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LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

AN UNDECLARED CIVIL WAR?

Readying Your Election Arsenal For November's Civil Strife

By Jason Hanson

Former CIA Officer

As you know, riots have been rocking American cities far and wide. Places like Chicago, Kenosha, Portland and New York City have been hit especially hard. And while it's terrible for the good people who live in those cities, what's happening right now might be just the beginning. After November's election we may see much worse.

There are many unknown challenges for pandemic-era voting. More Americans than ever are expected to cast mail-in ballots this year and there are many cases of voter fraud with mail-in voting.

This factor alone could void untold numbers of votes and create instant controversy. It also means it could take longer for results to come in.

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Instead of an election "day," we could face an election week — or more.

Another issue is many Democrats still claim that Trump's 2016 victory was illegitimate. They point to Russia's election-interference efforts to help Trump. But the U.S. government verified that Russia didn't change the vote tallies, however this is more saber-rattling to stoke unrest. And most recently, top Democrats (and their liberal allies in the media) are floating the idea that only a Biden victory would quell the violence.

"This factor alone could void untold numbers of votes and create instant controversy."

The reality is, the rioting we're seeing today is nothing compared to what we could face after the election. Which means that it's never been more critical for you to be prepared to defend yourself and your home. So, let's look at some

steps you can take to ensure your weapons are ready to defend your life and property should the need arise.

Cleaning and inspecting your firearms: Every 500 to 1,000 rounds, you should give your guns a good cleaning before putting them away. If someone kicks in your door at 3am, you will

at least have the peace of mind that your gun is ready to use and not so gunked up that it will jam.

I recommend buying a basic gun cleaning kit with cleaning patches, a rod, cleaner and gun oil. Remember, it is best to push the cleaning brush in the direction from the chamber outward to the muzzle, instead of from the muzzle inward toward the chamber. Also, don't forget that it's possible to over-oil your gun, so use a small amount of lubrication in the correct places (on the rails and on the barrel.) Too much oil can attract dirt and grime.

Check your magazines: Check each magazine to make sure it's feeding correctly. For example, with a semi-auto pistol, insert an empty magazine and rack the slide to the rear. Make sure the slide stays open and locked back. This tests the magazine follower, magazine spring, and the alignment of the follower. If the slide does not stay open, check to make certain the magazine and its spring are properly assembled.

Next, press the magazine release. The magazine should fall freely from the magazine well. If it doesn't, the magazine tube may be bent or there may be other problems.

Lastly, load a full magazine, then download the magazine by hand to check that the springs are still operating and pushing the next round to the top. If you find that any of your magazines aren't functioning prop-

erly, immediately throw them away. You don't want to keep them and have them get mixed in with your good magazines. When ordering new magazines, never go cheap. Order the factory mags from the gunmaker itself — Glock, Smith & Wesson, Sig Sauer, etc. The only exception is magazines made by Magpul for both your pistols and rifles.

Staging your arsenal for instant access: You should have weapons staged in different areas of your home. For instance, I have a pistol in a safe on my nightstand. And there are firearms staged all throughout my home in safes on every single level. Safety is a top priority, so make sure your guns are secure from children or grandchildren.

Be sure to stage firearms in areas you will be able to access before the home invader can get to you.

In other words, don't store a gun right next to your basement door because if your basement door gets kicked in, it's too late to get to that gun. Your staging methods will depend

on your style of home, its layout, and any family members living with you.

The election will be here before we know it, so now is the time to prepare your home defense arsenal in the event of widespread violence. Hopefully, it will be a lot calmer than everyone expects, but I am personally preparing for the worst (including being able to hunker down for 30-60 days) and I hope you do too.

"Load a full magazine, then download the magazine by hand to check that the springs are still operating."

Grey Ghost Precision Combat Pistol

Here's a high-end, custom gun that you might be interested in. It's called the Grey Ghost Combat Pistol and it's a 9mm, striker-fired gun. It's the standard size of a Glock 19 and should fit Glock 19 compatible holsters. This pistol's slide has a 'Glock-like' look, with serrations for better handling when charging, press checking or downloading the pistol. The undercut on the trigger guard is deep compared to other pistols, but not so deep that it's a bad thing.

Now, where the Grey Ghost really differs from a Glock is the grip. The grip angle is like that of a 1911, which gives the Grey Ghost a better feel versus the standard Glock.

The sights are the standard Glock 19 height with tritium illumination, a U-notch rear sight and a bright orange front sight. But, the slide is also "optics ready," so you can easily choose your preferred sighting system and put on a red dot.

The Grey Ghost Precision Combat Pistol has a price tag of \$1,499. While this is much more than a Glock, it isn't a bad price for a custom configured pistol. So, if you're in the market for a high-quality self-defense gun that you won't need to spend money customizing, this is a solid option.

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WINTER IS COMING — PLAN AND PREPARE NOW

Survival Checklist For 3 Frequent Cold-Weather Scenarios

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I remember the wakeup call I got when I was reassigned to Fort Drum, NY, which is only 20 miles from the Canadian Border.

I had never seen snow like this before or lived under its constant threat for several months out of the year. I learned quickly that you absolutely must be prepared for a cold-weather survival situation. Like any survival situation, it comes down to proper planning and preparedness.

This is why I want to touch on three common winter survival situations. Obviously, there are plenty more you could plan for, but these three happen frequently where winter brings snow and sub-zero temperatures.

The first scenario is when your vehicle breaks down in the middle of nowhere. The second scenario is when your vehicle slides off the road during icy conditions and gets stuck. The third scenario happens when while you are driving, you get caught in an unexpected white-out blizzard and are forced to stop on the side of the road.

Let's look at a checklist and the survival gear for these three most common scenarios. Use this as a "jumping-off point" for other scenarios you might encounter. The number one priority for a cold weather vehicle survival situation is ensuring your vehicle is prepared for winter. Get the fluids topped off, and always get the windshield washer fluid with de-icer in it.

You also need the right tires for the job. That means snow tires,

studded tires or all-terrain tires. And, it's a good idea to have tire chains — especially if you live in a mountainous region or where ice storms are common.

Be sure your battery is healthy and fully charged and get your engine function evaluated before winter. You want your car running in top shape. If you need a tune-up, get one. Your local mechanic or dealership service department can easily handle this.

Now that your vehicle is ready, it's time to make sure you are. So, the next step is to assemble your winter survival kit to keep in your vehicle. You can use a duffle bag or military bag for this. It will stay in your vehicle (either the trunk or cargo area), so it's there when you need it.

Here is a list of the items you should have in your winter survival kit. (Remember, this is the minimum — feel free to tailor it to your situation): Wool or quilted blankets, sleeping bags or military poncho liners, mylar emergency blankets or bivy bags (one per rider for warmth).

Have two each of the following: magnesium fire starters, lighters, and large candles. You can light the candles inside the vehicle, which will raise the inside temperature by about 5 to 10 degrees. Get a small propane camp stove and cooking pot to boil water and cook food. Have three days' worth of survival food in a pouch for each person. Also consider adding more food such as high energy snack bars, nuts, granola bars, etc. You should also carry a half a gallon of water per rider, per day.

Don't forget a knife, 100 feet of paracord, a couple rolls of duct tape, and a tarp to reinforce the



vehicle compartment and keep heat in. Have road flares to signal for help, a few flashlights, head lamps, a camp lantern, a weather radio for information, and extra batteries.

Next, an ice scraper/snow brush and a shovel (they make nice collapsible snow shovels). If you have room, some traction mats or bags of Ice Melt or Kitty Litter to help get you unstuck. Also, jumper cables, a battery booster and basic first aid kit.

Pack some changes of extra-warm clothing. Wool sweaters, sweat-shirts, coats, gloves, hats, boots. Place them in trash bags and tie them tight to keep water out.

As a leader in a cold climate region in the Army, I have seen the devastating results of not preparing for the cold. If you take a shortcut, it will catch up to you. So, take the time to plan and prepare for a winter survival situation. Have the proper gear at hand, and you will feel a lot better heading out on the road in the wintery chill.

A FINANCIAL HURRICANE IS COMING!

This is Another Reason Gold Will Soar

By Forest Hamilton
Universal Coin & Bullion

I have lived in Beaumont, Texas for over 25 years. My family and I have been forced to evacuate our home due to impending hurricanes many times. Most of the hurricanes missed Beaumont completely or slid by with minimal damage. Rita, Ike, Katrina and Harvey on the other hand, hit us nearly head on. Rita had 120-130 mph winds for 8 hours, leaving us with no power or water for almost two months. And while Ike and Katrina hammered Louisiana, they still did plenty of damage to our community. Harvey dropped nearly 70 inches of rain in 72 hours which, according to an NPR article, equates to around 37 trillion gallons of water. Scientists measured it by how much the Earth's crust was compressed — around half an inch.

Recently, Hurricane Laura was forecast to bring Beaumont “unsurvivable conditions,” and a 10-12 foot high storm surge that would travel 30 miles inland. When I went to sleep, I was anxious about what

I would wake up to. When dawn came, Laura had veered east, sparing Beaumont, but thousands of our neighbors lost electricity.

Forecasters don't always get things exactly right. But with a ton of solid data, researched by the most successful prognosticators in the world, they often don't miss by much. The storm could be a little delayed or make landfall 30 miles to the east. But you should prepare anyway, because the storm unquestionably exists. Today, I believe there is a financial hurricane heading our way, and it's time to prepare.

Mike Fuljenz and I were recently interviewed for a USA Today article in their Money Section. It brought attention to a Bank of America report titled “The Fed Can't Print Gold” (like it prints dollars.) In that report, B of A raised its 18-month target price for gold to \$3,000 per ounce.

Bank of America is not alone. Major mainstream investment advisory services are now predicting gold prices more than doubling in the next 2-3 years. Bloomberg Intelligence “is not ruling out \$4,000 gold by 2023,” noting that the gold bull market is “just beginning.” Bloomberg Intelligence senior commodity strategist Mike McGlone predicts gold will outperform silver in the second half of the year due to a weak economy and weaker dollar.

McGlone wrote, “Central-bank rate easing and U.S. bond yields gravitating toward zero are solid underpinnings for gold, as is the potential for increased U.S. stock-market volatility approaching the presidential election.”

Along with Bank of America, billionaire Thomas Kaplan, founder of New York-based asset management firm Electrum Group, predicts gold will

reach “\$3,000 to \$5,000 if not a lot higher,” depending on circumstances.

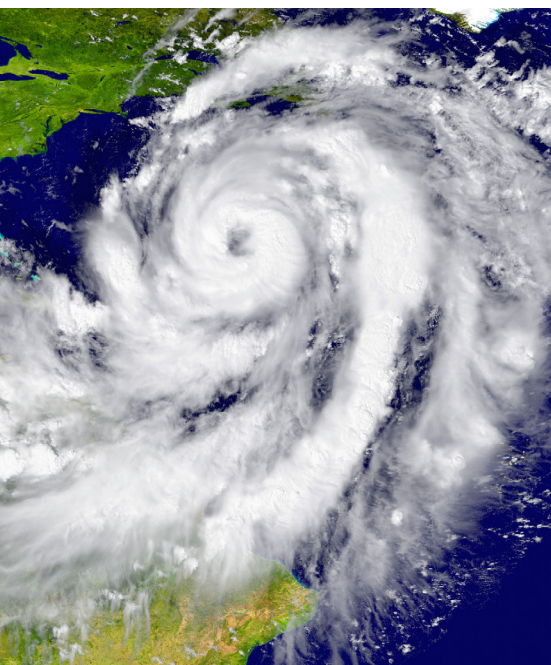
And now, Citigroup analyst Heath Jansen also sees gold in the \$3,000 to \$5,000 range, in a rise similar to gold's bullish run in the 1970s up to its peak in 1980. “When investors are hungry for gold, the metal has a habit of rising exponentially, which has no parallel amongst metals,” he said.

On the factors that could drive gold above \$5,000, Jansen added, “Given the historical role of gold as a storage of wealth, perceived devaluation in the purchasing power of fiat currencies translates into demand for what is essentially the ultimate global reserve currency. It is not illogical then, to ask what conditions are needed to drive gold up to and even past this level.”

While it is impossible to see what the future holds, it is possible to know of past market behaviors, study current market analytics, and increase your odds of making good decisions with your money.

With minimum gold targets of \$2,500 in the next 15 months and \$5,000 at the peak, the glut of fiat money and avalanche of new federal debt could drive gold even higher as investors pour into the gold market. So, if you haven't already created your financial hurricane preparedness checklist, don't wait until November, as I believe it is going to get windy before then.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@universalcoin.com or call 800-822-4653. 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.]



MY ROLLING “MOBILE ABORT” FROM A CAR — PART 1

How to Quickly Escape Danger When Lost In An Unfamiliar City

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

I was in a northern European country waiting to meet my source in the parking lot of an internationally renowned University. I was only in-country for 16 days to accomplish a single task. For my mission to succeed, I required his cooperation and special services. He had been recruited by a local operative years ago and was fully vetted. He had an excellent track record of providing accurate intelligence and other services.

My source was exactly on time. I slipped into his car and we got on the road for our “mobile meeting.” A mobile meeting is like a standard hotel room personal meeting, just done in the car while driving. This was our fourth personal meeting, so



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we were already very comfortable with one another.

We finished our “mad minute” - a kind of espionage executive summary of security, intel, welfare, communications, next meeting details, etc. — all done in a flash in case we get raided. My source warned me that he thought he recognized a car a few cars back. He was trained on surveillance detection route (SDR) design and execution and had years of exceptional experience, so I was not about to doubt him or second guess him. Our lives and the mission were worth every reasonable precaution.

We executed an emergency abort. We had already planned for situations like this so it did not require any discussion or deliberation. My source had even practiced this situation live with his local trainer in this specific country. We were about to perform the fabled “roll-out” mobile abort.

A “roll-out,” or radical car drop, is

used to clandestinely get an agent out of our vehicle or get out of an asset's vehicle while under hostile surveillance. We make a very sharp turn that allows the passenger to roll out of the moving vehicle and behind some kind of cover or into a ditch or some other form of concealment before the surveillance vehicle behind us sees what's going on with the passenger door. The driver has to have a rope (a string is too small) attached to the door to pull it closed against the inertia of the turn. The trick is to make sure that when you dive out and roll, you do not get tangled up in the rope and dragged under the vehicle. That's what we call “not good”.

In this instance, my source drove into a gas station and looped around the back so his gas tank would be on the same side the pumps were. I got to have a thrilling jump-out-of-a-moving-car experience behind that gas station. Let me just say, it is much harder than it appears on the silver screen to look cool dur-



ing that maneuver. My landing was not bad, but if it had been a movie, I am sure the director would have wanted to shoot that scene again. No action hero should be seen stumbling around trying to gain his footing and rolling into a fence.

As soon as I shook off the unpleasant experience, I found myself completely disoriented. I had not been paying attention to our route or to where we were or where we were heading. At the time, it was just a drive to give us some privacy for our conversation. Yes, I should have already done more area familiarization. But, the nature of quick reaction clandestine operations means certain standard procedures sometimes get sacrificed for rapid, decisive action.

I think I wrote in my report that I found myself “trying to determine the most expeditious return to my safe site.” In plain English, it meant I had no idea where I was or how to find my way to the safe site, major landmark, main road or anything else. I was lost in a foreign country with no local language skills, no area familiarity, no partner, no support and no idea which way to head.

Thankfully, I had been trained on techniques to navigate in the wilderness, desert, woods or inner-city

neighborhoods. It's pretty much the same technique for any navigation in unfamiliar territory. And now I needed to draw on that training and experience.

You've likely seen recent video of (or personally witnessed) masked, armed, domestic terrorists blocking roads and forcing people from their vehicles. The frightened people are then left scrambling for safety as they're assaulted. Here is an important point: Not all of those drivers or passengers are locals. Some are visiting family, traveling to the area or just passing through. But they're caught in the wrong place at the wrong time.

One incident I heard about had a sad ending. A man and his wife were forced from their vehicle (which had all of their luggage, cell phone, life-sustaining medications, travel cash, and personal valuables packed inside). They fled in the opposite direction they were traveling to try and quickly distance themselves from attackers. But they were not familiar with the neighborhood and they became disoriented and desperately lost.

If they had known some simple techniques, they might have found

their way to safety before the predators found their way to them. Instead, they had no friends in the neighborhood and nobody was opening the door for strangers. Everyone was locked in their homes, trying to protect themselves from the bloodthirsty hellions causing chaos in the town (all while being encouraged by the leftist mayor).

We'll be looking at these exact techniques in part two of this article series, but first, we need to cover some fundamentals to remember if you're ever lost.

First, you need understand it is absolutely normal, even for super-spies, to experience periods of panic. It's not a weakness and it's not something you can out-think or overcome. And that is the exact reaction you could experience when you are not expecting what's happening and you find yourself lost.

Next, you need to know and trust that wherever you are, however you got there, you can get to where you need and want to be. Finally,

you must avoid going in circles. Inevitably, when people are lost, they tend to travel in a circuitous route that brings them back to where they started. It is essential that you

have a discernable destination and that you use your skills to extricate yourself. A GPS might not always work, which is why it's handy to have a compass. As I mentioned in part two of this article series, we'll be discussing these very skills that I used overseas and that can keep you alive here at home. Until then: stay vigilant, stay safe.

"The nature of quick reaction clandestine operations means certain standard procedures sometimes get sacrificed."

HEALTH TIPS FOR THIS YEAR'S FLU SEASON

Will COVID-19 And The Flu Bring America To Its Knees?

By Dr. Omar Hamada
Special Operations Physician

2020 will go down in modern American history as the year everything seemed to go wrong. And it's not even over. One of the biggest, scariest issues we have faced has, of course, been COVID-19. It has wreaked havoc on our country's economy, health, jobs, families, travel, entertainment, emotional states, schools, and political landscape. In fact, since when has a virus been so politically polarizing?

By now, you probably know someone who has fallen ill. Maybe you've seen the disease and even the death it can cause in limited cases. However, many are questioning whether the economic and psychological damage we've done is greater than the health risks from this virus. Folks are beginning to believe our reaction as a society far outweighs the risk of harm.

The problem is, we didn't know what we didn't know. And there is still a lot we need to figure out. But there is mounting evidence of concrete ways to prevent significant loss from the virus. Though it's still not guaranteed on an individual basis.

Here is what we do know. The CDC says close to 200,000 Americans have died from coronavirus so far. That's far from the initial estimates of over 2,000,000 deaths. But we don't really know how many of those 200,000 have truly died from coronavirus. Some estimate it could be one-third that number.

We also know that 80% of those infected exhibit only minimal symp-

toms, 15% get seriously ill, and another 5% become so ill they require hospitalization. And we now understand that the fatality rate is around 0.6% of those infected. The death rate is heavily weighted to older aged patients and those with comorbidities (a fancy word for other illnesses like heart disease, diabetes, obesity, etc.)

Do masks work? Studies on both sides of the argument prove both that they do work and that they don't. In fact, before they were forced to recant, the nation's preeminent medical journal, *The New England Journal of Medicine*, stated the primary function of masks in the hospital setting was to treat fear and anxiety, not to reduce transmission.

How about social distancing? Well, a sneeze can carry airborne particles up to 25 feet and leave them suspended for up to 10 minutes. And viruses can "live" on surfaces for up to 2 days and stay on your clothes for up to 12 hours. So, while the 6-feet of separation rule doesn't make perfect sense, it likely helps a bit.

Now, many are wondering what fall and winter will bring as we brace for the start of flu season. Well, we have an advantage here in America. We can usually predict how bad of a flu season we are going to have by looking at what happens to Australia a few months earlier.

The good news is, this year's Australian flu season has been incredibly mild. They've seen a 93% reduction in flu cases from last season. That's a huge drop. Maybe it's because people are being more



careful or that viruses are competing and coronavirus beat out influenza this year. Whatever the cause, it looks like our flu season could be mild this year. We may only have to worry about a possible resurgence of COVID-19 – but hopefully not.

So, how can you protect yourself and help limit the spread of COVID-19? First, these respiratory viruses don't go through skin. You don't get it simply by shaking hands. They attach to ACE-2 receptors on cells in mucous membranes (your eyes, nose, mouth). So, you can get it from shaking hands then touching your face without washing. So, don't touch your face. Second, if you're sick or feel ill, stay home. Don't infect others. Third, after engaging with others, wash your hands and wash your face.

Fourth, stay healthy. Take 2 or 3 grams of vitamin C and 5,000 IU of vitamin D. Take zinc, get sufficient sleep, exercise, and hydrate. If you want to wear a mask, do. If you want to socially distance, do. Yes, they help. But they are not guarantees. The other steps will afford you more protection.

"These respiratory viruses don't go through skin. You don't get it simply by shaking hands."

WHEN YOUR LIFE IS IN DANGER AND THERE ARE NO OTHER OPTIONS

A Simple, Proven Weapon Disarm

By Matt Numrich
Head Instructor Of Spy Black Belt

For over 25 years, I've taught civilians and law enforcement how to disarm an attacker who's sticking a gun in their face. I've had the "pleasure" of practicing and honing this disarm against BB guns, wax pellets and Simunition rounds. And, I've been shot by these various types of rounds, which painfully taught me what really works and what doesn't. So, what I'm about to show you is a simple disarm that's been stress-tested and actually works.

But, before you ever think about disarming an attacker, you need to answer one vital question: "Should I disarm?" Because even though this is a proven technique, there will always be risk involved. In other words, is the criminal going to kill you or do they just want your wallet? Only you can make this judgment call.

For example, one reason you should consider attempting a disarm is if the assailant has already shot someone else. If so, they've already proven they're willing and capable to kill and could easily do it again. In this case, you may want to try a disarm to protect yourself or your loved ones.

Another time you might consider a disarm is if you've already given them what they want (i.e. wallet or car keys), and they are continuing to assault you.

Finally, you may want to try it if the attacker wants to move you to another location. That's because they're likely trying to take you to another place where it's easier to rape or murder you.

Once you've made the decision to disarm, there's one other factor to take into consideration before you make your move: Distance. You see, the "best" disarm, performed by the "best" practitioner is useless if the person pointing the gun at you is too far away. In order to pull off a successful disarm, the attacker's gun must be no further than an arm's length away from you.

If the attacker is any further away from you than arm's length and you make an aggressive movement to attempt a disarm, there is too much of a chance you'll get shot. But, if the attacker's gun is within an arm's reach, you're just four simple steps away from a quick disarm.

The first step is to "clear" the line of fire away from your body. You do that by using your far hand to move the attacker's gun (and his hand which is holding the gun) to the side. Just push it out of the way. The second step is to "isolate" the weapon by cupping the gun and their gun hand with your hands, as noted in the picture.

From there, the third step is to deliver a quick groin kick, helping to momentarily stun, distract and disable the attacker. Lastly, we use body mechanics and leverage to disarm the attacker. You do this by using both your hands to drive the barrel of the isolated gun over the opponent's single wrist.

The leverage you can achieve with the barrel when you drive it against the small, weak bones of the wrist, can easily overcome the attacker's grip. And when you couple that leverage with a groin kick, it's extra effective.



Once you take the gun away, quickly distance yourself from the attacker so you can either control them or escape. And make sure you clear the weapon of any jams that may have occurred during the disarm, so you can use gun if there are no other options.

To recap: First determine if the situation calls for a disarm attempt, because there is always risk. If yes, make sure they're at the proper distance, then perform the four simple steps with quickness and intensity to gain control of the firearm. Then gain distance until you are safe.