

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

THE HOT WAR NO ONE IS TALKING ABOUT

Para-Military Groups Are Massing On Our Border

By Jason Hanson

Former CIA Officer

Armed cartel gunmen are massing at our border as we speak, setting up bunkers and heavily fortified positions on the high grounds overlooking our border. There have been shootouts between American ranchers and cartel gunmen and it's only getting worse. In fact, the cartel fired a machine gun at National Guard service members in Texas.

The bottom line is, we're at war with Mexican cartels and even the Mexican government itself since in many places they're one and the same. And as more illegal immigrants (funneled over by the cartels) pour over the border and commit violent acts, you need to be



prepared to face the potential for an even bigger increase in crime.

That means having a home and self-defense plan, having bug-out-bags and vehicle bags on the ready in case violence breaks out. It means, no matter where you live, staying situationally aware as more and more criminals find their way to little towns and hamlets thanks to politicians bussing people cross-country. The truth is, I love what Governor Abbot and Governor DeSantis are doing by giving the Democrats a taste of their own medicine. However, this makes it even easier for violent criminals (who pretend to be helpless immigrants) to spread out across the US and cause despicable acts.

Here's how we got to this point. In 2018, Andrés Manuel López Obrador was elected as the 65th president of Mexico. He campaigned on a

platform of granting amnesty to those involved in the drug wars, and when he took office he touted a security policy of "hugs not bullets." (You can't make this stuff up.)

According to the president, his strategy focused on stopping violent crime at its roots by fighting poverty. But the human rights group Amnesty International has said the policy isn't working. The group said, "Experience shows that today Mexico is more dangerous than 16 years ago when it was decided that the military should take to the streets." And the ineffective policies have led to panic among civilians.

Mexico has seen an escalation in drug cartel violence. The National Guard has been put under the control of the army. But very little that they've done has curbed the violence.

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This year alone, there has been widespread cartel violence in border cities not far from the U.S. In August, twelve people were killed in an attack, including civilians. On average, about 112 people are killed every day in Mexico.

To make matters worse, on the U.S. side, the Biden administration has abandoned efforts to control the border and it's expected that this year will be another record-breaking year for people crossing the border. So, the lawlessness in Mexico will likely increase the amount of crime spilling into the U.S.

The reality is that Lopez Obrador is not addressing the security problem, leading to questions about who controls Mexico. And there is now the potential for an all-out war.

Cartel forces operate openly, doing whatever they want, often using force, and the government is powerless. If the Mexican government tries to stop them, the cartels use violence. Innocent people, on both sides of the border, are suffering. But the cartels don't care. The cartels are also taking over legiti-

mate businesses, such as fishing. For example, in Baja California Sur, the drug cartel took control of local fisheries. When locals had complaints about the fisheries, the police sent them to the cartel to fix the problem.

Slowly, but surely, the cartels are becoming the rulers of the country and they're looking to increase their territory by encroaching on the U.S. They've already shown a willingness to battle citizens and even our military for control of border territory. It's only a matter of time before a larger scale invasion, and subsequent military response, kicks off.

When that happens, we all need to be prepared to protect and defend ourselves, because all of the lax border enforcement has allowed terrorists, gangbangers and cartel murderers inside the U.S. that could be mobilized to rain terror on U.S. cities. This is one of the reasons why we have the Second Amendment and why I believe everyone should own a gun or two (or ten.) At the very least, have

one handgun such as a Glock 19, have one shotgun such as the Remington 870 and have one rifle such as an AR-15, along with adequate amounts of ammunition for each. I pray that you and I only ever use them at the shooting range, but anything is possible these days.



Ronin Tactics Senshi Battle Belt

Here's a "battle belt" that you might be interested in for carrying your gear during a crisis or just a day at the shooting range. It's the Senshi Belt (from Ronin Tactics) and is a tactical belt designed by Tu Lam, who spent more than twenty years in the army as a Green Beret. The belt is made with nylon woven camouflage with black trim. The material is designed to be stiff to provide the wearer with a sturdy shooting platform.

It has a two-layer system that is adaptable with a variety of holsters and accessory pouches. The two-layer system consists of an inner hook-and-loop fastener belt and a tactical load-carrying belt.

The inner belt is 2" and the outer belt is 1.75". There is an option of a 1.5" inner belt since this is more common for everyday pants. Also, the belt has a 2" Cobra Buckle with a D-Ring.

The outer tactical belt allows for two rows of webbing. Adding items can be done using gear that clamps to the belt or by weaving MOLLE-style attachments on. The Ronin Senshi Tactical Belt sells for about \$200 new and is made in the USA.

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LEVERAGING HISTORY TO INCREASE YOUR WEALTH

Now Is The Best Time To Increase Your Precious Metals Holdings

By Forest Hamilton
Universal Coin & Bullion

I'm often asked what percentage of investable assets should be in gold, silver and certified coins. The World Gold Council recommendation is that 10%-25% of a balanced portfolio should be in coins and precious metals. My recommendation is a little more in depth.

I agree that a minimum of 10% of everyone's portfolio should be diversified into gold, silver and certified coins. But I believe the total percentage should be based on the global investment landscape of the time, while accounting for the goals and portfolio makeup of the investor.

With the world in its current state, I am recommending a higher percentage than usual. Here's why: Gold is poised for a big fourth quarter. Historically, gold is stronger in the fourth quarter than any other time of the year.

The average 6 month gain from August 1st to January 31st was just under 6%, or 15-fold, over 47 years compounded. The average 6 month gain from February 1st to July 31st was less than 1% per year or 45% total in 47 years. In other words, if you just bought and held gold, your gains from August to Janu-

ary were over 30x your gains from February to July!

While all performance comes from supply and demand, the source of this fourth quarter demand is extremely consistent. Part of gold's fourth quarter historical performance comes from the holiday seasons of several cultures. For the United States, gold demand spikes for Christmas and Valentine's Day. In China, gold is the top gift for the Chinese New Year. And in India, gold is the top gift during Diwali.

Inflation is not going away anytime soon. Recently, both major inflation indexes came out higher than expected. The Producer Price Index (PPI) rose 0.4% in September and 8.5% in the past 12 months. The core PPI (excluding food, energy and trade margins) rose 0.4% and 5.6% in the past year.

The Consumer Price Index (CPI) rose 0.4% in September and 8.2% in the past 12 months. The core CPI, excluding food and energy, rose 0.6% in September and 6.6% in the past 12 months — the highest annual core rate in 40 years.

For the second month in a row, these numbers were higher than anticipated, so the Federal Reserve will continue to raise rates above 4% by the end of this year, and maybe 5% next year.

The fact is, the dollar is destined for a fall. The reason gold is down this year is simply a stronger dollar. Gold has risen in almost every other major currency since the start of the year. But the dollar's strength seems to be waning since European rates are beginning to rise to match the U.S. dollar rates

of return, giving the dollar no competitive advantage over the euro or the British pound.

Another reason why the dollar has been strong — and may soon lose that strength — is that our debt-to-GDP ratio is 133% and rising. We are now surpassing Portugal (among the worst European creditor nations) which are, in order, Greece (207%), Italy (159%), Portugal (131%), Spain (120%) and France (116%). The worst creditor nations are Japan (257% debt-to-GDP) and China (at least 280% ratio).

The Federal Reserve and U.S. Treasury caused this problem in 2020 and 2021 by creating over \$6 trillion in new "fiat" money. Now, the Fed is belatedly trying to correct its own mistakes by raising rates faster than ever before, while also taking back \$95 billion per month in "quantitative tightening." This is a proven formula for financial disaster, beginning with an inflationary recession like the 1970s when gold had its best market rise.

Now, there is no cookie-cutter number for how much you should have in gold and silver. I believe 10% should be a minimum and that number should be higher until we get some sense of normalcy. Feel free to reach out to me directly if I can answer any of your personal questions in-depth.

[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.]



SURVIVING IN THE AFTERMATH OF A NATURAL DISASTER

Urban Survival Tips You Can Apply To Any Emergency Situation

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I remember when hurricane Opal — a Super CAT 3 — hit us straight on. At the time, I lived out in the remote wilderness in a community that was a good 26 miles off the main road and you needed an off-road vehicle to get around. We were without power for weeks.

I thought I was good about making sure we were ready for it with supplies and such, but I came up way short. I had a refrigerator and freezer full of food that was spoiling, no way to cook it other than over a campfire (the power was out, and my grill was wrapped around a tree), and we didn't have proper clearing equipment to clear a way to the nearest town for help or supplies.

What these events did do was build character in me, but more so the drive to not relive any of these lessons. And with the recent CAT 4 hurricane Ian hitting Florida, we saw this play out before our very eyes. It seems when one disaster hits, it can bring a bunch of other emergencies with it, complicating the already massive problem. Folks in Florida were not only dealing with a hurricane, but tornadoes, flooding, power outages, compromised water systems, looting, and much more.

The best way to deal with any disaster or emergency is obviously to prepare beforehand. So, here are some of the urban survival tips you will need to consider in the aftermath of a disaster (we'll use a hurricane as our base for this) to be prepared ahead of time.

First, your security and that of your loved ones is paramount after a disaster strikes. These situations seem to bring out a lot of bad actors that look to take advantage of the chaos. Stay situationally aware of your surroundings so you don't become a target. Have your firearms ready. If you don't have a firearm, get something to protect yourself with: a bat, makeshift club, knife, etc. Law enforcement is going to have their hands full so don't count on them to come to your aid.

Next, is shelter. If your home is still structurally sound, you are good to go. If it's not safe you will need to evacuate, maybe take up shelter in the garage or pitch a tent if hotels aren't an option. You can also use your vehicle or RV or a bug out location if you have one.

If there is flooding in your area, clearly you can't stay and will need to seek shelter elsewhere. You want to keep your core body temperatures in check, so make sure you are dressed for the current weather.

A good home generator makes a huge difference. A portable generator can work just as well. And have plenty of blankets or sleeping bags on hand to stay warm. Don't forget the lightweight mylar emergency sleeping bags too. They cost just a couple

of bucks, but can reflect back up to 90% of your body heat.

Water will be a huge concern in the aftermath. You need plenty of fresh drinking water. Before a hurricane hits, fill up your bathtubs and extra pots to ensure you have plenty of extra water in case your public water system becomes contaminated. Hopefully, you also have water storage at home in several containers.

If you're not sure of the water's safety, boil it (a rolling boil for a good one minute at 185 degrees). You can also keep a good water filtration system as back up.

For fire, have lighters and matches on hand, and keep them in a Ziplock bag to stay dry. A propane grill or a two-burner camp stove are good too. If a fire pit is your only option, a stockpile of wood under a tarp will help.

For food, keep long shelf-life foods on hand such as the 25-year shelf-life survival food pouches. Once the power goes out, you need to start consuming the refrigerator items quickly as they will spoil first. Open the fridge fast, get the item, and close it fast to keep it cool longer. A few bags of ice inside can help. Freezer items act like ice but eventually thaw.

You may need to resort to fishing, trapping, or hunting. Having some practice and the right gear helps here. (A Ruger 10-22 will do wonders.)

During any disaster you may need to think outside the box to make it through. A positive mindset, situational awareness, and flexibility are key. And if you've ever been through a disaster like I have, then you know you should have a ton of quality gear, which makes surviving a crisis so much easier.



SHORING UP YOUR PERSONAL INFORMATION

Lessons From A Professional Dumpster Diver

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Mike L. walked up with a big smile on his face. I'd known Mike for a while and was able to interpret his facial expressions like they were secret messages. Whatever he had to tell me was going to be both really cool and very private.

We were both assigned to a special group on the 9th Floor at NSA — just three offices down from the Director's Office. Between our office and the Director's Office were the NSA GC (General Counsel) and the LAO (Legislative Affairs Office). So, it's a bit of a rarified atmosphere designed to hush sounds and mute voices. Even with that extra bit of quiet, Mike whispered: "Guess what? We're going on an adventure!"

He told me he just got word we would be working together with TAREX on a mission. TAREX, in our world, is the Target Exploitation (TarEx) Task Team. Their missions were always unique, dirty, and foul, and made for great stories.

One of the primary features of TAREX missions was that they included actual, late-night, full-body emersion dumpster diving because it was one of the most successful components of intelligence-gathering.

TAREX is best known for its role in clandestinely mapping out communications systems, transmission and reception routes, power stations, landmarking antennae, and other casing work in hostile or limited-access areas such as Moscow, Beijing, etc.

We do this in order to better understand, analyze, and exploit individuals or national communications



apparatuses. The better you know your enemy the more likely you are to prevail. So, why not dig through his trash to get to know him on a more personal, intimate level?

Imagine two special ops guys dressed in deep-black disposable full-body suits, wearing rubber gloves, oversized goggles, and silly boot covers that looked like they were made for walking on the moon. We didn't have headlamps, so we held our small Maglite flashlights in our teeth. All this so that we could get up close to a dumpster, dive in, and root around.

Occasionally, we would snatch the entire trash can (or bag, or barrel, etc.) and replace it with a duplicate, so that we could take it to a safe house and carefully sift through. Other times, we would just dig through the trash while it was still on the curb just to see if we had the right trash can.

Some things we would look for and find were notes, names, bills for chemicals, receipts for books, drawings, letters, phone numbers, email addresses, etc. A great find would be prescription bottles or

other indications of health issues. There is excellent potential for exploiting someone with a serious illness in the spy world.

I think the reason Mike was so hyped-up about this mission was that he grew up wealthy, so he had no idea what was in store for us. I had met Mike at the Agency gym a couple of years before this operation. In his youth, his family had the resources for genuine physical fitness training and he'd built incredible strength and fitness, including having earned black belts in Karate and being a Jiu Jitsu instructor.

Not only that, but Mike was also smart. He earned his first Ph.D. in micro-electronics at 18 and his post-doc in physics at 21. The day he came to my desk was about his one-year mark as an undercover NSA officer assigned to another government agency as a special liaison for intelligence operations. I was a covert ops officer assigned to work targets of national security interests because of their brilliance in, and development of, cutting-edge cryptography and related mathematics.



Even though we were both assigned positions in a special group, we seldom worked on related missions. However, in this case, we shared a target that had been flagged for exploitation, and TAREX needed us to conduct the fieldwork because of our deep knowledge of the specific individual.

Mike had never worked a TAREX mission and he was excited. I had and was much less excited. He was playing with the protective and concealment garments like they were homecoming outfits. He tried on the gloves and booties and commented that they would work great. I chuckled while imagining his facial expression as the day-old tuna salad, kimchi, or soured milk ran down his sleeves and took up residence in his armpit.

As we dressed in our ops gear before heading out, he became aware of how hot and uncomfortably constraining the full-body suits were. The trip was well over an hour, in a windowless van, and he became overheated and increasingly uncomfortable. I assured him we would be to the target site soon, and he could get out, stretch, and finally start his first dumpster dive.

Our driver, a local operative, called out the two-minute warning and we prepped to launch from the van. As we stepped out and opened the lid, despite our protective gear, the odor was so strong that it overwhelmed our olfactory senses.

It's not like in America where trash is collected routinely. This stuff can sit for months rotting away in the dumpsters. Mike let out a gasp and a deep grunt.

If you have ever whiffed something so obnoxious that you instinctively close your eyes and grimace, you have an idea of what we were facing. Now imagine crawling into the trash and basically swimming around in the rotted, putrid, liquid muck while searching for "high-value intelligence."

Thankfully, we did recover some very helpful items — not a home run, but a collection of scientific papers that our target had read and made notes on before he wadded them up and tossed them safely in the trash where no one would ever find them.

We turned it all over to scientists who were able to weave together a mosaic of the path the target was on in his research. That synthesis of collected intelligence proved to be invaluable in our future efforts to collect and analyze the target's plans and work. American intelligence was able to stay ahead of threats because we had discovered where they were, where they were headed, and how long before they would get there.

These days, the news is filled with stories of cyber hacking and exploitation of social media accounts. While it's considered "old school," I can assure you there are many organizations actively collecting intelligence on people by digging through

their trash, looking through their mailbox, following them throughout the day, and listening in on their phone calls.

As you diligently apply every ounce of cyber security that you can to protect yourself and your family, be cautious not to overlook gaps in your information security protocols that can be exploited by a couple of guys like Mike and me digging through your trash.

For example, do you own and use a paper shredder? If not, you should. Shred any documents, destroy Rx labels, and consider the informational value of everything you put in your trash or leave laying on your car seat or dash.

And maybe even point a security camera and motion detector flood light towards your trash can. For good measure, toss a can of pea soup in your trash occasionally. Build up a nice layer of putrid smelling, rotted food to deter any would-be snoops from rooting around your trash. It's a simple, cheap security measure that all of us can do.



SAVINT

YOUR MONTHLY SAVINGS INTELLIGENCE

This month, you can claim the **AFTERSHOCK** book. This book reveals how to prepare for and survive the coming recession. Plus, how to take your preparation to the next level so you can take care of your family during rough times. Get the book now at www.AmazingGearGiveaway.com.

THE LETHAL FAILURE OF AMERICA'S HEALTH CARE SYSTEM

How To Get The Best Care, Not Just The Most Cost Effective

By Dr. Omar Hamada
Special Operations Physician

If you've had a heart attack, your doctor isn't doing their job. I realize that's a shocking statement and not true for everyone, but it is for 90 to 95% of us. Allow me to explain. Traditional medicine is truly remarkable. We've made so many advances and most of the science is solid. However, the way we physicians and surgeons are trained here in America is to manage chronic disease with medications and surgery.

The two main reasons for this are, first, that the general belief is that people are unmotivated to help themselves and prefer a pill to radical behavioral modification. There is much truth in this, but it doesn't apply to everyone — especially today, with more people taking higher levels of personal responsibility for their health.

However, there is still a huge segment of people that have faulty health beliefs and/or simply prefer to continue with unhealthy habits. This is primarily dependent on access to quality healthcare and health education. In fact, in America, the greatest predictor of your mortality is your ZIP code. Therefore, large segments of our society have higher levels of obesity, diabetes, hypertension, cancer, heart disease, and strokes than ever before.

The other reason for the course of

treatment is financial. Pharmaceutical companies, device companies, large hospital corporations, and insurance companies, profit from the creation and management of chronic diseases. The rationale is that people can live however they want, and we can hold most all chronic fatal diseases at bay with medication.

So, we are trained experts in the management of chronic disease and we are incredibly good. We can keep you from dying for decades. The problem is, we're not adequately trained on how to make you healthy. In fact, medical schools today are even worse at this than they were in years past. In addition, medical students today are turned more into social justice and environmental warriors than scientists who heal the body.

In fact, I, as a physician, am absolutely terrified to be a patient in a hospital in America today. Each day, a hospitalized patient may see completely different "providers." Many, including younger MDs/DOs no longer know how to expertly examine, diagnose, and treat a patient. Instead, they simply treat laboratory values and radiology results on a computer screen rather than the actual patient.

The chance of seeing an actual physician during your hospitalization, even in the intensive care unit, has diminished in many places, and now you are cared for solely by someone with less experience or education than a physician.

Yes, there is "supervision" in many of these situations, but the supervision may be nothing more than a brief discussion over coffee or

even a co-signature on an electronic medical record. Their focus is on proper and thorough documentation for billing purposes and risk management.

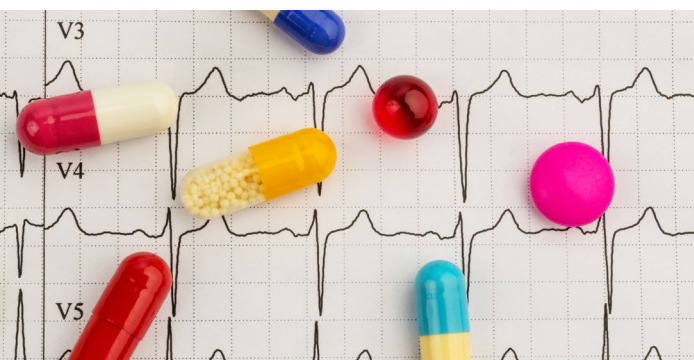
Are you scared yet? I hope I have your attention. There has never been a more important time for you to maintain your best health. For the past decade, my approaches to medical care have been trending more and more towards reversing chronic disease rather than to maintain or treat it.

So, let me explain my opening statement. The management of heart disease in America is based on the control of cholesterol levels with statins and medicines that lower cholesterol. Cardiologists don't usually get involved until you have large surface heart vessel disease that can be ballooned or stented or until you are referred to a cardiothoracic surgeon for a heart bypass.

Basically, we act as if you were completely healthy until the day you have the heart attack. This is a huge error. Heart disease, like most non-infectious diseases, takes a couple of decades to develop. Why not interrupt the process before you have the heart attack and reverse heart disease early?

Do testing to spot reduced O₂ delivery and look for early changes in heart muscle function and structure before you develop large vessel disease. There are many ways this can be done and we will discuss those in the coming months.

This is the approach of the future for those who want to take advantage of it. So, if you're not receiving the care you should be, talk to your doctor and take control. Demand the best preventative care for you, not the best financial route for the hospital.



TRAPPED IN A HALLWAY AGAINST MULTIPLE ATTACKERS

How To Survive in Tight Quarters

By Matt Numrich
Head Instructor Of Spy Black Belt

Last month, I revealed how to defend against multiple attackers. I showed the three steps to survive the situation: Look for an equalizer (weapon), zone around the attackers to create a “1-on-1” stack, and use “footwork” to keep moving and stacking so you only fight one person at a time.

But a common question I get is what to do if the environment is one where zoning and moving are difficult. For example, an alley, a row of cars or a hallway.

Navigating this scenario has its own set of challenges because they force what I call the “cardinal sin” in mass attack defense, which is to never be caught in the middle.

Unfortunately, movies and TV shows have taught us the opposite. They would have us believe that we can be in the middle of two people and go back and forth, kicking and punching one, while the other waits their turn for a kick or punch.

But attackers don't wait their turn. Most, especially in close quarters, attack simultaneously where everyone finds out the truth that you

can only fight one person at a time and taking on two people at once is nearly impossible.

When in these “alley” situations, our defense can follow the same three step process as previously taught, but with some extra tips in mind. I've created a video for you so you can see these steps in action, and you can view the video here: www.BarefootBoxing.com.

First, grabbing an equalizer is still your first and best chance of survival. As I've stated before, if you have two people attacking you, you are already at a disadvantage and you must “equalize” the playing field.

Second, zoning is a tad more challenging. That's because most of the time when we zone, we're able to step back and gain distance in the onset of a fight, which gives us time and a better angle to get around one of the attackers. But when space and distance are restricted, such as in an alley environment, we usually don't have that extra space.

To solve this problem, we must zone one of the attackers around us, instead of zoning ourselves around the attackers. You can do this in one of three ways: The pain shot, the duck or the spin.

The first option is where we freeze a second or two of time with a debilitating shot to a vulnerable area of the closest attacker, whether it be the shin, groin, throat or eyes. The pain shot will give us a second to zone around the attacker and create the 1-on-1 stack.

The duck is exactly what it sounds like. If grabbed or swung at by an attacker, we can use that to duck under the attack and zone around that person. Nothing pretty about this move. You're simply getting low and “ducking” around the person. But it works.

This simple move is used frequently in MMA fights and boxing when a fighter is stuck against the fence or a boxer is against the ropes. Getting low and moving around someone is an easy evasion move.

Finally, there is the spin. It's done by locking up with the person and simply spinning them around, putting ourselves on the outside of both attackers. The “lock up” can take on many different forms, but using a simple “clinch” move, where you're wrapping up an attacker's arm and/or neck is often best. Feel free to use this position to deliver a couple close quarter shots to make your defense and escape easier.

The goal is to quickly put ourselves on the outside of the attackers, creating the desired one-on-one stack. After we accomplish this, the “alley” set up helps our survival by making it harder for attackers to get around each other and flank us.

Having the awareness to zone immediately in this situation will not only be a huge advantage for us but will help us defend more successfully. Then simply follow the other two steps to defend and survive in this confined space scenario.

