

# SPY + SURVIVAL BRIEFING

LIFESAVING STRATEGIES FROM FORMER CIA AND SPECIAL OPERATIONS PERSONNEL

## OUR BROKEN INTELLIGENCE COMMUNITY

### What Trump Can Do On Day One To Make America Safe Again

By Jason Hanson

*Former CIA Officer*

You might not know the name John Isaac. But I'm positive you know his story. You see, John owns a computer repair shop in Delaware. In 2020, a man who identified himself as Hunter Biden left a laptop at the shop. Soon after, a New York newspaper published a front-page story about the laptop which revealed that there were emails from the laptop that showed corruption by the Bidens. A forensic analysis authenticated one of the emails that was used for the news story.

As soon as the story broke, social media companies blocked links to the story and some news outlets refused to publish the story. Defenders quickly said the story was nothing but Russian disinformation (there was zero evidence of this).



The FBI got involved and seized the laptop from the computer repair shop. They determined that the laptop was Hunter's and that it hadn't been tampered with. Yet, mainstream news outlets continued to claim that the news story was from the Russians.

Then, 51 former U.S. intelligence officials signed their names to a letter saying it was Russian disinformation. A House Judiciary Committee revealed that the letter signed by the 51 former intel officials claiming that the laptop was Russian disinformation was the product of Biden's presidential campaign.

At least four of the people who signed the letter were current CIA contractors. And one former CIA official who signed the letter admitted that the purpose of the

letter was to help Biden win the election, but later added that it was inappropriate to get involved in the political process.

These 51 intelligence officials are disgusting. They should be ashamed of their actions. They signed their name to a lie with the express purpose to deceive the American people and influence the presidential election.

This story is one of the many reasons that Trump needs to revamp the intelligence community, starting with the officials at the top. Here are a few ways that he can (and has intimidated he will) fix the intelligence community.

First, Trump needs to cut the head off the snake. For 12 of the past 16 years, the intelligence community has been run by Democrats. Many of the officials are from Obama's time

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in the White House. Trump needs to get rid of them, and this is one of the first things that he should do when he takes office. Thankfully, this can be done without Congress slowing things down.

But it's not enough to just get rid of the corrupt intel officials. He also needs to cut the fat out of the intelligence community. Departments created after 9/11 have bloated over the years. A wholesale vetting and paring down of these bureaucracies needs to happen.

America's counterintelligence system is broken, and, because of that, today, we are losing the spy war with China. That's because Democrats abandoned counterintelligence and have allowed Chinese spies to hack into things from IT systems to smartphones. The fact is, most countries separate counterintelligence and law enforcement, but the U.S. doesn't. The FBI is a law enforcement organization, and not equipped to counter foreign espionage, but for some reason, it falls to them.

Trump needs to separate the two functions and let law enforcement make arrests based on counterintelligence provided to them. The FBI should be catching serial killers, bank robbers, and corrupt politicians. This is what they excel at, so FBI employees should be cops, not spies.

Of course, as you know, the FBI has lost credibility among the public, and these days you can't even trust FBI crime stats because Democrats want to make it appear that crime is going down.

For the intelligence community to be effective, they need to have a good relationship with America's leader and the citizens of this country that they've sworn to protect. Right now, they don't have that, but I hope Trump will slim down the intelligence community and let them do what they are good at and get back to protecting America.

One of the main things the intelligence community needs to do asap, is get more "boots on the ground." HUMINT (human intelligence) is the best type of intelligence you can get, and the past administration pulled back on that significantly because it was "too risky." If we want to truly protect our nation from foreign threats, we've got to get as many people on the ground as we can and we need to do it now.

The fact is, many foreign leaders are terrified of Trump, and they are ratcheting up their plans to hit back at America. So, during this Christmas season, while much of the world slows down and people aren't working as much, still take the time to gather supplies and do what you must to make your family as self-reliant as possible.

We are not anywhere close to being out of the woods with possible attacks against our country when it comes to an EMP, nuclear attack, cyber-attack, and more.

On a more joyous note, I hope you and your family have a very Merry Christmas and that Santa takes good care of you. God bless you during this special time of year.

## Pathfinder Titanium Cookware

Many people have survival food stockpiled for an emergency, but how many folks have a mess kit to be able to eat the food? So, while survival cookware may not be the sexiest topic, it's something you need to prepare for, and why Pathfinder Titanium Cookware might be worth adding to your gear.

The Pathfinder Cookware is made from TA1 titanium. It's lightweight, durable, and corrosion resistant. The bottle is 1050 mL and includes a titanium cap and gripped edge. It's perfect for keeping water or hot liquids at a good temperature for several hours.

The cup holds 600 mL and has large butterfly handles that are helpful if you are wearing gloves. It also has measurement markings on the side to help with cooking. The only drawback is that it doesn't have a pour spout.

The cooking skillet is six inches wide and has a folding handle and works good with rocket stoves. It's not a huge skillet but is fine for cooking for one person at a time.

Depending on the exact options you choose for your Pathfinder Titanium Cookware, you can spend a few hundred dollars on a set, and it can certainly make life a heck of a lot easier in a crisis situation. After all, food is pretty much worthless if you don't have a way to cook and eat it.

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# SHOULD YOU STILL INVEST IN PRECIOUS METALS?

## What Trump Means For Gold Prices

By **Forest Hamilton**  
*Universal Coin & Bullion*

Before the Presidential election, many of my friends and clients were stuck in the “let the dust settle” mindset and were significantly torn about what to do with their investments.

Prior to the election, my prediction was that if Kamala became president, gold would shoot to over \$4,000 an ounce based on the reactions from conservative voters to get ahead of some of her proposed policies with Certified Gold Coin Investment demand skyrocketing. And I predicted that if Trump won, gold would initially drop from \$2800 to as low as \$2500 before stabilizing and then steadily rise to well over \$3000 by the end of his term.

Now that Trump is officially moving back into the White House, here are my reasons for believing that gold still has \$3,000+ per ounce potential and why Certified Gold Coin Investments will be one of the safest and best places to invest funds over the next four years.

President Trump is not afraid to create an environment of uncertainty. He doesn't mind stirring the pot and is unbothered by detractors that try to get in the way of him fulfilling his presidential promises. This volatility surrounding policies, political decisions, and global relations can lead to a flight to safety, resulting in increased demand for gold, and consequently driving the price up.

Additionally, President Trump doesn't shy away from spending. While Elon Musk and Vivek Ramaswamy are heading up the Department of Government Efficiency in an effort to cut out wasteful spending, Trump has always been a believer in spending when done correctly.

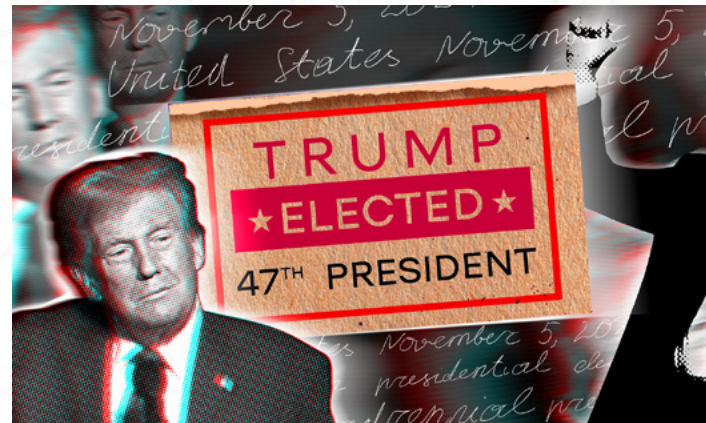
The dollar should continue to get weaker based on its inherent fiat nature, the cycles of endless printing, and groups like BRICS continuing to attack it. When the dollar gets weaker, gold gets stronger in an inverse proportion. Also, as the cost-of-living increases, investors will seek to protect their purchasing power by investing in physical assets like gold and certified gold investment coins.

Trump's previous administration was characterized by a number of geopolitical tensions, and if similar patterns emerge, investors will turn to gold as a safe haven. When uncertainty arises in global relations or military issues, gold tends to perform well.

We saw this a few weeks ago when gold jumped over \$50 an ounce in one day when Putin merely said the word “nuclear weapons” in response to Biden approving long range missiles for Ukraine to use against Russia.

So, while Trump had a positive effect during his last term and limited wars and terrorist activity, there were still significant tensions that could have gone either way on multiple occasions. This tension creates concern, which leads to people buying up the yellow metal and especially the certified gold investment coins.

Market sentiment can play a huge role in gold prices, and investment decisions often reflect broader political and social climates. So, should Trump's return generate a positive response among his supporters or the broader market, we may see an uptick in demand for gold. If Trump's supporters are feeling



good about lower taxes and higher 401k's, they are more likely to feel good about investing in alternative investments like gold and Certified Gold Investment Coins. And should Trump's return generate a negative response among his detractors, they may run to gold thinking he will run the country into the ground. Either way, gold will likely rise.

Many people don't realize that gold went up over 60% during President Trump's first term and many of the Certified Gold Investment coins rose over 20% per year during the last two years of his tenure.

Obviously, nobody can see the future, and predictions are just educated guesses at best. But based on my nearly 30 years in the Gold and Certified Gold Coin industry, I am more confident than ever that now is an excellent time to protect and grow some of your money with gold.

**[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.]

# LESSONS FROM HURRICANE HELENE

## The One Thing You Must Have When Facing Disaster

By EJ Snyder

*Former Army Ranger and Extreme Survivalist*

A few weeks ago, I travelled to Saluda, NC for the Annual Prepper Camp, right after the hurricane hit. Words cannot adequately describe the devastation, tragedy, heartbreak, and heroics I witnessed. Even after weathering 34 named storms in my life, it was destruction like I have never seen. I can only liken it to the war zones I've been in.

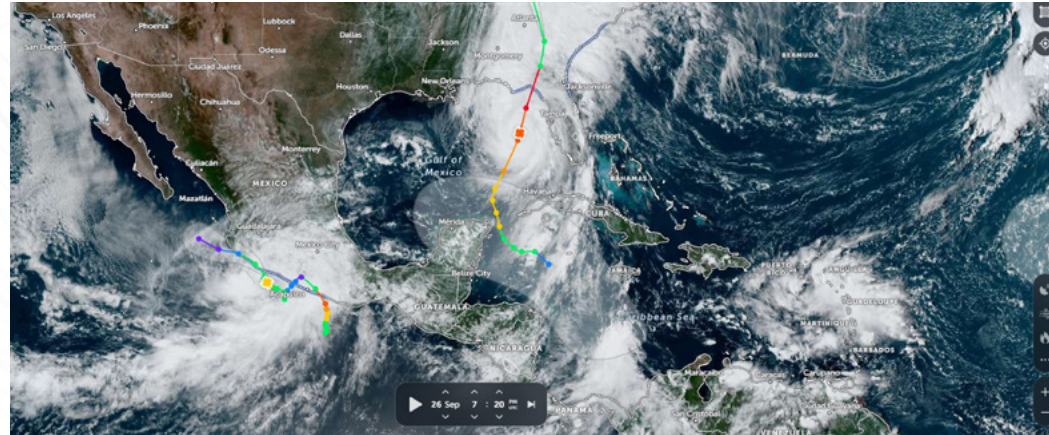
Hundreds of fallen trees blocking roads and on top of homes and cars. Downed power lines everywhere. Dozens of landslides blocking the way. Power, water, and cell service were knocked out. People walked around like zombies.

Store shelves emptied and gas ran dry once power to some areas came on. Travelers lined up at gas stations unable to get fuel, stuck there and sleeping in their cars. It was a mess. I stayed in the area for five days helping the locals best I could, delivering water and food, clearing and cutting routes, and reassuring folks.

I got back to Fayetteville, NC and started helping convoys going into Asheville, NC with supplies. We started out with one convoy of 3 to 5 vehicles every other day, but quickly ramped up to a convoy every day.

When a couple of my military buddies, trapped way up the mountain a week after the storm with no food or water called for help, I immediately loaded up my F250 and my trailer with supplies, clearing equipment, guns and ammo (there were reports of armed robberies) and headed out.

I stopped off at ABCCM a large church group in Arden, NC with a massive distribution center to get more supplies to deliver, and linked



up with three great Americans who joined my team. We headed deep into the mountains and got to my buddies just in time.

The next morning's light revealed the destruction of Elk Park. Standing before the village's destroyed church, meeting with folks who lost everything, many barefoot and dirty, crying for help, and grateful for what we could deliver, I realized I was going to be here awhile as God spoke to my heart!

For 15 days, I travelled deep into the hollers to recon routes and send reports on road conditions, missing bridges, village needs, etc. From my experience in combat zones, I learned you don't just go strolling into an area where you're a stranger. Instead, you go to the leadership first because they know everyone in their village, the sick, the elderly, and even the troublemakers.

So, we linked up with village pastors first and dropped off supplies since they were the centers of help for their community. Then we asked the leader to guide us around the area to help and talk to folks.

The stories of loss were heart wrenching. I gave out a lot of hugs and shed many tears. I stopped in each of the Relief Center FOBs as I travelled, and saw amazing work

being done at each. Small private airplanes dropping off supplies, hundreds of helicopters doing rescues or air dropping lifesaving goods, trucks either delivering supplies from out of state or picking up stuff to take out to the needy.

It was an all-volunteer effort of former special operators, and first responders from all over the state and country, church groups, and good Samaritans.

While I saw disaster after disaster, I also saw so many good people doing God's work. Neighbors helping neighbors. Strangers becoming friends. It's in these times that the very best comes out in people. Just amazing things that give you hope, and that's what people need in times like that — hope.

No man is an island, especially in a disaster. So, get to know your neighbors. Know who has what critical skills (doctors, mechanics, etc.). Form a community plan for checking on the elderly and pooling resources.

In the worst moments, it's the strength of your community that will pull you through. As we saw in Western NC, surviving isn't just about making it through the storm — it's about thriving in its aftermath. Stay prepared, stay alert, and above all, stay alive. Form a community and take care of each other.



# ONE “ROLL” YOU NEVER WANT TO PLAY

## How To Keep The Weapons You Plan To Use

By Michael D.

*Former Clandestine Officer, CIA,  
DIA, NSA*

It was a pleasant fall day, the sun was just breaking over the treetops, and the world was quiet as if we had snuck up on it and taken the day by surprise. Our team, the “Hard Targets Unit,” consisted of about five of us that day.

We were on the Secret Service Sniper range near the National Security Agency (NSA) Headquarters on Ft. Meade, MD. As a former NSA operations officer, I had several friends at NSA who helped me arrange a special training day on their range.

We used a special area designed for CQB (Close Quarters Battle) training with all the barriers, pop-ups, hothouses (where you do live fire on silhouette targets), shoot/no-shoot surprise targets, and other specialized training devices.

The SWAT vans and HUMVs rolled in earlier than expected. This gave us a chance to get to know our trainers and develop a rapport. Both teams (the trainers and our CIA team) seemed to be in awe of one another.

Most of us were prior military and some were prior law enforcement so we did not need any basic weapons training. We needed the stuff that only experienced special operations officers could teach us.

One of the first training segments was called “The Deadman Roll.” The purpose was to train us to be able to use any weapon that our fallen team members might be



carrying. For this training, our teammate was assumed dead and unrevivable. So, we had to remove certain secret spy items from his body so they could not be recovered by hostile forces. We maneuvered the body using the “Deadman Roll” so that we could get to their concealed weapons.

**“I’ve had single-sided razor or other blades sewn into the collars.”**

There were a few important prerequisites for this training that are worth knowing. First, we had to know the weapons they had on them and be sure we were qualified to use them. Second, we had to know exactly where they were on his body and how to remove them from what we call “concealment devices” (CDs). You see, clandestine operatives don’t open carry or even conceal carry. We “clandestinely carry.”

The purpose of our CDs is to allow us to carry a weapon so that it is unobservable unless we are strip-searched and our gear bags are dismantled. These concealment devices can be as simple as Velcro pockets or pouches sewn into our clothing, so the material is indistinguishable from the primary fabric. One common place for Velcro concealment pockets is under the forearm, closer to the elbow. The concealment pocket is placed on the weak, or non-primary arm, so we can easily rip away the Velcro and deploy the weapon with our fighting hand.

I’ve had single-sided razor or other blades sewn into the collars and cuffs of dress shirts and the hems and cuffs of pants.

There are many places on your body and in your clothes where you can hide non-firearm weapons,

but only a few places where you can successfully and reliably carry a firearm in clandestine mode. But clandestine carry is not a fast deployment like concealed carry. It is located and mounted for the exact opposite effect. It has to be hard to discover and almost impossible to break free.

Before the world knew about belly bands, they were one of our primary ways of carrying firearms clandestinely. We also had special holsters that fit inside the crotch of our pants. It was not “inside the waistband carry,” but a full-on crotch carry. It was easier to reach the firearm through the zipper than by sticking your hand down your pants. I carried a small .22 with no more than five shots and sometimes just single shots. They were just for emergency situations.

Our predecessors learned that when a man searches another man for weapons, they seldom reach into the crotch area or butt cheeks. Even though a thorough search should include those taboo spaces, they are usually not searched on an initial pat down.

Ankles and the upper back area are always checked thoroughly because they are obvious hiding places for weapons. However, reaching your hand into another man’s crotch or between his cheeks is uncommon. So, we carried firearms in our crotch and under or even behind our crotch.

Another way we clandestinely carry our firearms is in special pockets in our ops bags. It is absolutely amazing what the “spy designers” can do with clothes, bags, packs, and briefcases. Often, they provided me a bag with a small slot custom fit to the firearm, and it had semi-rigid sides to prevent “printing” or allow detection by running a hand over the

surface. I have carried firearms and had my bag hand-searched and they did not find it.

But there was an even more valuable training segment that day. It was on “Weapons Retention.” You see, there is no amount of marksmanship training that will be of any use to you if your opponent disarms you before you can deploy your defensive weapon. We spent half of the day learning techniques, maneuvers, and self-defense movements to prevent an adversary from taking our weapons

away from us. This included edged weapons, firearms, tactical pens, and other less common items like garrotes, flare pens, and acids.

Everyone immediately realized how easy it was for these experts to disarm us before we could pull the trigger, swing the blade, or toss the acid. For me, it was like an internal alarm going off. I did not realize how fast a trained professional could disarm me before I had time to use my weapon to defend myself.

I had years of martial arts training, weapons training, tactical skills training, and combat fighting skills, but I had never been taught the critical skill of weapons retention.

So, we practiced on how far to stand, what position to be in, how to hold the weapon, and how to move in ways that blocked our enemy from having a chance to disarm us and use our weapon against us.

The most beneficial segment of the training for me was learning what they did just before trying to disarm me. I learned how they needed to modify their stance in advance, where they focused their eyes, and how they moved their hands and feet, and twisted their body in

preparation to act. And I discovered that I could anticipate and defeat that attack just by spotting in advance what they were planning to try.

Now, let’s be frank. Most deadly threats are going to happen within feet of you, not 100-yards away. So, have your DMR (Designated Marksman Rifle), Sniper rifle, Special Purpose rifle, and every other tool you can afford and know how to use, but only after you perfect your ability to reliably protect yourself from a threat no farther away than arm’s length.

I recommend finding and taking a comprehensive weapons training program before you buy more ammo, a new sight, light, or sling. Train for the threats you will most likely encounter and prepare to win, because you don’t want to be the “dead man” someone has to roll.



**SAVINT**

**YOUR MONTHLY  
SAVINGS INTELLIGENCE**

My guess is that it’ll be pretty close to sold out by the time you read this, but I had enough people ask me about the Texas Cowboy Knife that I wanted to share this with you anyway. The Texas Cowboy Knife is one of my new favorite knives and it comes with two free sheaths. As the name implies, it’s made by two guys in Texas and is an excellent blade to have on you. You can see pictures and videos of the knife at [www.TexasCowboyKnife.com](http://www.TexasCowboyKnife.com).



# SECRETS THAT HOSPITALS DON'T WANT YOU TO KNOW

## How To Stay Alive In Today's Healthcare "System"

**By Dr. Omar Hamada**  
*Special Operations Physician*

One of the most dangerous places in America you can be today is a patient in a hospital. We have the best medical science, best physicians and surgeons, and the best technology in the world, so why are hospitals so dangerous?

Sadly, medical care has become a booming business. It's all about profit and stock price. Over the past 50 years, Wall Street has discovered how to turn science into a commodity and they have turned those who deliver medical care into commodities.

Insurance companies, pharmaceutical companies, hospital corporations, device manufacturers, and the research industrial complex are less about actual cures and more about management of disease.

Physicians and surgeons used to be professionals. Now we are a cog in a large wheel that churns patients through while prescribing more pills. Economies and efficiencies of scale have been implemented through a team-based approach utilizing automated nurse-driven protocols to minimize variance and mitigate risk.

So, if you are admitted to a hospital, you probably won't see a doctor who knows anything about you. Most providers now treat radiology reports and laboratory values rather than the actual patient. Patient interaction has been replaced by computer order entry and documentation.

In fact, today, you may not even be seen by a doctor at all since doctors are being replaced by nurse practitioners and physician assistants who can bill the same but are paid less, which saves hospitals money.

But pressures on nurses have increased and job satisfaction is at

rock bottom. Medical errors are at an all-time high despite mandated protocols, redundant procedures, and measured metrics.

Now a "healthcare team" has replaced your physician in the name of improved efficiency and risk mitigation. There is no one there interested in advocating for you. Yes, some hospitals do have patient advocates, but they work for the hospital and are ultimately really hospital advocates when it comes right down to it.

Unfortunately, if you try to advocate for yourself and it doesn't line up with what your healthcare team wants and sometimes insists on, you could be labeled a troublemaker and face certain types of what could be termed disciplinary action.

Now, I'm a doctor. I'd be dead today if I wasn't. I'll spare you the gory details, but a few years back I was a patient at one of our nation's leading hospitals — a large inner-city private hospital with the best doctors and nurses in America.

While there, I got septic and had rigors. My body was shutting down and shunting blood to my core to maintain my pressure so that I could no longer feel my extremities.

I was in great physical shape and my vital signs were steady, but I knew I was dying. I tried to get the attention of my nurse — she ignored me and told me I was fine. I begged my young attending physician for IV fluids and antibiotics and told him I was septic. He smirked and said he'd check on me in an hour. When



I told him I'd be dead in an hour, he laughed, shook his head, and walked out of my room.

My pastor was there with me, so I had him page my personal physician. My physician was at my bedside in under 5 minutes. He took one look at me and said, "You're right. I'm taking you to the ICU right now." He saved my life. If I wasn't a doctor and didn't realize what was happening, I wouldn't have made it out of there alive.

So, what does that mean for you? Three things. First, be a strong advocate for yourself. You can do this without being confrontational. Be nice, but firm, and don't give up. Better yet, find a friend or family member who is in the healthcare field and ask them to be your advocate.

Second, be the CEO of your own health. Get yourself a great doctor and see that doctor at least twice a year. Third, get in the best shape of your life. Stay healthy. Lose weight. Get off medications. Nail down your nutrition, sleep, and exercise, and stay away from hospitals whenever possible. If you need surgery, try to use a free-standing surgical facility rather than a hospital. At the end of the day, you and your family must take charge of all facets of your health and wellness.

# TOP-TIER SURVIVAL TRAINING

## 4 Crucial Components To Add To Your Self-Defense Regimen

By **Matt Numrich**

*Head Instructor Of Spy Black Belt*

When students ask me if there is anything else they can do to prepare for a threat or altercation, there are four crucial components I share with them as they refine their skills and techniques. They're applicable to everyone, so I want to share them with you this month.

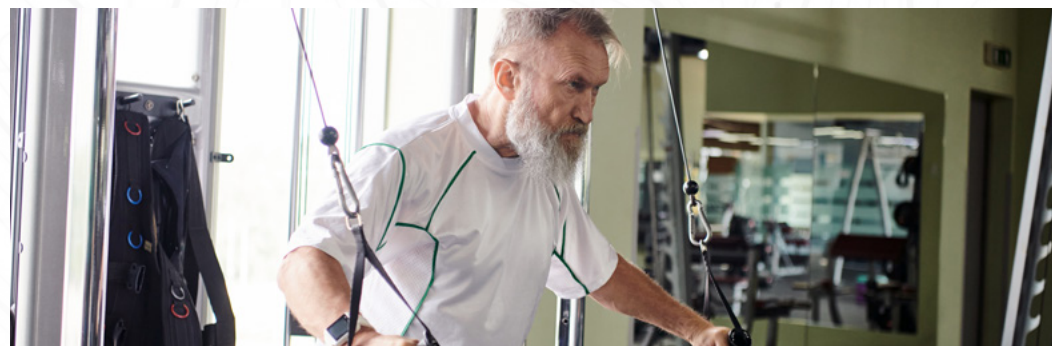
First, cardiovascular fitness is foundational for martial artists, as it supports endurance and stamina during training and confrontations. After a solid cardio workout, your heart rate should be elevated and your breathing should be quickened. Both are signs that you're pushing your limits. Finding a cardio routine that fits your lifestyle and limitations is key.

Activities like running, swimming, or cycling can significantly improve lung capacity and allow for more efficient oxygen delivery to your muscles. Incorporating various forms of cardio into your training will not only enhance your physical capabilities, but also prepare your body to maintain performance under stress.

Next, is strength training. While many people focus solely on technique, neglecting strength training can hinder progress. Incorporating

weightlifting into your routine can enhance your muscular endurance and overall power. Functional strength training, which mimics the movements used in the various movements in martial arts and self-defense combatives, is particularly beneficial.

For instance, squats and deadlifts can improve kicking strength while shoulder and back exercises can



enhance punching, blocking, and clinching techniques. By regularly challenging your muscles with weights, you're not just building strength, you're also improving your resilience, which is vital for not only your long-term bone and muscle density, but also reduces the risk of injury, and helps you execute your self-defense techniques.

Additionally, as I've gotten older, stretching greatly improves my recovery. Regular stretching helps maintain a full range of motion, which is crucial for executing techniques fluidly and effectively. Stretching also helps prevent injuries, allowing you to train consistently without setbacks.

Whether it's through traditional static stretches, dynamic warm-ups, or yoga, incorporating a stretching routine can enhance your mobility. Increased flexibility can

translate to improved punches and kicks, smoother transitions between movements, and better overall body control. Make it a habit to integrate stretching into your daily regimen to reap the long-term benefits.

Finally, there is activity-focused cardio. This is engaging in conditioning workouts tailored to the specific demands of combat or self-defense. For instance, if you want to

improve your performance in hand-to-hand fighting, incorporating drills that mimic those movements will be far more beneficial than general cardio routines.

Practicing scenarios like sparring or engaging in simulated self-defense situations builds the endurance you'll need to perform at your best during the stress and adrenaline spike of an actual fight.

This type of targeted training ensures that your body adapts to the unique challenges of defending yourself against attack, making it easier to maintain your energy levels in high-pressure situations. Whether you're defending against multiple attackers or training strikes with a partner, focusing on activity-specific cardio will set you up for success.

Incorporating these four components into your training regimen can dramatically enhance your performance under stress and boosts your chances of surviving a brutal attack.

By building cardiovascular fitness, strength, flexibility, and specific endurance, you will reap long-term benefits of muscle and bone strength and health, mobility and balance, and the ability to handle stressors. Best of all, it will give you longevity in training, while simultaneously preparing you to defend yourself and your loved ones against a real-world violent assault.

**"Whether you're defending against multiple attackers or training strikes with a partner..."**