

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

HOW AI IS RESHAPING THE HOSPITALITY INDUSTRY

Analyzing The Potential Security Risks Of Robots

By Jason Hanson

Former CIA Officer

You and I know that AI is all the rage these days and it seems like every news channel is talking about it all the time. I'm sure you also know that AI poses a ton of security risks. Case in point: Maink S. lives in Glenwood Springs, Colorado. He owns and operates a restaurant called Everest Nepal Restaurant. At his restaurant, he serves his customers traditional food, but in a rather untraditional way.

Maink uses two robots to serve the food in his restaurant. That's because, since the pandemic, Maink has had difficulty finding and hiring employees. So, he bought two robots to take food from the kitchen



to the customer's table. He tells the robots where to go and they can operate all day long. Now, the robots aren't cheap, they cost \$25,000 each. But Maink said it was less than the amount he would pay one employee for a year. In addition, the robots seem to be bringing in customers.

"The best part of the robot is it's always on time, it's never tired, it does not argue. They are the best thing," Maink said.

Restaurants all over the world are turning to robots to work in the hospitality industry to improve the customer's experience and make things more efficient. But the growth of AI in the

hospitality industry will change the way these businesses operate, especially when it comes to security.

For example, at this point, even the best devices in the world still aren't better than humans. AI robots are being trusted to work as bellmen to take luggage to hotel rooms. But the robots taking the bags to the rooms can't protect the bags the same way a human can.

"At his restaurant, he serves his customers traditional food, but in a rather untraditional way."

Robots might have cameras and sensors and may even be able to sound an alarm, but they won't be a physical presence that can stop someone from stealing. It's a lot easier to take something from a robot rather than a person who might fight back.

WHAT'S INSIDE

- 3** Learning From Tragedy To Inform Your Preparation
- 4** When You Shouldn't Replace Items In Your Kit
- 5** Lessons Learned From My Missions As A Covert Operative
- 7** The 2nd Leading Cause Of Cancer-Related Deaths In The U.S.
- 8** Why You Should Never Hesitate To "Go Low"



The AI itself could actually be a security risk. That's because, whether you have a robot that delivers your luggage or your food, they will have cameras and microphones to enable them to do tasks.

But the robot can also be capturing your picture, voice, and possibly everything else in the room, including the private things you've brought with you.

Contrast this with a bellman bringing your luggage to your room. You can open the door just a crack to limit what they see, thank them, tip them, and keep basic control of the situation. This is not the case when you have what amounts to a computer walking into the room collecting video, pictures, and voices.

Finally, since these robots are using AI, they are vulnerable to hackers and cyber-attacks. They have a computer operating system, so these devices are opening the door to another way for hackers to steal information.

For example, a customer might be

"Whether you have a robot that delivers your luggage or your food, they will have cameras and microphones."

able to connect their smartphone to the robot that delivers their food. They could use the connection to ask for drink refills. But this also means there is the added risk of hacking the customer in addition to the robot.

These days, more people are open to working with technology and not having to speak with another person. It can save time and streamline processes from hotel check-ins to ordering food. But it comes with security risks that most people won't think about until it's too late.

Here's one more example for you: Right now, many hotels have iPads in their lobbies that allow guests to check in without even needing to speak to an employee. Each one of these iPads opens the door for another way to conduct a cyber-attack. Just ask MGM how their check-in process is working with the recent cyber-attack they suffered.

Now just imagine the risks that may pop-up when you have a team of robots, all gathering reams of data,

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Taurus Judge Home Defender Model

One popular firearm for home defense is the Taurus Judge, which gained popularity because it can shoot both .45 Colt and .410 shotgun shells. In fact, that particular gun is the favorite home defense gun of a CIA buddy of mine.

Recently, Taurus came out with a new version called the Taurus Judge Home Defender, which is a reconfigured version of the five-round revolver. The Home Defender is a revolver with a 13-inch barrel and a red dot-ready Picatinny rail. The longer barrel is designed to improve the .45 Colt ballistics. In addition, it has a fore end accessory rail, ideal for mounting lasers and lights.

The revolver also has a rubber grip that helps with recoil absorption and an added steel blast shield that protects the shooters off hand. The pistol shoots both .45 Colt and .410 shotgun shells, has a 5-round capacity, an overall length of 19.5 inches, and weighs about 59 oz. The dual caliber capability makes it so the gun can be used for many tasks from home defense to hunting. If you're in the market for a new gun (who isn't?) you may wish to check it out.

moving throughout the most sensitive areas of a business or your hotel room. It's something to consider now, before these types of robots are everywhere. As for me, I'm old fashioned and I still question everything and if it's really necessary, which is why I have no smart locks or smart devices running my home.

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LEARNING FROM TRAGEDY TO INFORM YOUR PREPARATION

You Must Heed The Current "Economic Forecast" Before It's Too Late

By Forest Hamilton

Universal Coin & Bullion

I have three daughters. Two headstrong teenagers and an 11-year-old. As a dad, I am desperately hanging onto these last remaining moments with my youngest, while she still thinks I'm somewhat cool. We like to work on her school projects together. I try hard to make it fun and entertaining so she will enjoy learning and want to do more of it with me.

Recently, she brought me her current events project and I was excited to dig in and share some laughs. We chose weather as our subject and did some research to decide what to write about. That's the moment it stopped being fun.

We stumbled on an article about the recent Libyan flood caused by Storm Daniel (or Cyclone Daniel, as it's also called). As I saw the staggering number of deaths (over 11,300 dead), it seemed impossible that a major catastrophe such as this had happened just last month and I had heard very little about it.

So, if, like me, you hadn't heard too much about it, here is what happened: Derna is a Libyan port city on the Mediterranean Sea with a population of around 100,000 people. It was taken over by Isis in 2014, where they ruled the city for four years before being starved out by Khalifa Hifter, a septuagenarian warlord. Needless to say, when governments feud, nothing really gets done and the populace suffers.

Such was the case with the two dams that lie above Derna in Wadi Derna Basin. Abdul Wanis Ashour is a hydrologist who had been studying the dams protecting Derna for the past 17 years. He published an

academic paper in 2022 calling for immediate action to enforce regular maintenance and precautionary measures for the two dams since they'd been built in the 1970's.

Ashour told Reuters, "When I gathered the data, I found a number of problems in the Derna valley: in the cracks present in the dams, the amount of rainfall and repeated floods... I also found a number of reports warning of a disaster taking place in the Derna valley basin if the dams were not maintained."

Ashour added, "There were warnings before the flood. The state knew of this well, whether through experts in the Public Water Commission or the foreign companies that came to assess the dams."

Storm Daniel put the dams to a test they could not pass. While oceans create Hurricanes, the Mediterranean Sea sometimes creates storms called Medicanes that are large enough to be given names. Storm Daniel dumped over 2 feet of rain on parts of Greece before unloading on Libya. As the storm unleashed its deluge, the large dam above Derna was overcome and eventually failed.

Millions of gallons of water raced down the valley smashing through the smaller dam below before a 20-foot-high wall of water descended upon Derna, destroying around 900 buildings and washing entire neighborhoods – filled with families – out to sea. Over 11,300 died with many still missing.

So, when Storm Daniel began unloading its torrential rains, why didn't the citizens evacuate? Because they were receiving conflicting reports. Some



news said the dams were in danger of breaking, others said the dams were fine and to just shelter in their homes. This is a tragedy of epic proportions and part of me doesn't even want to make comparisons to what happened as it is so horrible. But I can't help thinking about how today's America reminds me of Derna.

Our government is fractured and feuding, there are massive cracks in our society and systems, thousands of studies show the dangers of continuing on our current path, and we're receiving conflicting news reports. I don't know what this next year and election will bring, but I urge you to evaluate your lives, your finances, and your levels of preparedness and take action. Shore up your proverbial dams and help others you care about do the same.

[Publisher's Note: For questions about buying gold and silver coins you can contact Forest Hamilton directly at foresthamilton@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.]

WHEN YOU SHOULDN'T REPLACE ITEMS IN YOUR KIT

5 Pieces Of GI Gear I Still Rely On Today

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I'm known in the survival world as a GI through and through. I still adhere to the adage, "Sleep wherever and whenever you can." I still find myself relying on old lessons of patrolling, looking high and low, left and right for trouble like I did while point man on patrols. Always "embracing the suck," whether it's getting soaked by a storm, shivering in the night without a fire, or piercing your right testicle in a nasty swamp and having it stitched up on the spot.

Along with the mindset and attitude, I also have 5 pieces of GI gear that I still rely on and use to this day. This is the gear that has proven itself in the field and kept me in the fight. So, allow me to share these pieces of gear with you now.

The trusty poncho liner is a lightweight but very warm blanket that could be attached inside your GI poncho to make a makeshift sleeping bag. It kept me warm on many missions and still does today. Never leave home without it.

There are lots of steel nesting cups out there today, many have wire interlocking handles that collapse to the sides of the cup, but none have the nostalgia of the good old GI canteen cup.

The canteen cup I have carried for decades has a full steel folding handle that goes up under the cup on a hinge and has a locking clip. It's dated 1965, which is extra special as it's the year of my birth. This cup has been through a lot just like me. Banged up, run over, and even deflected shrapnel. It's been a kitchen and a sink for me over the years, and there is nothing like drinking a hot



cup of joe first thing in the morning out of it.

The GI machete continues to help me clear paths in swamps, forests, and jungles. It is a reliable tool for work, survival, and self-defense. It has been a battle buddy to me in the thick of it and could always be counted on. I have always kept it sheathed on my pack and readily accessible.

Next is the Entrenching Tool (or E-Tool as the GIs call it). If you're unfamiliar, it's a folding tool that's a combination shovel, pick axe, hoe, axe, and saw. I like to file sharpen the edge (opposite the saw edge) of my tool to double as a cutting edge for me. It's an easy-to-pack and carry tool, and I have dug many foxholes and campfire pits with my E-Tool.

Finally, the P-38 is a small can opener GIs used to open up their C Ration cans back in the day. It has a

sharp claw-like opener with a thumb pad to operate it by, and a small hole for running your dog tag chain, piece of cordage, or your key chain ring through.

I still carry my P-38 today, as much for GI luck as for opening metal cans these days, but they still work on cans anytime I need to get one open.

"The canteen cup I have carried for decades has a full steel folding handle."

So, there are my "5 GI Joe Gear Items" I still have and use today. When you find a good piece of reliable gear, it is hard to replace or even upgrade from it. I have tried over the years but seem to go back to what worked best that I know can be relied upon.

You can't keep an old GI down, nor can you keep a reliable piece of GI gear in your footlocker collecting dust. Get out your old reliable gear and get it back in the field so you can have it in a fight if need be.

LESSONS LEARNED FROM MY MISSIONS AS A COVERT OPERATIVE

Creating Your Own "Military Grade" Escape & Evasion Plan

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

The AN/PRC - 90 is the rescue and recovery radio issued to those of us who flew combat missions where there was the very real risk of being shot down or crash landing behind enemy lines. The Allied Nomenclature/Personal Radio Communicator (Model) 90, known to us as the 'Prick 90', is a hand-held, short-range transceiver radio that operates with line-of-sight range.

This little beauty works even after we land in water or hit the ground hard enough to break every bone in our body. I know this from personal experience after parachuting into the deep blue ocean, too far from shore to swim to safety, and from landing on a gravel road so hard I felt like my body exploded.

In fact, over time, my parachute landing falls (PLF's) resulted in severe damage to my femur, hips, and lower back. But my radio showed no signs of gravity or impact-related damage. I can also tell you that it is an incredibly awful challenge to use this radio while bouncing around in a little boat with waves crashing around you.

Even though you have it tied to your flight suit with a lanyard, your hands and the radio are wet, and in my case, I was shivering so badly I had a very difficult time operating it, and the fact that it was deep-dark night made it even harder.

A few tips are worth mentioning here: First, whenever you train on any survival gear, tactic, tool, or plan, if you are able to, do it in the dark, rain, mud, snow, desert,



and while you are hungry, thirsty, bleeding, scared, lost, and running in panic.

Second, whatever comms you decide to use, be sure they can withstand the worst that the elements can deliver, that they are robust and reliable, and that you know them well enough to operate them in the dark while you are shivering, thirsty, and exhausted.

Back to the Prick 90. For all that it can do, there are many critical things it cannot, nor can most commercially available transceivers. It cannot transmit or receive radio signals over very long distances, it can't operate continuously since it has a very small battery, nor can it hide the fact it is transmitting, and it cannot remotely activate a receiver.

This means that if you want someone to hear your calls, they have to be close enough and monitoring the

right frequency at the moment you key your transmitter. Otherwise, you are just shouting into the ether.

Now, planning and preparing for escape, evasion, and evacuation requires a great deal of attention to communications. Not just the comms gear like radios, but comms procedures, plans, mapping rally points, cover terms, call signs, and communications schedules.

You have two approaches to choose from. Either you design your comms plans and then select the gear. Or you select the gear you can find and afford, then build your comms plans according to the capabilities and limitations of that gear.

While I was on active duty in the military, we were supplied all the gear we needed, and all of our rescue and recovery plans were designed and ready to implement.

However, when I was a clandestine operative as an international spy, it was very different. We were restricted to what we could get ahold of in whatever country we were operating in. You cannot go through customs or move around incognito while carrying military-grade radios and gear. You have to blend in, which means using what is available on the local economy. It also means making your escape, evasion, and evacuation comms plans work with what you have on hand.

There is a real art and science to developing comms plans for a successful escape and evasion. You need to know, and be able to implement, these key elements: You'll need a rally point. This is a distinct location that is not far in distance or time from your point of emergency departure and is as secluded as possible.

It's the first and possibly the only place where members of the evacuating team gather. It allows for every member of the team to get in sync and be ready to move out.

Next is a waypoint, which is a pre-planned (mapped and timed) point along your trek where you can check your bearings, make a distinct turn, contact other groups that you are traveling with, check the status of your group, or check-in with those at your destination if you are in comms range.

A hunker-down site can be a pre-planned waypoint or an ad hoc stopping point to do pretty much the same things you do at a waypoint. The difference is that you might remain at a hunker down site for days or longer.

You'll want to have enough pre-stocked life-saving and sustaining items for those in your party. It could be as simple as bottles of water, pain pills, vitamins, canned or freeze-dried

meats, a good knife, a flashlight, batteries, a perimeter alarm wire, wool blankets, tarp and poncho, compass, map, toilet paper and wipes.

Depending on the distance you have to travel to get to your next waypoint, hunker down site, or destination, each of these points should have a cache of items that makes it worth looking forward to getting to. Consider burying a cache with these supplies

at your various points. Each one of these mini-supply depots can be assembled and stored in a beautiful orange Home Depot 5-gallon bucket with a waterproof lid.

Don't forget maps, which should be covertly marked or unmarked, because you don't want someone to find your maps with your destinations or routes on it. If Murphy has his say, when you finally arrive at one of these points, it will be dark, rainy, muddy, and cold, and you will be thirsty, hungry, tired, shivering, panicked, and in near desperation. So, comfort and shelter items will be critical.

Here's an important note: Your caches at your several points are not substitutes for your bug out bag or vehicle survival kit. The provisions, tools, gear, and medical supplies that you stock in your staged caches are to supplement your initial provisioning.

In my experience, getting from my departure point to my initial Hunker Down point has often cost me about 3500 calories. So, be ready to replenish that many calories in the first 24 hours. Preferably, you should have food that you can consume along the way.

Ignore that stuff you see on YouTube where some guy has said that you can easily live for three weeks without food. You want an abundance of ready calories and the morale boost that comes with eating them. Carbohy-

drates are good for when you are moving since they require less water to metabolize, convert quickly to easy-to-burn sugars, and are usually portable and consumable on the move.

Have easy-access proteins ready to consume at your stops. But don't gorge yourself with them. Remember this adage, "Eating heavy like a parasite starts the parasympathetic nervous system's rest-and-digest, while fasting supports the sympathetic nervous system's fight-or-flight."

Remember this, it is always twice as far as you think, twice as long as you think, and twice as hard as you think, and you will need at least twice as much water and food as you think.



SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can grab a copy of our book that reveals how elite Special Forces commandos enjoy uninterrupted power during covert missions in the worst hellholes on earth. This book was written by former CIA Officer Jason Hanson, along with Steven Harris. Mr. Harris is the guy that Spec Ops sneak in the back door when their lives depend on emergency power. To grab your discounted copy of this book, simply visit www.FreeSpyPower.com.

THE 2ND LEADING CAUSE OF CANCER-RELATED DEATHS IN THE U.S.

A 3-Step Process For Eliminating This Preventable Killer

By Dr. Omar Hamada

Special Operations Physician

A world-renowned marketing leader and top marketing personality for an American-based ketone company, succumbed to Stage 4 colorectal cancer at age 35. She died six months after publicly rejecting her physician's repeated advice, instead choosing to pursue "all natural" remedies including juicing and vitamin C while documenting her progress on social media to her millions of followers.

Despite our scientific advances and advocacy efforts, resulting in an impressive 32% reduction in all-cause cancer mortality over the past three decades, colorectal cancer remains the second leading cause of cancer-related deaths in the United States. The other two gender-specific cancers responsible for even more diagnoses, but lower death rates, are breast and prostate cancers.

Though it is rare for colorectal cancer to affect those under 40, rates begin to significantly increase with each decade of life after 40. Interestingly, over 75% of those who are diagnosed with colorectal cancer have no other known risk factors - other than the standard low-fiber, high calorie, high fat, highly processed American diet combined with a rather sedentary lifestyle.

Colorectal cancer is a result of cellular overgrowth in the colon due to irritation and inflammation in the lining of the colon. This cellular overgrowth takes the form of polyps. These polyps can be flat sessile "bump" polyps that really don't go anywhere or they can be pedunculated polyps on a stalk that then become adenomatous and eventually malignant.

In fact, if there are no polyps, there is no cancer. Read that again. If there are no polyps, there is no colorectal cancer. It's the pedunculated polyps that transition that become cancerous.

The important thing then is to prevent polyp formation and to recognize polyps early in development before they become malignant. Which means, the way to prevent death from colorectal cancer is actually fairly simple — prevention and early diagnosis.

So, we can prevent colorectal cancer by preventing polyp formation. And we can prevent polyp formation by preventing irritation and inflammation of the lining of the colon. And thankfully, there are several ways to do this.

First, decrease your intake of processed meats including hard salamis, deli meats, and other processed meats (yes, even bacon). However, despite other's recommendations, I believe fresh, unprocessed meats are fine, including red meat, chicken, and fish.

Next, exercise and control your weight. Increase blood flow, decrease inflammation, and increase your metabolism. Over a dozen cancers are linked to obesity. This is one of them. Lose the weight.

In addition, get regular. By keeping waste hanging around, you increase the risk of toxins affecting the lining of your colon and creating inflammation and polyps. Also, don't forget to hydrate. Drink 3 to 4 quarts of water a day. Additionally, don't smoke and limit alcohol. Smoking and alcohol do nothing good for your health. They only add risk.

This next one has become a little controversial though it was previously a strong recommendation. Anti-inflammatories like aspirin, Celebrex, and ibuprofen have been shown to decrease colorectal cancer risk. However, be aware of the increased bleeding risk they may present.

"Over a dozen cancers are linked to obesity. This is one of them."

In addition to the prevention side, you must also be aware of the diagnostic side. Because if you diagnose colorectal cancers early (in the polyp stage), it is very survivable. However, when you get to Stage 4, things become significantly different.

Diagnostics include a colonoscopy every 5 years after 50 (some now say 45). The prep is the hardest part, but it's not that bad – let's just say that it's a lot better than the alternative.

There's really no significant rationale for a sigmoidoscopy other than the majority of colorectal cancers being found in the sigmoid colon and rectum, but sigmoidoscopies miss a very large percentage of cancers that may be found in the rest of the colon. There are at-home fecal occult blood tests, and stool DNA tests that you can do on your own at home and then send them off for laboratory analysis every 1-3 years.

There is also the "virtual colonoscopy" that you can do where you swallow a pill type camera that records its transit through your colon. These are screening tests, but do not take the place of the every 5-year gold standard colonoscopy. Don't be a statistic. Prevent and diagnose early.

WHY YOU SHOULD NEVER HESITATE TO “GO LOW”

4 Simple Moves To End A Violent Confrontation

By Matt Numrich

Head Instructor Of Spy Black Belt

Growing up in America, most of us envision fighting as people cocking back their fists and throwing a flurry of punches. The problem is that most people are firing punches back at us, which leads to a lower hit rate, and to potentially absorbing plenty of strikes yourself.

This is why I encourage you to expand your striking arsenal by including low line kicks. Now, I realize this might create a vision in your head of karate guys kicking high to the face or spinning and flipping, mimicking what you've seen on TV and the movies. But, that's not at all what I'm talking about.

In fact, the kick attacks I advocate can be taught much more economically. Instead of high-flying, kung-fu theater kicks, you should use the proven strikes from martial arts like Panatuken, Panajackman, Savate, and Thai Boxing to strike low line targets like the foot, shin, inside thigh, outside thigh, and groin.

If you're someone who has limited flexibility, you'll appreciate that these kicks are kept below the belt line and require minimal effort to perform. As you're able to, my suggestion is to practice these kicks in rapid succession, much like boxing combinations using jabs, crosses, hooks, and uppercuts. But do what you can, and don't sweat it. The idea is to practice the movements at whatever pace you're able.

Additionally, to help you really understand each kick and how to perform it, I've created a short video you can watch and follow along with as you read this. You can see the video at this webpage: www.FearlessStreet-Fighter.com/lowlankicks



Now, let's look at the kicks. Starting from the bottom up, the first is the foot stomp. This is used many times in close quarters or as a follow up after a kick that helps you enter into close quarters.

To perform the move, you mainly use the heel of your foot and stomp down against the top of your opponent's arch. You can use either your front or rear foot, but you want to attack your adversary's near foot. Next, is the shin kick, sometimes called an “oblique” kick. To perform this, use your back leg, and instep (bottom of your foot) to kick the middle of the opponent's shin with a swift snapping motion.

Sounds simple, I know, but don't underestimate this move. A solid kick to the shin can put any man down. You can also create a catastrophic injury by stepping through the opponent's kneecap instead of the shin.

Third is the round house kick. Don't worry, this is a simple kick to execute because we're targeting the opponent's thigh, but it's devastatingly effective. In fact, many MMA fighters use this type of kick to

destroy an opponent's leg, hobbling their mobility, and wearing down their opponent. Just make sure you're making contact with either the top of your foot or even your shin to strike the opponent's lead leg, targeting either the sciatic area on the outside of the thigh or the tender area inside the thigh.

Lastly, moving up the leg, we can use a “scoop” kick to attack the groin by kicking past the scrotum and pulling back. This is a twist on the common groin kick using your toes or the ball of your foot and is valuable in closer quarters. The secret is in the “kip” of the kick or the pulling on the crotch, as you snap your foot back. This really adds to the pain, which is what you're looking for.

Once again, the point is to practice these kicks on their own and in combinations, where you're attacking several targets all at once. As you watch the video companion this month, you can see me review these kicks and I'll show you how to combine them together in an overwhelming attack to the opponent's low line, which most people are not used to defending.