

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

THE 90-MINUTES THAT SAVED A SMALL TOWN

How Secure Is Your Drinking Water?

By Jason Hanson
Former CIA Officer

On a Monday morning, a few weeks back, the city of Braham, Minnesota, put out a short notice to its 1,700 residents. The water plant was offline "for an unknown reason." In the meantime, they asked everybody to please limit their water use because the water tower only held so much extra water. That's the only information the town gave their residents.

Most of those folks probably assumed a pump burned out or it was some simple mechanical failure. After all, it's a small town with old equipment and these things can happen. What almost nobody in Braham understood was that they were sitting inside one of the broadest coordinated attacks on



American water infrastructure we've ever seen.

Over roughly 48 hours, more than 30 community water systems across Minnesota were hit at the same time. Plymouth, a Minneapolis suburb of about 80,000 people, had equipment knocked out at two water towers and several lift stations. South St. Paul had to switch to running its system by hand. Maple Plain declared a local state of emergency.

Then it kept going and it wasn't just Minnesota that was being attacked. Nine more systems in Michigan had problems. By the second week of August, intrusions had been reported at utilities in over 10 states, including Georgia, South Dakota, Alabama, and New Jersey. In Clayton County, Georgia, which serves about 300,000 people outside Atlanta, a pump station failure dropped water pressure and forced a boil-water alert.

As you probably remember, the FBI and EPA put out a joint warning to utilities nationwide. Federal officials pointed the finger at Iranian-backed hackers. Now, here's the truly disturbing part. These hackers didn't need some brilliant, never-before-seen cyber weapon or some massive EMP or anything like that.

They went after programmable logic controllers, the little computers that run pumps, valves, and water pressure. A lot of those controllers were sitting wide open on the internet, and some were still using factory default passwords. The attackers connected, changed the IP addresses, set their own passwords, and locked the operators out of their own plants. That's literally all it took. It's the digital version of walking up to a house where the key is under the mat and changing the locks behind you so the owner can't get inside.

WHAT'S INSIDE

- 3** Is America's Gold Actually In Fort Knox?
- 4** Lessons From My Sadistic Team Sergeant
- 5** Most Overlook This Piece Of Survival Planning
- 7** Quickly And Easily Treating Deadly Chest Wounds
- 8** Mobility Issues Don't Leave You Defenseless

In the intelligence world, we call this “probing for battle”. You don’t take down a country’s water on a random Sunday for the fun of it. You do it to see what happens. How fast do they notice? Who responds? How long does it take them to recover? Every one of those answers gets written down for later. Remember what I told you about Volt Typhoon and Chinese malware sitting in our grid several issues back? Different flag, same playbook.

But I want you to notice what actually saved these towns because it isn’t what you’d think. It wasn’t some fancy software or some Harvard-educated computer nerd. It was people who knew how to run the plant by hand. Public works employees walked in, took the automation out of the loop, and operated valves and pumps manually until control was restored. In Braham, that manual intervention is reportedly what kept the town from a boil-water advisory, and it came down to a window of about 90 minutes.

Ninety minutes. That’s your warning time. So, here’s what I encourage you to do: First, understand the real threat isn’t just a dry faucet. It’s a faucet you can’t trust. The FBI specifically warned that this activity was causing loss of pressure and flooding, and that pressure loss can allow untreated groundwater to seep back into the pipes. Water still comes out. It just may not be safe. And you will find out hours later when you become extremely sick. This is why you want to use a gravity water filter system. The Berkey company are the well-known folks in this space, but there are plenty of other gravity systems. My family uses ours daily and we have a significant number of extra water filters in storage that can last us years.

Second, know that boiling water is not an end-all, be all. This is something most people don’t realize. Boiling handles bacteria, viruses, and parasites. Boiling does absolutely nothing for chemical contamination. In fact, it makes it worse, because as the water evaporates the chemicals concentrate. If somebody hacks chemical dosing at a treatment plant, a rolling boil for 60 seconds is not going to help. That’s why stored water is important to have. It’s also why the gravity filter system you buy should have a carbon element that can take care of the chemicals.

Third, fill early, not late. Two weeks of water is one gallon per person per day, and I’d store part of it in smaller containers you can actually carry in case you need to leave your house. Get a bathtub bladder and understand this: you fill it at the first alert, while pressure is still normal. Once pressure drops, that option could be quickly gone.

Fourth, as much as I dislike governments, it’s not a bad idea to sign up for your water utility’s notification alerts and your county’s emergency alert system. Most people never opt in and then wonder why they heard about it on Facebook.

Finally, build your own manual fallback. If you’re on a well, an electric pump with no generator means you have no water. A hand pump, a generator, a gravity-fed system and stored water are multiple layers instead of one. Remember, the people in Braham got about 90 minutes and a public works crew who actually did a good job. You should assume you’ll get neither.

Jackery Explorer 2000

I own several power stations and several solar generators. Among these is the Jackery Explorer 2000. Jackery is a rather well-known company in the solar generator space and they make solid products.

The Explorer 2000 unit has a 2,042Wh LiFePO4 battery and can deliver up to 2,200 watts of output through three different AC outlets. This means you’re not limited to charging cell phones because it can even run things like refrigerators, TVs, CPAP machines, lights, computers, and many other appliances.

One good thing about it is the size. Even though it can power most of your appliances, it weighs only about 40 pounds. So, you can move it around your house and it’s not going to break your back. It’s also portable enough to take on camping trips and other outings.

Another advantage is charging speed. Jackery reports that you can recharge it from empty to 80% capacity in a little over an hour, as long as you are plugging it into the wall outlet. If you are using solar panels to charge it, it is going to take a lot longer, around six hours depending on how the sun is shining that day.

The bottom line is that you should definitely have a solar generator along with gas and propane generators too. So, if you don’t have a solar generator yet, you may wish to look into what Jackery offers.

Copyright © by Spy Briefing LLC. All rights reserved. This newsletter may only be used pursuant to the subscription agreement, and any reproduction, copying or redistribution (electronic or otherwise, including on the World Wide Web), in whole or in part, is strictly prohibited without the express written permission of *Spy Briefing LLC*, 124 S. Main Street #4090, Cedar City, UT 84720. This publication is designed to provide accurate and authoritative information in regard to the subject matter covered. If legal advice or any type of assistance is needed, please seek the services of a competent professional. Survival training and gear is potentially dangerous and should be handled responsibly by all individuals. This material, produced by the *Spy & Survival Briefing*, is for informational purposes only. All technical information, instruction, and advice, reflect the beliefs of *Spy & Survival Briefing* and are intended as informational only. This material is not intended to serve as a replacement for professional instruction. By reading this material you understand that survival training and gear, especially knives and guns, are potentially dangerous and you assume all risks if you choose to handle the survival gear mentioned in this material. You agree to indemnify, and hold harmless *Spy & Survival Briefing* and Jason R. Hanson from any and all such claims and damages as a result of reading this newsletter, which is for informational purposes only.

Contact our Customer Care Center:

435-572-4432

or e-mail support@spybriefing.com



Spy & Survival Briefing is published monthly by Spy Briefing LLC, 921 S. Main Street #4090, Cedar City, UT 84720. www.SpyBriefing.com.

Spy Briefing President: Jason Hanson; Managing Editor: Robert Conroy; Graphic Design: Mena Sugg

IS AMERICA'S GOLD ACTUALLY IN FORT KNOX?

The Largest Accounting Discrepancy Of The Financial World

By Forest Hamilton

Universal Coin & Bullion

Not too long ago, Senator Rand Paul was given the opportunity to tour the United States Bullion Depository at Fort Knox. Joining him was a small group of influential Americans including my friend, Paul Hollis, the current Director of the United States Mint. According to those who participated in the visit, the vaults do contain the nation's gold reserves, estimated at roughly 147 million ounces.

For many Americans, including myself, that visit was reassuring. After years of conspiracy theories claiming the vaults were empty, seeing senior government officials and personal friends publicly (and privately) confirm that the gold is there certainly calmed some concerns.

At the same time, another rumor has been making the rounds online that directly connects to the confirmation of Fort Knox's gold holdings. If you've spent any time on YouTube, X, or listening to financial podcasts lately, you might've heard someone confidently predicting that on September 30 the U.S. government will officially revalue its gold holdings.

Some claim the Treasury will simply mark its gold up to current market prices. Others say the government could assign a much higher value—\$10,000, \$20,000, or even more per ounce—as part of a larger monetary reset. People even suggest it could be the first step toward bringing gold back into the monetary system in some form.

As of today, there has been no official announcement from Congress, the Treasury, or the Federal Reserve indicating that such a move is scheduled for September 30. Investors

should understand the difference between thoughtful discussion and confirmed policy. Right now, this falls into the discussion category, not the policy category.

But the conversation isn't meaningless. In fact, the U.S. government still carries its gold reserves on the books at the statutory value of \$42.22 per ounce, even though gold trades at over \$4,000 an ounce in today's market. That's one of the biggest accounting disconnects in the financial world. If those reserves were ever revalued closer to market prices, the Treasury's balance sheet would look dramatically different.

History has shown that governments can and do change monetary policy when they feel the circumstances require it. If the government ever decided to officially revalue its gold, I believe the psychological impact alone would be enormous. Investors around the world would likely view it as a powerful acknowledgment that gold remains one of the world's premier monetary assets. And whenever confidence in gold rises, demand follows.

That could be very positive not only for bullion, but also for certified investment-grade gold coins. This is an important distinction that many investors overlook. Bullion pricing is driven almost entirely by the spot price of gold. Certified investment-grade coins have two engines working for them. The first is the underlying value of the gold itself. The second is the collector and rarity premium that develops as supplies become tighter and demand increases. We've seen this play out repeatedly over the years.

When new investors enter the gold market, many begin with bullion. As wealth grows, a percentage naturally migrates into higher-quality certified

coins with limited populations and stronger historical performance. That increased demand creates price appreciation beyond what bullion alone experiences.

If a gold revaluation—or even serious discussion of one—caused more investors to seek tangible assets, I would expect many certified, investment-grade U.S. gold coins to benefit alongside bullion, and in some cases, significantly outperforming their basic metal counterparts.

Of course, that's not a guarantee. Every coin market has its own supply and demand dynamics. But after three decades in this business, I've seen enough cycles to know that confidence matters. When confidence in precious metals rises, quality has a way of rising to the surface.

Plus, remember, the world's central banks continue accumulating gold. Governments still maintain massive gold reserves and Fort Knox is once again making headlines. More Americans are asking serious questions about the role gold should play in preserving wealth.

Those are facts. And regardless of what happens on September 30, those facts will continue driving investors toward physical precious metals and toward high-quality certified investment-grade gold coins for years to come.

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

"Blow Out" In Bosnia

*Master Sergeant (Retired), U.S. Army
Special Forces*

The Bosnian Civil War had recently ended, but the scars were everywhere. Tensions remained, and nobody with any sense assumed that “peace” automatically meant “safe.” Our 12-man team was assigned to the town of Brčko. We divided into two-man teams, with each team responsible for different villages and enclaves surrounding the town.

Each of us had a “Blow Out Bag,” what most people would recognize as a Go Bag, Bug-Out Bag, or 72-Hour Pack. We also conducted a Self-Recovery Drill. When the house alarm went off, we didn’t know if it was a drill or real. You got dressed, then grabbed your weapons, essential communications equipment, mission-critical gear, and your Blow Out Bag.

In a real-world emergency, the plan included destroying sensitive equipment and information before evacuating. Then everybody loaded into up-armored vehicles and moved toward the nearest secure American facility.

Your Everyday Carry (EDC) should be small enough that you carry it daily. It should include things like your ID and cards, cell phone, charger and cable, flashlight, folding knife or multitool, small first aid kit, daily medications, cash, pen and notebook, whistle, fire-starting items, firearm and spare magazines.

Finally, your Vehicle Kit should contain first-aid and trauma supplies, drinking water, shelf-stable snacks, flashlight, jumper cables or jump starter, tire inflator and tire-repair supplies, basic tools, work gloves, reflective vest or warning equipment, emergency blanket, rain gear, phone charging capability, paper maps, important emergency information, spare clothing appropriate to the season, basic hygiene supplies, duct



Now, here's the part people often miss. You need to routinely check your kits and gear. Batteries die, medications expire, food disappears because somebody got hungry and forgot to replace it.

That's the point. You don't carry an EDC and a Go Bag because you expect something bad to happen today. You maintain these because fires, hurricanes, tornadoes, vehicle breakdowns, power outages, civil emergencies and a hundred other problems don't bother making appointments.

True, you don't need the bag every day. But when you need it, you better have it, because that's the day you won't have time to go home and get it. Persistence beats perfection. Carry something every day. Maintain your Go Bag. Keep your vehicle supplied. Practice, because preparedness isn't about predicting the future, it's about refusing to be unprepared when the future surprises you.

MOST OVERLOOK THIS PIECE OF SURVIVAL PLANNING

It's A Lifesaving Spy Maxim

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Successfully pretending to be someone else is an essential element in espionage. I was in Europe to attend a prestigious gathering of world-class mathematicians. My assignment was to infiltrate the conference and attempt to develop a relationship with certain mathematicians from enemy nations.

Enemy agents were watching their protectees at this global conference, and they were skilled at “discreet elimination of threats.” It was my job to walk, talk, act, and interact as though I was an accomplished mathematician attending this venue of acclaimed minds gathered to discuss emerging concepts of pure math.

That would not be hard to pull off in the deli aisle of Walmart, but at that conference, congested with published professors, industry giants, and world-famous mathematicians, it took far more than a cute disguise.

In fact, I had no disguise. All I had was an acquired name, an adopted bio, false credentials, and a few days of intense practice with Agency mathematicians trying to get me to understand the difference between

differential equations and the role of random number generation as it pertains to self-priming solutions, and to learn about the Riemann hypothesis. I know that is probably child-level math to some of you, but I had a hard time just learning the language of advanced math.

My life depended on me actively convincing everyone there that I was who I claimed to be and not who I



actually was. A failure on my part to be who I pretended to be would have resulted in one of three outcomes.

Best case scenario: After discovery, I was able to escape before being arrested. Worse, I would be arrested and prosecuted for international espionage in a quasi-friendly foreign nation. But the higher likelihood was that I would be discovered and eliminated before I could send any reports or return with any usable intelligence.

"My blunder was to misstate some of the conjecture."

When your life depends on attention to detail, caution, unrelenting pre-planning of movements, and exceptional situational awareness, your mind is keen, your senses are sharp, and you have an innate drive to avoid missteps that could expose your true identity.

I only had to maintain my false identity for two weeks. I also had the luxury of retreating to my hotel room, eating alone, and being very choosy about whom I spoke with. That gave me the chance to brush

up on the individual, his published works, area of expertise, and most importantly, his hobbies.

By shifting quickly to a target's hobbies, family, travel experiences, and other topics, you can build rapport that translates into mercy. Specifically, if I said something stupid while discussing his most recent discoveries, I was able to joke it off by connecting it to something related to one of his non-math interests (unless it was music or art – I never developed the skill to fake anything in those two fields).

For instance, as one of my targets was discussing his excitement about having discovered what he felt was a sustainable path to developing reliable Mersenne primes (a prime number that is one less than a power of two ($M_n = 2^n - 1$), a most valuable component of advancing cryptographic security, I said something stupid.

My blunder was to misstate some of the conjecture that I had poorly memorized. The instant I saw his facial expression change to one of confusion, I blurted out, “Hah, you



know what I mean. I just get excited sometimes and goof up like what happened to you at the ski lift in Zermatt Switzerland.”

He began to laugh and said, “Yes, yes, I know what you mean. I got so excited that I forgot to loosen the safety belt and fell off the lift and almost broke my arm.” I had successfully bonded with him on a topic external to math, and the strength of the short but powerful bond carried over and provided mercy instead of suspicion.

Our bond of friendship grew over the coming days. We talked less about math and more about our lives, hopes, fears, and philosophies. All I had to do was avoid exposing my utter ignorance of all things math-related, and we could continue to enjoy a warm personal friendship – based on the ridiculous falsehood that I had a math background.

On our last day at the conference, he handed me a manila folder with all three edges taped. He said, “Something for you to read on your flight home. Please, don’t open it until you are in the airplane. Keep it close to you and take good care of this, please.” Well, I was never good at obeying the rules. As soon as I got back to my hotel room, I opened

the folder. It had a handwritten cover letter and about 12 pages of handwritten math.

The cover letter said, “Dear (alias), thank you for bringing some joy to a math conference. Usually, I keep myself sane with beer, wine, cheese, and walks. These things get stuffy. I am giving you these formulas not because I am naive and believe you are a mathematician, but because I believe you can get these to people who can help me advance my work without it becoming a weapon. If I am wrong about you, please forgive me. But if I am right, you know what to do with these, and you know I cannot be contacted again. Unless it happens to be on the slopes in Zermatt during ski season.”

"Be prepared to conceal, alter, or even fictionalize..."

There are many reasons people of all walks of life pretend to be something other than who they really are.

There are those we work with who are dealing with “imposter syndrome.” It is a mental health condition that haunts and can destroy a person’s soul.

Sometimes they are ashamed about what they have done to their lives. Others hide behind airs of success, noble breeding, and elite educations. But those are all character and mental health matters that deserve and require professional intervention at some level.

But there are those like the 14th- and 15th-century Jews in Spain and Portugal who publicly “converted” to Catholicism to avoid being burned alive. These were the “Converso.” They maintained their worship in secret while they lived a public life as a Catholic and a private life as a faithful Jew.

In the spy business, we become experts at being who we are not. But history teaches us that we are not special in that skill set. Since the beginning of societies, men and women have had to conceal things. Some of those reasons are justified, others nefarious, some criminal, and some pure wicked. But it remains a worthy skill to practice and develop if your goal is protecting yourself and your family from evil.

Be prepared to conceal, alter, or even fictionalize some aspects of your life to preserve it and do greater good later. Some of us may need to go into hiding, others will need to gather and defend. Make disguise and possibly a false identity for you and your family a part of your planning and preparations. You never know when it may save your life.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

Join thousands of others and take advantage of the Ultimate Concealed Carry Experience. You can get my favorite concealed carry permit online without having to go to the shooting range and without even leaving your house. Take a look at it now at www.SpyCarry.com.

QUICKLY AND EASILY TREATING DEADLY CHEST WOUNDS

Nurse Hikes 10 Miles While Impaled With 44-Inch Ski Pole

By Dr. Omar Hamada
Special Operations Physician

In July 2026, 32-year-old David C., a nurse, slipped and fell while hiking in Montana and impaled himself through his left torso with his 44-inch steel-tipped trekking pole. He quickly assessed his clinical condition and determined it did not penetrate his chest cavity. So, he decided to hike out 10 miles over six-and-a-half hours to get help, instead of waiting for medevac rescue by helicopter. His is an amazing story of knowledge, courage and grit.

Chest injuries can be really serious - even the blunt, non-penetrating ones. Most often, we fall or get “punched” either literally or in a vehicular accident. Depending on the force involved, we get either a simple contusion or bruise, broken ribs, or even a lung (pulmonary) contusion.

We may unfortunately have a penetrating chest wound that causes either a pneumothorax (air between the lung and the chest wall breaking the vacuum seal and collapsing the lung), or a hemothorax (blood in the chest cavity).

Penetrating trauma, besides injuring underlying tissue like the lungs, blood vessels, or the heart, primarily breaks the vacuum seal that keeps the lung attached to the chest wall. It's that vacuum seal that enables us to breathe by expanding and contracting the chest wall, and thus the lungs. If that seal is broken, the lung(s) collapse, and we can't breathe. That is called a pneumothorax. To solve this, we have to restore the vacuum.

There is a type of pneumothorax that is even more dangerous. It is called a tension pneumothorax. It occurs because the vacuum seal has been

broken and the lung has at least partially collapsed, but there is no way out for the trapped air, while more air keeps getting added to the chest cavity.

This occurs because the lung has been damaged and is leaking air, or the chest wall has been damaged in a way that allows air in but doesn't let it out. As tension builds, blood vessels collapse, organs shift, and the heart begins to struggle receiving blood from collapsed veins in the chest while it struggles pushing blood out from itself being compressed by pressure.

Severe blunt trauma needs immediate medical attention and can be rapidly fatal. Though penetrating trauma may sound more severe, correct treatment in the field can stabilize the patient and buy you literally hours. Unless penetrating trauma has cut through blood vessels or the heart itself, it can be rapidly treated with basic equipment out in an austere environment.

If you, or someone else has developed, or is suspected of developing a tension pneumothorax, all you have to do immediately is put a tube through the chest wall to decompress it. It can be as small as an IV cannula, or large as the barrel of a ballpoint pen. Placing it correctly is easier than you think (though painful).

Find the midpoint of the collarbone on the affected side. Drop a line straight down to the 4th or 5th rib (above the nipple). Clean the area as best you can — preferably with alcohol or some bactericidal.



Cut the skin to allow passage of the tube. Penetrate the chest cavity just above the rib to avoid hitting nerves and blood vessels that ride under the rib above.

Pass the tube through. That provides immediate relief. Then, you need to attach a flutter valve that allows air out, but not in. A product that allows you to do this easily is called the “Arrow catheter.”

Once you have a tube in place, you are safe to evacuate to find medical care. As the patient breathes, more air is pushed out, the vacuum is reestablished, and the lung reinflates. The tube or catheter may tickle and cause the patient to cough. This is normal and ok.

If you have an open chest wound, you need to cover it with a chest seal that is taped down on three sides. Leave one side open. This effectively serves as a flutter valve of sorts. These chest seals are also available on first aid websites, but in a pinch, you can build one with saran wrap, or a piece of plastic, and tape. Knowing this simple process and having this handful of readily available products can save you or a loved one's life in an emergency.

MOBILITY ISSUES DON'T LEAVE YOU DEFENSELESS

Self-Defense Moves That Work Even With Bad Knees

By Matt Numrich

Head Instructor Of Spy Black Belt

Mobility issues don't mean vulnerability. Many older adults worry about how they would respond if confronted by someone aggressive—especially if they're dealing with joint pain or limited range of motion.

But the truth is, self-defense isn't reserved for the athletic or fast-moving. With the right techniques, even someone who struggles to walk without support can stop a threat effectively. It comes down to knowing what works when moving around just isn't an option.

One technique to consider is the head thrust (or head butt). The top of the head is one of the hardest parts of the human body. It's dense, durable, and surprisingly effective when used properly. In contrast, the face is filled with nerves and fragile bones.

A quick, direct head thrust into someone's nose or cheek can cause enough pain to create an opportunity to break away. It doesn't require strength or speed, only proper form. It's fast, simple, and highly effective, which makes it an ideal move to use in close range.

Imagine standing still, unable to back away, with a stranger shouting in your face. That kind of pressure can be terrifying, especially if you're unsure what to do.

In these moments, being able to strike without taking a step back is a major advantage. By grabbing the person's shoulders or upper arms and launching a head thrust directly into their face, you can quickly shift the power dynamic. Tucking the chin



and using your full body to drive forward adds impact. It only takes a second to make someone back off.

Or what about having your wrists pinned? This might seem like a hopeless position, especially if your balance isn't great. But even without the use of your hands, you're not out of options. The head thrust is still available. With your hands tied up and no mobility to kick or twist away, a forward strike with your head can still land cleanly.

It's a direct and reliable response that doesn't depend on joint flexibility or athleticism. The sudden pain it causes can be enough to make someone let go.

The most restrictive scenario is a full bear hug—arms trapped, body pinned, legs unable to move. But even then, there's a way to fight back. The head can still be used, either by striking with the top or the side into the attacker's face. Multiple quick hits can stun or disorient someone long enough for you to break free.

Plus, this doesn't require lifting your feet or using your hands, making it particularly useful if you're dealing with arthritis or weakness in the limbs. This highlights an important truth: when it comes to real-world self-defense, intelligence and preparation go further than size or strength. The head thrust isn't fancy and doesn't rely on long training sessions or complicated techniques. It's based on logic, body mechanics, and an understanding of how to create pain and opportunity in close quarters.

So, for seniors with limited mobility, this movement and approach to self-defense is not just practical—it's empowering. Knowing that you don't have to be fast or flexible to protect yourself can change the way you move through the world.

I've made a video that shows the movement clearly for you and outlines these scenarios and the head thrust strike in-depth. You can watch the video at this link:

<https://fearlessstreetfighter.com/bad-knees-selfdefense/>

"Intelligence and preparation go further than size or strength."