunt” move to escape and evade the guy tailing me.

**“Ghosting is a term we use to describe the feeling that you are being observed...”**





It's a simple maneuver, and we used it both in the military and as spies to escape and evade. And it's something you should know, practice, and be ready to use.

Here's how to do it: You walk (or drive) a fairly straight line, then, when you can find a convenient, plausible excuse, you make a "J" hook around some obstacle (water, downed tree, crowd on the sidewalk, traffic issue, whatever).

At the end of that "J" hook, you curve back onto your own path and hide so that you can see anyone who is following you. The only difficult part is getting a feel for how wide the "J" needs to be, how sharp the return curve on the "J," and how far back down your own path you set up your hide. Practice will teach you the fine details and help you get a feel for it.

In combat, you then convert the hook and hide into the "Hunt." You come at your enemy from either flank or from behind while they are still following your hook path.

One of the secrets to making this an effective and successful ploy is to make it appear so gradual and natural that those following you will not immediately be aware of the intentional "J" path.

You can increase your chances of success if you have time and distance to employ a few partial "Js" in your travel before executing the hide and hunt. I have used this

technique successfully to both avoid and expose surveillance. And in the espionage world, once you have conducted your hook and hide, you can observe your surveillance and see what you are facing.

Next, you can choose to nonchalantly allow them to "rediscover" you and take them on a trip to nowhere where you do nothing, meet no one, eat a meal, and head home. This lulls your surveillance into thinking you are not aware of them and that they are still effective.

Or you can slip their observation and reverse it on them. If they believe they lost you due to a natural and ordinary interruption to their line of sight of you, you can follow them back to their lair where the prey becomes the predator.

On that particular mission, I used a section of the road where cows were blocking traffic, and beggars were milling about the stopped cars, pleading for alms. I bent to the right, went around a small kiosk, and stood motionless while I watched the man trying to find me in the crowd. Then, I walked over to a stoop, sat down, and pretended to be just taking a moment to gather myself. He was walking down the street on the opposite side and never glanced at me.

I had to use several non-alerting SDRs (surveillance detection routes) and channeling tricks to lose him and any others who might be with him. It took me over eight hours of walking that town, hunkering down

and hiding, moving, slipping in and out of buildings, and effectively "getting clean" before I could head back to the safe house.

When I got back, Max and I packed up our gear and had to make a new safe house. I will never know if that guy was actually following me or if it was one of those situations where life imitates art so well that you cannot distinguish between the real and the perceived.

But using "Hook, Hide, and Hunt" and the "J" maneuver allowed us to complete our operation and establish 24/7 surveillance on the terrorist outpost. Learn and practice these skills. Teach them to your spouse and children or grandchildren because you might have to protect yourself and your family here in America from those who are bent on destroying our nation and culture.



## SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

I love pocket knives and own dozens of them. But one of their 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 knife in full detail, visit [www.BerserkerBlade.com](http://www.BerserkerBlade.com).

# AMERICA'S FOOD PYRAMID IS KILLING YOU

## The Best Diet For Getting And Staying Healthy Long Term

By Dr. Omar Hamada

*Special Operations Physician*

Every few years, another diet hits primetime and promises to solve your health and weight problems, increase your energy, improve your lifespan, and decrease your reliance on medications. Plus, we now have medications like the new GLP-1 agonist peptides like semaglutide and tirzepatide that take away hunger so that you eat less and calorically restrict with ease.

Each diet and system have strengths and weaknesses and some work and continue to be successful – at least for a while. But over the long haul, the question becomes, which is sustainable for you, which is healthiest, and which are you going to be successful with long-term?

Let's start with some facts. First, the USDA Food Pyramid that came out in the 1960s is upside down. It causes obesity, heart disease, hypertension, strokes, and metabolic dysregulation – and because of that, it leads to increased rates of cancer.

Whenever we increase processed cereals, sugars, and grains in our diet, we cause chronic inflammation and insulin resistance. We turn on cancer genes that were previously dormant (also known as oncogenes). We damage the inner lining or endothelium of our arteries, destroy our joints, and worsen autoimmune diseases.

Second, over 60% of Americans are overweight or obese, and the numbers are growing. More people are becoming educated and taking personal responsibility for their own health, but the numbers are still small.

Most Americans persist in eating

fast foods, processed foods, and complex ingredient lists where most ingredients are artificial additives that improve taste and color – thus palatability and appeal.

Third, more Americans have chronic disease because of dietary and lifestyle issues, and though they seek remedies in pills, our healthcare system simply can't meet the demand of the overwhelming disease burden. Yet, "healthcare" is one of the most financially profitable industries. By keeping us addicted and sick, they are killing it in the stock market.

Fourth, political correctness aside, being overweight is a function of lifestyle and daily choices. So, the question becomes, regardless of approach, can we make long lasting lifestyle changes so that once we lose the weight, we won't put it back on?

It's true the Mediterranean diet is one of the healthiest because it has no processed ingredients and foods, while having plenty of healthy fats from olive oil and freshly raised and caught fish and meats without all the hormonal, chemical, and pharmaceutical additives. It is a fresh fruit and vegetable-based diet, rich with antioxidants, that promotes gut health, immune system optimization, and heart health.

Unfortunately, because of food production science, profit motives, and the heavy influence pharma and chemical companies have on this industry, our generally available food supply in America is less than desirable. As a result, many have been promoting an alternative

approach that has its roots in history – the Carnivore diet.

Hopefully this "fad" will stick. The Carnivore diet is an excellent choice simply because it gives our bodies what our cells need as far as nutrients and eliminates processed food, chemicals, additives, and carbohydrates.

In addition, if done correctly, carnivore is keto, and the keto diet has proven time and again to improve cardiovascular outcomes, improve brain function, reduce cancer risk, improve gut functionality, improve sleep, decrease chronic inflammation, improve energy, and shed fat weight.

**"First, the USDA Food Pyramid that came out in the 1960s is upside down."**

The carnivore keto diet also improves hormonal function, maintains and builds muscle mass, and limits cravings.

But, here's the key – when on carnivore, in order to harvest the great benefits that it provides, you cannot consume inflammatory seed oils and insulin-raising carbohydrates. Stay away from breads, pasta, sugar and all those things that will turn a healthy carnivore diet into something that becomes dangerous. Not because of the meat and fats, but because of the carbs.

One of my colleagues and friends who I actually trained years ago, named Dr. Ken Barry, has labeled the carnivore keto diet the "Proper Human Diet." You can discover how to start with the carnivore diet and all the benefits you can reap from it, by searching for Dr. Ken Barry on YouTube since he's the Carnivore King.

# EFFECTIVE SELF DEFENSE IN YOUR 80S AND BEYOND

## Working Around Injuries And Limitations To Stay Safe

By Matt Numrich

*Head Instructor Of Spy Black Belt*

I turned 50 this last year, which means I've been teaching self-defense for about 30 years. Over the past three decades, I've had the blessing of teaching students of all ages, and I currently have students in their 70's and even 80's. This means I've had to address "age" related issues, injuries, and limitations not only for my students, but for myself as I've gotten older.

For older adults, effective self-defense often involves adapting techniques to fit changing physical abilities. So, this month, we'll look at practical strategies tailored to older individuals that can make a real difference in critical situations.

As we grow older, our muscles may lose some of their previous strength, but our tendons remain resilient. This natural shift means that seniors can still rely on their grip strength to their advantage.

In self-defense, staying within a close range allows for effective use of this grip strength. By maintaining a firm hold on an attacker — whether by grabbing their arm, clothing, or even their neck — you can control the situation more effectively.

This method reduces the need for the quick and powerful movements, focusing instead on a more controlled and manageable confrontation. As a result, if we focus on grip strength within our self-defense strategies, we can double down on our natural strengths while still focusing on combat elements which can help defend ourselves.

In addition, simplicity is often the best approach in self-defense, not just for older folks but for everyone. High kicks and complex moves are less



practical for those with reduced agility and strength. Instead, low-line knee strikes offer a straightforward yet powerful option. This technique involves raising the knee to target an attacker's lower body. It is a maneuver that can be executed with minimal effort while providing significant impact.

By focusing on knee strikes, older folks can defend themselves effectively without the need for extensive training or physical prowess. Low line attacks also address a specific belief many have about why they can't do martial arts, which is lack of flexibility, specifically around high kicks. When I teach people that they don't need high kicks, and even more so that low kicks are more effective, it empowers them.

Also, when it comes to self-defense, targeting the eyes can be incredibly effective. Older folks may not have the striking power they once did, but even a small amount of force aimed at the eyes can create substantial discomfort. Eye rakes or pokes can momentarily incapacitate an attacker, giving you a critical opportunity to escape.

This technique capitalizes on the sensitivity of the eyes and does not

require significant strength, making it an ideal choice for those who need a practical method of defense. Focusing on the eyes can give us a target that not only anyone can use, but which effects anyone, regardless of their size. These are the reasons that eye shots are one of my favorite tools for defense, so make sure this move is in your arsenal.

Beyond physical techniques, general safety practices play a vital role in personal security. All of us should avoid exposing ourselves to high-risk situations and continue to be mindful of our surroundings. Traveling with a partner and staying in safe, well-lit environments are key strategies for reducing risk. Additionally, maintaining situational awareness and exercising common sense can significantly enhance personal safety.

By integrating these practices with the self-defense techniques discussed, older people can create a comprehensive approach to personal protection.

The bottom line is that adaptability and awareness are crucial components in ensuring that you stay safe and confident, regardless of age.