

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## THE HIDDEN TOLL OF SURVIVING A CRISIS

### How To Preserve Your Health After A Disaster

By Jason Hanson

*Former CIA Officer*

One of the most dangerous jobs in the CIA is working as a NOC (or “non-official cover”). A NOC has no direct ties to the U.S. government, but instead finds jobs in organizations in the field they are spying on.

A recent NOC operative was a man who went by the name of Anthony L. He was a white guy from middle America and his job was to spy on and disrupt Muslim extremists. He did this by joining them.

After 9/11, the CIA needed to get useful intelligence to advise the President. But they couldn’t send tech-savvy businessmen to go join Al Qaeda. Instead, they needed an American who disagreed with U.S. policy and was well-versed in the Muslim faith. And, at the time, Al Qaeda needed people with Western



passports who could carry out terror activities without drawing suspicion. So, the CIA gave them just such an individual.

Anthony started his operation by appearing to be a disaffected American studying Arabic or Islamic theology. Next, he befriended people with connections to Islamist extremists. He spent years studying, sleeping on the floor of the house of whomever he could learn from, and burrowing into the terrorist world. He successfully infiltrated the Al Qaeda network this way.

However, the exact amount of actionable information gained from Anthony is still up for debate. Some officials said he gave critical information to hunt down terrorists, others say he did too much partying.

Either way, there is no question that he acquired information that was helpful to the U.S. government, but it came with a cost to Anthony. Since the job of a NOC is so intense, it came to the point that he didn’t seem like he was able to tell his real life from his job anymore, so CIA officials said it was time for him to come home.

*“He was a good guy, but he was just kind of eaten up” by the “baggage from that operation,”* said one former CIA official. Eventually, Anthony was transferred to an office in the United States and no longer operated as a NOC.

Then, in 2016, Anthony visited Malaysia on vacation and passed away in his hotel room. Officials claim

#### WHAT'S INSIDE

- 3** How To Get Off The “Financial X” And Avoid Ruin
- 4** In A Major SHTF Scenario, Your Dollars Will Be Worthless
- 5** How To Leverage Time To Stay Ahead Of Potential Threats
- 7** Are You A Garbage Truck? (Find Out Below)
- 8** Practical Self Defense That Works Whether You're 8 or 80

drugs or alcohol likely contributed to his death, but colleagues say the stress of operations caused it.

This highlights an important aspect to both survival and self-defense that many people ignore. And that's the shape they're in when they need to act in an emergency. Sure, Anthony was able to carry out his mission, but his body failed him, and he died prematurely from the stress of it.

Thankfully, there are some simple things you can do to stay fit and I'm going to tell you what I personally do. First, stay as strong as possible. Strength training, whether with free weights, machines, or resistance bands, can help you build muscle and strengthen tendons, ligaments, and bones.

This is crucial as you age, when bones can become more brittle. Harvard Medical School confirms that

strength training slows the bone loss that happens with age, and also stimulates bone forming cells in your body. This actually creates stronger, denser bones that are less susceptible to fracture from things like osteoporosis. I personally strength train three times a week using both machines and dumbbells.

In addition to strength training, do some cardio work. Long walks are good. Jogging, using a rowing machine, or an exercise bike are all good. Whatever you prefer to get your heart rate up is something you need to do around 3 times per week. I personally like to go jogging or to take a long, brisk walk.

**"If you're sickly and feeble when disaster strikes, the stress can quickly kill you."**

Next, a balanced diet helps to keep you healthier longer and ward off sickness, chronic illness, and diseases like diabetes, cancer, and heart disease. If you're sickly and feeble when disaster strikes, the stress of the emergency could quickly kill you. I also do intermittent fasting, and I only eat between the hours of 12pm-8pm daily.

Finally, proper sleep is a must to keep yourself in shape. Sleep is when your body repairs itself and releases important hormones related to maintaining peak body function. Shoot for 7-8 hours and keep a consistent schedule. That way you

will train your body's biorhythms and get into a "groove" which will help you fall asleep at the same time each night and get that much needed rest.

If you have trouble falling asleep, create a nightly "shutdown" procedure. Put smart devices in a different room, avoid blue light close to bedtime, and make the room as dark as possible. I get up at 5am every morning and I try to go to sleep between 9-10 each night.

The bottom line is, you don't want the stress from surviving a disaster or emergency to cut your life short like it did for Anthony. After all, it won't do you any good to have a year's worth of food and water storage, thousands of rounds of ammunition, and lots of guns if you're not healthy enough to use it.

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## Peacemaker CCW Jacket

As the weather gets colder, most people will start to wear jackets to keep warm, which can change the way you conceal and carry your firearm. This is why you might want a jacket specifically designed for concealed carry.

The Peacemaker CCW Jacket from the Self Defense Company definitely fits this bill and is a solid option. The jacket is lightweight and waterproof and made from a breathable nylon spandex material. It has a triple-layer construction that can withstand winds up to 100 mph. And, the jacket is TSA compliant so you can easily travel with it.

What makes the jacket unique is the "Hidden Draw System," which lets the wearer draw and even point the weapon from a belt holster while being concealed.

So, if you were in a situation where you didn't want anyone to see you draw your firearm, when wearing this jacket, you could draw it and still look just like you had your hands in your jacket.

Another benefit of the jacket is that it has front and back slots for inserting 10X12 soft body armor panels. The Peacemaker can be purchased with or without the level IIIA panels that can stop bullets up to .44 Magnum. So, not only can you discreetly carry a firearm, but you could be protected by hidden soft body armor as well.

The Self Defense Company Peacemaker CCW Jacket sells for around \$195 (without the soft body armor plates) and \$349 (with the soft body armor plates).

Contact our Customer Care Center:

435-572-4432

or e-mail [support@spymbriefing.com](mailto:support@spymbriefing.com)



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# HOW TO GET OFF THE “FINANCIAL X” & AVOID RUIN

## 3 Dangers About To Pummel America’s Economy

By Forest Hamilton

*Universal Coin & Bullion*

I hear statements every day about clients wanting to “see how things turn out”, “let the dust settle”, or “wait it out”. While it is wise to assess your options before acting, it is also prudent to not linger too long in the face of imminent danger.

I vividly remember something that Jason taught me when I was taking one of his awesome Spy courses in Cedar City, UT: Get off the X. This is a phrase commonly used in military and tactical training.

The “X” represents the kill zone and getting off the “X” means quickly moving off that location and either escaping, finding cover, or moving to a more advantageous position. If you stay on the “X,” you will be hit by whatever danger is coming, whether that is a punch, a bullet, a stock market crash, or even a bank failing and freezing your money.

So, while it is hopefully unlikely that your bank is going to fail, here are just a couple of the potential dangers that are currently here or heading our way.

First, while the government states that inflation is currently 2.53%, we all know that is far from reality. The actual cost of what goods and services are costing Americans is well over 10% per year.

Pew Research did a study showing that since the pandemic, overall consumer prices have risen by around 21.8% with certain categories seeing much larger spikes. Many foods are up over 50%, motor vehicle insurance and repairs are up nearly 50%, and gasoline is up over 36%. Housing, transportation, and healthcare have all exploded in cost.



Next, since 2019, the price of gold has gone from around \$1400/oz to recently breaking through \$2600/oz...a staggering 85.7% increase and more than making up for any price increases in goods and services affected by inflation. That means that if you had invested in gold in 2019, you would have not just kept up with inflation but beat it handily.

Then there's stock market volatility. Now, even though I am a gold guy, I also love the stock market. I have added a significant amount to my net worth over the past 30 years by investing in the market. But I have kept a significant amount by knowing when to take profits and divest.

While I am not predicting a stock market crash at the moment, we cannot continue to print dollars like they're Monopoly Money, artificially inflating an overvalued house of cards without eventually facing the consequences.

I have had more clients in the last 12 months moving 6 and 7 figure amounts out of stocks and into gold preparing for a potentially severe downturn. Gold has historically had a low correlation to the stock mar-

ket, meaning that when stocks crash, gold often goes up or stays stable. Gold is like having an insurance policy on your stock portfolio.

And when you look at the growth of Certified Gold Investment coins when the stock market has plummeted, they haven't just stayed stable, they have often exploded in price, offsetting heavy stock losses.

The fact is, we are facing some of the most uncertain times in history. But this is not time to panic, fret, or hunker down. It is time to act. Don't wait until you are hit by one of the many dangers that we are currently facing to move. Get off the “Financial X” and get into gold and other precious metals before you take a hit.

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

# IN A MAJOR SHTF SCENARIO, YOUR DOLLARS WILL BE WORTHLESS

## Employ These Operative Tactics When Bartering For Your Life

By JAVELIN

*Former Intelligence Operative*

My partner and I were in India tracking down a member of a terrorist group that targeted and killed American citizens. To get to them, we had to operate in their world, which meant fully integrating ourselves into their groups, society, and culture.

The world we infiltrated operated on bartering and promises, not cash or checks. Our mission required us to mingle with those of the Dalits (beggar) and Shudras (laborer) castes. But, to close the deal, we would have to barter and negotiate with someone in that neighborhood of the powerful Kshatriyas, or leader/warrior caste.

India's caste system is comprised of five levels. At the top is the Brahmins caste, their priests and teachers. Below that is the Kshatriyas/warrior cast. Then the Vaishyas/merchant caste. Next is the Shudras/labor caste. At the very bottom are the Dalits/beggars. There is no progression in the caste system. A person is born into a caste and remain there for life.

Prior to this particular mission, I trained in conducting successful negotiations. I and six other intelligence officers went to New York and trained with a US Ambassador. It was amazing training, nine hours a day, and we even conducted live exercises where we negotiated with random strangers. And this training helped us successfully operate in a barter economy.

The Ambassador went to great effort to make sure we understood Gaming Theory and its role in negotiations. The most critical take-away from that part of the training was the Nash Equilibrium.

Simply stated, it means that the only

way to achieve genuine success in bartering or negotiations, without either party wanting to punish or get revenge for a poor deal, is that both parties need to accept less than their optimal goal, and both parties need to be clear about that.

When bartering, neither party should expect a big payday from the deal. You're trading items or services for other items or services of nearly equal "market" value.

Another key element in successful negotiations is to understand the true, absolute value of things. For example, normally, you can buy a bottle of water for under \$2.00. But you would give anything at your disposal for that water if you were dying of thirst in a desert. That's the difference between the "absolute" value and "market" value of goods and services.

Barter items that retain the most value in austere conditions or in economic collapse are goods like water, food, medicine, medical supplies, tools, bullets, batteries, etc. The most valuable services will be medical, dental, repairs, security, labor and confident leadership.

Now, if you find yourself in need of goods or services, but don't have any goods to exchange, consider the services you can proffer. Don't limit yourself to what you have in hand. Continue to add items or services to your inventory so that you can exchange them later for what you need.

Besides Nash Equilibrium, there are several security considerations that need to be managed. This is where most of my real-world experience in impromptu bartering developed. Try to start your search for a barter partner with a "warm contact". Maybe a hotel clerk, taxi driver, waitress or someone of that ilk. You will need

to warm them up by being friendly and "trustworthy" with them. You may need many links in your human chain to get to the person you need to deal with in the end. Your original contact can vouch that they were the ones who originally sent you in the direction of your final barter partner.

During initial discussions, conceal your inventory of barter items. Keep them in a secure location, protected to the best of your ability. Only take items to the barter you are willing to lose to theft. And do not let the other party know you have anything besides what's on you. You don't want them following you back to your safe site.

Choose your meeting place and time. Have several alternative sites. Case them well and identify where threats might take up observation or ambush positions. Have an ally take up a position where they can oversee both that spot (counter-ambush oversight) and the deal site.

Project confidence and strength. Make references to your "network." This implies that if your barter partner cheats, follows or ambushes you, he will have to answer to a large, organized group.

It's easy to imagine a not-too-distant future where we will need to barter for essential items. And these bartering skills can help you get what you need.

Practice bartering with friends and family and get a feeling for flow, tempo, and techniques. Use your situational awareness, observation skills and watch what they are really saying rather than just listening to their words – their body language will reveal their uncensored thoughts, and you can use that to your advantage.

# HOW TO LEVERAGE TIME TO STAY AHEAD OF POTENTIAL THREATS

## When Friend Becomes Foe, You Need To Shift Gears

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

We were sent to Asia to set up full surveillance on a target who was involved in the illicit acquisition and transportation of nuclear materials used in bomb-making. He was very sophisticated and extremely wealthy and had formerly worked out of Europe. But he moved his operation to the Orient for greater security, though the move did not make him as safe as he had presumed.

His security teams included former US special intelligence officers and other ally-nation former operatives. They knew our techniques, tricks, and protocols. We knew that some of the guys on his team could have been operatives with whom we had run missions in the past.

Our unit, the “Hard Targets” unit, was accustomed to being sent on missions requiring extra care and attention, but this one was daunting. I admit the thought that we could come face-to-face with one of our former colleagues was maddening and surreal. None of us knew exactly how to calculate the prospect of facing off with an old friend. This wasn’t a movie with a script and a pre-planned final scene.

This was real life and death with all the emotions, anxiety, dread, and complications that come with the irreversible actions of ending someone’s life. We had to move very slowly, carefully, and intentionally to get close enough to establish several spatially and technically diverse observation posts to start our work.

The spooks on this guy’s team were already wired-in to all of our normal operating routines, including our

standard procedures and typical locations for establishing first-line surveillance.

We also knew they would be monitoring the mechanisms that we use to get operatives and equipment into foreign countries.

So, we had to play four-dimensional chess on our three-dimensional chessboard of tradecraft.

This would require us to play several moves in advance of the actual pace of operations.

Our opening move was to see if they had infiltrated the local intelligence network. We had to know if they had people or devices in place that could see into our internal plans and operating forecasts. The only way to do that was to use two experienced operatives as bait—Ric and me.

Before arriving in country to perform the mission, we sent a secure cable to the COS (Chief of Station, the highest-ranking CIA officer in a foreign country) asking for support from local officers and station members. We knew the COS was clean, and probably all of the agency personnel, but they do not operate in a complete vacuum.

There are lots of employees (many of whom are local nationals) at embassies and consulates who are on the payroll of the host nation and other intelligence agencies. If one of them had been compromised, they could have detected the initiation of a clandestine op and tipped off our target.

It was time to test the waters. So, in



our cable, we requested that an officer deliver to us a package that we had sent to the station. It was sealed with tamper-indicating materials and had tamper-resistant devices—just enough to make it look special. All that was in the package were some transistors, a couple of diodes, relays, resistors, and a small inductor. These items were simply bait.

If the station was compromised, we did not want to get caught receiving real spy items. A few hard-to-get electronic components would probably not warrant our arrest by crooked local law enforcement. Even if they did arrest us, it was unlikely they could execute us for having those items on us.

We wanted to see if we could detect any nefarious observers (surveillance) during the clandestine delivery of these items to us. We were less concerned about the target selling us out to the local law enforcement than we were about the target’s intelligence apparatus discovering us and perhaps eradicating us.

This is how we set it up. We asked that someone bring the items to us at 0300 hours at the ‘park.’ The ‘park’ was much like a park in an Ameri-

can city where people and families gather. It was a nice area surrounded by peaceful woods and a quiet brook running through it.

This site was chosen because trained operatives would recognize it as a classic example of a rally point – a place for operatives to regroup if they ever got separated and needed to hide until the others could get there. We told them that we would be about 100 yards directly ahead of where we parked and gave them a description of our ops vehicle for that mission.

Our instructions were that if they arrived without surveillance and all was well for the meeting, they should walk straight from the driver's side door about 25 yards, then make a military left, march 10 paces, then make a military right, and walk about another 25 yards. That would be our signal to authenticate that it was them and all was well. If they approached in any other way, we would disappear.

However, since we were using this as a bait site, we were set up outside the park and watching from across the street to see what was happening outside of the meeting zone. We were there four hours before the scheduled meeting time, watching from our vantage point across from the park. About two hours before the scheduled meeting, two vehicles approached from opposite directions and drove slowly through the area.

They clearly thought they were the first ones there and were doing a phase one casing of the area. About five minutes later, the same two vehicles parked far down on opposite ends of the street, and operatives dressed in all black emerged and scattered into the woods.

The target had managed to infiltrate the consulate (and our intelligence operations) and proceeding with the meeting and having our identities exposed was pointless. Plus, by being a no-show to the ops rendezvous, our enemy now had to figure out why we didn't show.

They had to wonder if their own network had been infiltrated and begin their own counterintelligence search within their apparatus. That would mean a diversion of their resources and an imposed hesitancy on the upcoming operational acts.

They won the first round. So, it was time to go back to the drawing board and plan a new operation while the counterintelligence division sorted out how our station was compromised.

The higher the value of anything, the more you will have to expect to expend to obtain it. When we consider something high value, most of us think in terms of money.

But as things get more complex and we find that it is our values, culture, and personal liberties that we must defend, money will probably not be the resource that you can rely on for success.

Expect to invest an incredible amount of time and emotions in your pursuit of success. In addition to time and energy, you will have to exercise deep thought and apply your intellect to solve the problems that will face you and your family.

You must start thinking now about how you can outsmart the enemies of your rights, religious freedom, independence of expression, and all of your Constitutional and God-given personal liberties.

Do not fall for the ploy that an election will save or curse America. Elections cannot save what we do not fight for ourselves, and they will not protect us from dishonest men, women, and tyrants already embedded in the system.

We control our destiny, but we can only do that by recognizing that we are fighting a very well-trained enemy with vast resources who has infiltrated our entire government.

Get out ahead of the action. Don't walk into an ambush; rather, set the snare for your enemies. To get ahead, you will have to think ahead.

Study and contemplate your enemy's potential plans and be well prepared to avoid the traps and decoys.

Sadly, like what we faced, those who once were our friends and colleagues had become our adversaries. They knew all about us and presumed that they had the advantage because they did not expect us to deviate from our patterns.

The first step in avoiding an ambush is to know for certain who and where your enemy is. To do that, you count closely those you trust, and all others become potential enemy components.

Do you still trust Big Tech, the government, news outlets, statistics, public schools, or advertisements? Which of those have not become corrupted? Where can you find truth?

As you go forward, realize that you battle daily with malign forces. Invest your time and intellect into getting ahead of your threats. Whether you realize it or not, you're playing the ultimate zero-sum game every day, so you must plan and prepare for it – or you'll fall into the enemy's trap.



## SAVINT YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can grab our new Human Lie Detector book. The ability to detect deception is one of the most important skills that I often use. The best part is, anyone can learn how to quickly detect if someone is lying to them, and I cover the exact steps in the book. To claim your copy, simply visit [www.SpyLieDetector.com](http://www.SpyLieDetector.com).

# ARE YOU A GARBAGE TRUCK? (FIND OUT BELOW)

## 5 Quick Steps To Healthy Eating

By Dr. Omar Hamada

*Special Operations Physician*

I don't know about you, but when I'm tired, bored, irritable, busy or hungry, it's easy to eat first and think later. Over the past few months, I've put on a little weight, but I haven't been eating more than usual. It's what I've been eating that has been different. I've been frivolously, mindlessly, and non-intentionally eating.

Life has been really busy these last few months. I started a new consulting gig and have been travelling a lot while still also doing what I was doing previously.

So, with less time, I let my meal planning and intentional eating slide, thinking that I'd continue to make good choices. But instead, I was making awful choices that I would rationalize in the moment.

Of course, I feel bad afterwards and commit to doing better, but it happens again and again. So, now I'm 10 to 15 pounds heavier than I want to be – and all in a couple of months.

Suppose you had a Ferrari. What type of gasoline and motor oil would you put in it? The cheapest? Of course, not! I bet you'd use the very best you could find. Why? Because you value that car, and you want it to last a long time and run better than anything else you own.

So, why do we treat our bodies any differently? A car can be replaced. Our bodies can't. If we feed ourselves junk and mistreat them, there comes a time that they no longer compensate and start to break down. Once that process starts, it's hard to reverse – especially if we have poor habits ingrained into our daily life framework.

Do you eat like a garbage truck? It's easy to do with the state of pro-



cessed foods these days. But let's fix that today. Here are some steps on how to improve and what I've been doing to get myself back on track.

First, choose to eat only single ingredient whole foods. Things like boiled eggs, beef, fish, chicken, asparagus, etc. Conversely, choose to not eat anything in a package or bag as almost 100% of it is fake food and is highly processed with little nutritive value – empty calories with tons of chemical additives, artificial flavors and colors, and preservatives.

Second, plan ahead. Plan your meals out and be intentional. The first of every week, sit down and decide what you're going to eat. Focus on macro nutrients and not the calories. Try to consume 1 gram of protein for every pound of ideal body weight. Unless you're an endurance athlete, limit carbs to between 50 – 75 grams. Fill the rest in with healthy fats high in omega 3 fatty acids. Then hydrate with water – 1 ounce per kilogram of body weight.

Third, don't eat out regularly. If you must eat out, stick to your guns. Eat single ingredient whole foods. Avoid

simple carbs. Perhaps, instead of swinging by a fast-food restaurant or gas station, run by a grocery store and pick up something fresh and healthy. Just make sure you bypass all the colorfully packaged poisons at the front of the store and in the aisles.

Fourth – and this may be controversial – avoid alcohol. Alcohol does absolutely nothing for you but weaken your defenses, mess with your sleep, provide empty calories, and can damage your liver.

Finally, don't cheat. Be intentional. Keep your goals in mind. When you stand in front of a mirror, you can imagine Thor. When you look at pictures, you see the truth. So, look at your current pics and find the motivation to reverse course and get healthy.

Your health is first and foremost in your own hands and the primary way to get healthy is to nail down your nutrition.

If your nutrition isn't legit, nothing else matters. The hard truth is that you can't out-exercise a bad diet. All health truly starts in the kitchen. Don't be a garbage truck.

# PRACTICAL SELF DEFENSE THAT WORKS WHETHER YOU'RE 8 OR 80

## 3 Ways To Easily Escape A Headlock

By Matt Numrich

*Head Instructor Of Spy Black Belt*

My earliest memory of wanting to learn self-defense was when a neighborhood bully caught one of my friends in a side headlock. The bully mocked my friend as he floundered around, unable to escape.

I still get kids and adults coming into my martial arts school because they got into a scuffle and got caught in this lock, or they fear getting stuck in a headlock and not knowing what to do. And it's common to see security footage of two people brawling until one gets caught in a headlock.

A headlock can be a dangerous and uncomfortable position, especially in a street fight. Knowing how to escape this can make a huge difference in self-defense, so this month we'll discuss three effective techniques to help you break free from a side headlock. I've also created a video for you that demonstrates each technique so you can see each defense in action and exactly how to use them. You can see the video at this link: [FearlessStreetFighter.com/sideheadlock-defense](http://FearlessStreetFighter.com/sideheadlock-defense)

Now, the first escape option is a quick and simple one—using a knuckle strike to the attacker's hand. When someone puts you in a side headlock, their arm usually wraps around your head with their hand resting on the opposite side. All it takes to break the hold is forming a fist and extending your middle knuckle. From there, drive your knuckle straight into the back of their hand with a hammer-like motion.

This strike causes sharp pain in their hand, often leading them to release the headlock instantly. It's a quick

way to get out of the situation without escalating things further, but it should be practiced carefully during training to avoid injuring your partner.

If the attacker doesn't release the hold after the hand strike or tightens their grip, you'll simply move on to a more aggressive option.

The second option involves targeting the groin, but with a twist. Instead of trying to strike from the front, which is often blocked by the attacker's body, you reach underneath their arm and strike upward from behind. This makes the groin strike hard to see and even harder to block. The groin is one of the most vulnerable areas of the body and hitting it from this angle can immediately cause the attacker to loosen their grip or let go altogether.

You want to crush their groin into the pubic bone as hard as you can, as many times as it takes, until they let go of the headlock. Crushing their privates may even end the fight right there.

The third technique is for high-stakes situations. It starts with a groin strike, just like the second option. Then, you'll rake the attacker's eyes (when training this, aim for the forehead, but in a fight, attack the eyes).

The final step is to step behind the attacker and pull them backward over



your foot to trip them and send them to the ground. Once they're down, you have the option to disengage or apply follow-up strikes to ensure they can't continue the attack. This technique works best when you need to end the fight quickly and decisively.

A key to self-defense is understanding that not every situation requires the same level of force. The techniques discussed here follow a progression of intensity. The knuckle strike is quick, easy, and causes minimal harm, making it useful for less severe situations. The groin strike increases the intensity, and the third option is for situations where the threat is serious enough to warrant a more violent response.

Having this range of techniques means you can choose the level of force appropriate for the situation, whether it's a minor confrontation or a life-threatening attack.

By training these moves and being mindful of the intensity each one brings, you can be better prepared for a variety of self-defense scenarios, and you have several options to defend against a headlock.