

TACTICS PREPAREDNESS

SKILLS AND SURVIVAL FOR ALL SITUATIONS

THE 25 YARD LINE AND YOUR CARRY GUN

“If your target appears larger than your front sight you are within range.”

– Jeff Cooper

BY: SHANNON SMITH

Standards in my competition classes are sub-second draw to a 12 inch target at 10 yards and ability to hit an 8 inch plate at 25 yards without time constraints. If you can do those two things it demonstrates to me you have the hand and

successful in competition shooting.

I have written about speed standards on the draw for a concealed carry gun in previous Tactics and Preparedness articles and I still think the 8 inch 25 yard shot stands here. There is no reason you shouldn't be

eye speed as well as an understanding of the fundamentals of marksmanship to be

able to make that shot with any gun. It just requires fundamentals of marksmanship. This is without time constraints.

Everything is a trade off in carrying a gun. If I were expecting a gunfight I either wouldn't go or if I had to go, I would bring a rifle. But as I've talked about before, I live in Florida, I dress very casual due to my job and I'm not expecting a fight. Therefore, I carry a small gun—but, I always carry. I carried a Ruger LCP for many years, and now a Glock 42 for a number of *continued on next page*

CONTENTS

- 01** THE 25 YARD LINE AND YOUR CARRY GUN
BY SHANNON SMITH
- 05** EXECUTIVE SUMMARY: ELEMENTARY CATECHISM ON THE CONSTITUTION OF THE UNITED STATES
WRITTEN BY ARTHUR STANSBURY
SUMMARY BY CHRIS GRAHAM
- 06** GEAR REVIEW: ANKLE MED KIT
- 07** HAGGLE, TRADE, BARTER
BY KELLY ALWOOD
- 10** DESALINATE BRACKISH GROUND WATER
BY ANDY CURTISS
- 13** MICROGREENS: THE ULTIMATE SURVIVAL VEGETABLES
BY JIM GALE
- 16** JUST 2 SECONDS: USING TIME AND SPACE TO DEFEAT ASSASSINS
BY GAVIN DE BECKER, TOM TAYLOR
AND JEFF MARQUART
- 20** PROFILES OF COURAGE: NICK ROWE

STAFF

DAVID MORRIS and "OX"	Publishers
CHRIS GRAHAM www.chrisgrahamauthor.com	Editor
JOHN HIGGS www.junkyard-dog.net	Copy Editor
BETTY SHONTS	Graphic Designer

OUR LAWYERS INSIST WE MAKE THE FOLLOWING DISCLAIMER: You may die in an emergency, even if you follow this training to the letter. You might get hurt doing some of the exercises suggested, hurt someone else, or be subject to civil or criminal liability if you do anything mentioned in this newsletter. Verify that the actions mentioned are legal where you are before even considering them. This is presented as a tool to help increase your chance of surviving natural and manmade disasters. While we guarantee your satisfaction with the information, we can not guarantee your survival or well-being. The author provides information about his experiences and preparations and gives general information. He is not an accountant, doctor, investment advisor or attorney and is not in the business of advising individuals on their specific situation. If you need specific professional assistance, please contact a local professional.

©COPYRIGHT 2018 TACTICS AND PREPAREDNESS. ALL RIGHTS RESERVED. THIS PUBLICATION CONTAINS MATERIAL PROTECTED UNDER INTERNATIONAL AND FEDERAL COPYRIGHT LAWS AND TREATIES. ANY UNAUTHORIZED REPRINT OR USE OF THIS MATERIAL IS PROHIBITED. NO PART OF THIS PUBLICATION MAY BE REPRODUCED OR TRANSMITTED IN ANY FORM OR BY ANY MEANS, ELECTRONIC OR MECHANICAL, INCLUDING PHOTOCOPYING, RECORDING, OR BY ANY INFORMATION STORAGE AND RETRIEVAL SYSTEM WITHOUT EXPRESS WRITTEN PERMISSION FROM THE AUTHOR / PUBLISHER.



PHOTO COURTESY OF SHANNON SMITH, WWW.UNIVERSALSHOOTINGACADEMY.COM

A smaller gun carried can have more value than a larger gun left home if you are proficient with it.

years. At the time of this writing, I've just acquired the new Sig P365. I think this thing is going to be a game changer, but I am waiting on a holster, so it isn't my carry gun yet. I have put it through its' paces with a few hundred rounds of various ammunition including 75 rounds of my carry ammo, Hornady Critical Defense. It has performed flawlessly meeting my accuracy and performance standards.

What is long range for a carry gun? That is a hard question to answer. It depends somewhat on the type of gun, but largely depends on you. It doesn't matter what the gun is capable of or what I can do with my gun. What matters is what you can do with *your* gun. Then to dig deeper, what do you think you can do with your gun in a more stressful situation than you've likely ever been in, on a moving target, possibly with friendlies in close proximity? I heard on a podcast recently that you never miss. That bullet always hits something. If you are in a mall or in the concrete jungle it could bounce, ricochet, carom and hit an unintended target a hundred yards away or more.

There is not the drop on a bullet fired from a pistol that most people seem to believe. I'm not going to get into trajectory, bullet weight, velocity, barrel length, etc., but very generally

speaking, if you were to aim at a man's head and press off a smooth shot, you would hit him at 100 yards with a 9mm Glock 17. The biggest challenge is that a flaw in your fundamentals is amplified as distance increases due to minute of angle.

I am faster and more accurate, especially at distance, with my G34 than I am with my G19, which is better than my G42. That is not as much due to ballistics as it is to size of the gun. It is simply easier to shoot a larger gun. Not larger in caliber, just size. There is more grip to get a hold of, more room to work the trigger and of course, a longer barrel and sight radius. But I don't carry a 34 or 19. So this article will be centered on what I consider "real" carry guns. If you really carry a larger frame gun, good on you! You will find it easier to accomplish these goals.

How far do you need to be able to hit with your carry gun? "They" say 85 percent of gun-fights are within seven yards. I say, "So are you just going to die 15 percent of the time?" While that statement may be true, most does not equal all. I do a lot of "wargaming" or mental exercises in my day to day life. I call it the "now" game. At any given point in your day, say to yourself, "now." What if right now, "it" went down. You are in your office or place of



“They” say 85 percent of gunfights are within seven yards. I say, “So are you just going to die 15 percent of the time?”

business and someone busts through the door shooting. How far is it to the door? Your favorite restaurant; how far from an average table to the front door? How about the Mall? You could get some serious distance there. Would it be morally, ethically and legally a case to engage? That is something I can't answer, but I can give you a couple of scenarios from my now game where it would.

Many years ago, I worked at a gun shop. It was a decent sized place. The counter where I usually set up was 25 yards away at the far end of the store from the front door. I spent a good part of my day at that counter. I could certainly envision a scenario of a strong-arm robbery attempt where I would be in the right to engage from that distance.

When I lived in Tampa, there was a cigar bar I would frequent for a smoke and coffee or beer while I did some computer work. I chose a table toward the back, near an electrical plug where I could work. It was 23 yards to the front door. I was near the kitchen and

back exit. I knew the girls who worked the bar pretty well. What if in the *now* game, someone came in shooting—disgruntled employee, ex-boyfriend, whatever? Do I go out the back or engage to help my friends? It is not an easy question to answer, but something to think about. In this particular scenario, past the front door was a very busy street with pedestrians and tourists. What if I miss? You have to consider that.

One of the scariest scenarios I can imagine is the Colorado theater shooting.¹ Low light, gas or smoke deployed, shooter wearing some type of ballistic protection, moving target, not much cover against a rifle, long distance depending on where you may be sitting and 400 friendlies scrambling. That's about as bad as it gets.

In many of these scenarios you can sum up that the smart play is probably to get out the back door with your family if able and don't engage. However, there are also many scenarios I can imagine where I may need to engage

outside the preached standard of seven yards.

So, the question is, *can you?*

There is a lot to be learned by understanding what you can't do as well. Yes, you can improve your skills, but a man's got to know his limitations. Last year, after some of the publicized church shootings, I had a student who was a member of a medium sized congregation. He was a seasoned citizen, as we call them here in Florida and he was putting together a volunteer, undercover, armed security force with the blessing of his pastor. After talking to him for a bit, I realized he had put some serious thought into the operation such as where members of the team would sit during services, sectors of responsibility, access points, egress avenues, etc. I was impressed at his insight. He was training with me for the shooting portion of the plan and that's what we were going to work on. It quickly became apparent that he was not a very good shot. I'd like to think my training improved his skills, but at the end of one day he was still a be-

low average shooter. He was an intelligent gentleman however, and he recognized the danger of his situation. That's a pretty tough environment to have to engage a probable moving target with tens to hundreds of non-combatants, many of whom are your friends, in the immediate area. After a day with me, he understood that he needed vast improvements in his skills before he was in a position to execute his plan.

"Long" range is relative to your skill set. I would consider long range with what I consider a true concealed carry gun to be outside 18 yards. G43, P365, Shield, XD's, G26—even G19, but that's getting on the big side for this discussion. In most cases, you have everything working against you. A smaller gun, harder to get a hold of, short barrel, short sight radius, usually sights that are too large and a trigger that isn't awesome. All these factors make an otherwise easy shot much more difficult.

ENOUGH TALK. SHOW ME WHAT YOU GOT!

You must first demonstrate an understanding of the fundamentals of marksmanship. If you can't execute the skill with no stressors, then you for sure can't execute when it matters. You will not rise to the occasion.

DRILL 1

- Target:** 6-inch square (head box of a USPSA Metric target)
- Start Position:** High Ready (proper grip, finger off trigger, elbows touching rib cage)
- Distance:** 7, 10 and 15 yards
- Task:** Extend and fire two rounds with no time limit
- Goal:** Hit the target twice

DRILL 2

- Target:** 18 inches (roughly the C zone of an IPSC or USPSA target)
- Start Position:** High Ready
- Distance:** 20 and 30 yards
- Task:** Extend and fire two rounds with no time limit
- Goal:** Hit the target twice

DRILL 3

- Target:** 18 inches
- Start Position:** High Ready
- Distance:** 20 and 30 yards
- Task:** Extend and fire two rounds within 2 seconds
- Goal:** Hit the target twice

If there are flaws in your fundamentals, you will see them progressively get worse from Drill 1 to 3. The addition of a time limit on drill three will (somewhat) simulate a stressful environment. If you are successful at Drill 2, but fail at Drill 3 for example, then you know you have trouble executing the fundamentals under simulated stressors.

The key here, as always in shooting, is executing a trigger pull without moving the gun off target. Easier said than done. You can improve your technique with proper training and practice. You must first have the ability to do it and then have the ability to do it with time constraints. Same techniques, just faster execution.

I think the biggest lesson is learning what you are capable of and paying attention to your environment. How far are you from potential threats? Can you execute the shot if needed? If you can't, it's good to know that. You can take the engagement option off the

table. Do you advance to the target to get within your range or evade and escape? I would always recommend the latter as the first option. However, if that isn't possible then you have to know your skill set.

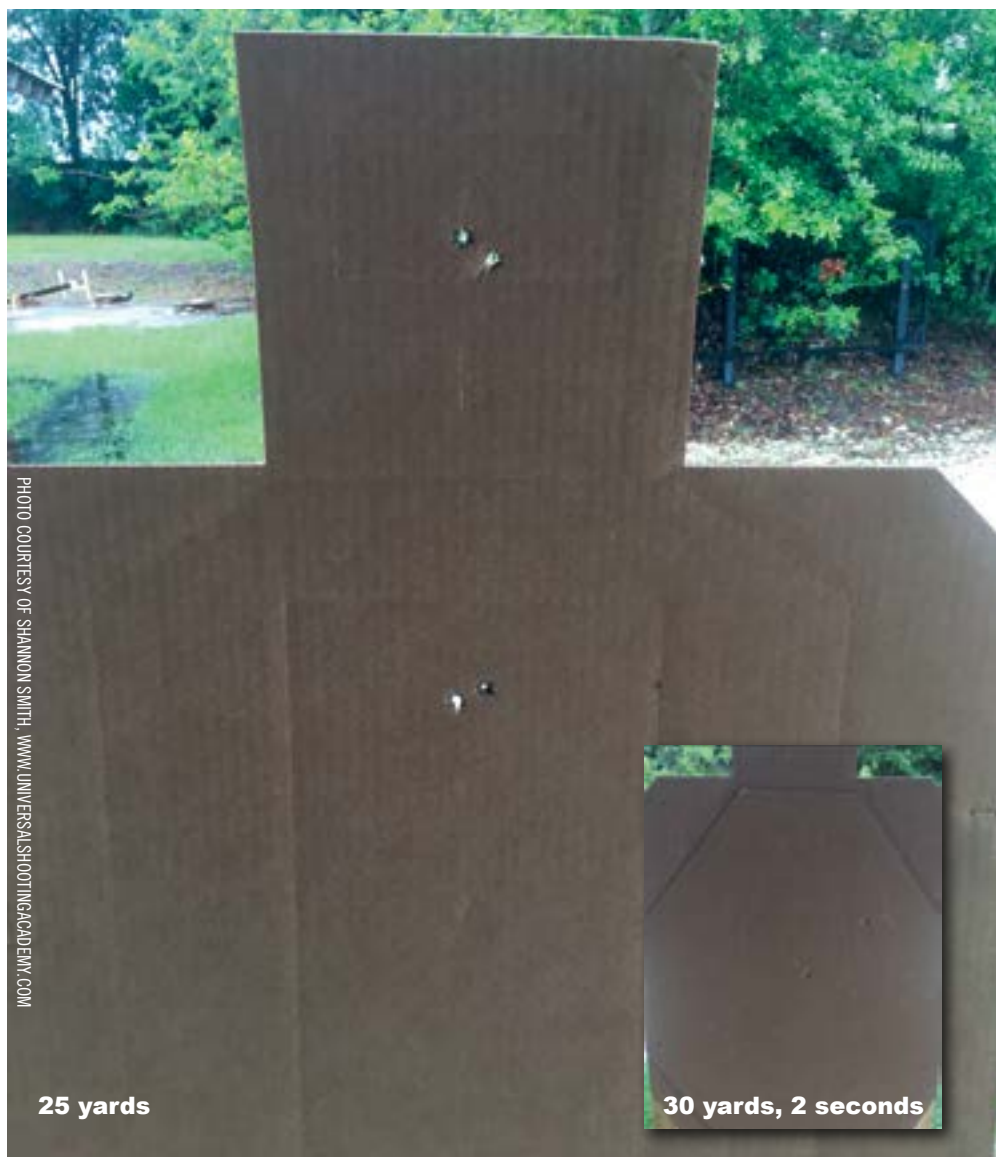
See you on the range. ✓


BIO

Shannon Smith is a National Champion across multiple handgun disciplines, member of the US National Team, and a full time instructor/part owner of Universal Shooting Academy (www.UniversalShootingAcademy.com) in central Florida. He is also a veteran of the US Army's 2nd Ranger Battalion. You may reach him through ShannonSmithShooting on the web, FB, YouTube and IG.

NOTES

1. July 20, 2012 Aurora, Colorado movie theater mass shooting. 12 killed, 58 wounded.





This 4th of July, remember the values and principles of our Constitution.

Elementary Catechism on the Constitution of the United States

BY: ARTHUR STANSBURY
SUMMARY BY: CHRIS GRAHAM



Like many of you, I swore an oath to “support and defend the Constitution of the United States against all enemies, foreign and domestic”.

I first took this oath quite a few years ago, but in recent years I have reflected upon that oath and our Bill of Rights while celebrating our Independence Day each year.

If you, or a member of your family has taken this oath, do you believe it is possible to uphold it without some study of our Constitution and the history of our nation? I am always amazed at what an advance, for all mankind, the founding of our constitutional republic was. Travelling abroad provides stark reminders of how rare the level of liberty and self-determination unleashed at the founding of our country are, even today.

In 2018, children are commonly and incor-

rectly taught that the United States is a democracy, and some people even believe the Constitution is ... *controversial*.

It is interesting to consider how Americans of previous generations viewed it. Arthur Stansbury's *Elementary Catechism on the Constitution of the United States* was published for American school children in 1828. In a question and answer format he asserted the following:

Q. Why is the 4th of July kept with such public rejoicing through all parts of the United States?

A. Because on the 4th of July 1776 the Colonies first declared themselves free and independent; from that day the independence of the country is reckoned in all our public pro-

ceedings; though it was not acknowledged by Great Britain till 1783.

Q. You say that in a republic the laws are made by certain persons whom the people choose for that purpose: — who make the laws in our republic?

A. The laws which concern only one of the states are made by persons chosen by the people of that state, and who, when met, are called the Legislature, the General Assembly, or the General Court, of that particular state. Those, for instance, who make laws which concern only the state of New York, are called the Legislature of the state of New York; those who make laws which concern only the state of Massachusetts, are called the General Court of Massachusetts. But laws which concern all the states or more states than one are made by the Congress of the United States.

Q. But if even the Congress itself should make a law which is contrary to the Constitution, must the people obey it?

A. No.

Q. You have said that no Laws can be made for the United States, but by Congress; may Congress make any Laws they please?

A, No. Their power is limited by the Constitution; that is, they have no power; but what the Constitution says they have. It must always be remembered, that the States, when they united to form the General Government, had full power to govern themselves; and that they gave up only a part of their power, for the general welfare. Whatever power, therefore, is not given by the Constitution, to the General Government, still belongs either to the State Governments, or to the people of the United States.

Q. Are my life, liberty, and property guarded by the Constitution, so that no man is allowed to touch either of them, except according to the laws of the land?

A. They are.

Q. Has the United States Government any power but such as is contained in the Constitution?

A. No.

Q. Have the different States of the Union all the powers which rightfully belong to a State, except those which are denied to them by the Constitution?

A. Yes. When the States united to form a constitution for their General Government, they agreed to give up to that government some of the powers they had before, and they set down in the Constitution what these powers were. All other powers they keep. The same thing is true respecting the people. All the powers they have not given up to the State Governments or to the General Government, they keep in their own hands...even in the most enlightened countries of Europe; under absolute monarchs, a proud and haughty nobility — a worldly, selfish, and ambitious priesthood — a vast and rapacious standing army, and a host of greedy officers of government; and then turn your eyes on your own happy home, a land where none of these evils has any place — where the people first make the laws and then obey them — where they can be oppressed by none, but where every man's person, property, and privileges are surrounded by the law, and sacred from everything but justice and the public good; how can you be sufficiently grateful to a beneficent Providence, which has thus endowed our

country with blessings equally rich and rare?

...In the next place, remember that this precious Constitution, thus wise, thus just, is your birthright. It has been earned for you by your fathers, who counselled much, labored long, and shed their dearest blood, won it for their children. To them, it was the fruit of toil and danger — to you, it is a gift.

This 4th of July, I hope you enjoy a great day with the people you care about. If any of them fail to understand the value and principles of our Constitution, you may want to share the *Elementary Catechism on the Constitution of the United States*. I believe Arthur Stansbury's assessment is correct when he warns:

...An ignorant people are easily betrayed, and a wicked people can never be ruled by the mild influence of their own laws. ✓

BIO

Chris Graham is the former commander of a military anti-terrorism unit and serves as editor of Tactics and Preparedness. Visit his books and training products at www.ChrisGrahamAuthor.com.

...

If there is a book you would like to recommend, or to contribute a summary, contact us at: Contact@ChrisGrahamAuthor.com

...

GEARREVIEW

ANKLE MEDICAL KIT

This compact trauma kit contains a SOFTT-W Gen 4 Tourniquet, a 4-inch Israeli Emergency Bandage and two pairs of Nitrile gloves. It weighs about eleven ounces and is easily accessible in a "kneel down" position such as when an individual is rendering aid. You may not want to patrol in it, but it is quite convenient for range operations and executive protection work when you load it to your preference. Take a look and decide if it fits your needs. www.rescue-essentials.com





HAGGLE TRADE BARTER

After a large scale natural disaster, supplies will be limited and in high demand.

People needed our help. They were suffering from dysentery and dehydration from a lack of clean water.

BY: KELLY ALWOOD

Our security station in Baton Rouge looked like a refugee camp for Hurricane Gustav victims. “We need antibiotics and IVs” I told my guard. I had him bring the truck around and strapped a couple of gas cans to the top. We needed to go out and find some medical supplies ASAP.

We drove outside the gate of our small compound and the heat and humidity made every move exhausting. We first went to the hospitals and Urgent Cares, but they were already out of everything and we were only three days into that mess. Ambulances were completely stripped of inventory too. I de-

decided to hit up the local pharmacies; maybe they would still have supplies and be willing to let some go. We ended up driving an hour outside of the city before reaching a pharmacy that was open and had supplies.

I walked in and started talking to the owner. He was a caring man and I could see he really wanted to help, but laws prohibited him from giving out “meds” without a prescription (yes, sterile water in a bag requires a prescription). He had plenty of antibiotics and IVs but did not want to violate the laws of the state.

I was looking at losing all of my guys and the civilians counting on us if I didn’t get the items needed, so I used the Behavioral Programming method of profiling his personality to see what would motivate him. Some peo-

ple are opportunistic, just waiting for something like this to come around and sell you a generator for \$6,000 that he bought last year at home depot for \$600.

I believe there are four basic personality types when it comes to what motivates them. They include “peacekeepers”. These people are most motivated to do something to avoid making others feel uncomfortable. There are “achievers”. These people are motivated by

Some supplies are easily ruined during a natural disaster, and others run out quickly.



STOCKPILING FUEL AND WATER ARE BOTH EXPENSIVE AND TAKE UP A LOT OF SPACE. YOU SHOULD HAVE THEM, BUT IN MODEST QUANTITY.



Batteries are always in high demand in every disaster because every person in the area now needs a flashlight.



cifically designed for caretakers. Within minutes he was filling bags with expensive, and very needed, medical supplies that were unavailable elsewhere.

Most people have never really thought about the psychology of bartering. In fact, many people believe people will be motivated by fear or greed in a SHTF situation, but that is not necessarily true. Unless people are

setting and accomplishing goals, and this is another great type to identify when looking to do some bartering. There are also “constituents”. These are people who defer to perceived authority figures. The last type is the “caretaker”. They are people who want to help others in need.

You can get amazing results in emergencies by being able to profile these people and deal with them appropriately. By now I’m sure you can name some people you know as you read these off. Identifying these character types in strangers is critical to surviving disasters of all types.

While people have traits of more than one category, one is generally dominant. I could tell within the first minute that this pharmacist was a caretaker above all. He was just a truly nice guy who found gratification in his ability to provide help to people who needed it from him. I immediately started my interaction with him with an approach that was spe-

under extreme duress, meaning they feel that death is imminent, they will respond similar to the ways they normally would. This is why understanding what motivates people is important. Getting the results that you want is important. You may be looking to get something from someone or you may be trying to offload some gear that you stockpiled for just such an occasion. Either way, the same tactics are used.

Most people will focus on the item being sought. However, the most effective method is to focus on the emotional needs of the person you are dealing with, and not a particular item. When you do this, everything you have is now worth a lot more. You see, I can sell anything I have to that person, because I am selling them, not any individual thing. That makes my batteries just as precious as my gun or food. You can command a premium on everything and minimize your costs for acquisition by communicating the right way.

Just as governments run PsyOps to make their target audiences feel as though things are either doomed (e.g. the rebels cause) or that everything is going to be ok (e.g. indigenous people of the puppet government just installed) we use the same psychological techniques on our targets. We will make them feel warm and fuzzy about them giving us what we need at the price we need. All of this is extremely important because it’s the only real way to get what you need and want without stepping outside the law and taking it by force in a crisis. The alternative to force is to talk them out of it, and that just requires a little research of how Behavioral Programming works.

Let’s say that we are now armed with all this great new knowledge and want to barter. To barter is to haggle and trade; trade being the key word here. There is no arguing over what something is going to cost if you don’t have that to trade for it. So what are you going to trade? The way to come out ahead in these situations is to stockpile cheaper, smaller assets and trade them for expensive larger assets when needed.

Stockpiling fuel and water may not be the best idea. They are both expensive and large. Large items require a large place to store in any quantity. This is not to say that you shouldn’t have these items. You should have these for sure, but only in a modest quantity.

I would prefer to stockpile batteries, coffee, etc. and trade for the larger more expensive items when needed. Let someone else buy and store all that big stuff for you. With your tactical tongue and low-cost gear, you will end up with what you need.

What are the most desired items in an emergency? Well, it depends on the area affected and the duration in days. One thing for sure is that the little things have the biggest psychological effect on people. Like charging cell phones and laptops. Just having a device and AA batteries will put you far ahead when trading. Batteries are always in high demand in every disaster because every person in the area now needs a flashlight. In cold places batteries, power heaters and electric blankets, socks and boots. In the hot places they will be used in fans to survive the crushing heat and humidity. Batteries are always a sure bet. No one ever has enough and they come looking for them. Another great item to barter with is sanitary supplies. These are cheap, small and in high demand. Simple things like toilet paper, wet wipes, and hand sanitizer will be highly desired by the end of the week. Anyone who has spent a tour of duty in a remote location will tell you the value of wet wipes. They were one of my prized possessions in the early war months in northern Iraq. Toilet paper is cheap and can be stored easily by simply crushing rolls flat. Use a vacuum sealer and put a couple flattened rolls in each package for safe easy storage and sales. Forget about toothpaste. Think about how much you have in your house for normal use and the last time you bought some. It lasts forever, so don't bother. Deodorant is the same way. Until the area is unsupplied for a few weeks, people will not be running out of it.

Coffee, alcohol and cigarettes are always a good choice. These are items that the public will not live without. How long could the people in your house and neighbors go without all of these? They are in high demand in the first 24 hours and on. After the first 72 hours you will see people looking for these above most everything else. Alcoholics don't stockpile booze for some reason and coffee goes really fast, just like in prison. People start to share thinking they will get more soon, but when they realize resupply isn't coming they become desperate. People will not go without coffee. Cigarettes are a no brainer. Perhaps it is you or someone you know, but we all know what happens to people's attitudes and priorities when they run out.



PIMABAY - GERALT

Little things have the biggest psychological effect on people. Items such as cigarettes will be in high demand in a disaster emergency.

Bang for the buck these are a real winner.

Do you think it is easier to sell cigarettes to a smoker going through withdrawal or gas for the smoker's generator? He will smoke and sweat before he sits in his cool house without smokes. Lighters are ok too, however they also tend to last a long time.

Bitcoin and other crypto currencies can be bartered with. These are becoming increasingly popular the world over, month by month. If you do a search for crypto ATM machines, you will find they are everywhere. I found seven in my town with a quick Google search. That means demand and use is high in my area. I have never been to a town where I could not buy and sell coins in person with one simple text left on a board. What this means to you, is that they are popular and can make for fast, safe trades. They can be stored on the Cloud, in your virtual online wallet or even on a thumb drive. They are safe because they can't be robbed or stolen in the conventional sense. Each one is authenticated so you know it's real the second it hits your account.

You may not have a lot of cash on you when an incident goes down, but you can have your cryptos when you need them. As ATM machines and banks go down in disasters, online banking generally does not. So even if you run out of cryptos, you can simply log in to your account and get more.

With extended incidents, you will eventually run out of things to trade and barter with. Everything will run out at some point, so having a reserve of cash is always a winner. Even in disasters you want to be able to get to it. PayPal is a great way to do secure money deals if you are going to use U.S. Dollars. Zelle is another fast, easy and secure way to accept or send money. It's pretty rare anymore that you are in a U.S. city and not have internet for more than a few days at most. Even in a city without electricity, you will generally have a cellular signal to send and receive money for your desired swaps. Have some money and have some goods you can barter with quickly. Supplies often come fairly quickly nowadays in America. The days of Katrina are gone. No more will a population go months without basic supplies in a "standard" disaster. Get what is desired early on to make your stay the best it can be. ✓

BIO

Kelly Alwood has extensive travel experience in disaster areas around the world. As a fulltime professional day trader, he makes his living in the markets and has been in Bitcoin and crypto currencies since 2011. He currently runs Drone Precision Strategies (www.droneprecisionstrategies.com).

The Rules of Three in survival have often been quoted as: three minutes without air, three hours without water, three days without shelter, three weeks without food being dire circumstances.

BY: ANDY CURTISS

Additionally, any survival tool worth its weight should have at least three uses. Although this is a generality, there is some sound logic behind it. Statistics point to the percentage of the global population living within 200 kilometers of a coastal body to be roughly half of the world population. According to a U.S. Department of Interior and U.S. Geological Survey paper titled *Brackish Groundwater in the United States* published in 2017:

“Across the Nation, about 29 percent of the grid cell volume between 0 and 3,000 feet (ft) below land surface contains Brackish Ground Water (BGW) in the areas where dissolved-solids concentration data were available. At the depth intervals studied, BGW was identified in every State except New Hampshire and Rhode Island.”

The paper also goes on to state that even in the state of New Mexico approximately 75 percent of the ground water is too saline to be considered potable. For those out there thinking that you’ll just boil the water to purify it; you may first want to consider this. Water salinity is determined by the Parts Per Million (PPM) of saline to water. The only

thing that one would accomplish by boiling the water is simply evaporating more of the drinkable water from the solution only to expose the salt particles at the bottom of the container, thus lessening the amount of drinkable water unless captured from steam. What would be left is a higher concentration of salt water. Filtering by conventional means is also a useless endeavor.

DON'T DRINK SALT WATER

Whether you are ever stranded while transiting an ocean, enduring a disaster that disrupts services near a coast or otherwise accessing BGW, you should realize that it is likely at some point you may encounter the dilemma of having to derive potable water from the undrinkable.

But before we discuss how to accomplish such a feat, let’s first discuss why we can’t just drink salt water. All too often, people take for granted the importance of fresh wa-

DESALINATE BRACKISH GROUND WATER



BOTTLE IMAGES COURTESY ANDY CURTISS

A SOLAR STILL IS SLOW, BUT WILL GET THE JOB DONE.

ter and the benefits to the human body and performance. The kidneys can only produce urine that is less salty than salt water. Therefore, to get rid of all the excess salt taken in by drinking seawater, you must urinate more water than you consumed. This would quickly lead to dehydration. Dehydration during a critical incident could mean death. Some of the symptoms that accompany dehydration are: headaches, dizziness, nausea, vomiting and diarrhea. The diarrhea is caused by the intestines drawing water from the blood to help rid the body of the excess salt. This results in a drop-in blood pressure and eventually kidney failure.

DESALINATING WATER

The way to desalinate brackish or briny water is by distilling it. Distilling water works largely through the process of Reverse Osmosis. Basically, the definition of Reverse Osmosis as it pertains to distilling salt water is creating a pressure greater than the osmotic pressure applied to the saline water that will cause fresh water to flow through a membrane while holding back the solutes (salts). This can be done with desalinators made for boaters such as those made by Katadyn and other manufacturers. Another way to make this process work is through generating heat to evaporate water and thus separate the salt from the water and then collect and re-condense the water vapor. This article will cover two different methods; the solar still and a fire still.

SOLAR STILL

The solar still is a method of desalinating water that one can employ when they are limited in the capacity to use a fire still. The way it works is through evaporation of the salt water to a collection apparatus. An example of this is attaching a plastic bag atop of a container holding the salt water and placing it directly in the sun. The hotter the sun, the greater the evaporation. Droplets of purified water collect on the plastic. Through this process high pressure moves to low pressure and wet goes to dry. This process is greatly affected by relative humidity, temperature and available sunlight. In order for this to be an effective process; one needs to construct numerous water collection apparatuses; because the process yields are low. One would certainly go thirsty and dehydrate if they were dependent on just one small solar still.

For the purposes of this article I constructed an improvised solar still utilizing the



While a fire still needs more resources, it yields far greater returns than a solar still.

following materials that may be found in a go-bag or which one may scavenge from materials common just about anywhere in the world.

What you'll need for this small solar still:

- 2 clear water bottles with caps
- 3-way cock stop IV tubing
- small knife or leather awl

Ensure that at least one of the water bottles is clean and dry. Then unscrew the caps. Use your leather awl or tip of your knife blade to drill a small hole in the top of the plastic water bottle tops. Ensure that the hole is no larger than the diameter of the tubing that you are using. Then fill up one of the bottles with the briny water you wish to distill. Also ensure that the cleaner of the two bottles is used as the collection apparatus. Cap both of the bottles. Then thread the IV tubing between each of the holes drilled into the bottle caps. You may use tape to seal any space around the IV tubing and the edges of the hole through which it is threaded. Place the bottles in the sun where they can build pressure and begin the process of evaporation. The water will evaporate from the bottle containing the saline water and rise to the top of the bottle, it then moves through the tubing and drips into

the bottle that is empty. This process is slow and it is for this reason that if anyone wishes to use this method for distilling; they must have numerous apparatus in place.

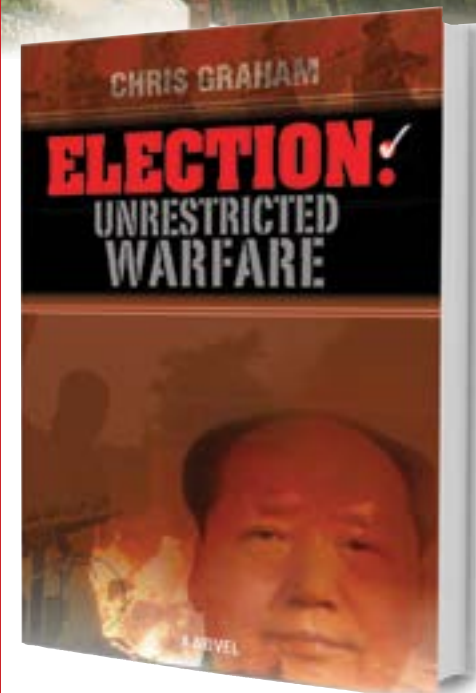
During my undertaking for this article, the weather was cloudy and rainy and a half bottle of saline water yielded only the bottom of the collection bottle full of water over a period of three days. Other methods include wrapping plastic over top of a saline water filled container, emplacing it in the sun and waiting over night to collect the evaporation. This method is recommended as an auxiliary or supplementary method of desalination.

FIRE STILL

This method is far more resource intensive, technical and yields greater returns. It is for this reason that I recommend the fire still as one's primary means for desalination if not in possession of a desalinator. Although the construction of a fire still is more complex than that of a solar still, anyone of reasonable intellect can construct one. Here's how it works: use two containers; one which will hold the saline water, the other will be used to collect it. Using high heat and metal tubing to connect the two containers; the evaporated steam is collected and directed through the tube and into the collection container.

FROM
TACTICS &
PREPAREDNESS'

CHRIS
GRAHAM



After the Iranian revolution, the new Islamic Republic of Iran instigates a series of terrorist attacks around the world. For what purpose? Col. Qiao Liang and Col. Wang Xiangsui unveil a modernized version of Sun Tzu's tactics. How could this be unfolding in current events? A corruptible American President approaches re-election... who is trying to manipulate her?

**AVAILABLE NOW
ON AMAZON**

"Chris Graham writes the way he flies: low, fast and hair raising. He's one of the best brightest and bravest Marines I've ever known. Now he's proven himself to be a sharp-edged master of suspense." - Oliver North

A simple Fire still set up can be constructed with the following materials and resources:

- Wood fire
- Some sort of material to use as a grill
- Boiling container
- Metal tubing (copper tubing was used in this example)
- Collection container
- Knife
- Saline water
- Aluminum foil

Prior to starting the fire, you should construct your still. You will create a formfitting topper with your aluminum on top of your boiling container. The topper will contain a port that the tubing will slide into. The tubing will then run into the collection container. (NOTE:

You may require some sort of improvised stands to support the tubing.) Once you've created the apparatus, place it atop of your improvised grill and then start your fire. The hotter the fire, the greater the osmotic pressure and the more rapid the desalination will occur. Depending on the saline content in the water, a considerable amount of salt particles may be left at the bottom of your boiling container. It should also be noted that your first batch of water should be dumped as it is the batch that essentially cleans the tube. Allow the water to cool, then drink.

Boating suppliers can provide a range of useful desalinating tools that you may consider for your contingency plans. Should you find yourself in a situation where you are forced to drink brackish or briny water, desalination is a must. I recommend that you forage, improvise or construct as many collection containers as possible and that you stock up on water if you can. Although the fire still is the most effective of the two stills tested, one may choose to have several backup solar stills as well. Remember that the human body consists of approximately 60 to 70 percent water. According to H.H. Mitchell, Journal of Biological Chemistry, "the brain and heart are composed of 73% water, and the lungs are about 83% water." Those are the main parts of the body that sustain life. Additionally, the kidneys and liver require ample quantities of water to filter the blood. Critical emergency situations can be taxing on the body, requiring excessive physical labor, stress and cause



PIVABAY - PUBLIUMAINPICTURES

Brackish ground water has been identified in almost every state.

the body to become dehydrated. It is imperative that you maintain proper water and salt balance during these times and avoid dehydration at all costs.

The skill of procuring potable water by converting the undrinkable to drinkable also requires the proficiency of other survival skills such as fire making and improvisation. My previous article installment on survival mindset and the mental edge is step one. In that article, the four survival principles were stressed: mindset, awareness, skill proficiency and physical fitness. Desalinating water reminds us of how important redundancy is in a survival situation. ✓

BIO

*Andrew Curtiss is a former member of the U.S. Army 3rd Special Forces Group (Airborne). He deployed around the world and is a professional Mixed Martial Arts athlete. He was the 1995 amateur runner-up for NAKAs World Championship Kickboxing and National Karate Champion for various divisions (AIKA). Andrew holds blackbelts in Karate, Taekwondo and Brazilian Jiu-Jitsu. He is a Defensive Tactics Instructor for the United States State Department and author of **Combat Application Techniques**, and **1984 Redux: Say Hello to Big Brother and Economic Collapse**. Instagram: ACurtiss78. Andy is available for training and consulting.*

Looking at these tiny one- to three-inch plants, called *microgreens*, you wouldn't know they pack one of the largest nutrient wallops in the plant kingdom.

BY: JIM GALE

Better still, unlike their larger counterparts, they only take a couple of weeks to reach maturity. Microgreens are the seedlings of vegetables; older than sprouts, younger than greens. It is in this stage they offer the most nutritional value. Chefs in high end restaurants use them because they add flavor, texture and color to their dishes. Aside from their use as garnishes, microgreens are the ultimate survival vegetables. They take up little space, do not require long growing times and can be grown with or without soil. For as little as a \$25 invest-

ment, you can create your own microgreen growing station that can produce pound after pound of nutritious food. Microgreens offer immediate access to fresh food year-round. This is a distinct advantage over other types of vegetables that have to be grown according to a season. Lush crops of microgreens can be grown in 10-14 days, and harvest to plate time is literally seconds. Stagger the plantings and you'll always have food ready to be harvested.

Pesticide free, microgreens offer food safety at its best. Growing microgreens under lights, inside or in a greenhouse means that you have controlled conditions, where you may guarantee no bugs, disease or chemicals have contaminated the food. The food is clean, pure and highly

organic—the way nature always intended.

The perfect addition to reconstituted MREs, microgreens take emergency food to a new level. Emergency rations are not always the most palatable, but adding microgreens to these dishes not only adds a nutritional boost, but adds several layers of flavor. Many who grow microgreens grow a “mix”, which is a collection of several different types of microgreens, each with their own complimentary flavor profile.

How nutrient dense are microgreens? The United States department of Agriculture (USDA) worked in conjunction with the University of Maryland to determine just how nutrient dense microgreens were in com-

MICROGREENS: THE ULTIMATE SURVIVAL VEGETABLES



COURTESY JIM GALE

They take up little space, do not require long growing times and can be grown with or without soil.



PIXABAY - COLOBOCQUE

parison to the full grown plant. Their conclusion? Microgreens have up to 40 times more nutrients than the full grown plant. Many of those nutrients include cancer-battling antioxidants. If you have picky eaters—the kind who detest all things vegetable—consider that mixing in a pinch or two of microgreens into a meal gives picky eaters a boost of vitamins and minerals without the fuss.

Making microgreens part of your survival diet is crucial because greens supply the necessary nutrients that affect over 300 functions in the human body. One of those nutrients, magnesium, can also reduce the risk of stroke or cancer. Vitamin K found in the microgreens of leafy greens has been found to lower the risk of diabetes, and they support heart health as well as maintain healthy blood pressure. Because they are high in folic acid, microgreens contribute to brain health. The zeaxanthin and lutein found in these little powerhouse plants are also excellent for eye health. Microgreens have very high chlorophyll amounts, which is why they are green. However, researchers have discovered chlorophyll acts as a potent detoxifier for the body and can confer many health benefits. Some of those benefits include boosting the immune system. Given all that microgreens can do for the human body, it's a no-brainer that you should get as many of these into your diet as possible. In a survival situation, they could literally save your life, and the best way to consume them is as nature intended—raw.

GETTING STARTED

Some of the best microgreens to begin with are those that grow the fastest, such as radishes, mustard, swiss chard, cress, cilantro, broccoli, chia and buckwheat. Nearly all types of lettuces are excellent microgreen specimens. Many suppliers will sell microgreen mixes which will already have the combination of several of these. However, to make it sustainable and ongoing, buying seed in bulk is advisable.

Seeds need to be non-GMO, organic and open pollinated. There are numerous suppliers out there that carry seed appropriate for microgreens. Some of the more popular suppliers include:

- mountainroseherbs.com*
- sproutbouse.com*
- toddseeds.com*
- trueleafmarket.com*
- johnnyseeds.com*

You will also need containers or trays for

the microgreens to grow in. For your own supply, or to just try it out to see if you like them, you can reuse or recycle plastic take-out containers or aluminum foil pie pans. If you have a sunny location in your house (south facing window) then you can basically start with nothing more than that. If the container doesn't have holes in it, you will have to bore some drainage holes in the bottom. While you can use potting soil, for long term microgreen growing most use a soilless mix, called Coir. Coir is a shredded product derived from the inside of coconuts. This Coir, unlike soil, can be reused after harvest. However, regular potting soil, not topsoil, can be used. You can also purchase hydroponic felt and plant direct into this. The hydroponic felt is also reusable and you won't have to deal with the mess of soil.

If you are planning to grow microgreens long term, then investing in 10 x 20 or 11 x 11 trays is advised. They are sold with holes and without holes. You will need an assortment of both. If you plan to grow microgreens year-round, then you'll want to get a grow light (T5) with a blue spectrum. The full spectrum lights can be used, of course, but are more expensive.

That's it. Keep them watered, no need to fertilize. In 10-14 days you'll have your first crop. Harvest them with a sharp pair of clean scissors. Some of the seeds that will sprout the fastest include almost all of the radish varieties as well as the lettuces. See the table for a handy breakdown of the most common, and easy to grow microgreens.

Knowing about microgreens is one thing, incorporating them into your diet is another. Because they are best eaten raw, it is best to incorporate them into a dish at the end. For example, you can easily: sprinkle them onto a salad, sprinkle over protein dishes, add to soups and sauces for additional flavor and nutritional boost and thrown into a juicer with



COURTESY JIM GALE

SPROUTS ARE GERMINATED WITHOUT SOIL AND BOTH SEED AND SPROUT ARE EATEN. GROW BOTH MICROGREENS AND SPROUTS TO DOUBLE YOUR NUTRITIONAL OFFERINGS.

your favorite combinations. Microgreens are most excellent included in grain or bean salads or combined with a tangy coleslaw dressing to be used as a topping for sandwiches or in coleslaw. Mix a handful of microgreens into cooked vegetables right before serving and you'll wonder why you never thought to do this before. Grow your own microgreens and you'll dine as well as you would in a five-star restaurant without dealing with waiters and the high price tag.

SPROUTS VERSUS MICROGREENS

While sprouts and microgreens both pack a lot of nutritional value in their tiny bodies, they are quite different from one another. Sprouts are germinated only in water and are rinsed a few times a day during the sprouting process. When ready, both the seed and the sprout are eaten. Sprouts are ready for harvest in approximately four to six days. Only

the leaves and stem of microgreens are consumed, and they are ready in approximately 10-14 days. While bean sprouts provide their own nutritional punch, microgreens gain extra nutrients they produce as a result of photosynthesis. Microgreens have more fiber than bean sprouts. Grow both to double your nutritional offerings.

STORING MICROGREENS

Because microgreens are delicate, storing them can be tricky if you aren't prepared. There are several ways to store your microgreens. If you harvest them by cutting them from the plant, place gently rinsed microgreens on a damp paper towel. Cover with another paper towel, then place in a resealable plastic bag in the refrigerator. Make sure the microgreens are spaced out on the paper towels. This discourages mold or rot. They should last this way for about a week. Microgreens do not like room temperatures once they are cut. Another way to prolong the life of your microgreens is to take the smaller trays and place the entire tray into the refrigerator, snipping off only what you need at the time. After a while they may tend to become leggy as they are still growing, even in the refrigerator. They are still good to eat that way, although they lose their luster. Microgreens do not like direct or harsh sunlight.

QUICK TIPS

Avoid overwatering. This is perhaps one of the most common mistakes beginners make with their microgreens. Keep in mind that microgreens are living, breathing plants and you can drown them. The soil needs to stay damp, but not soggy and is best being watered from below (hence the trays with holes in them).

Another beginner mistake is to break off the tender stems with your fingers. You will only try pulling the greens free from the soil or coir once to realize that it is a losing battle. Use clean, sharp scissors for the freshest and most visually appealing microgreen experience.

While it might be tempting to harvest the microgreens right after a watering, you will regret it, especially if you use soil. Damp soil will cling to the stems and leaves of the plant, making your cleanup job more difficult.

Seed heavily. Most beginners feel as if they are putting down too many seeds and thus use not enough. A good rule of thumb is six to eight tablespoons of seed per 10x20 tray. Buy in bulk, as seed packets you'll buy at the

COMMON, EASY TO GROW MICROGREENS

Daikon Radish China Rose Radish Triton Radish	Germinates in 1-2 days	Harvest in 6-12 days	Vitamins A,B,C, E, K, niacin, iron, folic acid, calcium, zinc
Mustard (Southern Giant or Wasabi)	Germinates in 2-3 days	Harvest in 8-12 days	Vitamins A,C, E, and K, fiber and antioxidants
Red Basil (Genovese or Dark Opal)	Germinates in 3-4 days	Harvest in 8-12 days	polyphenols for digestive health, antioxidants and anti-inflammatory
Broccoli (Waltham 29)	Germinates in 3-4 days	Harvest in 7-14 days	Vitamins A,C, and B-complex, fiber, antioxidants, calcium, copper and potassium
Chard (Rainbow Mix or Ruby Red)	Germinates in 4-5 days	Harvest in 11-21 days	Calcium, Iron, protein, magnesium, potassium, zinc, Vitamins A, B, C, E, and K
Arugula	Germinates in 1-2 days	Harvest in 6-8 days	Calcium, iron, Vitamins A and C, phosphorus
Peas	Germinates in 2-3 days	Harvest in 12-16 days	Calcium, phosphorus, iron and Vitamins A,C
Red Amaranth	Germinates in 2-3 Days	Harvest in 8-12 days	Vitamins C, E and K, calcium, beta-carotenes and iron

store never have enough. You would have to purchase about 10 or more packets to get the number of seeds (and that would still be skimping).

Purchase a cheap pH testing kit. Microgreens prefer soil and water to be fairly neutral (6.0). If the water's pH is higher than 6.0, add two teaspoons of lemon juice to bring it down.

Harvest microgreens when they are approximately thumb-high. Not only are leggy, spindly microgreens not as visually appealing, but they begin to lose some of their taste as they mature.

If you use soil to grow your microgreens, don't overfill the trays. These tiny plants aren't going to be there long enough to need much soil. Two inches is plenty.

In situations where space and sustainability counts, microgreens deliver. Most crops take a long time to mature, but microgreens can bridge that nutritional gap while you are waiting for their mature cousins to produce. Microgreens can be raised vertically on a shelf, maximizing space. In fact, you won't have to worry about theft at all as these little troopers can be grown entirely indoors.

Seeds, once purchased, can last a very long time on the shelf, so for years you could have a fresh source of highly nutritious vegetables. Being able to go from seed to plant in a week, regardless of the season, makes them a



If you don't have sufficient bright window lighting, use grow lights.

dream. Plus, the same seeds you use to grow the microgreens can be allowed to mature to become larger plants when the conditions are right. With microgreens, you can literally grow a survival garden in less than 10 square feet. Give it a try for fun. ✓

BIO

Jim Gale is an entrepreneur, inventor and eco-village developer. He is launching a franchise which will promote and sell decentralized food, water and energy systems around the world (<https://www.facebook.com/Mobile-Greens-Wellness-510601519335968/>). His long term vision is food forests and edible landscapes everywhere. His eco-village in Costa Rica is called Osa Mountain Village and has over 2000 fruit trees and 150 different types of food growing on-site.



JUST 2 SECONDS:

Using Time and Space to Defeat Assassins

Now: This is not the time for thinking. This is not the time for planning. This is the time for action. It is 2:25 p.m. on March 30, 1981, and the system of Presidential appearances is chugging along just fine, at least by all appearances.

BY: GAVIN DE BECKER, TOM TAYLOR AND JEFF MARQUART

A group of people behind a slender cordon is waiting to see President Reagan walk to his car. Some are waiting to get a closer look at him, some are waiting to photograph him, others are waiting to call out questions and one is waiting to kill him.

The media reporters and technicians are part of the system of Presidential appearances. Political promoters like them to be close,

protectors like them to be far away and presidents don't like them at all. Nonetheless, they are part of the system, and this afternoon, they are helping to conceal John Hinckley, who is not part of the system. Not yet anyway.

In a second or two, Hinckley's actions will cause the system's gears to grind as they try to digest something new: *bullets*. The assailant has six bullets in his handgun and he's about to fire them all. When this happens, some peo-

ple will flinch and duck, some will fall, others will stand tall. John Hinckley will become part of the system, his quality-control test improving it in the long run, but having terrible consequences in the short run.

The President walks out of the hotel. Though Hinckley glimpses him for just an instant, he draws the gun and begins firing. At the sound of the first gunshot, nobody standing on the sidewalk of the Washington Hilton Hotel recognizes what is happening—nobody other than Hinckley, that is. For some, it takes another shot and seeing people fall. For others, it will take all six shots to call their minds into this moment.

Since the attack began and ended in less than two seconds, it's easy to understand how some people who were right there had no idea what had happened until afterwards. Just

REPRINTED FROM THE COUNTER TERRORIST MAGAZINE WITH PERMISSION.

*ED. NOTE: THIS PIECE SPURRED AN INTERESTING DEBATE WITH GAVIN DE BECKER WHEN HE ORIGINALLY WROTE IT. EVEN IF YOU ARE NOT A BODYGUARD FOR VIPS, YOU WILL FIND SOME FASCINATING SECURITY CONCEPTS WITHIN.

two seconds, and the shooting was over. This book is entirely about those tiny fractions of time. These pages do not explore the planning that precedes attacks, the rationale behind them, the nature of conspiracy, the social and cultural conditions that foment them or the psychology of attackers—all important topics that have been addressed in other books. We are concerned here only with events **at the scene of the attack, during the attack.**

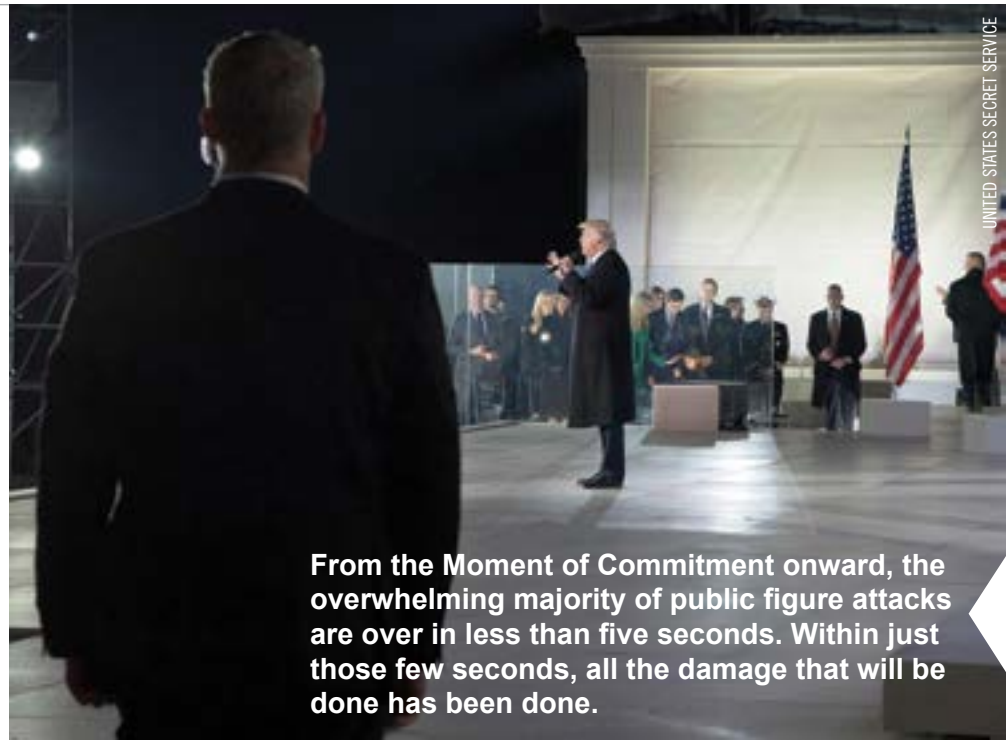
There are many disciplines that break events down to their elements. When judging a guitar, for example, experts listen for four things in particular, described by the term ASDR:

Attack (the first sound that comes from the instrument when a note is played), *Sustain* (how long the instrument body holds the pure sound of the note), *Decay* (how long it takes the sound to die), and *Release* (the end of the sound).

Our scrutiny must be as precise, given the stakes. Were this a book for pilots, it would be about crashes and near-crashes, not about routine flight, aircraft maintenance, nor navigation. Instead, it would explore the lessons that present themselves from the moment an aircraft comes out of stable flight until the moment the incident ends—such incidents always ending in one of two ways: The pilot regains control or the aircraft crashes.

The moment protective operations come out of stable flight is usually marked by the sound of gunfire. In most of the hundreds of incidents we studied, that sound is what led protectors to know an attack had commenced. However, there's an event before the sound of gunfire that actually marks the start of an attack: The Moment of Commitment. That's the instant in which an assailant first takes an obvious action likely to reveal intent; an action from which he cannot easily retreat. It might be his bringing a gun into view or pushing forward through the crowd, jumping onto the stage or raising his arm with a knife, but whatever it is, he knows he's not likely going home when his act is over. It is this Moment of Commitment that starts the clock on a critical race between safety and lethality.

Sometime (i.e., some time) after the Moment of Commitment comes the Moment of Recognition. This is the instant when protectors get their minds around what is happening, a prerequisite to getting their arms around what is happening—and more significantly, getting their arms around the assailant or the protectee. Watch the videos and films



From the Moment of Commitment onward, the overwhelming majority of public figure attacks are over in less than five seconds. Within just those few seconds, all the damage that will be done has been done.

of attacks and the Moment of Recognition is unmistakable. You will see a powerful energy bolt through everyone present. The target freezes and recoils, the bodyguards and the attacker begin an awkward and disturbing ballet, onlookers surge forward to see, then backward to survive. A chorus of screams and gasps is heard long after the violence has stopped.

The extensive study undertaken for this book has produced many insights, the most striking of which is also the simplest:

From the Moment of Commitment onward, the overwhelming majority of public figure attacks are over in less than five seconds. Within just those few seconds, all the damage that will be done has been done.

The five-second statistic could be discouraging to protectors, because it grants them very little time to respond effectively. However, embedded within that five-second statistic is one of the most encouraging lessons we learned:

Attackers are even more handicapped by the speeding clock than are protectors.

Just as an attacker benefits from the narrowness of time in which protectors can respond, so do protectors benefit from the ever-narrowing time the attacker has to complete his act.

For an attacker like Hinckley, the choice to bring a handgun into play carries an enormous and immediate consequence: Where time served him before he revealed the gun, afterwards, it begins to enslave him. The gun he wields as a weapon can also be seen as the

starting pistol for a race. From the moment he introduces it, he is fighting time, and hopefully (for our purposes), he is fighting capable protectors.

Given such a small window of time, if the Moment of Recognition is moved forward by even a fraction of a second, allowing a protector to respond during that gained time, the odds of survival increase profoundly. You are about to learn concepts that can prepare your mind to reach the Moment of Recognition sooner.

Attackers have plenty of time before the Moment of Commitment, but from that instant onwards they have almost no time at all. The asset of surprise cannot sustain its value for it's spent entirely in a flash. After that flash, most attackers rely so heavily upon speed that it quickly becomes their greatest weakness. Speed is an enemy of accuracy and composure—both necessary components of successful attacks. If the presence of protectors doesn't deter an attack, protective strategies can at least compel an attacker to rush.

Those intending assassination have some advantages over their targets, but many more factors work against them than for them. *Thousands of opportunities exist for them to fail, and only one slender opportunity exists for them to succeed.* Often, both literally and figuratively, assassins have one shot at success—and they know this. Accordingly, though assassination might be seen as a reckless act, it is rarely committed recklessly.

There's a popular belief that attackers have the advantage, even over sophisticated pro-

tective operations, because they can choose when to attack. In reality, however, most attackers do not get to choose precisely when to attack. They may select the date or the general period, but the timing that really matters—the Moment of Commitment—is dictated and stimulated by events attackers rarely control: When does the target come into view or into the killing zone? How long will he remain there? When is the target nearest? Are protectors close to the attacker? Are protectors focused on the attacker? Are bystanders focused on the attacker? Is the target moving or stationary? When is the space between attacker and target most free of obstructions? Is this instant the best moment for attack or this one ... or will there be a better one if I wait? Effective protective strategies can influence how an attacker answers these questions, and often, more often than we know, the answers cause him to delay, postpone or even cancel his plans. Though history offers many examples of attackers who aborted their attempts, this book focuses on those who acted on their plans—and on the few seconds it took them to do so.

IT'S ABOUT TIME

The cases in the Compendium show the number of attacks that happened in the daytime versus at night, and how many were political versus personal—but such information is not useful for our purposes here. If you know, for example, that 70 percent of past attacks occurred in the daytime, it doesn't mean you give 30 percent less attention or preparation during the night. Similarly, knowing that 75 percent of all assassins were mentally ill does not have much value to a bodyguard intercepting someone who suddenly charges through a crowd. There is no time for mental health diagnosis, and the bodyguard must not ignore people just because they appear sane or reasonable, nor focus only on those who appear deranged.

Some statistics, however, can be useful to protectors. For example, knowing that most attacks are launched from within 25 feet of the target can encourage protectors to focus most of their attention and resources on the close range, rather than watching only for snipers on distant rooftops.

The Compendium cases offer other useful insights:

In the U.S., attacks are most likely to be undertaken by lone assailants (87% of the time). Outside the U.S., attacks are most

likely committed by multiple assailants (71%).

Attacks in the U.S. are about as likely to be indoors as outdoors (53% versus 47%). Outside the U.S., they are far more likely to occur outdoors (80%).

Firearms are the most likely weapons of attack (71%).

In the U.S., handguns are more than twice as likely to be used than long guns (51% handguns, 20% long guns). Outside the U.S., the reverse is true.

Attacks in the U.S. are most likely to be at close range, less than 25 feet (81%). Only 19% occurred at more than 25 feet, with the longest range being 263 feet. Outside the U.S., even though long guns are used twice as often, most attacks still occur at close range (70%). If you combine this fact with the less effective emergency medicine found in most other countries, it's not surprising that attacks outside the U.S. are more likely to be lethal.

Bombs succeed at killing intended targets only slightly more often than they fail (57% of the time).

The most dangerous place to be is in or around the protectee's car. Sixty-four percent of attacks happen when the protected person is in or around the car, and these attacks succeed an astonishing 77% of the time.

While this information has value for developing protective strategies, once an attack has commenced, almost all knowledge becomes useless mental clutter. Perhaps the single most valuable thing a protector could know is when future attacks will happen—and that we do know, precisely:

One hundred percent of all attacks happen at exactly the same time: Now.

The only time *anything* can happen is in the present moment. Everything else is a memory (the past) or a fantasy (the future) and nothing in the past or future can hurt your protectee. An attacker's Moment of Commitment is always in the Now, and if you hope to meet him there, you too must be in the Now. Focusing attention on the Now is the surest way to be present and ready in the event of an attack, literally to be *in* the event, and not just a bystander watching events unfold.

To be present at the location is one thing, but to be there *in time* is the central issue of this book. You could place yourself in the perfect position for foiling an attack (many bodyguards have), and yet if you are not present in the moment, *pre-sent* as it were, your body being there is not likely to be of constructive consequence.



UNITED STATES SECRET SERVICE

The most dangerous place to be is in or around the protectee's car.

PREPARING TO BE PRESENT

Professional protectors already know a lot about maintaining physical readiness, but it's the mind that must first be properly prepared, the mind that controls the hands, arms, eyes and ears. There are strategies available to help prepare warriors, based upon knowing how the body responds to lethal combat, what happens to your blood flow, your muscles, judgment, memory, vision and your hearing when someone is trying to kill you. Police officers, soldiers and protectors can learn how to keep going even if shot, and how to prepare the mind and body for survival instead of defeat. This is much more than mere information; the knowledge itself can be a kind of armor.

Just as a computer functions best when loaded with accurate and relevant data, we encourage protectors to mentally download the information in this book. Getting the strategies into practice begins with getting them into your mind. Speaking of the mind, imagine for a moment that your mind is a time machine able to take you into the past or the future. Now realize that you need not imagine this at all, because your mind *is* a time machine, one that almost always takes you out of the present moment. You might have enjoyable or even useful journeys, but while you're on them, you cannot truly be in the present.

Every thought about anything outside the Now is a burden that makes you mentally heavier, while focusing your perception on the ever-changing Now makes you lighter and



The protector's great conflict: Act too early and risk embarrassment. Act too late, and risk everything.

more agile. For a protector, it all comes down to this question: Will you be present to recognize the earliest detectable signs of an attack or will you be elsewhere, called back to the moment by the sound of gunfire?

Even if a loud sound ends your time travel and pulls you back to the present, that doesn't mean you've reached the Moment of Recognition. You still have to spend time coming to understand what's happening. Your senses can alert you to danger, but on their own they can't tell you what caused that loud noise. In other words, the gunshot and the Moment of Recognition are rarely simultaneous.

You might think that all of your training on how to respond to an attack automatically kicks in at the sound of gunfire, but it doesn't. Nor should it. If you're an experienced protector, you already know this. You've heard many sounds at public appearances that were indistinguishable from gunfire—dropped trays, firecrackers, cars backfiring, balloons popping—and yet you didn't always pull your protectee from the stage. That's because even a sound like gunfire is rarely enough on its own to get you to the Moment of Recognition and stimulate the Big Response that might follow. On hearing such sounds, protectors (for better or for worse) tend to look for other indicators to complete the puzzle before responding.

On the one hand, protectors want to respond effectively at the earliest possible instant; on the other hand, they dread act-

ing prematurely. Nobody wants to charge across the baseball field during the National Anthem, knock the famous singing star to the dirt—and then find out that the gunshot sound was actually a backfire in the parking lot. This is the protector's great conflict: Act too early and risk embarrassment. Act too late, and risk everything.

The only way to be fully certain before responding is to allow more of the event to unfold. But how many pieces of the puzzle must you see before you can know what image is being formed? (or at least be willing to commit to a guess.) The answer might differ from person to person, but clearly, in order to see the earliest pieces of the puzzle, your attention must be focused on the Now.

Consider the true meaning of the popular expression, *passing the time*: When someone is merely passing the time, he is passing events that are occurring right in front of him, passing the Now or another expression, *killing time*, which is, quite literally, killing the one resource a protector needs most. Imagine that a protector's mind is anywhere else when something calls him back to the present. He'll then need time to land, time to assess, time to conclude and time to respond. But he has been killing the very time he needs.

The concept of *spending* time is perfectly apt: Once spent, time is gone, just like any other resource. In the economy of public figure attack, time is spent in tiny increments—and each one is priceless.

Just an instant before confirming that the sound of gunfire actually is gunfire, a bodyguard might have been thinking about the complicated route back to the car, or whether the protectee's speech is almost over, or about the loading dock door that got stuck at the half-way point on this morning's advance. A bodyguard might have been thinking about staying on schedule, keeping intact a complex web of logistics or he might be even farther from this moment, thinking about an upcoming vacation.

But wherever attention might have been an instant ago, from the Moment of Recognition onward, bodyguards are firmly rooted in the present, riding a terrible roller coaster of shifting priorities:

Cover the protectee
Stop the attack
Subdue the attacker
Get the protectee out of here

Though a bodyguard might have the objective of stopping the gunfire, that goal is rarely reached. In most of the 1400 incidents we studied, *it was the gunmen who decided when to stop shooting.*

If the protectee has not been hit by gunfire, your priority might be to pull or push him out of danger or to cover him. If you are closer to the attacker, your priority might be to disrupt the shooter's aim or view. If the protectee has just been shot, your priority shifts again, this time to ensuring that he is not hit by another bullet.

If the protectee has been injured and the attacker is no longer shooting, your priority likely shifts to stopping blood loss and getting the protectee to emergency medical care. That priority doesn't change even if the protectee is dead: Protectors rush to the damn hospital anyway, knowing all along the awful drive that doctors won't be able to do anything more than confirm the obvious.

This was the experience of protectors rushing to hospitals with the dead or soon-to-be-dead bodies of John F. Kennedy, Israeli Prime Minister Rabin, and Egyptian President Anwar Sadat—hoping that time still mattered, while facing the one situation in which it doesn't matter at all. It's hard to imagine that gunfire aimed in one's direction is ever desirable, yet the protectors in these three cases would tell you they preferred the moments of danger over the moments that followed, and the years that followed. ✓

*This passage was excerpted from the book **Just 2 Seconds: Using Time and Space to Defeat Assassins**. For more information on the book, visit <http://www.just2seconds.org>.*

BIO

*Gavin de Becker, is a highly regarded expert in public figure protection, and his 200-member firm provides protective coverage for many of the world's most at-risk people. Mr. de Becker also designed the MOSAIC threat assessment systems used by the CIA, the U.S. Supreme Court, and the U.S. Capitol Police. His bestselling books, including **The Gift of Fear**, have been published in 14 languages.*

Whether you are disarmed facing an AK-47 wielding communist, facing the challenges of providing for your family or looking for the courage to speak an unpopular truth, there are times when each of us can use a little inspiration. Sometimes it helps to put your challenges in perspective. Sometimes it's encouraging to see how selfless human beings can be. This account is the Silver Star citation for Special Forces LtCol. (then Maj.) Nick Rowe. Rowe was assassinated in 1989 by two communist gunmen in the Philippines.

HE TRICKED
THEM INTO
SPLITTING
INTO SMALLER
GROUPS IN
ORDER TO
MAKE HIS
ESCAPE...

NICK ROWE

The President of the United States of America, authorized by Act of Congress, July 8, 1918 (amended by act of July 25, 1963), takes pleasure in presenting the Silver Star to Major (Field Artillery) James Nicholas "Nick" Rowe, United States Army, for gallantry in action on 31 December 1968, while a prisoner of the Viet Cong in the U Minh Forest of South Vietnam. During the period 22 to 31 December 1968, after more than five years in Viet Cong prison camps, Major Rowe was forced by his captors to move at least twice daily to avoid friendly airstrikes. On 31 December at approximately 09:00 hours, two helicopter gunships began firing into an area approximately 300 meters from his location. The guard detail consisted of one Viet Cong cadreman and five guards, one of whom was assigned to remain with Major Rowe at all times. The guard detail, while monitoring a radio, learned that South Vietnamese infantrymen were searching the terrain nearby. Becoming frightened,

the guards moved Major Rowe into a large field of reeds, hoping to evade the infantry force. Major Rowe realized that if he were to escape, he must first get away from some of his guards, so he tricked them into splitting into smaller groups in order to infiltrate the area. Major Rowe persuaded his one remaining guard that they were being surrounded and kept him moving in a circle through the dense underbrush. While doing so, Major Rowe was able to remove the magazine from the weapon slung across his guard's back. Finding a club, he overpowered his guard, knocking him unconscious, seized his radio, and moved 200 meters into a grassy area. At great personal risk he quickly cleared a section and signaled one of the circling helicopters, which landed and picked him up. His first action after rescue was to request permission to re-enter the



area with combat troops and to continue the fight based upon his intimate knowledge of the area. Major Rowe's burning determination to escape, undiminished after five years of intimidation and deprivation, his clear-headedness in formulating an effective plan, and his audacity in executing it successfully, reflect the highest credit on his professionalism and extraordinary courage and are in keeping with the highest traditions of the military service. ✓

*Ed: For a full account of Nick Rowe's amazing story, read *Five Years to Freedom* by Nick Rowe, published by Little, Brown and Co. 1971.*