

SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

AMERICA'S SHORT-LIVED CYBER WARFARE VICTORY IS OVER

This Russian "Snake" Has Its Fangs In The World's Private Data

By Jason Hanson

Former CIA Officer

It's estimated that over 58% of state-sponsored cyber-attacks originate from Russia. An example of this is the Russian malware called "Snake." Russian hackers created the snake malware way back in 2003. And for over 20 years, Russia has used "Snake" to spy on over 50 countries. Since the malware has been used for over 20 years, the hackers have continually upgraded it to avoid being caught. It has been used to hack countries, companies, banks, media, and even NATO. And no device is safe from the malware. It can infect Linux, Windows, and MacOS.



According to U.S. government sources, the snake implant is the "most sophisticated cyber espionage tool designed and used by Center 16 of Russia's Federal Security Service for long-term intelligence collection on sensitive targets."

For as effective as the malware is now, it started out as a very simple concept. The Russian hackers put the malware on a target computer, copied the data from that computer, and sent it back to Russia. But as it evolved, the malware now goes far beyond stealing data. It has been used to disrupt hospitals, energy plants, and water treatment facilities.

However, early this year, the U.S. government was finally able to disrupt the snake malware. The Russian hack-

ers were careless in one of their cyber-attacks and didn't deploy the malware as they were supposed to. This allowed the U.S. to detect and prevent the malware from being successful.

While there was much to celebrate about the U.S. taking down such a sophisticated espionage tool, a few months later, Russia had recreated "Snake" and used it once again.

So now, because the "Snake" malware is just as dangerous as it has ever been, here are a few things you can do to protect your devices. First, one of the key elements of the malware is that the hackers steal and erase data, including any backups on the device. So, even if you think your data is secure or backed up, think again.

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This means, all important data should be backed up externally on a separate hard drive or thumb drive in addition to any backups you have in the cloud. Also, if you do use the cloud to back up data, make sure it cannot be easily accessed from your device. For instance, if you have the password for your cloud saved on your device the hackers would have that access.

Next, one of the best things you can do to protect your devices from the “Snake” malware is to deactivate the remote desktop protocol. The remote desktop is how the Russian hackers use “Snake” to access computers. It’s one of the easiest channels for the hackers to exploit.

Most people have this enabled, especially on work computers, because it allows folks to access their work

“All important data should be backed up externally on a separate hard drive.”

Finally, check your computer for how many programs or apps you have. Most of us have a lot of programs/apps but don’t use half of them. When hackers use the “Snake” malware, they will often install malicious programs or apps that allow them to

remotely achieve their hacking goals. Most of the time the programs are operating unnoticed by the victim.

So, every so often, check the programs or apps on your computer. If something looks suspicious, get rid of it. Of course, in addition to these tips, you should always use a VPN, anti-virus software, and strong passwords.

The “Snake” malware is one of the most destructive and sophisticated hacking tools we have seen. And no matter what the U.S. government does, it

doesn’t look like it’s going away anytime soon. Plus, with Israel at war and our support to help them destroy Hamas, there is no doubt that cyber-attacks will hit us more and more from around the world. So, it’s up to you to protect yourself, your computers, devices, and private information.

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computer from home. In addition, many IT departments use remote desktops to login to employees' computers to resolve any issues.

Finally, check your computer for how many programs or apps you have. Most of us have a lot of programs/apps but don’t use half of them. When hackers use the “Snake” malware, they will often install malicious programs or apps that allow them to

The Do All Outdoors Hot Box Ground Bouncer

One way to switch up your firearms training and add elements to make it more challenging is by using the Do All Outdoors Hot Box Ground Bouncer. Put simply, it's a reactive shooting target that can improve shooting skills. It will roll, bounce, and fly every time it's hit. So, when you attempt a follow-up shot it will be a completely different shot and you will need the skills to track and reacquire the target.

The benefit of using a reactive target like the Hot Box is that no two shots are the same. But this also means you will need to use the Hot Box target at an outdoor range where there is plenty of room for it to safely move around.

The four-inch box is made from 100% cotton jersey, and the material is self-healing. It is designed for hours of shooting and can withstand more than 1,000 rounds. So, you won't have to replace it very often or change out targets every few shots like paper.

The Hot Box Ground Bouncer is rated for .22 to .50 calibers with soft nose ammo. You can shoot it with pistols, rifles, and shotguns, and is something different to shoot at the range.

And never forget, if Russia or some terrorist organization is successful with the “big one” you will need to be able to survive a long time while everything goes back online. This includes food storage, water storage, and plenty of ways to stay warm this winter.

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HOW WAR IN THE MIDDLE EAST WILL AFFECT PRECIOUS METALS

Stocks Are Poised To Crater, Gold And Silver Set To Skyrocket

By Forest Hamilton
Universal Coin & Bullion

War is terrible and the effects of war last for generations. Physical, mental, emotional, and spiritual wounds turn into generational scars. I am grateful that I have never had to fight in a war. But even without my boots being on the ground with a rifle in my hands, war has had lasting effects on my life. My dad was a helicopter gunner in the United States Army's Americal 123rd in 1966 and 1967 and spent most of his time in Chu Lai and Da Nang.

His helicopter was shot down multiple times, and he was the only survivor more than once, leaving him with severe PTSD. I remember him often being distant, moody, angry, sad, and prone to fits of violence where he seemed to be someone and somewhere else... lost in the war raging in his mind.

His body has been ravaged by Agent Orange, he can barely hear, the shrapnel wounds in his feet keep him in daily pain and he still has nightmares. That being said, unlike many of his war brothers, my dad has found some peace. My dad and I traveled to Israel and were baptized in the Jordan River while holding hands a few years ago. It was the greatest trip of my life.

To see the Bible come to life in front of my eyes was beyond anything I could have imagined. One of the most memorable moments was when we crossed from Jerusalem into the Palestinian Territories to visit Bethlehem. The tensions were high near the border from both sides. The Israeli-Palestinian tensions have been high since the end of the nineteenth century. So, what really happened over there?

In 1947, the United Nations attempted to divide the nation into Arab and Jewish states. On May 14th, 1948,



the official State of Israel was created. This sparked the Arab-Israeli War. The war ended the following year with an Israeli victory, but 3/4 of a million Palestinians were displaced. The territory was then split into three parts: The Gaza Strip, the West Bank (of the Jordan River) and the State of Israel.

Tensions remained high between Israel, Palestine, Egypt, Jordan, and Syria, including the Six-Day war of 1967 between Israel, Egypt and Syria.

The Gaza Strip changed hands multiple times over the years with frequent skirmishes and failed peace treaties until 1995 when mandates came down for the Oslo Accord, requiring the complete withdrawal of Israel from 6 cities and 450 towns in the West Bank.

This seemed to bring the unrest down from a boil to a simmer before Hamas, a terrorist organization, won the Palestinian Authority's parliamentary elections in 2006, giving them control of the Gaza Strip.

As you know, last month, war broke out between Hamas and Israel when Hamas fighters stormed Israeli cities and towns on the Gaza border killing and injuring thousands of Israeli soldiers and civilians, while taking

hostages and committing atrocious and inhumane acts of war. One day after the attack, the cabinet of Israel formally declared war against Hamas, followed by an order from the defense minister of the IDF (Israeli Defense Forces) to carry out a "complete siege" of Gaza.

Pundits and even ex-Presidents have boldly stated this is not an insignificant war, but possibly the beginning of World War 3. When you put religion, generational conflict, racism, genocide, and a self-serving media into a vat of nitroglycerin and shake it up, the results are likely to be explosive.

While I don't know what the end result of this war will be, I know that gold and silver tend to rise dramatically in times of uncertainty and global conflict. When the Hamas attack on Israel happened, gold shot up over \$100/oz in just a few days.

When you add in a volatile U.S. election year to the equation, the chances of gold and silver rising and paper markets falling over the next year rise exponentially. It is absolutely time to get some money protected in an investment class that has always done well when there is much chaos and uncertainty in the world.

I NEVER LEAVE HOME WITHOUT THIS SIMPLE PIECE OF GEAR

My Top 3 Survival Shovel Recommendations

By EJ Snyder

Former Army Ranger and Extreme Survivalist

I remember being a young recruit in the Army, arriving at Fort Bragg, NC, as a newly assigned “cherry” to the 82nd Airborne. I was sitting at the CIF (Central Issue Facility), awaiting my turn to be issued my gear when I looked up and saw a black and white poster of a rugged WWII GI, looking worn and battle-tested, but determined. The caption on the poster read “I am the 82nd Airborne, and this is as far as the bastards are going!”

Soon after, my name was called, and I got in line for gear. They gave me several duffle bags, some other gear, and then my e-tool in a case. An “e-tool,” properly known as an entrenching tool, is a GI shovel. I took my e-tool out of the case, made sure it worked well, and off I went, not knowing that it would be keeping me alive later on down the road.

When I got back to the barracks, I oiled it up and sharpened the edges, remembering stories of GIs in the Korean War having to resort to using their e-tools in hand-to-hand combat to stay alive. I used my e-tool to dig more foxholes, fighting positions, and bunkers than I care to remember during training. Then, the day came in 1990 when I deployed to the Middle East to help draw a “line in the sand” against the invading Iraqis.

We deployed immediately to the front on the northern Saudi Arabian border and dug in, literally. My unit dug foxholes, fighting positions, and bunkers, and filled thousands of sandbags, all using our e-tools. As we were targeted each night by enemy artillery rounds, the holes we dug kept us safe, unharmed, and



alive. After that, I have never not had a shovel with me in some capacity. I always have one in my jeep or truck, and to this day, my e-tool finds itself on my pack and it is one of the many survival tools I continue to use.

Now, let me share some of my favorite recommendations for e-tools that you can add to your bug out kit. First, the military GI e-tool is a combo shovel, pick/hoe, axe, and saw with a D-style handle. I like to file sharpen the edges of my tool where the saw edge isn’t, so as to double up as a cutting edge for me. It’s an easy-to-pack and carry tool. For a few years, I carried the older T-version with a wooden handle that I liked a lot, but it was a bit harder to pack-carry and weighed more, so the folding e-tool won out for this grunt.

Next, is the Cold Steel Spetsnaz shovel. I first saw it used by my buddy Zack Fowler on the History Channel TV series “Alone.” He did amazing things with it that helped him survive in Patagonia longer than everyone else to win that challenge.

It’s modeled after an original Soviet Spetsnaz military entrenching tool. This durable and effective shovel has a stout hickory hardwood handle, a broad, flat medium carbon steel blade, and three sharp edges. It’s also popular with the throwing community, as its head-heavy balance and multiple sharp edges make it an excellent alternative to a tomahawk for sport and recreational throwing.

Finally, there’s the Mempa Survival Shovel. This is a 23-in-1 tactical multi-tool shovel. It includes an ax, hex driver, serrated knife, wire cutter, hoe, harpoon, saw, bottle opener, safety hammer, Phillips head bit, flat-head bit, and fire starter. This shovel weighs just 1.94 lbs. and measures nine inches when stowed, but extends to 29” when fully assembled. It is great for camping, survival, hunting, and a lot more.

So, those are my top three survival shovels I recommend you consider for your bug out kit for digging fire pits, irrigation trenches around your shelter, and any other alternative tasks at hand.

WHEN SECONDS COUNT, YOU NEED THIS ALREADY IN PLACE

More In-Depth Details About Your Personal E & E Plan

By Michael D.

*Former Clandestine Officer, CIA,
DIA, NSA*

Regardless of who you are, where you are, and what stage of life you're in, you should have a personal escape and evasion plan in place. Whether it's a natural disaster, sudden civil unrest, or violent criminals attacking your home or loved ones, your personal escape and evasion plan will allow you to get to a designated place of safety so that you can plan your next moves or hunker down.

To aid you in your plan, I want to share the critical elements of a personal escape and evasion plan that I've learned and used in my decades of clandestine work. First, you need a well-planned, safe destination with pre-stocked supplies and at least three ways of getting there. It might be someplace you can walk to in a few hours or someplace where you have to employ multi-modal transportation and can expect to travel through rough terrain at night for days or weeks.

Then you'll want a pre-stocked alternate destination, about 180 degrees from your primary destination with at least two ways of getting there, and the same expectations for time, distance, and travel demands.

Rounding out "places" that you should think through, you should have an emergency destination, also well stocked, that you can get to quickly if all other destinations are blocked. This needs to be very close and reasonably easily accessible in a short period of time

"Waypoints need to be easy to find and identify in the rain, at night, from a distance."



(probably no more than an hour or two).

Plan on having any points where you'll be communicating with your groups no more than $\frac{1}{2}$ mile apart. You could indicate these as separate "comms points." These points must be within contact/comms range of not just your primary, but all backup comms gear.

If you are using satellite phones, you both (traveler and receiver) must be outdoors with clear lines to the satellite coverage. If your mission is a solo escape or evacuation, you will only need to have long-range comms plans.

You will want these points to serve as many functions as possible: rest, nutrition, orienteering, and communicating with other groups. Waypoints need to be easy to find and identify in the rain,

at night, from a distance, and when you are trying to remain stealthy. Additionally, it will be beneficial if your waypoints or hunker-down points are in elevated positions.

This not only makes them easier to find, but it will also facilitate longer-range communications and visual observation. Taking the high ground is almost always preferable in combat and survival situations.

One of the safety precautions we used when moving out more than just one or two ops team members was to break ourselves into groups of no more than three. This simple action is effective at reducing your heat, noise, and movement signatures. It also allows your smaller group to move more cohesively and provides you with a better opportunity to listen for threats as you move. But the real advantage is that if one group gets caught, the other group

still has the chance of getting away.

However, since you will not be sending children in a group of their own, you will need to pre-plan which adults escort which children in which group. Most of that will be obvious and natural based on how you supervise and manage the people in your family in regular daily life. So, use good common sense and plan out who will be in what groups and what they will be responsible for carrying and doing and who will be assigned which special tasks.

This introduces a key component in special operations — specialization with mutual competency. This simply means that one individual will focus on a specialty and yet be fully competent in all specialties.

For example, mom might be the unit medic. She will be the primary resource for sickness and injuries, but every one of age should be competent to care for their own needs until mom can get there. Likewise, mom can perform every other task required at a fully competent level. She can use the comms gear, tie knots, defend herself and the other travelers, perform all other duties, and assume the leadership role.

The specialty assignments we rely on in our operations teams usually consist of Team/Ops Leader, Intel, Medic, Engineer, Comms, and Weapons. You can modify these duties, combine them, or possibly do without some of them.

In reality, you will have to make do with what you have. But it is vitally important that you are aware that you will need all six of these skills to some extent or another in your group — even if you are going solo.

Each of the specialties are rather

"You will need all six of these skills to some extent or another in your group."

self-descriptive, except perhaps for the Intel role. Since you are not likely to need linguistics, crypto, and intelligence gathering and exploitation skills, you might want to substitute a navigator in that role. Someone who will have mapped the routes, be familiar with water sources, roads, ditches, buildings, etc.

Here is one way to craft an escape plan for several people broken up into two groups. Group "A" leaves the initial Rally Point about an hour ahead of group "B" and Group "A" heads towards Waypoint "Alpha".

Group "B" waits at the Rally Point (until they get an "Oscar Mike" (or On the Move) notice or other instructions from Group "A" after Group "A" has arrived at Waypoint "Alpha" or one full hour has passed).

Group "A" arrives at Waypoint "Alpha" and takes care of whatever they need to do (rest, eat, treat wounded, etc.) and then notifies Group "B" of their intended time of departure. Once acknowledged and confirmed, Group "A" heads off towards Waypoint "Bravo" and Group "B" departs for Waypoint "Alpha." This continues in a series of moves until all groups arrive at the destination.

In the event any group gets caught, all remaining groups change their planned routes and abort their waypoints and caches. Don't put your friends or family in a situation where they feel they have to suffer torture to protect you.

They need to know that if you miss a comms check or waypoint, that all the other groups will take unpredictable routes. This allows your captured friends, teammates, or family to tell them exactly where the waypoints and caches are with the full knowledge that none of the

groups will be anywhere near any of the pre-planned waypoints or caches.

You do not want your plans to involve waiting for someone — get out and meet up later at some safe distance from the event. For instance, if you plan on using WWII clickers or "Crickets," each party (or at least the comms guy in each party) must be within audible range to communicate and rally.

Use this guide as a checklist while you prepare your own escape and evasion plan. By taking a few moments to think through each of these, and codifying it by writing it down, you'll be most of the way done.

Finally, you should periodically review, practice, and continue to refine the plan. Do not leave this to chance. When you're in an emergency is not the time to think through where you might go. The wasted time might truly cost you or your loved ones lives. The time to prepare is now.



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THE BEST FUEL YOU CAN FEED YOUR BRAIN?

Transform Your Metabolism And Health With Ketosis

By Dr. Omar Hamada
Special Operations Physician

Many dietary fads and weight loss programs have come and gone. They do a great job initially, but then seem to be unsustainable over the longer term, save for the most dedicated of people. It's not the programs, but more a testament to the lack of dietary commitment and consistency most of us exhibit over time.

The problem is that though there are standard dietary and nutritional concepts that are wise to abide by, there is no "one size fits all" diet. A person's individualized dietary approach depends on their personal goals, metabolism, current medical status, activity level, and, of course, dedication.

One approach that has become popular the past few years is the keto diet. As we have dug deeper into nutritional ketosis, we have found many additional benefits other than simply weight loss. The body can utilize several things as fuel in order to make energy - carbohydrates, fats, proteins, alcohol (there are no positive health benefits to alcohol), and ketones. In fact, though glucose is the easiest fuel for the body to use, ketones are a better fuel for the brain. And ketones in general are a healthier fuel for the body for several reasons.

The first thing we need to do is differentiate between nutritional ketosis and diabetic ketoacidosis. These 2 concepts seem to confuse many, and justifiably so.

Ketones are made in our liver through the breakdown of fats. There are three primary ketones our bodies make: Beta-hydroxybutyrate, acetacetate, and acetone. When very

low levels of simple carbohydrates are available to our cells for energy production over a period of time, our metabolism shifts to mobilize and burn fats and produce ketones.

The main difference between nutritional ketosis and diabetic ketoacidosis - and it's a huge difference - is the amount of circulating simple carbohydrate and the amount of insulin in the blood.

In normal nutritional ketosis, we are in a very low carb and low insulin state, so that alternative fuels like fat are used to create energy in healthy ways that do not degrade the body's normal functioning.

In diabetic ketoacidosis, we are usually in a very high carb and a high insulin state (in Type 2 diabetes) and things are just not working well. The body's metabolism is very dysfunctional as it compensates for the absence of proper fuel sources.

Diabetes makes it so that because of either insulin deficiency (Type 1) or insulin resistance (Type 2), glucose builds up in the blood and is unable to enter our cells.

When this happens, the cells tell the body they are unable to produce energy because of a perceived carbohydrate deficit (even though it's not true), and fat is mobilized and broken down and ketones are produced.

In this state, the person becomes osmotically dehydrated at the cellular level, the blood becomes acidotic, and the person develops diabetic ketoacidosis that can become a life-threatening condition.

In order to develop nutritional ketosis, one has to either significantly restrict carbohydrates to below 50 grams per day, or ingest oral exogenous ketones, or both. Becoming ketotic through carbohydrate restriction takes days as the body depletes its carbohydrate stores and shifts its metabolism to mobilize and burn fat.

"Ketones are now used in the military and in professional sports to reduce the effects of TBI and PTSD."

This metabolic change also rapidly lowers LDL cholesterol and raises HDL. The ingestion of exogenous ketones gets us ketotic quicker than by diet alone by rapidly increasing our serum ketone concentrations while our body makes the usual metabolic transition away from carbs to fats as a primary fuel source.

There are many oral ketone products on the market. What you must consider is taste, ease of ingestion, type of ketone, and bioactivity and bioavailability of the particular ketone mix.

If you decide to try ketosis as a weight loss approach, remember that there are many additional benefits than simply weight loss. It helps reduce seizures in epileptics as ketones calm the brain down and help it function more effectively. In fact, ketones are now used in the military and in professional sports to reduce the effects of TBI and PTSD. A ketotic state also results in one feeling more energetic and helps with clarity of thought and depth of sleep. Some even say it helps in autophagy and cancer risk reduction. If you're curious, read more about nutritional ketosis and give it a shot. You may find it works great for you.

LESS LETHAL HAND-TO-HAND COMBAT OPTIONS

A Simple, 3-Lock Flow To Stop An Attacker

By Matt Numrich

Head Instructor Of Spy Black Belt

Too many people get in trouble for either overreacting or “under-reacting” in self-defense situations. In my own experience, and from talking to a lot of people who have been attacked, it usually comes down to one reason. The person is completely ignorant of self-defense as a whole. So, they end up acting out in rage or they curl up in the fetal position. Or a corollary, someone is confident in defending themselves in certain areas but don’t have the breadth of options to correctly deal with specific situations.

In order to keep from overreacting out of rage, or just to calm a situation down that doesn’t call for escalation or lethal force, I wanted to show you how to contain a threat until law enforcement or other help can arrive.

The set of tools I’ll cover is a simple “lock flow” to control someone’s movement and put them where we want them. Now, because these moves have some important details to them, I made a video for you so you can see exactly how to perform them and break them down step-by-step so you can train them effectively.

They’re not hard to perform, as you’ll see, but doing them correctly will give you the results you want, so it’s best to practice proper technique. You can watch the video at this link: www.FearlessStreetFighter.com/control

The first in this “lock flow” is a wrist lock. You grab the back of someone’s hand and by using both thumbs, put pressure to lock up the person’s wrist. When someone grabs you, they are basically giving you their hand, so we might as well use it. This is a great move to get someone down to the ground.



But, if we need to lift someone up and “escort” them somewhere, an upwards elbow lock could do the trick by straightening their arm out and using one of our arms to put upwards pressure on their elbow and downwards pressure on their wrist with our other hand.

You’re basically creating a fulcrum with your arm, placing it under their elbow joint, and using your other hand to pressure down on their wrist and stressing the elbow joint causing “pain compliance.” Imagine putting a two-by-four under their elbow joint and pulling their hand down. If they don’t move where you’re trying to take them, their elbow can hyperextend or break, so this is an effective technique.

We can also reverse this by just turning their wrist over, rolling your arm over theirs, and putting the fulcrum on top of their elbow joint. In this instance you would pull up on their wrist, bending over the fulcrum arm, threatening a break. This move is great because you can put your body weight into the fulcrum arm and really drive pressure into the joint. I cover this in the video in case you have trouble picturing it. But once you see it, you’ll understand how simple it is.

And here’s one more lock where we interweave our arm around theirs and brutally take the attacker down. For this move, you perform a figure four lock around their wrist and forearm and drive their hand toward the back of their head. This puts enormous pressure on their shoulder joint and labrum, and spiral pressure on their elbow joint and bone. You could destroy their whole arm with this if things escalate, so be careful.

You’ll see how these locks all work in a flow, allowing you to control and move a potential threat. Then, once you have someone down on the ground, use a knee mount position to keep them down. Simply place your knee on their diaphragm, pike out your other leg and lift your pinning foot off the ground.

This not only gets people’s attention, but restricts their breathing (without risking suffocation), giving you superior position, the ability to stay aware of your surroundings, and allows you to strike (if necessary) while holding them down.

Now you have simple, but highly effective tools to control and move someone until help comes. Once again, you can see all the techniques in the video at the link above.