

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## WHAT WE CAN LEARN FROM A MOSSAD HIT SQUAD

### Navigate The Airport Like A Covert Operative

By Jason Hanson

*Former CIA Officer*

Mahmoud al-Mabhouh is a former Hamas commander who regularly visited Dubai to meet arms dealers. A lot of people might not realize it, but security in Dubai is relatively relaxed since the country relies heavily on tourism. This means Mahmoud could move around freely without much concern.

But Mahmoud had been labeled a “Red Page” by the Israeli government, which meant Mossad had an assassination order for him. For more than a year, Mossad followed Mahmoud and studied his movements, so when the time came to take him out, they were ready.



In 2010, Mahmoud traveled by plane to Dubai International Airport without any security. After landing, Mahmoud checked into his hotel, where Israeli assassins were waiting for him.

The hit squad of over 20 Mossad agents used British, Irish, German, French and cloned passports of Israelis with dual citizenship to travel to Dubai. Mossad agents flew in from Paris, Rome, Zurich, and Frankfurt. The agents used prepaid cards from the U.S. to pay for their stay at the hotel, and cell phones with calls routed through Austria.

A small group followed Mahmoud after he arrived in Dubai. Some agents were disguised as workers at the hotel. Other agents were dressed

as tennis players with rackets and waited in the hotel lobby.

When Mahmoud left for a meeting, the Mossad agents entered his hotel room. When Mahmoud returned to the hotel room he was suffocated with a pillow and died within 20 minutes. The Mossad agents flew out of Dubai within hours. Hotel security found the body the next day, and security camera footage showed four men leaving Mahmoud’s room.

*“They got in, killed the guy, and disappeared without leaving proof of who they were,” said a former US Army intelligence officer. “It doesn’t get any better than that.”*

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Mossad is one of the best at what they do, and their agents were able to repeatedly fly in and out of Dubai International Airport without drawing suspicion or being caught.

Obviously, you're not en route to a hit, but traveling through an airport like a spy can be a smart idea. Covert operatives blend in and move efficiently. They avoid unnecessary attention. So, here are a few ideas that can help you move through an airport like an intelligence officer.

First, master being a "Gray Man." The most successful operatives are forgettable. Dress in neutral colors and avoid clothing with logos, political statements, or anything that makes you stand out. Think business casual that could fit in anywhere from a corporate office to a tourist destination. The goal is to be so unremarkable that people's eyes go right past you. Avoid expensive jewelry, flashy watches, or designer luggage that screams wealth and makes you a target.

Second, you want to have multiple payment methods so that you don't have to rely on a single payment source. Carry multiple credit cards from different banks, some cash in local currency, and consider prepaid cards for certain purchases. This redundancy ensures you're never stranded if one method fails, and it makes your financial footprint harder to track. Keep your cards in different locations on your person and in your luggage.

Third, beware of your digital footprint. Before traveling, I highly recommend that you scrub your social media of location information and travel plans. Set your accounts to private and avoid posting in real-time.

Consider using a VPN to mask your internet activity, especially when using public Wi-Fi. The VPN I use is the one I got through my ProtonMail.

Fourth, carry-on only whenever possible to avoid baggage claim areas where you're stationary and vulnerable. You can definitely bet that those Israeli operatives who killed Mahmoud al-Mabhouh didn't have any checked baggage. Pack clothes that can be mixed and matched to create different looks. Include a lightweight jacket that can change your silhouette and consider packing a hat or glasses that can alter your appearance.

Fifth, maintain discipline when it comes to communication. Avoid discussing travel plans or sensitive information in public spaces. If you must take important calls, find private areas away from crowds. Be cautious about what you say around other passengers, as casual conversations can reveal more than you intend. Consider using encrypted messaging apps for sensitive communications and avoid using airport Wi-Fi for anything confidential.

And finally, have an exit strategy. Always have a plan for rapid departure, if needed. Know alternative routes from your hotel to the airport, keep important documents easily accessible, and maintain enough cash for emergency transportation. Keep a mental list of your embassy's contact information and location. The best operatives always know how to leave quickly and quietly.

Remember, even if you aren't the Mossad hit squad, anytime you travel, you can put these plans into place just like I do even when traveling to safe places within the US.

## Urban Eyes Camera Vest

One in every three women have experienced physical or verbal harassment while exercising. And 92% of women in the U.S. say they are concerned for their safety while walking or running, and most say they fear a physical attack.

This makes the Urban Eyes Vest a great safety investment. It serves as a visible deterrent and will make attackers think twice because the last thing criminals want is to be caught on camera.

The wearable, high-visibility Urban Eyes Vest comes with bright, white-eyed cameras with flashing blue LEDs that make it clear you are being recorded.

A wireless remote lets you control both the front and rear cameras and you can snap a photo if needed. The cameras can record up to 90 minutes on a single charge. Also, they can be easily removed from the vest for charging or washing.

All of the video footage is stored on the vest in SD cards so there is no need for special software, WiFi, a cloud connection, or an app.

The vest comes in five different color combinations and features reflective piping and bold colors to help make you easily visible in low light. There are also zippered pockets for a phone, keys, or other small items.

The Urban Eyes vest is not cheap and it sells for about \$200, but it is another safety measure you can add in addition to your gun, tactical pen, pepper spray, etc.

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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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# SILVER TAKES GOLD IN THE INVESTMENT GAMES

## This Latest Rise Is Different, Here's How To Profit From It

By Forest Hamilton

*Universal Coin & Bullion*

I have never written back-to-back articles on silver, but there is something remarkable happening in the silver market. Silver climbed over 35% year-to-date, beating gold's 25% rise, the NASDAQ's 12% rise, the S&P's 10% rise, and the DOW's 5% rise. Silver is near \$40 per ounce, which is impressive considering it was under \$29 a few months ago.

Now, analysts and industry veterans are suggesting silver could reach unprecedented levels between \$160 and \$240 per ounce in the coming years. But let's separate hype from fact and explore what's driving silver's rise and whether \$200+ silver is realistic.

While silver has seen explosive runs in the past, those earlier moments were marked by speculative frenzies or unique triggers. The Hunt Brothers' attempt to corner the market in 1980 drove silver prices to \$50 briefly but ended in spectacular failure.

Gold ran up to over \$800 but fell shortly after. The only thing that had any staying power from the Hunt Brothers' catalyst was the Certified Rare Coin Investment Index (PCGS 3000), which rose over 1100% in the years following the gold and silver bullion collapse.

During the 2011 post-crisis rush, investors flocked to silver amid fears of a global financial collapse with the metal doubling alongside gold during that period. Dr. Mike Fuljenz and I were quoted as saying that the silver market was frothy and had risen too much, too fast, and would likely fall back into the \$15-\$20

range. This was an unpopular opinion at the time, but it fell over 35% in the weeks following our prediction and eventually dropped down to \$14 in the coming years.

Unlike the rapid, unsustainable price spikes of 1980 and 2011, the climb in 2025 appears more grounded in fundamentals. Meaning, it's less likely to lead to a sharp correction, barring unexpected macroeconomic shifts.

The industrial demand for silver has seen consistent growth over recent years. In 2024, industrial applications of silver (like solar panels, electronics, and green technologies) ticked up significantly, and they are holding steady into 2025. Meanwhile, silver supply has faced constraints due to years of mining underinvestment. So, the global silver supply will see deficits for the fifth consecutive year in 2025.

Tight supply coupled with strong demand is giving silver a firm foundation for higher prices. Combined with Trump's tariffs bringing industry back to American shores and you have a recipe for increased demand for silver for years to come.

Additionally, the broader macroeconomic environment is working in silver's favor. Central bank policies, fears of inflation, and ongoing geopolitical instability have bolstered silver as both an industrial metal and a safe-haven asset.

Michael Oliver, a veteran analyst who worked directly with the Chairman of the COMEX during the wild bull market of the late 1970s, recently forecast that silver prices could rise as high as \$160-\$240 per ounce,

citing the idea that silver has been "restrained for too long by forces trying to hold it back."

Historically, silver often traded at a 16:1 ratio to gold. Under this ratio (assuming gold holds steady at current levels), silver would indeed soar well over \$200. However, the 16:1 ratio was not a naturally occurring equilibrium but rather a historical artifact of government regulations and silver mining lobbyists.

**"The Hunt Brothers' attempt to corner the market in 1980 drove silver prices to \$50."**

In today's free market, the gold-to-silver ratio often sits above 70:1. While the ratio tightening in silver's favor is possible, drastic moves back to 16:1 may be unlikely.

But it's easy to see why Oliver is bullish. With silver playing catch-up after years of underperformance compared to gold, expanding industrial uses and constrained supply, the path to triple-digit prices seems far more plausible than it did even a year ago.

For those considering an entry point, caution and strategy are key. If you want to be active and maximize your profits, look for dips on your own or let me know if there's any way I can assist you.

**[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.]

# GREEN BERET INSIGHTS FOR STAYING ALIVE

## Avoiding Crime While Traveling Abroad

By Brian Morris

*Retired US Army Special Forces  
Master Sergeant*

As a retired U.S. Army Special Forces Master Sergeant and Green Beret with over 25 years of service, including multiple combat tours in Afghanistan and Iraq, and from teaching Survival, Evasion, Resistance, and Escape (SERE), I've discovered that the same principles that kept me alive in war zones apply to staying alive while traveling abroad.

You see, criminals target people who let their guard down, but with the "K.I.S.S." (Keep It Simple, Stupid) methodology and a focus on situational awareness, I've navigated the world without becoming a victim of crime.

In Special Forces, we live by situational awareness—it's the foundation of survival. I always try to stay hyper-aware of my surroundings in general, but especially when I am in a new or unfamiliar place. Criminals generally look for easy targets, so I project through the way I am dressed and how I carry myself that I am not worth the risk.

On one of my tours in Afghanistan, my small 12-man team shared a postage-stamp sized COP (Combat Out Post) with a conventional Military Police Company along the Afghan-Pakistan border in Eastern Afghanistan. I noticed early on that

every time the MP unit left the wire to conduct a patrol or to do a resupply run, they would almost immediately be engaged by the enemy by rocket and small arms fire.

But I also noted that when my ODA (Operational Detachment Alpha or "A-Team") would leave the wire on patrol, we almost never got ambushed. I concluded, after my Terp (interpreter) translated what we were picking up from the enemy on our radio scanners, that they knew to run and hide when "the bearded ones" (what the Taliban called the US Special Forces soldiers) were on the move. They knew targeting us was a sure way to get killed.

That's because when we left the compound, we projected massive firepower relative to the small size of our element. With only 3 up-armored Hummers (HMMWV's/ High Mobility Multipurpose Wheeled Vehicle) we were about a quarter of the size of the average MP patrol.

We were armed to the teeth and with the vehicle doors removed, manned M240 7.62 caliber machine guns poked out of every opening, and M134 mini-guns (7.62×51mm six-barrel rotary machine gun with a 2,000 to 6,000 round per minute rate of fire) were mounted to our turrets.

Historically, every time SF teams had been engaged in that area of

operations, they rained hell on the enemy both from the ground and with close air support, and the Taliban knew it. The MP unit on the other hand seemed to

remain "buttoned up" (inside vehicle with all doors and hatches closed), which tended to highly impede on situational awareness. Plus, they rarely responded to hostility with effective return fire. And because they projected themselves as a soft target, the enemy took full advantage of that and engaged them at will.

The enemy in that case selected targets in a similar way that the average criminal selects a mark. The lesson is to always present yourself as a hard target.

Traveling abroad is exciting, but safety should always come first. My experience as a Green Beret taught me that situational awareness is key. Always observe your surroundings, walk with confidence, and avoid distractions like your phone.

Research your destination before you go—know common scams, risky areas, and local customs. Respect local customs to avoid standing out or causing offense.

Blend in by dressing like the locals and avoiding flashy clothing or jewelry. Keep valuables secure with money belts or anti-theft bags and never carry all your cash or cards in one place. Be wary of pickpockets in crowded areas and use ATMs inside banks.

Only use licensed taxis and reputable transport apps and choose accommodations with strong security reputations. Share your itinerary with someone you trust, keep emergency contacts handy, and register with your embassy, if possible.

Trust your instincts: if something feels off, move on. By preparing, staying alert, and practicing these habits, you'll make yourself a hard target and greatly reduce your risk of becoming a victim of crime abroad. Safe travels!



# WANTED: MODERN DAY PALADINS

## How To Create Your Own TacPac

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

“Have Gun – Will Travel” was a popular American Western TV and radio series in the late 50’s and early 60’s. It starred Richard Boone as Paladin, a high-priced gun for hire. He was noble, upright, and served as the original Equalizer, settling wrongs for those who could not help themselves or afford to hire someone to help them.

Paladin packed his saddlebags differently than the average Western commuter. I believe if he were riding the streets of America today, instead of saddlebags stocked with the tools of his profession, he would be toting a TacPac.

There are lots of videos, articles, and content addressing Bug Out Bags (BOBs), 72-Hour Kits (72K’s), Get Home Bags (GHBs), I’m Not Coming Home Bags (INCH bags), etc. But many of us also know there is a need for a special bag. A Tactical Pack (TacPac) that will help us respond to bigger problems than a flat tire, traffic jam, or no eggs on the shelf at Walmart. Adults today need to be able to stand up and declare that they “Have Gun – Will Travel.” And we are needed. Far too many folks these days have no one to watch over, defend, or stand between them and harm.

As you accumulate training, experience, and wisdom, you’ll modify and codify your emergency gear. I look back at the first TacPac I made as a clandestine foreign intelligence operative, and I realize that if I had one more pouch, I really could have added my kitchen sink.

**"I have a hard-sided piece of rolling luggage that looks like it's ready to be weighed..."**



I had to be prepared to operate in varied climates, a vast range of foreign countries, and have immediate access to almost every special tool of my trade, so that my bag resembled the luggage carts at the airport more than just a single travel bag.

I used the US Army MOLLE II Ruck Sack with sustainment pouches that gave me about 5000 cubic inches of space to fill with things. But to be safe, I had a second ready bag, a USMC ILBE (Improved

Load Bearing Equipment) Rucksack with a capacity of 4,500 cubic inches. Then, I had a MOLLE II 3-Day Assault pack, my Fighting Load Carriers (FLC), and two canteens.

It was very heavy, but I was in good shape. But as the years progressed, I found that I could do with less gear. The changes I have made over time reflect improvements in gear,

changes in the threat environment, what’s available to me as a now civilian, and my ability to carry all that weight.

So now, I have a hard-sided piece of rolling luggage that looks like it's ready to be weighed on the scale at the airport baggage check-in. However, this bag will never be near an airport. This luggage is my current TacPac.

When I open the clamshell case, my full IFAK (Individual First Aid Kit – a complete trauma kit that is packed with items to treat 92% of causes of death from trauma) sits atop of everything else so I can get to it the fastest.

It can be set aside if not needed first, but it's certainly not the item that you want to have to dig through all your other gear to find when you, your buddy, or loved one is bleeding out or can't breathe.



Next to that are six Sudecon Decontaminant Wipes for removing mace and pepper spray from your face, mouth, and eyes. These are items that you want to get at quickly because keeping your vision clear and breathing normally are essential.

Next, I have my collapsible AR-15. The stock folds and the barrel detaches with two quick-detach (QD) clamps. It gets as small as 10", but I keep the barrel attached and a fully loaded mag in the magazine well. Just grab it, unfold the stock, and fire – with the added advantage of a Franklin Arms Binary trigger that allows for two rounds from each trigger pull – it's almost as fast as firing a full-auto.

For my optics, I have a Meprolight M21 (An Israeli-made day and night reflex sight, self-powered dot sight with Tritium, fiber optics (no batteries required)) with a quick detach (QD) mount. For applications at night or in partial stealth, I have a multi-function laser-light attached to the barrel. It features an Infrared (IR) laser that enables aiming and firing with night vision goggles, a visible laser for unaimed shooting, and a light for area illumination.

My self-defense AR-15 also has a bayonet mount, so I can attach my

12" Ontario M9 bayonet on the end of the barrel. That gives me a lethal spear if I run out of ammo, can't recover from a malfunction, or need to use it for a coup de grâce.

I use an Israeli F.A.B. Defense single-point sling with bungee. It allows me to release my grip on the rifle and use my hands for other things without dropping my weapon and still keeping it at the ready.

Resting just below my rifle is my battle belt. It has several items, but the most critical are my HK P30 L, 9mm with Olight Baldr Mini with green laser and four spare mags, and my M9 bayonet.

That belt is lying on top of my plate carrier, which is equipped with Level 4 ceramic plates and trauma pads. It has a loadout of six 5.56 mags, two white smoke canisters, and is ready to be donned.

Other goodies lie below the upper threshold of my urgent and critical gear. There are items such as my 60-round 5.56 drum (I have chosen to keep my mags loaded with NATO 62 grain FMJ m855 green tip), tear gas grenades, smoke grenades, specialty rounds (heavy incendiary 5.56), and gear like night vision devices, thermal monoculars, flight gloves, radios, and my Kevlar Level III helmet with accessories for night vision goggles and communications.

I hope that all I ever do with my TacPac is take it out for fun and practice. It's like my life insurance; I never want to have to use it, but when I do, I want to be able to rely on it.

Maybe your TacPac is similar to mine. Maybe it's different. Or perhaps you haven't assembled one yet. If so, don't wait another day to start. Visit a thrift shop and pick up a

**"For applications at night or in partial stealth, I have a multi-function laser-light."**

high-quality piece of rolling luggage. It doesn't matter what color it is. All that matters is that you can load it with your specialty items and convert it from leisure travel to your TacPac.

The best way to set up a TacPac is to start and stay minimal. This is not your bug-out bag, get-home bag, or everyday carry. This sits comfortably and awaits the day and time when you absolutely must grab a single bag/box/storage container and know that everything you need to fight a short-term gun fight is at your immediate disposal.

I put this bag in my vehicle whenever I travel out of town. Yes, it can be a hassle, but it beats finding yourself in a modern-day high noon standoff with outlaws and only having harsh language and a cell phone. Be ready to be your own Paladin and pack like it. Then, you will be in the "Have Gun – Will Travel" club of modern patriots.



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

Last month, we sold thousands of bottles of the extremely popular Agent T. If you want to stock up on more, members are still able to claim a large discount. Just visit [www.SpyWellness.com](http://www.SpyWellness.com) as soon as possible because remaining supplies are very limited.

# THE FASTEST WAY TO SLASH STRESS & BOOST HEALTH?

## The Real Culprit Eroding Your Vitality

By Dr. Omar Hamada

*Special Operations Physician*

This isn't what I usually write about, but it's been on my mind a lot lately, so please bear with me. The fact is, we live in the most prosperous nation in history, yet we have more people on chronic antidepressants and anti-anxiety medicines than almost any country on earth. Even our poor are better off than half the world, yet we have more drug and alcohol addiction than nearly any nation on earth.

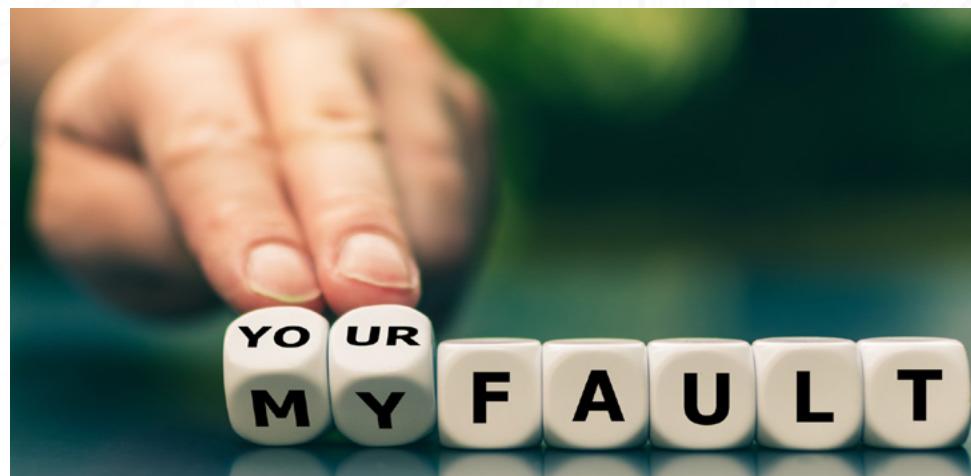
The therapy space is literally exploding as we are encouraged to keep rehashing our problems, traumas, fears, and hurts as we look for someone to blame — usually our parents or siblings.

Medicalized drug use (particularly with hallucinogens and psychedelics) is becoming more common and accepted in the mainstream. Our suicide rates are higher than almost anywhere on earth, and they continue to climb.

People seem to be getting meaner and less gracious; kindness is a rarity these days - even in the South. Road rage is now a serious problem and a daily risk for all of us. Our hearts groan with a deep ache that continues to worsen. People are angrier than ever, yet keep wanting more of the same "American dream" that got us here.

Something is wrong. Something is not working. So, how do we fix it? We like to blame others... or politicians... or our ex-spouse. We say it's God's fault or our parent's fault or someone else's fault. Someone, anyone, everyone is to blame, just not us.

Where did the happiness go? We've been fed a lie. The lie is that stuff



will make us happy when what it really does is own us. The lie has grown to include another lie - that other people are in the way of our happiness and that they are the cause of our unhappiness. So, if we just get angrier, we can make them see the error of their ways, and then we'll be happy. But we're not getting happier, and things keep getting worse.

So, here's the deal. What keeps us stuck in most of these situations is unforgiveness. Bitterness. Resentment. Anger at injustices we perceive have been done against and to us. Bitterness is an unquenchable fire that destroys nearly everything around us; yet it feels so good to hold on to while it eats away at everything good. Resentment erodes not just our happiness, but our minds, hearts, and health.

So, how do we make it stop? Forgiveness is the solution. But understand, forgiveness isn't for those who've hurt or offended us. Forgiveness is for us. It's for our own hearts. Do you want to find joy? Forgive. Do you want happiness? Let revenge and bitterness go. Do you want peace? Live in gratitude — not regret, shame, resentment, or anger.

Forgiveness means releasing others from our internal, burning, obsessive

desire to make them pay. Instead, it means wishing them true happiness. It means being kind. It means letting go... no matter what they've done. Yes, it's hard. And, yes, you have to do it over and over again. It's not just one and done. We have to keep forgiving.

The only person bitterness hurts is you. It doesn't hurt them. It destroys us. Destroys our lives, dreams, hearts, relationships, and even our health.

None of us are perfect. We've all hurt someone. If we don't forgive, should we ever be forgiven? Forgive to set yourself free. Forgive to set others free. Forgive and find happiness and live in gratitude. Forgive for your health's sake. It could actually prolong or save your life.

Open your eyes. Breathe in the fresh air. Smile at the sun as it warms your face. Pet an animal. Hold those you love close and feel their heart beating. Look up at the night sky with wonder and find joy. Forgive.

Like I said, this isn't the usual medical advice I normally write about it, but I've got so many patients dealing with mental health issues, I wanted to share this with you.

# SIMPLICITY RULES

## These 3 Simple Moves Will Destroy An Attacker

By Matt Numrich

*Head Instructor Of Spy Black Belt*

When it comes to self-defense, simplicity is almost always best. You don't need to be a ninja with a thousand complex moves to protect yourself. You just need a few reliable tools that work under pressure.

So, whether you're facing an aggressive confrontation or simply want to feel more prepared, these three moves offer a smart foundation for personal safety.

The oblique kick is a low-level strike that targets your attacker's shin or knee. It doesn't require fancy footwork or high flexibility, which makes it accessible and effective for people of all shapes and sizes.

The key is using the inside of your foot to strike at the lower leg. One variation involves aiming at the shin to create distance or cause pain, while the more intense version targets the knee joint—an area particularly vulnerable to damage. This move works well because it disrupts your attacker's ability to stand or move toward you, buying you time to escape or prepare your next action.

Headbutts might have a bad reputation from the movies, but they're surprisingly effective when done correctly. This move is especially helpful if you're in a tight space, such as a bear hug or grappling scenario where your arms are pinned. Even if you can't throw a punch or kick, your head remains a weapon.

One effective method is to pull your attacker's face downward, driving it into the top of your skull. The safest, hardest, and most powerful part of your head is used to strike in this area, and striking in this zone protects you

**"They can give you the upper hand in a violent encounter."**



from injury while delivering solid impact.

That's what makes this strike so devastating. It's a simple application of leverage and anatomy: The strongest part of your skull meets their most sensitive and fragile facial structures. It works quickly, and it doesn't rely on size or strength to be effective.

Finally, few strikes match the elbow for power in such a compact movement. While it's often seen in fight scenes, the real-world version is more brutal and effective than even what's usually portrayed.

The tip of the elbow is dense and sharp, making it a perfect tool for close encounters. Whether you're facing someone from the front or dealing with a threat from behind, elbow strikes can be delivered quickly and with precision. Many people mistakenly use the side or forearm area, which softens the impact.

The most effective method involves

grabbing the attacker's head or neck and pulling them toward you while driving your elbow into their face or side. If someone grabs you from behind, the same tip of the elbow can be driven backward into their ribs or face, making it one of the most adaptable techniques you can use.

These three techniques—the oblique kick, headbutt, and elbow strike—aren't flashy, but they are functional and wickedly effective. When used with awareness and purpose, they can give you the upper hand in a violent encounter.

This is because they rely on simple, basic body mechanics and common vulnerabilities, not brute force or years of training. Plus, they're easy to learn and use right away. Finally, to see these moves in action, and to discover the details and how to safely train and practice them, I've created a short video for you that you can watch by typing in this link here:

<https://fearlessstreetfighter.com/3-simple/>