

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## DO YOU KNOW YOUR SURVIVAL "RISK PROFILE?"

### Simple CIA Planning Trick To Keep You Safe

By Jason Hanson  
*Former CIA Officer*

During the Cold War, a top priority for the CIA was monitoring the Soviet Union's influence around the world. Since satellites were still relatively new, one of the best methods for collecting intel was wiretaps. The challenge for the CIA was figuring out where and how to carry out wiretap operations.

At the time, Berlin was the center of communication networks from France to Russia and Eastern Europe. The majority of Soviet telephone traffic from Moscow and Warsaw was routed through Berlin.

So, the CIA worked with British Intelligence to tap underground com-



munication lines with the goal of collecting Soviet and East German intelligence. The CIA plan was to tunnel from West Berlin underground to East Berlin to prevent the wiretap from being seen by surveillance.

The U.S. used a large warehouse with a basement to hide the dirt from the tunnel. It took more than a year for workers to remove 3,000 tons of soil. When the tunnel was completed, it was 1,476 feet long and used 125 tons of steel plates. For more than a year, the tunnel produced 50,000 reels of tape, 443,000 transcribed conversations, and about 40,000 hours of telephone conversations.

Eventually, the Soviet Union learned

about the tunnel from a mole inside British intelligence. The wiretap continued to operate until it was “accidentally” found. The Soviets tried to use the discovery as a propaganda victory. But it backfired since most of the press coverage about the tunnel focused on the technical ingenuity of the operation.

The CIA’s Berlin Tunnel operation showed how the Agency took great risks to gather intelligence during the Cold War. At that point, it was one of the riskiest intelligence operations ever carried out. But it was a risk worth taking, even though it meant tunneling under Soviet territory.

You see, the CIA was well aware of

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the risk level before they ever started digging because they created a risk profile for the operation. This is something you can do in your own life (even if it's not a high-stakes Top Secret project.)

First, any time you face a decision, you have to question yourself. In the tunnel operation, the CIA didn't ask if they could build a tunnel or not. Instead, the question was whether the CIA could gather high-value Soviet communications without being caught.

Before starting, you should have a detailed objective so you can begin assessing the risk involved. The more details you add, the stronger and more comprehensive your risk assessment will be.

Next, when you're considering the risk of taking a specific action, you must determine the assets you have to pull it off. For the CIA, this was the engineers to dig the tunnel. For you, assets could be food and water storage or it could be survival supplies. In addition, if you have mechanical skills or some trade skills, these should be considered assets during a disaster. Just be sure when determining the risk of a situation that you look at all of the assets you can rely on and use.

Next, consider the threats and vulnerabilities of certain actions. For example, the CIA's tunnel could have been discovered by the noise and vibration coming from underground. During a survival situation, a vulnerability could be an injury, or a lack of certain supplies or it could be a generator making too much

noise. Every vulnerability should be documented and given a probability rating of how likely it is.

One of the most important aspects of a risk profile is identifying threats. The idea is to build a threat matrix similar to what governments and high performing teams do today. A threat matrix is simply a document that looks at risks and then analyzes how likely the risk is to happen and, if it does happen, what is the potential damage?

**"The CIA's tunnel could have been discovered by the noise and vibration coming from underground."**

After you have determined risks, it's important to develop plans to mitigate them. This could include having layered defenses during a survival situation. For example, you should

have a gun for self-defense, a knife as a backup weapon, and a tactical pen as a backup to the knife. For home defense, you want a driveway alarm to alert you, cameras around the house, a barricade on the doors to slow people down, and an alarm system.

The same goes for supplies. If you have bulk food storage, you can also have canned meat, then survival food pouches in your bug out bag and protein bars in your car. For every scenario, create a backup plan to follow if your main option is no longer viable.

The CIA is great at what they do because they don't only try to predict the future. Instead, they prepare for it, and you can use these tips to do the same. Lastly, before I go this month, I hope that you and your family have a very safe and very blessed Thanksgiving. I am certainly grateful for you as a reader and please reach out and let me know how I can better help you stay safe.

## **CNC Smith & Wesson 500 Emergency Kit**

If you're a fan of revolvers, you're going to love this. The CNC Smith & Wesson 500 isn't your standard revolver. It comes as a limited series emergency kit designed for wilderness survival.

First, the kit includes a Smith & Wesson 500 with a 4-inch barrel. The revolver has a compensator, orange rubber grips, and a black Cerakote stainless steel finish with claw marks on one side and a bear engraving on the other.

In addition to the gun, the kit includes a Boker fixed blade knife, a Humvee compass, and a fire starter. Everything is contained in an orange, hard-sided case with cut-outs for five rounds of .500 Smith & Wesson Magnum (ammo is not included in the purchase of the kit).

The CNC Smith & Wesson 500 Emergency Kit includes a custom challenge coin and a certificate of authenticity. If you are looking for a unique setup that has massive stopping power yet is also something you can pass down through generations, this is a revolver to consider.

The company says only 150 will be manufactured, and the CNC Smith & Wesson 500 Emergency Kit sells for around \$2,900, so it is not inexpensive.

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# GOLD AND SILVER ALL-TIME HIGHS

## Here Are The Plays To Profit

By Forest Hamilton

*Universal Coin & Bullion*

Not too long ago, gold broke \$4,300 per ounce, an all-time high. It's up over 65% since the beginning of the year. Silver broke \$53 an ounce, also a new all-time high. And Silver is up over 80% since the beginning of the year.

Gold has torn through milestone after milestone, printing fresh records above \$4,300 per ounce on a cocktail of safe-haven flows, expectations for Fed easing, and roiling geopolitical shocks.

Silver, gold's white-hot co-star, vaulted to new highs—eclipsing prior records—as industrial tightness collided with investment demand.

So, here are the drivers behind these massive increases and what you might want to do. First, is policy and macro tailwinds. Markets now price multiple Fed rate cuts into year-end, compressing real yields—the gravitational force that most consistently pushes gold.

When real rates drop or forward cuts are priced, gold tends to climb because the opportunity cost of holding a zero-yield asset falls. Recent surges lined up with a fresh repricing of the Fed path and a softer dollar.

Next is unprecedented official-sector demand. Central banks have transformed from background actors into lead buyers. Their multi-year accumulation campaign—motivated by reserve diversification and geopolitical hedging—has made official demand a structural floor under the price. Independent analyses and the World Gold Council's running commentary both point to robust buying continuing into late 2025.

Third, is a fragile global backdrop.

From trade frictions to kinetic conflicts, risk has been persistently elevated. In this environment, safe-haven flows don't wait for the all-clear, they pre-position. That's helped gold log its strongest year since the late 1970s with momentum reinforced by expanding ETF inflows. Forecast shops now openly discuss scenarios well above today's spot—one marquee bank even floated a path toward \$5,000 by 2026 if conditions persist.

Fourth, silver's dual identity meets scarcity. Silver is part monetary metal and part workhorse of the electrified economy. Photovol-

taics, EV electronics, and high-end manufacturing have kept industrial off-take robust. The Silver Institute and others expect a sizable market deficit for a fifth consecutive year in 2025—drawing down inventories and amplifying price moves when investors pile in.

Fifth, is market structure and liquidity. Silver's market is a fraction of gold's with no central bank backstop. So, it's prone to sharp squeezes, localized tightness (think London vs. New York premiums), and episodes of backwardation when immediate metal is scarce. We've seen signs of exactly that this year—conditions that turbocharge rallies and then, at times, reversals and price drops.

So, here's how to position yourself to take advantage of this market. First, don't chase every spike. In secular up-cycles, the best risk-adjusted entries often come on macro scares that temporarily boost real yields or the dollar. I scale into those, not the blow-offs. In other words: buy into strength, don't wait for the crash.

Additionally, respect silver's vola-

tility. Position smaller, re-balance more often, and keep dry powder for 10–20% air-pockets that can appear in days, not weeks.

Finally, blend vehicles. Physical gold and silver bullion coins that trade close to the spot price and Certified Investment Grade gold coins that don't need gold to go up to protect and grow your money. Non-qualified gold and silver along with physical gold in your IRA.

Bottom line: 2025's fireworks are the culmination of macro, policy, and structural demand coming due. In the short run, expect choppy strength—buy

the dips that policy repricing creates.

Over the next 6–24 months, gold looks set to defend a higher range with upside tails if the world stays messy; silver remains the high-beta way to express both monetary and industrial themes.

Manage risk, scale entries, and remember that in precious metals, patience compounds as reliably as interest ever did.

Too often in life we wait until it is too late to do what is right. The good news is that it is not too late to invest in gold and silver. There is still value, wealth preservation, and growth available to you.

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

**"Recent surges lined up with a fresh repricing of the Fed path and a softer dollar."**

# EVASIVE DRIVING TACTICS

## When The Rule Of Law Breaks Down

By **Brian M. Morris**

*Master Sergeant (Retired),  
U.S. Army Special Forces*

In the Special Forces, I saw time and again how planning, practiced basics, and calm decisions beat bravado every time. So, if you're ever in your vehicle and you find yourself in a "beyond the rule of law scenario" where police and first responders are unavailable to help you, your situational awareness, training, and skills will be what keep you alive.

You must scan continuously and know who's watching, how people move, whether vehicles are fixed in place or rotating, where cover and concealment exist, and which routes offer exits.

Always look for signs that a block is an ambush. Indicators could be the presence of lookouts, controlled lanes, or patterns of behavior. You should treat an unfamiliar obstruction as hostile until you can reasonably tell otherwise. That assumption can buy you time to choose the least risky option.

Avoidance is clearly the highest-percentage move. If you can detour, back away, or pick another route, do it. Crowds, lighted commercial strips,

and busy intersections afford safety by virtue of witnesses. Predators and gangs prefer isolated, controllable spaces. So, getting to a populated area is often the fastest way to reduce danger and find resources.

Always assume that a barricade — be it one or more vehicles or some other object used to obstruct vehicle movement through a route — is being observed by a person or a group who either don't want you to continue forward or who want to exploit or harm you in some way. Because of this, you should do all that you can to either back up or turn around and find another access point to get to where you are going.

Most obstacles and threats can be avoided by executing a basic three-point turn to either distance yourself from a potential threat or find another way to get to where you need to be.

How you choose to turn around is a matter of choice and often depends on the circumstances and conditions, but out of all the methods for turning your vehicle around, the three-point turn is the safest and easiest to learn. It's the method of choice when you're in an area that isn't wide enough for you to simply do a U-turn.

As for 180's and Reverse 180's (J-Turns), those are specialized techniques that you should receive formal hands-on training to perform well — especially under pressure.

Understand that there may be a time when turning around and avoiding a roadblock or barricade may not be an option, so it is important to understand the fundamentals of breaching obstacles.

Here are things to remember when you must ram your way through. You don't want to strike the obstacle at more than 25 mph. And be careful when striking a vehicle that is significantly lower than your wheel and fender height. If your vehicle gets fender locked, continue to accelerate away and jiggle the steering wheel back and forth to break loose. If you're ramming through a road blocked by vehicles, aim for the back side of the vehicle (Hollywood always gets this wrong). You want to ram the back because it's the farthest area away from the heavy engine block.

You also need to understand that these techniques are inherently dangerous, and they require time and resources in order to train for proficiency. So, be sure to train, train, and train some more.

Defensive driving courses, fire-arms training, situational awareness training, and basic trauma care are practical, teachable skills that translate directly to survival when social structures fail. Be sure you have these skills, and that you are continually practicing and rehearsing to keep your skillset sharp. This way, they will become the "reflex level" fundamentals you can rely on during a crisis. For training, you can always check out [www.SpyDriving.com](http://www.SpyDriving.com) that teaches you the skills you need to know.





# NARROWLY AVOIDING A DEADLY AMBUSH

## Clandestine Network Saves A President?

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

I was at the Agency headquarters, a few doors down from the Director's office, seated at a small table. I was sent to meet with the Secret Service detail assigned to the Presidential family.

All I was told was that the United States Secret Service needed assistance from the intelligence community, and I was assigned the task of expediting it. I was assured that all necessary resources would be provided and that I need not worry about red tape, the strict chain of command, or standard communications, authorizations, and protocols. My superior asked me to confirm that I understood, then said, "Get it done."

The Presidential Protection Officer needed a true ally who could navigate the intelligence community and the State Department via phone calls and personal connections. He did not have time to cable all parties and develop a working committee.

This undercover Secret Service officer was a prior State Department Diplomatic Security Service (DSS) officer, and I suspect that he asked around to find a person who had a good intersection of skills and experience at State and in the Intelligence Community that he could feel comfortable working with. Somehow, he came up with my name.

He was tasked with providing Advance Team protection for the President and his entourage as they headed into a volatile region of the world. Advance Team is a group of specialists who arrive at and around the travel destination well in advance of a Presidential or other high-level diplomatic trip. They have a more complex problem when the travel is



to overseas locations. The problem gets even more complicated when the destination is "non-friendly." When they only have days to establish a security perimeter worthy of Presidential protection, like for this mission, the matter expands exponentially.

The political and global implications of this particular trip were big, and this Secret Service Officer had very little time to create a safety bubble around the entire delegation. His job was immense, and further complicated because the destination for this presidential trip included visits to places known to harbor hostiles to America and specifically, this president.

Even worse, government officials at the destination were involved in activities to undermine, sabotage, and damage American international and domestic policies and citizens. In fact, the protective officer explained to me that the Director of the Secret Service, the Directors of the FBI, CIA, NSA, and the National Security Advisor had all sternly objected to the President's intention to make this trip. They offered several viable alternatives, but the President overruled them, arguing that he needed to make this trip to this place to show American strength and prove we would not be bullied. He gave them 12 days to put in place protection for him, his

wife, and his senior advisors.

That was about 24 hours before I found myself at that table awaiting someone from the Secret Service. The meeting was short and to the point. He needed intelligence from reliable sources on the ground in and around the area that the President was going to visit. He needed to know who was working where, who they communicated with, what kind of views they had, and whether they would be inclined to carry out an attack against the President.

He was well trained and experienced in protecting a traveling President and his fellow travelers, but no training or experience could provide him with ground-level knowledge of the people, terrain, threats, and specific risks he would face in his duties to protect the President at this destination.

He needed a snapshot of how things normally operate, and then a team of specialists in place, in advance, to monitor any changes to communications, logistics, personnel, or other activities that could signal a potential plan of attack once the President's plans to visit were made public.

Typically, he would coordinate with the State Department and other entities at the destination. But he did not want to waste time and try to navi-

gate that entire coordination process himself. So, he turned to friends at the State Department and explained what he needed and how fast he needed the help. We call this the “One Button” approach, which is a softened version of the original “The One Hairy Belly Button Solution.”

This simply refers to the need for one warm human who is accountable, reliable, knowledgeable, and responsive to get everything solved without referring out to others for authority or to act.

If the President or one of our National Security Authorities needs real-world, time-sensitive, factual information, it can only come from secret American intelligence activities such as electronic collection, human assets, or other clandestine sources that are in place before, during, and after the moment they are needed.

But any Advance Team that shows up in an area after a Presidential Visit is announced will only see what their threats want them to see. So, it's our job, as spies, to see what they don't want us to see, and to know what they don't want us to know. The only way to accomplish that is to consistently monitor, measure, and watch for deviations.

Now, discovery of a deviation in personnel, activities, communications, logistics, or other measurable areas does not, in itself, constitute an existential threat, but it can be an indicator.

So, during this operation, I got on the secure phone, contacted the “right” people, and filled them in. They already had a snapshot of the local police, military, and political environment, including staffing, locations, equipment, movements, and chain of command.

This was all in their working files. Spies spend a great deal of time casing, monitoring, listening, looking, evaluating, and planning. It's how we stay alive and out of foreign prisons. They used their entire team

of US Intelligence Officers and all of their assets (the people we pay to provide us information, AKA foreign “spies”), as well as State Department personnel, to report all changes.

Three days before the President was to arrive at his visit site, one intelligence officer reported that an asset of his had told him of an urgent call for laborers to move heavy equipment into an old, abandoned shop.

The shop just happened to be very close to the planned Presidential motorcade – a route known only to the US Secret Service, a few of us at CIA, and a very few senior government officials at the destination.

What piqued the asset's interest was that they were paying in (foreign currency) and paying 100x the local value of unskilled labor. The intelligence officer told his asset to go and offer to work.

The next day, which was two days before the Presidential Visit, his asset reported that he had worked for a few hours helping to carry crates wrapped in burlap from trucks to the back door and up the steps. He couldn't tell what was in the crates, but there were at least 30 of them, and it took four men to carry each.

I helped make sure that information got directly to my working partner, the Secret Service Agent charged with the Advance Team duties. He used his network to have the facility “casually” inspected as part of the host country's duty to protect diplomatic travelers. When he received objections, stating that the building was simply being used to house excess supplies and there was no need, and no one available to provide an inspection, he rerouted the Presidential convoy, so it traveled a great distance from that abandoned shop with the peculiar crates.

We did not pursue the matter any deeper for fear of exposing the fact that we had a source who clued us into a potential attack on the Presidential motorcade.

We'll never know what was in those crates, and that's okay. I never want to see any US President or official assassinated, regardless of party or ideology. Protecting our President is protecting our Constitution and liberties.

Further, I believe it is every American's duty to protect ourselves, our families, and our institutions from harm by ne'er-do-wells. So, if you don't have a team of trusted confidants in place to keep tabs in your community and alert you to any curious changes or potential trouble before it arises, now is the time to form one.

The truth is that you and your patriotic neighbors are the first line of defense for the community. Thwarting a potential crime, attack, or squelching trouble before it happens is the best way to keep everyone safe and alive.

Reach out to a handful of trusted friends in your area and commit to watching each other's backs and alerting the group if something is off. Having your own human intelligence network could save countless lives. Start one today.



## **SAVINT**

### **YOUR MONTHLY SAVINGS INTELLIGENCE**

This month, you can get first crack at the Escape and Evasion Driving Experience. It's not officially open yet, but since you're a VIP, you can take advantage of the early bird pricing. This evasive driver training is an incredible experience where you get to ram through a roadblock, do a 180-degree reverse turn, and shoot through a windshield. For full details and to watch the video, visit [www.SpyDriving.com](http://www.SpyDriving.com).



# ADVICE I GAVE MY 94-YEAR-OLD MENTOR

## Stay Strong, Stable, And Fit Regardless Of Your Age

By Dr. Omar Hamada

*Special Operations Physician*

Every fall, I spend a week in the Blue Ridge mountains of North Carolina with my spiritual tribe and mentor. Our mentor is now 94, recently widowed, and frail. As we went on short hikes and walks in the mountains, I became very concerned about his risk of falling because of his diminishing strength and balance.

I told him that even at 94, we could still get him stronger, more stable, and significantly decrease his risk of falling and injury, giving him several more profitable and active years of life.

Today, I want to share the advice I gave him and help turn your physical conditioning around no matter where you are right now and no matter how frail you may be.

There are three primary predictive indicators for aging well as we maintain independence: Muscle mass and strength, VO2 Max (cardiovascular fitness), and flexibility and mobility. We must maintain and improve these at all costs.

In America, we are seeing an epidemic of testosterone deficiency – even in guys in their 20s and 30s. It's a multifactorial problem - nutrition, chemicals, plastics, social pressures, psychological pressures, and even attacks on masculinity.

Regardless, by 50, most men need testosterone supplementation if they are deficient and don't have any contraindications like testosterone sensitive prostate cancer. There are natural ways to increase it with diet, cardio, and lifting heavy, but if it doesn't rebound, supplementation is recommended in order to regain muscular losses and build mass back.

If you feel frail and don't want to

hit the weights yet, or if you're travelling frequently and miss the gym, or if you're immobile or dependent on a cane or walker, you can still focus on body weight exercises.

Every day, do 100 bodyweight squats. If you must, do them in a chair. You can use your hands to steady yourself, but don't use your hands to pull or push, just your legs. If needed, break them into sets of 10, 25, or 50. But shoot for 100 a day.

Then do step-ups on stairs where you can hold onto a railing. Alternate for 100 step-ups on each leg. Take your time and get good muscle engagement.

Progress to lunges and get up to 100 lunges on each leg every day. Go as deep as you can, a 90-degree knee bend if possible. Again, you don't have to do them all at once. Break them up into manageable sets.

When you're comfortable with lunges, add wall sits. Sit on air with the wall behind you providing resistance for your back and keep your feet flat and your knees at 90 degrees. See how long you can hold it. Start with 30 seconds and progress to 1 minute.

Your goal should be a 5-minute wall sit all at once. While you're working up to that, even if all you can do is 30 seconds at a time, try to get to a total of 5 minutes a day. Your legs will quiver and burn. Make it a competition with someone else and encourage each other to push even longer.



Once this becomes manageable, start stair climbs and try to go for a total of 15 minutes. Progress to outdoor walks and increase your distance as you get stronger.

If you can get down on the floor and also get yourself back up, consider push-ups. You can start with  $\frac{1}{2}$  pushups from your knees before you progress to full pushups. Start with 1 or 2. Your goal is 100 a day. Break them up into sets.

Then flip over, place your hands under your buttocks and do flutter or scissor kicks. Then put your feet flat on the floor with your knees bent and do crunches or sit-ups.

Do these exercises every day, and when you're ready, add external resistance with bands or actual weights. Your goal is to get to lifting heavy 3 times a week and walking at least 3 miles 3 times a week.

Start now, and within 3 to 6 months, you'll see an amazing difference in your strength, stability, and endurance. This is exactly the advice I gave my 94-year-old mentor this past week. If he can do it, you can too.

# STAYING SAFE IN ANY ENVIRONMENT

## Becoming A “Hard Target” That Criminals Avoid

By Matt Numrich

*Head Instructor Of Spy Black Belt*

Safety depends primarily on staying alert. As you age, some people may assume you are an easier target. But that doesn't have to be true. When you develop small habits and simply pay attention, you can avoid many dangers before they ever materialize.

Situational awareness is one of the strongest tools you can have at your disposal. These behaviors, practiced often, become second nature and help you protect yourself wherever you go.

How can you increase your situational awareness? First, when you walk outside, bring your eyes off your phone. Texting, scrolling, answering calls, each moment spent looking down takes you out of the present. Before you pull out your device, pause and let your gaze sweep the area. Notice entrances and exits, people nearby, and anything that feels out of place. That short look may alert you to someone approaching or an obstacle you might trip over. Do this often, until checking your surroundings is as natural as breathing.

Stay aware of the space around you. As you move through a park, wait in line, or sit on a bench, keep room between you and strangers. When someone draws very near without reason, without greeting or making eye contact, that should instantly raise a red flag. And that little buffer of physical space you keep will give you time that can help you react, to change course, or walk away if needed. It doesn't mean you have to avoid people altogether. It means you choose to give yourself room—and that room can make all the difference.

**"People flow in certain ways, sidewalk traffic moves with pace..."**

Learn what “normal” looks like in the places you go or what I call “environmental pace.” Every street corner, store, or café has its usual rhythms. People flow in certain ways, sidewalk traffic moves with pace, and conversations drift.

Those patterns become your mental map of what's expected. When someone walks unusually, perhaps pacing, loitering, or otherwise behaving strangely, they stand out against that baseline. The moment you notice that disruption is powerful, and it gives you a chance to act before something bad happens. Trust that feeling in your gut when something is not quite right, or somehow doesn't belong, and act. Some of the worst stories I've heard are when someone knows something isn't right but takes no action.

Evaluate where you choose to spend time. For example, at dusk or night, walk where there are lights. Pick paths and parking areas where cameras are visible. Visit parks or plazas that people use and where someone will see you.

Good lighting does more than show what's around you. It ensures others can see you too. That visibility can discourage someone who wants to act in the shadows. Places with cameras and that have an open view, reduce potential hiding spots, and increase the chance someone will intervene or notice if things go wrong.

Practice these habits until they become second nature. Start each outing with a quick mental scan: Who



is around? What entrances and exits are visible? Where do shadows hide people? If something specific happens, like if three people start aggressively walking towards you, where is the closest improvised weapon?

With each step, use peripheral vision to pick up movement behind or beside you. When you sense something's off, don't wait, adjust your path, move toward more populated areas, cross the street, or turn around. Small actions done early stave off bigger risks.

I made a short video for you that shows me demonstrating these four points so you can see how they work in “real life.” You can watch the video at this link: <https://fearlessstreetfighter.com/situational-awareness/>

Now, the best part is that situational awareness doesn't demand strength or athleticism. Just intention, observation, and a willingness to act. When you train your senses, you gain confidence for everyday life.

Trust in what you see and in what you feel. Let your awareness be your guide. Walk, shop, travel, and live with your head up and your senses tuned—ready and aware. This way, you'll help keep yourself from being an easy target.