

Fastest Way To Prepare

The background of the slide is a dramatic image of a city skyline, possibly New York City, with a massive, jagged crack running through the center. The crack is filled with dark, smoky or smoky-looking material, suggesting a catastrophic event or a deep crisis. The sky is a pale, hazy blue, and the overall tone is one of urgency and danger.

MODULE 6

SECURITY REVIEW AND
RECOMMENDED TRAINING

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Module 6: Security Review And Recommended Training

Welcome, in this module we are going to talk about security, including Deception, Defense and Destruction. We are also going to talk about Recommended Training both local and training that you travel for. Let's get started.

On security, there's a few different aspects to security that we're going to cover. The first one is deflecting attention using deception. Basically making yourself not look like a target. The next is early notification so that you can respond. Passive defense that prevents entry, in case they decide they want to try and get in, and Kinetic defense in case they actually do get through your first line of defenses and come into your house and made it obvious they intend to do harm and are willing to do harm in order to get what they want.

First of all, Deflecting Attention; what you want to do is identify a concept called the baseline and I've talked about this a lot before, so I am going to try and be brief on it and still cover it with enough thoroughness that people who haven't heard me talk about or read what I've written about it, understand it. In short the baseline is what is normal for your particular area. So if we are talking about the home, the baseline is going to be what is normal for your neighborhood. If everyone has a 1500 square foot house and there's a 4000 square foot house, the 4000 square foot house is not going to meet the baseline. If everybody in the neighborhood has a Chevy, Ford or Dodge and someone has a Macerate, the Macerate is not going to meet the baseline. You can go on from there; it becomes fairly obvious fairly quickly.

The other side of this is, if the baseline is that everyone has normal cars and you've got a jacked-up armored camouflage SUV, that doesn't meet the baseline either. Neither does everyone in the neighborhood having open front yards and you've got a six foot tall rock or brick fence with constantan wire on the top – so the baseline can go multiple directions, and basically what you want to do is try and blend in and ideally make yourself less of a target than your neighbor. So if a thief who is looking for a target of opportunity comes through your neighborhood, one it doesn't look like you've got stuff that they want, and two you don't look like the wounded gazelle that's easy to get. The funny thing about the wounded gazelle and the baby gazelle in the wild is that normally they don't provide the most meat. The reason that they get eaten is because they provide some meat with the least amount of effort. You don't want to be the wounded gazelle. You also don't want to look like the meatiest gazelle out there. What you want to do is just kind of blend in and not really be spectacular in any way to a thief.

What you want to do is compare yourself to the baseline, look at your neighborhood through the eyes of a thief and see if you are the target that you would attack, and hopefully you're not.

Some of the things you want to look at are the cars that you drive, or the cars that are outside of your garage, what people see when you open your garage, the clothes that you wear. If you are incredibly flashy – that doesn't mean you can't dress nice, nice is not incredibly flashy, but if you are wearing gold jewelry like Mr. T or a WWF fighter, in my mind that would make you a

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target – and the toys that you have, and these could be kids toys, but more specifically what I'm talking about are adult toys, like motorcycles, 4-wheelers, boats, things like that, big screen TVs, fast-fast computers. Things that a thief would see value in and would think it would be worth attacking your house as opposed to somebody else's.

Another thing is trash discipline, when you get new items, it's a very smart idea to cut or tear up your boxes inside of your house so that they fit into your trash or recycling bin. Basically what you want to do is have it so as people are driving by they don't say 'Oh that guy has a new big screen TV, that's great. I know where I would go if I wanted a big screen TV to pawn'. Or fire-arms boxes - I almost don't like getting boxes when I buy fire-arms anymore because of that, because they are hard to get rid of with any kind of trash support.

The other thing is announcing when your home is empty. Almost everyone leaves home occasionally, even for family outings or for vacations or for whatever. It's very rare that you have a home that is never unoccupied, but it does happen. You don't want to announce when your home is empty. One of the things you don't want to do is go around the neighborhood before you head out of town for a vacation and say hey we're going to be out of town for a few days. If you do have a trusted neighbor, which hopefully you do, just tell them you are going to be gone and ask them not to say anything and ask them to pick up any fliers or other door to door trash that gets left on your door or on your doorstep. That way it's not as obvious that you're gone and as obvious that someone can get in and have a fair shot of having free reign over your house for a bit of time.



Next is early notification, I am going to show you some off the shelf components that you can do, that you can get. I picked Harbor Freight, and Harbor Freight does not have, in my experience, the highest quality materials, and some people at this point are rolling on the floor laughing because of how obvious that statement is. What they do have is very-very inexpensive items that in my experience have worked quite well for their cost. They aren't great but they do work, they are definitely better than nothing. I suggest that people look at Harbor Freight for stuff, try it out and as products that they buy get to the end of life consider upgrading to higher quality products. But most of the stuff that you find at Harbor Freight you can also find at Radio Shack and definitely on Amazon made by different companies, slightly higher quality almost always higher prices.

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This little set up is a six sensor alarm with remotes and you can stick these sensors on windows, you can stick them on doors, and if any of them get tripped an alarm goes off and tells you which sensor is being tripped. It's a good little basic setup, and it's in the \$20 to \$30 range.

The next one is a motion detector, and it has a remote control. One of the ways that we use this, fairly regularly is when we're traveling, if we want to leave some stuff in our car. We will stick this unit in the car while we're sleeping overnight, if we are sleeping in a motel where we're close to the car. That way we don't have to lug everything into the hotel and make it obvious what we've got with us. We can just leave stuff in the trunk or cover it up in the back of the SUV and have this thing armed so that if someone does get into it during the night we know right away. We also use this in a moving truck and in our garage. It's a great little setup, it does plug into the wall, but you can also power it with a 9-Volt battery for quite a long period of time. Other models from Radio Shack use AA or D batteries, depending on when you buy and which particular model they have in. The lessons in this class are not a permanent solution but they are a very good short term, intermediate solution. And like I said, we've used them and had great success with them.

The next one is a single door and window alarm. There are a few reasons why I like this one. This little thing costs about, it's either \$3 or \$4 at Harbor Freight; you can get them pretty much anywhere that sells alarm components. It has both a chime and an alarm. We use this when we're traveling, we set it on the ground in front of the door in a hotel room and we've got a little alarm that can go off, and let us know if somebody's coming in or our kids are the age where they can open the door in hotels and they are not old enough to make good decisions. So we can set it on chime mode and if the door opens in the morning while we're asleep we know it, and it's just a great little tool and we are very glad that we found these. A few other uses for them, on the alarm mode, I have used it as a distress beacon doing search and rescue drills, and it works quite well for that. For building clearing, doing foursome force exercises, you can use these to make very-very quick alarms, distraction devices. You can also just turn it on and use it as a distraction device, or turn it on and go somewhere else in a building or in a house and people are naturally going to be drawn to the noise, whether they want to be or not. It's subconscious, and it's such an annoying piercing sound. The other benefit is it can cover up your movement, and if you're in a position where it would be more advantageous to cover up the sound of your motion than for you to hear somebody else's motion, this could be just the tool for that.



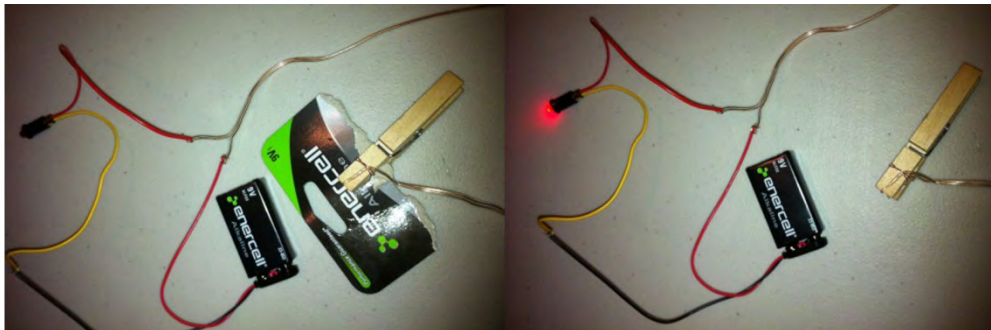
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The next thing is the pressure mat, and these pressure mats, the ones from Harbor Freight are really almost too sensitive to be useable with the alarm. What I have done when I've used them is one of two things. The easiest is to disconnect the alarm and hook up a light bulb to it, and then you still have the benefit of the early detection but you don't have the annoyance of all the false alarms, or the audible annoyance and the adrenaline level getting cranked up.

Next, this would be a guard dog, a little Jack-Russell Terrier. Tiny dog, I'm sorry not a guard dog, a watch dog. Watch dogs are going to watch people take stuff out of your house; they are going to watch people break in. They are going to watch people do whatever they do. They are going to bark and they may nip but they are not exactly a threat. What they do is they give you advance warning to be able to respond to a threat, and a few seconds, several seconds make a huge difference. What you want to do is look at little dogs like these as an alarm, not necessarily as a deterrent; it is a deterrent in a sense that people don't want to be detected. It's not a deterrent in that they think the dog is going to hurt them.

The next level up from this of course is an actual guard dog that can not only warn you when people are coming, but also take care of business for you if they get into your house.



An improvised alarm I want to share with you and this is a great one. It's made from a clothespin, a 9-Volt battery, a light or a buzzer, and some string and some trash. It can be used, it is amazingly flexible, the uses for it are – you could probably write a book on how many uses there are for this, but I am going to have bigger pictures in just a second. But here's what it is in a nutshell. What you do is you take a clothespin and you wrap wire around both parts of the wooden clothespin, and when the clothespin is pressed together the wire leads will touch each other and it will act as a switch and it will close the circuit and do whatever you want it to do. In this case I've got a 9-Volt battery and an LED light with a resistor on it. I've got a piece of cardboard in the clothespin between the wires preventing the circuit from closing. Once I pull out the piece of cardboard, either with a string or something else from a door opening or whatever, then the light turns on. Basically the way you use this is you would secure the clothespin to something and you would secure the piece of cardboard to something, and when a person, a door, an animal whatever tugs on the cardboard and removes it from between the wires, the wires connect and your circuit closes, and whatever you have hooked up to happen happens. You can

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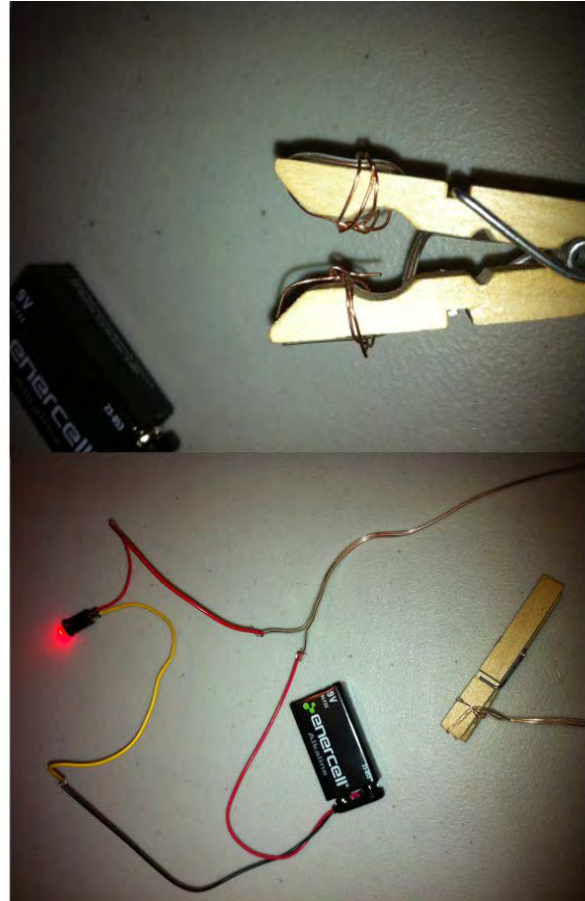
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substitute a buzzer for a light, it really depends on what you have in your environment and what's easy to get. You can buy the stuff ahead of time. Again it just depends on how you want to do it.

Here's a closer picture of the clothespin, so you can see what I'm talking about with the wire being wrapped around it, and cardboard not being between it. As the spring pulls the ends of the clothespin together, it makes the wires touch each other and close the circuit.

Again, here is a larger image with the clothespin, the battery leads and the light. And there's the clothespin with the wires.

A couple of ways you can modify this: one of the best ways to modify it is to put thumb-tacks in between the ends of the clothes pin and wrap the wire around the pin part of the thumb-tack. What that does is the head of the thumb-tacks will be touching each other and it makes a very nice smooth surface to pull items out from between, it gives you a little bit smoother, a little bit more predictable, a little bit more durable switching system. You don't have to do it, this will work, it does work quite well, but that is an adjustment you can make for it.



In addition to a buzzer, one of the ways I used this a lot when I was a kid and I didn't have trip flares, but what I did have were lots of small cheap model rocket engines, and electric igniters. So I would use this switch, a little PVC tube and a model rocket engine, and make little trip flares basically and they'd be erratic and go kind of all over the place. But I used them for all sorts of fun stuff. I used them with friends, I used them with hunting, and this little trigger works great.

Another thing you can do that's very similar to this is instead of using a clothespin you use a mouse trap. Again it works a lot better with a mouse trap if you use a thumb-tack for the metal bar of the mouse trap to slam down onto the thumb-tack. The uses for this are as varied as your imagination can come up with. You can use it on game trails, you can use the model rocket engine igniters, you can light fireworks with it, anything that makes noise or light or does what you want it to do; great-great little system, great improvised system. The neatest thing about it is

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if you travel a lot, these items can be bought almost anywhere and they don't raise any eyebrows. Clothespins are pretty innocuous, 9-Volt batteries are pretty innocuous, you don't have to have the fancy leads like what I've got on here, and light bulbs are pretty innocuous.

Next is passive defense against attacks. This is something else I've gone into quite a bit in the past so I am going to try and cover it without being too redundant for people who have read and listened to everything else that I have talked about, and still be thorough for those who haven't yet.

One of the biggest weaknesses to a traditional attack into a house is the screws on a door. Now, I have to back up a second and say that most houses in the U.S. are not defendable. You give me a dump truck or a semi or even a pickup, and I will just ram through the wall of any house that I want to get into. Whatever you do to your door, it isn't going to affect me at all. That being said, most attacks and/or robberies aren't that determined and committed. What they are doing is looking for easy prey, they are looking for the weak and injured gazelle and so you don't want to be the weak and injured gazelle. If somebody decides that you look like a good target or they are just going door to door looking for weak doors or unlocked doors, you want yours to be secure. One of the ways you can do this very-very easily is to replace the screws on your door with long screws that actually go into the door frame, otherwise known as the header. In most cases that's going to be a 3.5"-4" screw. What that does is it makes it so that you take your door from being able to be opened with a strong shoulder to taking a significant number of blows to get through. Here's the key to this – you can go out and buy a \$70 deadbolt, or two or three, and if you don't tie it into the door frame with good screws it doesn't do you any good at all, because the weak part is going to be the wood that you screw the deadbolt into. On the other hand let's say you use long screws for the deadbolt and you've got short screws for the hinges on the other side of the door, well the same thing happens. That becomes your weak spot and that becomes the place that's going to break. So you want to replace those screws as well.

Next is security window film, and this could be generic 10 or 12 mill security film, it could be from 3M, it's going to cost about \$9-\$10 per lineal foot so if you have a window that's four feet tall it's going to cost about \$40 to put that film on it. It doesn't make it burglar proof, what it does is it creates a film so that if somebody hits your window with a hammer or a rock it's going to shatter but they can't reach their hand in because the film will hold it together and cause quite a bit of trouble for them getting in with using simple means.

Next thing is dogs. We've talked about those.

Motion lights: Motion lights are great; one of the biggest reasons is because when they turn on, if anyone is near, their eyes are drawn to them, and if you've got them set up correctly anyone who's in the area that trips the motion sensor is going to be lit up by the light. So you combine those two factors, it draws people right to intruders. So again, that's an easy one, and actually the

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combination LED and solar security lights have gotten good enough now to where they're worth using. They aren't going to light up an entire yard, they're not that bright but they are good, they are solid pieces of equipment now.

The next thing is a door stop, just those little wedges that you stick underneath the door to keep it from closing when you've got a self-closing door. You can also stick it between a door and the sill of the door to jam it shut, you can also use shims if they're the right size and you've got the right spacing around your door, and they will essentially jam it shut. And the more someone pushes against it, the tighter it gets. You can use those in hotels too; it's a great solution for keeping doors shut on the road, when you don't have any real security.

The next thing is sheets of plywood, and this of course, is great for hurricanes and it is possibly great for after a disaster, but it's going to draw people's attention to you when your house has plywood on it and everyone else has windows. So you have to make a judgment call on whether you want that attention or not. If everyone in your neighborhood is using plywood, then you'll want to be using plywood.



Next we're going to talk about two of my favorites. These are simple, quick, and effective methods of securing doors. We don't use either of these in the form that I'm showing you, but I want to show them to you in this form because it may be the best way for you to get something in place quickly as to simply go to these sites and order them and have it delivered in a couple of days. The Katy Bar goes across the door and basically ... it's brilliant in its simplicity. It keeps the door from opening, you just cannot open it. So very-very secure if you have it screwed into the frame of the door. The Buddy Bar Door Jammer is another good one. There are some knock-offs that I haven't had good success with. The Buddy Bar Door Jammer is much-much-much better. Basically what it does is when somebody on the outside of the door tries to push in and open the door, the door jammer both pushes against them and it pushes the door up into the door

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frame and it jams the door. Now you can do both of these with 2x4s if you spend a little time. What we have done on the Katy Bar is we have S-brackets and long screws, and in the event of a disaster when we feel the need to put up a Katy Bar, our plan is to just screw the S-brackets into our door frame and put a 2x4 across it. We have the S-brackets, we have the screws, we have both, a bunch of rechargeable drill batteries and hand powered screw drivers, so we can make that happen. You can also use a 2x4 for the door jammer and you just have to make sure that the interface between the wood and the floor doesn't slip and you can do that in a number of ways using non-stick pads that you'd use in the kitchen or coating in rubber tool, the rubber dip that you dip tools into to rubberize metal handles. Basically whatever you figure out you can do, you can also screw it into the ground which is pretty permanent and you wouldn't want to do it on tile or nice flooring. But you may come to that where it would be worthwhile in a disaster.

So the first thing you do is make yourself an undesirable target, the second thing is make yourself hard to get to. If they still come, then you're playing a different game and you've got some options. The most common one that people talk about is having fire-arms for home defense, and fire-arms for home defense is a great strategy if you do the training. There's a world of difference between somebody who has a 38-special that's been in their bedside table for 20 years and never been shot and someone who goes out shoots regularly, does force on force training, does building clearing training, practices clearing their own house with the actual fire-arms that they would use, has the fields of fire set up and knows them, so that they know that when they fire in a certain direction, they won't be endangering other members of their family or their neighbors. Somebody who's picked their ammunition for the same factors and just has their head screwed on with all this stuff. Do I think fire-arms are good for home defense – absolutely? But there's a component that goes with them, a training component that is absolutely vital and if you don't have both you need to have other plans in place.

Next of course is sticks and blades, and these can be any or either. Some places you just can't have fire-arms and it's ridiculous and unfortunate, but some people, if you want to be honest and law-abiding you can't have fire-arms in your house and so you have to resort to other items.

Chemicals, like pepper spray and bear spray are wonderful. They are not 100 percent, but they work very well when they do work. They can be dangerous with children around, so you need to keep that in mind. You've got to be prepared to followup with your pepper spray attack or bear spray attack, and be prepared to get some of it on yourself.

Next is tasers or stun guns. I get asked about this quite often, 'what's the difference between tasers and stun guns'? And more specifically people don't know that there's a difference between tasers and stun guns. Stun guns are kind of like taking two bare wires from a wall socket and sticking them on someone, or I guess more accurately two leads from a car battery, because there's not that much amperage in them. They are very high voltage but they work on a pain principle, and it's getting someone to reply with your request to take a certain action because you

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are causing them pain. If they happen to be the type of person who doesn't respond normally to pain then stun guns aren't going to do a whole lot of good. They can become more of a liability than an asset.

Tasers on the other hand, if you think of how the brain communicates with muscles, just very simply let's say the brain communicates with the muscles on a specific frequency. Tasers are like a radio jammer and they interrupt that signal, and they cause all the muscles of the body to lock up, and this isn't a pain compliance tool it actually interrupts the messages between the brain and the muscle, so they are completely different animals.

A big reason why they cost significantly different amounts of money and it's a big reason why law enforcement doesn't carry stun guns, they carry tasers, because the concept is very different. Tasers have a much higher probability of working. They are not fool-proof either, people have trained to not be taken down by tasers by different movements that they do and different clothes that they wear, etc, but they are a great tool. And of course, 1001 improvised items that you've got around your house.

But all these have one very common short-coming and that is you have to get to them. You have to get to them and you have to make them ready to deploy or ready to use. Sticks and blades of course they are ready to use immediately but you may have to get the correct grip, etc. One of the things that I consider absolutely vital, not only for home defense but for being on the street, just day to day living, is being able to use your body weight in focused strikes to take out attackers, so that you can protect yourself no matter where you're at and no matter what you happen to have in your hands or what you don't have in your hands. Even if your hands are tied behind your back, if you have your body weight and you have the ability to focus an attack you can still defend yourself.

At this point it's important to talk about fighting versus eliminating a threat. They are completely different animals. In fighting, a typical fighting scenario that we think about would be personified by the Ultimate Fighting Championship or a bar fight, it's chest thumping, it's I'm better than you I can beat you, I'm a better fighter. It's not I'm going to destroy and kill you and take what's yours and make it mine. When you're eliminating a threat you don't have gloves, tape or padding, you don't have time to warm up, it's just you're on right now.

Along with that, there's no medical care or recovery time before your next fight. If you've got multiple attackers and you get lucky and do a combination, let's say you do a punching combination on the first guy and happen to hit his jaw just right and knock him out, but in the process you break one of the 27 bones in one of your hands – that hand's not really useful for the next attacker, you don't have medical care to fix it, you don't have recovery time to fix it. You've got to be on and you have to be on immediately. There's no referee stoppages when you're eliminating a threat, when you're protecting your life.

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If things get bad, the referee is not going to step in. Actually in the UFC or in bar fights, just when things are ending is when they are really getting started in a real fight. I will get into that in just a minute.

There are no trading blows. If you are planning on doing anything where you trade blows with an attacker, it's not a good concept, it's not a good strategy. Your strategy should be to eliminate the threat as quickly and efficiently as possible. And there are no rules, and I've joked through the years that as the UFC started adding rules to the fighting, and the reason they did that was one, so they could get sanctioned by the Athletic Commissions and the other was so they could create a sport where the fighters could have careers, and had less of a chance of getting career ending injuries. Well if somebody is attacking me and trying to cause myself or my family bodily harm and/or kill me, I want to cause career ending injuries, I want to end their ability to kill me and my family, at least temporarily. So basically everything that is illegal in fighting that's the first stuff that you want to do when you're eliminating a threat.

One of the assets that I recommend without hesitation is target focus training, and I will give you this link in a minute. But you can get a special deal on their training by going to SurviveInPlace.com/targetfocustraining. The reason that I recommend them so much is because for one I've been training using their concepts for 16 almost 17 years, and I own every tape and DVD that they have and I have gone through the live training multiple times, and I've trained at the target focus training concepts regularly, many-many-many-many times in live settings with instructors and other students. I have a very good friend of mine who used concepts to kill an attacker when he was at work over in Iraq, he took a blade to the back and turned around and took out his attacker. The concepts work, there are thousands of anecdotes of the concepts working and it's a very-very solid system. I used it when I was fighting competitively, not to end people, not to break people, but a lot of the concepts still carried over to fighting even though I couldn't use very many of them.

One of the big questions that I want to ask you is, when your life depends on your choice, do you want to wrestle or trade blows with a bigger stronger faster opponent when they're at their peak or when they are unable to defend themselves? In fighting, fights are called when one person is unable to defend themselves, the referee will stop the fight, friends will step in and keep someone from hitting an opponent in a bar fight when that person is no longer able to defend themselves. That's not when you stop when you're fighting for your life. What you want to do is be able to take someone and make them so they can't defend themselves as quickly as possible, and then break them so they can no longer hurt you and you can afford to either leave the area or call the police or do whatever you need to do. It doesn't mean you need to kill them, it just means you need to take them to a non functional status so they can't hurt or kill you.

The way that you do this, and it's fairly obvious, hopefully, is with dirty strikes. And I am going to show you or tell you a handful of targets that you can use and it's important to understand this,

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and I'm going to cover this a little bit more after I tell you the targets. You are going to notice there's not 20, 50, 100, 200 targets, it's a limited number of targets and there's a very-very solid reason for that.

The first target is scratching or poking the eyes. Scratching the eyes - you want to just scratch across the eyes. Poking the eyes, you actually kind of want - you don't want to touch the eye, what you want to do is try to go completely through the head with your finger. And I apologize if that's graphic, but when you're fighting in a life or death situation there's some graphic things that happen and in preparing for that we need to talk about it.

Next is a forearm through the throat, and this is through the front of the throat, through the esophagus and again, it's not touching the throat with the forearm it's trying to push the forearm completely through the neck.

Vasovagal strike: The vasovagal strike is quite simply cool. It is the closest thing to the Vulcan death grip that I know of, and what it is - it's not a pinch, it's a very solid physiological reason for the strike working. When you hit the side of the neck one of two things can happen. In a vasovagal strike you can either hit the vagus nerve or you can hit the carotid artery. Either one of these will cause the brain to think that the blood pressure in the body has shot through the roof and it will cause the arteries in the lower part of the body to dilate or get bigger. When the arteries of the lower part of the body get bigger it causes the blood pressure in the brain to tank, and this happens over a period of a quarter of a second to two seconds, a very-very impressive strike, very-very simple strike and it's not something that you can defend no matter how many shoulder shrugs you do with 500 lbs on the bar. It's physiologically impossible to toughen yourself up against. And that's a commonality between all these strikes. No matter how strong you are, your eyeballs are still your eyeballs, your esophagus is still your esophagus the vasovagal strike is still very effective. You want strikes that you can use on bigger, faster, stronger, younger, opponents. You don't want to be screwing around trading blows, punching with 27 bones in your hand, you want to take somebody out and make yourself safe.

Next is the groin, one of the problems with groin strikes is that people think of a groin strike as what they see on America's Funniest Home Videos, when somebody gets kicked, punched, hit with a ball, whatever, in the groin and they groan and then they shake it off and they laugh and they're good to go. That's not a groin strike, that's America's Funniest Home Videos, that's a little bit of pain but not horrible. In a true groin strike what you need to conceptualize, let's say you're striking the groin with a kick, is you're not kicking the groin you're kicking the middle of the person's chest, and you happen to be going through the groin. You're goal isn't to touch the groin; your goal is to crush and go through the groin. A good way to think about this is picture whatever you're using to strike as a bullet and these, the eyes, the throat, the side of the neck, the groin, they are all targets on the body. When you shoot something with a bullet it doesn't stop when it hits its target, it goes through the target, it goes through the target in most cases for quite

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some distance and that's how you want your strikes to be as well. You don't want to just touch and play patsy; you are trying to destroy parts of the body. By destroying parts of the body you are keeping yourself alive, and that brings up a big point, that this is not stuff that you would use in a social situation; this is stuff to use when your life is at risk and you would use a bullet from a gun if you had one. If you wouldn't take a gun and shoot at these targets, don't strike them with your hand with your foot or with anything else. These are very-very effective strikes, and when you get to this point where you think you need to use it, there's not really any turning back and it's serious stuff. So you just need to be careful about when and where you use this. Again it's not social, it's not something you're going to use with a brother-in-law or a brother screwing around, this is stuff that you only use when your life is at risk.

The next shot, it can be very severe if you do it properly; it's not as severe as the others, but a bladder strike. That will be just above the waistline, and again the point above the waistline that allows you to attack the bladder. You need to consider it as the entry point of your strike and your actual strike is going to go completely through the body. In reality it won't but that's the intensity that you need to have with the strike so it will cause the damage that you need it to cause.

Next is the knee: The knee is a wonderful target because it's only made to bend in one direction. If you have the ability to dive at it while grabbing the ankle, the bigger your opponent is the more they are going to help you destroy the knee and get you the response you need so you can take your attacker to non functional.

You will notice that I only showed you six targets, and limited options are good, because you don't get paralyzed by analyzing which one is the best. What you do is you scan, find the closest, easiest target and you attack it with everything that you've got.

One of the commonalities between all of these is they will make somebody unable to defend themselves for a short to a long period of time. It may be a few seconds, it may be a few minutes, but all you need is a few seconds where the person is unable to defend themselves. I will get into that in just a second.

Like I was saying, in a life or death situation you never simply strike these targets, they are the entry point of your strike. What you want to do is strike one to two feet beyond your target and ideally you should end up standing where they were when you started the strike, because you have transferred all of your body weight and all of your mass through the point of impact with their body and that has displaced them and your momentum has taken you to where they were before. The great thing about this is these same targets and the same fundamentals work with blades and impact weapons. So if you want to attack the groin you can attack it with your arm, with a leg, with a blade or with a stick and the results are going to be slightly different, but the fundamentals are going to be the same.

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It's really-really important, absolutely crucial to understand that the goal isn't to get them to change their mind about attacking you; the goal is to take them to a nonfunctional state, so they can't keep attacking you. What you do once you have caused this initial injury and you've got that second to several seconds to a minute where they are unable to defend themselves because they are reacting to the impact of your last strike, not because of pain necessarily, but because of confusion in their brain and the spinal reflexes these types of strikes cause. Then you cause damage, then you break down their body mechanically so they are unable to fight you. I will give you an example of this. If you kick someone very hard in the groin, what's going to happen is their hands go to the groin, and this works for men and women. If you know where their hands are one of the things that you can do is grab them and break the fingers. If you break the fingers on both hands, now they can't pull a trigger on a gun, they can't hold a knife and they can't use a stick and you've just bought yourself time to go and call law enforcement, call for help, get somewhere safe, do whatever you can and you've got a lot more reason to be confident that they're not going to stand up and attack you again, and just be more mad than they were before because you hit them and hurt them. You have taken them to nonfunctional. They will no longer be able to mount an effective attack against you using their hands.

If you need to, you could also stomp on their ankles as well and make their feet nonfunctional so they can't stand and kick you. The concept is the same though, you need to break down the machine that is trying to hurt you, or more specifically, if you look at their body as a machine as their mind as the person, you want to break down the machine so the person cannot use the machine to hurt you anymore, it's not going to work. It's like a car with flat tires; you need to flatten the tires.

One way to think about it is, if you've got somebody and they run out of gas, all they have to do to come after you again is put gas in the car. Or let's say they flood the engine, all they've got to do is give it a few seconds and clear the carburetor and they can start the engine again. But if while they are trying to start the engine again you flatten all four tires, you've made it so the vehicle is not going to be able to come after you effectively anymore. So you basically want to do the same thing with the machine that's trying to attack you or the body that's trying to attack you. Once you get it to where it can't defend itself temporarily, you break it so that when it is able to defend itself it doesn't have the ability to do so.

Next, I want to talk about live training. Live training is great for several reasons, and one of them is that you get to focus for an extended period of time and you get what I like to call, learning inertia. And learning inertia is kind of like a freight train, once you get up to speed on a certain topic, it's easier to absorb more new information and one, two, three, four day live trainings are absolutely phenomenal in crunching a lot of new information in a short amount of time and effectively retaining it long term.

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I have been through so many of them now that I'm always amazed at the impact they still have, but most live trainings will have a lifelong impact on you in one way or another. Some are going to be major life changing impacts. For the most part, you won't be able to go through a multiday live training and not have it affect you for the rest of your life, and so they are very-very good.

Then the question comes down to whether to do live training locally or to travel for training and there's benefits and drawbacks in both, and I want to talk on it, because they are fairly significant and important. With local training you're going to have lower cost and a big reason for that is because of the cost of travel, the cost of lodging and the increased cost of food when you're not eating at home. I don't necessarily mean the course is going to cost more because in some cases you may be near the place where everyone else in the country wants to come for a specific type of training. Another benefit of local training is less travel time, and so if you've got a two day course, you may need a day on either side for travel, so your two days of training now becomes four days of training and that can be problematic for work and family life. One big drawback of local training is distractions of home. Without having committed to travel and lodging, it's possible to cancel local training right up until the point where you're in the car going to it. It's also possible at night between days of training to go home and get completely engrossed in family life. I've had this happen before, where one of my kids got sick at home when I was at a local training, and so if I would have been traveling to the training, my wife could have handled it and I would have come home after it was all over and we all would have been good. But since I was in town and I love my wife and I love my son, I took care of my son that night. What it meant was I didn't get to spend time thinking about the training I had gone through that day, I didn't get to spend time preparing for the training tomorrow, and frankly I didn't sleep that much because I was taking care of my son. So in that case, the local training didn't end up giving me near as much bang for the buck as if I would have been away from the problem. Again, if it's a serious problem, if it's a life or death problem then you can hop on a plane from wherever you're at and get back home. But there's a number of everyday problems that can pop up that you will probably react to if you're local that you won't react to if you're out of town. When you travel, you are fully engaged in the training, you get to think about what you did for the day and mull it over and prepare for the next day. Sometimes what I have done in the past is, on a local multiday training, I will go so far as to get a hotel next to the training and not stay at home, even if it's only a 20 minute drive to get to the training. The reason for that is purely psychological, I want my wife to know that I am fully engaged in this activity for two days, I am not available to do honey-do's, I am focused on this just as if I had flown all the way across the country. In my mind it gives me the freedom to focus on it and get more bang for my buck, not only my buck but more bang for the time that I'm investing in the training.

So you've got a lower level of commitment with local training and a higher level of commitment with training that you travel for. The quality is a very interesting trade-off. If you train locally you are going to have the best in your area, that could be the best in the country, but when you

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travel you are always going to be able to get the best in the country. The big question is, if money and time keep you from doing the best training in the country, is it really worth it to wait or should you get 80 percent of the training locally and not get the best training in the country but get very-very good solid training and get it quicker and be able to train more often? Again, if you've got a two day class and if you travel to it, you've got travel on the day before and the day after, you could do two 2-day training locally or one 2-day training that you have to travel to that takes two days of travel time.

I lean towards local and in some cases I travel. I like traveling for different trainings and I do, but it's a balance between the two for me. Another set of factors is when you're local there's a good chance that you'll meet people who could be potential assets in difficult times. The flip side of that is, when you travel you get a chance to be anonymous, and you don't have to be anyone, you can just be John Doe out training and no one needs to know where you're really from, what you really do. All they need to know is you have a common interest with them and you're a nice guy, and there's obvious benefits to both.

There is some training that I want to suggest you do locally. Medical training is a biggie, I've talked about this, the first-aid, CPR, first responder, EMT, all those are great, especially if you can get the wilderness versions of them. And something that's especially good to do close by is a tactical first responder class, and these are normally designed for law enforcement and military, either military that's getting ready to deploy or law enforcement, and what it is, is how to take care of somebody immediately who has been a victim of a gunshot wound or another massive trauma, and these are normally one to two days in length and very involved and very focused. They're not going to be as broad based as a first responder or an EMT class, they don't need to be. They are working on one tremendously focused skill and getting you very well trained in it. You can call local police departments, local military bases to find classes you can get in on or local training agencies, local fire-arms training agencies and find out who in your area does training for law enforcement and military.

It really depends on where you're at and what your thinking is. Most of my friends and some relatives are in law enforcement and military and I enjoy being around law enforcement and military. I work with them in different capacities, it's like family to me, I don't have an adversarial relationship with them, and so I like taking classes with them. If you're in that same boat then that's another benefit of taking a tactical first responder class that's created for law enforcement and military. You'll get to know guys who are operating in your area and get to know them better than you would otherwise.

Another thing you want to do locally is a wilderness survival class and/or an edible native plants class. I've lived and done survival stuff in six different regions, climates, terrains, etc, and have six different sets of data to go back on what kinds of foods to look for, what kind of wood to look for to start fire, what kinds of plants I can eat, what's good what's bad, what animals are easy to

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find, easy to trap, easy to kill, etc. This is something you can travel for if you want to train with a particular person or learn some skills, but for the most part you're going to get as much or more bang for your buck by doing local training on these things. Because what you're going to find is if you do an edible native plants class, you are going to start looking around your neighborhood and realize that within 100 feet of your house in the front yards of your neighbors there's 10, 20, 30 plants that you could eat, that you've just been seeing up until now and didn't realize what an asset they were.

Another benefit of this, with the edible native plants in your own area, is that things that other people see as weeds in your yard you can let grow and even help along and possibly plant additional "weeds" that are really edible plants.

The next thing is fire-arms, and I like local fire-arms training because of the fact that you can do so much more of it than if you have to add the travel component to fire-arms training as well. I do and have traveled for fire-arms training. I like traveling for fire-arms training, I am going to suggest some places to travel to get fire-arms training, but I also want to emphasize the quality of fire-arms training in your area is probably very good. Almost every city in the country has guys who have deployed to Iraq and Afghanistan, almost every city in the country has police officers who have a high level of proficiency in SWAT operations, these guys – a lot of them enjoy teaching. They enjoy the stuff that they learned, they received or earned a level of proficiency that you can only get when you do this stuff for real and they like passing it on. It makes a lot of sense in my opinion to train with guys locally who you may be able to interact with on a daily basis after the training, become friends with – I have in several cases. There are some big benefits to it.

Next is executive protection or dignitary protection training: This training is great, some of the reasons are because you're going to get fire-arms training, in most states you're going to get unarmed and armed security training, you're going to get situational awareness training, you're going to get preplanning training for how to think about moving a high value target into and out of an area, and this is all stuff that transfers over directly to daily life with a family, except instead of a multimillionaire as your dignitary that you're protecting, you're protecting your family. You don't have to be all formal about it, you don't have to do diamond formations and stuff like that, but what you can do is, it helps you see the world in a different way and it helps you prepare and think in a different way. I don't know anyone who has gone through this who hasn't had immediate tangible benefits in their daily life.

Next is herbal medicine and aromatherapy: And it really depends; some people think this is kind of nutty. We have used it quite successfully for some time, and are big believers in it. With the FDA restrictions on it, I don't really want to get into a whole lot of details on it, just that you should look for people in your area who are very good at herbal medicine and aromatherapy and whose outlook on life and the world and possibly religion mesh up with yours, so that when they

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start talking about stuff, it's either not going to be whacky in your opinion, or just so it's not going to throw you off. You want someone who focuses on facts and history and is as scientific about herbs and aromatherapy or essential oils as possible. So that it makes sense and you can use it, and it's not just spending time making potions and lotions and neat smelling things, its stuff that's actually going to work on and with your body.

Next is permaculture, hydroponics and aquaponics, and these are things that again you can do most anywhere in the country.

Permaculture is figuring out ways to make the land support you for a long period of time without having to introduce foreign and non-organic items into it.

Hydroponics is growing plants with water and not with soil, and aquaponics is a mesh of water and fish and plants. Both hydroponics and aquaponics, one of the big benefits of them is that they allow you to make several times more food per square foot or per cubic foot than traditional gardening. So you can have a garden that supports your whole family in a very-very small area, whereas with regular traditional soil gardening it's quite difficult to do that.

The next one is 2600 or lock picking meet-ups: these are about hacking and social engineering. 2600 is a magazine you may see in Barnes & Noble, and what it comes from is back in the day, I believe it was the 70s, there was a hacker. Basically a hacker is somebody who takes something that's designed to work a certain way and figures out to make it work for another way. A hacker is not necessarily someone with malicious purposes. In a lot of cases, hackers are people who find short comings in security systems and report them to the company or the entity so that they can improve their security system, because they are concerned about security, they are not concerned about getting through it. They want to get through it just as a challenge, but once they do they don't necessarily do any harm. There are of course hackers who do harmful things after they break through security measures, but that's not what we're talking about here.

Back in, I believe it was the 70s, there was a whistle that came in Captain Crunch boxes, and a hacker found out if he put his finger over one of the holes it made a tone that was 2600 MHz and 2600 MHz happened to be the same tone that telephone linemen used to trick the phone into letting them make test calls from pay phones for no money. What this guy was able to do was take this little plastic whistle from a Captain Crunch box, plug one of the holes, blow on it, and make free calls from payphones, it was one of the big watershed moments for hacking and has caused it to become much more popular and organized. Both of these skills, hacking and lock picking, are part of an overall thing called social engineering, and basically what it is, is getting things to work in ways that they are not supposed to, which can be very valuable both in a urban escape and evasion situation and during desperate times.

There are components of it that are unsavory but quite frankly you don't have to do the unsavory parts. Being exposed to them and knowing what they are helps protect you and keep you safer

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moving forward because you know what to look for, you know what kind of things people try to do to get you to do things that you don't want to do.

Another thing is suturing and stapling courses for cuts on the body, sutures are basically stitches.

Now there is also training worth traveling for and I am going to give you some examples of it. One that we talked about before is target focus training and I want to suggest that you go to SurviveInPlace.com/targetfocustraining and there's a home study course. They've got a special deal on it and that's a great first place to start. Once you've gone through that you might consider attending live training. I can't emphasize enough how great the live training is, and if you can get to make it work, it is something that is life changing no matter where you're at in your progression on preparedness.

For fire-arms training and emergency medical training you should check out GunSite.com. One of the reasons I recommend [GunSite](http://GunSite.com) is because they have some assets that most local trainers just can't do, that they can't afford. They've got \$2000 remote controlled targets that are on wheels and will come at you and turn and do all sorts of things. One of the instructors out there, his name is Randy Watt, he is a Colonel with the 19th Special Forces group. He has operated in Somalia or the horn of Africa, multiple deployments to Iraq and Afghanistan, and is also one of the top SWAT instructors in the world. He is a world renowned SWAT instructor. He instructs for [GunSite](http://GunSite.com), he's out of Salt Lake and since he's a Special Forces colonel, he's pretty tied up with that, but when he is available, when he is teaching a class I highly-highly recommend Randy. He's also part of the Killology group, which – I don't know if you're familiar with Killology group or not, but it is made up of Colonel David Grossman who wrote the book on killing on combat and stop teaching our kids to kill, Michael Bane who has about half a dozen TV shows on fire-arms, Gavin de Becker, who wrote the book *The Gift of Fear*, and he trains secret service agents and other protection professionals on how to read people how to listen to your sixth sense and not squelch it and get rid of what your brain is trying to tell you.

The killology group is great, Randy is one of the key members in the killology group, he's an instructor at [GunSite](http://GunSite.com) and [GunSite](http://GunSite.com) is a great place to go.

Another one is InsightFirearmsTraining.com, and [Insight](http://InsightFirearmsTraining.com) is also in Arizona as is [GunSite](http://GunSite.com), and they are incredibly unique, they use a form of conversational hypnosis to take people from either just starting out with fire-arms or being very progressed in their training and get them to shoot quarter size groups at 20 feet within 20 minutes. Again, it's pretty much regardless of where you're at in your training cycle. The reason for this is, shots on the body may or may not shut someone down immediately. Shots in the t-box on the head which is between the eyes and down the nose, they will shut someone down immediately, they will stop a lethal threat in its tracks. And so their thought is, instead of doing two to the chest, one to the head, just do the shot to the head, and the shortcoming of course was that people would miss their first shot, second shot,

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third shot, especially under stress and over the last 15 years, they've figured out how to train people very-very rapidly to be able to make between the eye shots with a very high hit ratio in a very short period of time.

I am working on getting a package together for my readers so keep an eye out on SecretSuburbanSurvival.com and I will let you know when that's ready to go.

The next one is Tony Scotti, his website is VehicleDynamics.net and what that is, is basically defensive driving for personal protection specialists. So secret service, dignitary protection, executive protection, etc, again this is a great skill to have. It will increase your awareness as you're driving in everyday life. You are not going to need to do a pick on someone very often and make them spin off the road, or break through a roadblock made up of multiple vehicles, but if you ever do have to you'll know how to after going through Tony Scotti classes.

One of the last instructors I want to suggest is IceTraining.us, and Ice Training is run by a gentleman named Rob Pinkus. Rob and I have an interestingly good past, and we have done some cool projects together, and Rob is a great guy, an incredible instructor and has quite a different approach than either [GunSite](http://GunSite.com) or [Insight](http://Insight.com) and I find a lot of value in all three of their training methods. A lot of Rob's training is based on what happens to the body during a startle response, or what happens to the body after a stress response and instead of fighting it, use it, and integrate it into your training - very solid fundamentals and a real good guy.

A couple of years ago, the NRA sent out a DVD, a training DVD that Rob produced to every member of the NRA, it was that good that the NRA decided to do that, so that's another one to keep in mind. Rob travels around the country, it seems that he's never close to where I am, but anytime he is close, he's worth getting to. It's worth traveling as well.

So if you have any questions or comments, I want you to please shoot me an email at David@FastestWayToPrepare.com and especially if you have gone to any of the trainings that I mentioned, if you have any others that you would suggest or any that you have questions about, chances are real good if it's a reputable class on a national level that I will have heard about it and I can tell you what I've heard or tell you what I've experienced if I've gone to it. There are a number of courses and classes that I've gone to that I will just never mention because they didn't meet my expectations at the time. But at the same time I don't want to write something bad about them and have them figure it out and fix it and turn it into a great course a year later, but my comments last forever. So it's very-very seldom that you'll see me say something bad about a training course, mostly because overall almost any live training is going to be good. Again, if you have questions or comments, please shoot me an email and God Bless and Stay Safe.
