

# TACTICS AND PREPAREDNESS



SKILLS AND SURVIVAL FOR ALL SITUATIONS

## THE WHIZZER VS. A KNIFE

OUTSIDE OR  
OVERHEAD ATTACK  
GUARD AND STEP IN. **1**

A long time ago, when I was a high school student, my younger brother was regularly being beaten and robbed by Donnie, a bully older than us both.

BY **ANDREW CURTISS** PHOTOS COURTESY **ANDREW CURTISS**

I initiated a search for him and one day, while leaving history class, I was walking down the hall and someone called out, "Hey Curtiss!". Then in an instant I felt a sharp pain in my lower right abdomen. I'd been stabbed!

At that very moment, I could have sworn I'd seen him stick a yellow number 2 pen-

cil into my abdomen. I wasted no time. I clinched him with a Muay-Thai Plumb hold around the neck and crown of the head and began a barrage of knee strikes to the diaphragm, stomach and wherever else I could manage to deliver the greatest amount of damage. At one point he was able to break free of my clutches and sought refuge in the

nearest classroom. I immediately pursued and the teacher of that class, a petite female teacher, attempted to step into my way, getting between Donnie and myself. I picked her up, moved her out of my way as politely as I could, and stalked Donnie into the corner where the beating continued.

The teacher began scream- *continued next page*

# CONTENTS

01 THE WHIZZER VS. A KNIFE  
BY ANDREW CURTISS

05 EXECUTIVE SUMMARY:  
BEHIND THE GREEN MASK:  
U.N. AGENDA 21  
BY ROSA KOIRE  
SUMMARY BY CHRIS GRAHAM

06 GEAR REVIEW:  
FLIR ONE GEN 3

07 HUMAN PERFORMANCE  
OPTIMIZATION: THE BODY'S  
CONSTANT STATE OF  
DEHYDRATION  
BY PHIL DWYER

11 GANG COMBAT:  
A DETECTIVE'S INSIGHTS  
BY KENT O'DONNELL

14 FIVE TRACKING TIPS  
FROM THE TACTICAL TRACKING  
OPERATIONS SCHOOL  
BY CHRIS GRAHAM

17 CHURCH DEFENSE  
BY LEW GOSNELL

20 PROFILES OF COURAGE:  
SIGNORE X

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2. DOUBLE KNIFE HAND STRIKE TO THE BRACHIAL AND RADIAL.  
3. BRACHIAL STRIKE. 4. WRAP THE WHIZZER.

**The more techniques you try to employ against every different attack, the more difficult it becomes to make those techniques work quickly.**

ing for help and I dragged Donnie down to the office by the hair of his head, pausing to beat him with my free fist to get him to stop resisting as we made our way down three floors and nearly six flights of stairs. A couple of male teachers attempted to talk some sense into me along the way, but I was clear in my communication that if they didn't move, I would be doing the same to them. When we finally made it to the office, I remember kicking Donnie as hard as I could in the ribs. The secretary panicked and was trying to get me to sit down. I told her I was fine, but she brought to my attention that I'd been stabbed. When I looked down at my side I realized that I had not been stabbed with a number 2 pencil, but a pocket knife. Being a young enraged fool, I quickly removed it from my body, flung it across the room and gave old Donnie another swift kick to the side as he laid there writhing in agony and shame. I was told to wait for the police,

and even though, I was pretty sure I was justified in kicking the guy's ass, the minute I heard "police", I bailed.

The school suspended me and required that I seek mental health counseling. When I saw the doctor that afternoon, he explained that had the knife penetrated any deeper it could have punctured an organ. What had saved me that day was that I wore lots of layers. It was winter in upstate New York. We were poor and couldn't afford very good winter jackets, so I wore layers that I could remove or add based on the temperature. In this case, a wife beater under a T-shirt, under a thick knitted wool sweater. The sweater wrapped around the knife and I believe that's what saved me.

After my incident, I realized that although I was training in martial arts, boxing and wrestling, there was real need to learn how to protect myself against weapon wielding attackers—especially edged weapons. At the time



5.  
**LOCK THE  
WHIZZER.**

6.  
**PALM  
STRIKE TO  
THE FACE.**

7.  
**CHIN LIFT.**



I was training martial arts at a small gym in Boonville, New York under Master David Cady. Dave was (and is) a law enforcement officer and a contributor to Tactics and Preparedness.

I explained my most recent incident to him and asked if he would teach more edged weapons and knife defense. He was also a Defensive Tactics Instructor and he had arranged for an edged weapon combatives specialist to come to his martial arts school. I was invited to attend and this was the beginning of a pursuit that would play an important role in my life. I would later learn bayonet fighting, knife combatives in SERE school and have the opportunity to learn escrima and kali on the government dole in order to develop an unarmed, impact and edged weapon combatives program for my Special Forces A-Team.

### TECHNIQUES ARE LIKE ...

A very close friend of mine, Dan "The Beast" Severn, a UFC Hall of Famer, former U.S. Wrestling Olympian and WWE Superstar once told me that, *"Techniques are like assholes. They all smell like shit, and some smell worse than others."* This expression has always resonated with me because it reinforces another adage once given to me by another of my martial arts instructors; the late Master Royal Seymour. He would say, *"Learn a technique, learn the principles behind the technique, then get rid of the technique and apply the principles to your own technique."* Every technique must be applied based on the skills, abilities and

handicaps of the person executing the technique. Every technique may have to be modified based on size, height, weight disparity, etc.

### UNDERSTANDING THE THREAT

There are essentially 12 basic knife attack patterns. The acronym (X-T-C-8-Centerline) can be used to illustrate which directional attack patterns can be used.

- X - Diagonal slashes from low to high oblique and high to low oblique bilaterally.
- T - Crossbody, left to right and right to left slashes as well as North to South and South to North slashes.
- C - Crescent slashes or hacking techniques from inside to outside or vice versa.
- 8 - Figure 8 slash patterns which are really just a combination or variation of C slashes or a series of diagonal slash patterns.
- Centerline - This could be lunging, thrusting or any attack directed North to South and South to North.

Not every technique can be used to counter every type of attack. Therefore, it is important to understand the mechanics of the attack. For the purposes of this article we will cover the use of The Whizzer Takedown Technique to counter outside diagonal, outside cross body, North to South attacks and Outside C slashes. It is important to realize that the more tech-

niques you try to employ against every different attack, the more difficult it becomes to make those techniques work quickly. The eye observes the threat. The mind begins processing and directs the body to react to the attack. This is generally a process reliant upon training. Once the subject orients themselves to the threat they must decide how they will respond to the threat based on their perception of it. They then act on that decision. This is what is known as the (OODA) Loop. We Observe, Orient, Decide and then Act. Action is always faster than reaction so we must avoid/prevent this scenario, but since we are training to respond to a knife attack already underway, that means we are training to regain operational momentum in an undesirable situation in which we are likely in a reactive state.

Commonality of training and technique is recommended. If you practice twelve different responses for twelve different techniques, it becomes a much harder task to instinctively respond when the situation arises. This is the dilemma I was faced with when it came to developing a combatives program for my ODA. I was a life-long martial artist and I train nearly every single day. However, the men on my team were mostly only interested in learning enough for them to survive and didn't have the time or interest to spend hours training each day. The time that we had to train combatives each week was limited. So, I had to narrow the number of techniques that they could practice. It is for these reasons that I only teach



**Don't be shocked if you still get cut. Continue to fight.**

**8. FIGURE 4 LOCK.**

**9. STANDING ARMBAR FACE STOMP.**

two methods of knife disarmament against all twelve attack patterns. Remembering that “techniques are like assholes”, my system isn’t the end all, be all, it is simply workable.

**EXPECT TO GET CUT**

Although some disagree, you need to go into this scenario fully understanding that if there’s no other way out and you find that engaging the edged weapon threat is necessary, then you must also understand that it’s likely you will be stabbed or cut. Get in the right mental place and don’t be shocked when it happens. Continue to fight. On my Instagram for Combat Application Techniques, I regularly showcase cell phone cam and CCTV footage of Knife duels and street fights where edged weapons are brought into the equation. In almost every case where someone is faced with an edged weapon threat they end up cut. There are generally two outcomes to a “knife fight” (stupid term): the morgue and the hospital.

**DEFANG THE SERPENT**

The edged weapon is simply an extension of the empty hand and if the limb wielding the weapon can be likened to a serpent, then the edged weapon itself must be likened to the fangs. It is essential to take the bite from the serpent immediately. We must defang the serpent.

**TIME IS OF THE ESSENCE**

If you were to sustain a puncture wound to the axillary artery in the armpit, the carotid or jugular for example, you would have only seconds before your blood pressure dropped, sending you into shock. A loss of consciousness and death would follow quickly. You need to either escape the threat immediately or close the distance, defang the serpent and

control the situation as fast as possible. Most recently I featured an edged weapon duel in Colombia filmed by bystanders in the street. The duel was over in 23 seconds and one of the participants dead within 30 seconds.

**CONTROL**

Facing an edged weapon threat is scary. For some, the sheer thought can paralyze them with fear. You must control your fear and panic. By doing so, you will have control over your bodily function and be able to employ your trained responses. This will allow you to control the weapon, the attacker and the situation.

**SURVIVAL**

This is the overall goal. At the end of the day, it doesn’t matter what techniques you used as long as it results in your survival. Sometimes, in real life, the methods you use to survive a threat don’t look pretty or rehearsed. Use what you have, including improvised weapons at hand to survive.

**THE WHIZZER TAKEDOWN**

Downward slash or stab and outside cross-body diagonal or C slashes:

1. With your guard up, step into the attack striking the attacking limb with double knife hand strikes to the brachial nerve/artery and radial nerve in the forearm.
2. Immediately wrap your arm around the attacking limb locking it tightly against your chest and pull it tight to your ribcage. Simultaneously deliver a brachial nerve strike to the side of the neck with either a knife hand or hammer-fist strike.
3. Palm strike to the chin of the attacker.
4. Execute a chin-lift takedown by applying pressure straight to the ground with your hand on the attacker’s chin.

(Note: This is a straight downward not backward pressure.)

- As the attacker drops to the ground lower yourself by bending at the legs, much like a squat, keeping your posture erect.
- 5. Crank the arm and apply a Figure 4 Lock on the arm.
- Break the arm if necessary.
- Stand straight allowing the arm to slide to a standing armbar and strip the knife from the hand.
- Stomp the face and neck if potentially lethal force is necessary.

I advise using these techniques only as a last-ditch effort. I am a staunch supporter and advocate of the Second Amendment to the Constitution. I recommend using that Right when necessary, but there are cases when that may not be an option. I always teach the importance of awareness. This can aid in avoidance. Avoidance is king. If you cannot avoid, then you should escape. If escape is not feasible or likely and there is no other option, then fight for your life. Train with intent and intend to train. ✓

**BIO**

*Andrew Curtiss served in the 3rd Special Forces Group. He is a Diplomatic Security Specialist and has protected high profile musicians. He is the author of Combat Application Techniques: Principles of Destruction, a book on the combatives program he developed for his A-Team. See Combat Application Techniques: Principles of Destruction on Facebook and Instagram @combat\_application\_techniques and www.andy-curtiss.blogspot.com.*



# BEHIND THE GREEN MASK: U.N. AGENDA 21

BY ROSA KOIRE SUMMARY BY CHRIS GRAHAM

**People universally prefer to live with clean air and water in a pollution-free environment.**

**S**ome people prefer free-market solutions that respect individual liberty and private property, some people advocate for decisive governmental interventions, and history has shown that prolific narratives are sometimes championed by those whose ultimate objectives or methods, are concealed in whole or in part.

In the 116th Congress, a pair of resolutions, House. Res. 109 and Senate. Res. 59, sponsored by Rep. Alexandria Ocasio-Cortez

(D-NY) and Sen. Ed Markey (D-MA) were advanced and this was popularly promoted as the “Green New Deal”. The Green New Deal is a short outline articulating ideas for a government with new authorities and a new relationship to citizens and their property. Some critics and supporters have observed that its’ principles appear to mirror those of the previously advanced United Nations’ Agenda 21.

California-based commercial real estate appraiser Rosa Koire asserts that *Behind the Green Mask: U.N. Agenda 21* ([www.PostSustainabilityInstitute.org](http://www.PostSustainabilityInstitute.org), 2011) is an account of the techniques and policies she observed employed to pursue Agenda 21 initiatives in creatively named local clone policies in her community under a previous administration.

Koire, founder of Democrats Against U.N. Agenda 21 ([www.DemocratsAgainstUNAgenda21.com](http://www.DemocratsAgainstUNAgenda21.com)), describes the behavior of key city

officials that she encountered: “I was disheartened by the City’s behavior ... I realized that if they didn’t play dirty, they wouldn’t have a project and they apparently felt that the end justified the means. This was a philosophy that I would encounter again and again in my education on Agenda 21/Sustainable Development.”

The author asserts, “Only certain building designs are permitted. Rural property is more and more restricted in what uses can be on it. Although counties say that they support agricultural uses, eating locally produced foods, farmer’s markets, etc., in fact there are so many regulations restricting water and land use (there are scenic corridors, inland rural corridors, baylands corridors, area plans, specific plans, redevelopment plans, huge fees, fines) that farmers are losing their lands altogether.”

She states, “The Neighborhood Alliance is something you may see in your town too ... though it may have a different name.” She reports, “[John Sutter] ... said proudly that the NA was ‘the shadow city council’ and finally gave us the address. They met in a back room at Keller-Williams realty offices on Stony Point Road ... The ‘leaders’ decided that we could be there for the first couple of items on the agenda ... After we spoke, we were told to leave, we were escorted out, and the door was locked behind us. This group was not open to the public ... it was a travesty and a shameful embarrassment to all who participated. I was stunned that such a group purporting to represent all neighborhoods in Santa Rosa could operate in this manner in our country.”

Koire reports, “By using these few people to represent the entire city, the local government can say that they have community buy-in when they want to push through a land-use plan or new policy that wouldn’t be popular. By putting the word out to these hand-picked so-called leaders, the city can manipulate the public and sideline those real citizens who come forth to object.” She adds, “After this I got serious about finding out who these board members were. They ... stood to gain from redevelopment or served on the boards of environmental groups.”

After attending another group’s choreographed “public” meeting Koire stated,

“when I read Nien Chang’s *Life and Death in Shanghai* I realized that we had been the victims of ‘struggle meetings’ such as were used in communist China in the 1960s to break down society. I read the U.N. Agenda 21 plan documents, researched ICLEI, looked at government contracts, watched videos, read books, examined environmental group and government websites, and educated myself about the United Nations plan that was shaping our world. I went from being skeptical to recognizing that the ‘planning revolution’ that I had been observing and arguing against in my meetings with planners all over the nine county San Francisco Bay area for about 10 years was U.N. Agenda 21. I looked at the charts I had made of connections in Santa Rosa and Sonoma County and it was clear to me that redevelopment was at the heart of U.N. Agenda 21/Sustainable Development, it is a funding and implementation arm for it.”

Koire concludes, “U.N. Agenda 21 - Sustainable Development is the glorious future enabled by the Spartan present. That’s the Green Mask. The future is an artist’s rendering of blue skies, green common areas, and lots of smiling people on bikes and clean, shiny cities. The present near-term is increasingly more austere, more restricted, and imbued with the panicky apocalyptic rhetoric of global warming. With the tools at their disposal, cities and counties implement the U.N. Agenda 21 plan. They use redevelopment,

code enforcement, bike boulevards, green building retrofit programs, fees and fines, General Plans and whatever else wastes time and resources for ‘the common good’.”

It is worth noting that the U.N.’s publicly accessible documents on Agenda 21 state that participation is “voluntary”. However, it is also clear from the context of U.N. documents that it is not individuals who have the option of volunteering or not.

There is nothing historically unique about political maneuvering, the advancement of narratives, and the pursuit of power for a range of reasons both good and bad. It is The Magna Carta (1215), and The U.S. Constitution’s Bill of Rights (1791) that are the historical anomalies. The earth’s climate changes just as a human being’s body temperature changes for various reasons. Should this be stopped? Can this be stopped? Does a government or body of government’s have the authority to answer either question for individuals? We must each decide for ourselves if we support or oppose The Green New Deal and Agenda 21-style re-inventions of government. Individuals will cast their votes and spend their dollars to support or oppose, but either way, you will find Rosa Koire’s perspective interesting. ✓

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

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# GEAR REVIEW

## FLIR ONE GEN 3

The lightweight 1.3 x 2.6 x 0.6-inch attachment for your iPhone is intended to find problems around the home, like where you’re losing heat or electrical problems. It is also intended to allow you to see in the dark to watch animals in their natural habitat or find a lost pet. Imagine how you might use this gadget to support your needs. This device and app gives you infrared capability; the ability to see in the dark based on heat and temperature differences. [www.flir.com](http://www.flir.com)





**Our bodies are approximately 70 percent water and constantly in a state of dehydrating by breathing, sweating, urinating and the occasional diarrhea.**

PHOTO BY USMC LANCE CPL. ARMANDOELIZALDE

**HUMAN  
PERFORMANCE  
OPTIMIZATION:  
THE BODY'S  
CONSTANT  
STATE OF**

# DEHYDRATING

**In the last decade the military has taken aggressive strides to maintaining Special Operations Force member's health, mission readiness and human performance.**

**BY PHIL DWYER**

**T**he theory is, if the U.S. military maintains the human operator the way it maintains its aircraft and other expensive equipment, the DoD will get a longer lasting product. This idea depends on troubleshooting and fixing issues before they become problems.

Human Performance Optimization focuses as much on prevention of injury, diet and recovery as it does to proper lifting, functional training and movement techniques. Humans are capable of hundreds of thousands of movements in their lifetime, though, it is often how we were trained or how we taught ourselves to train, that leads to injury and in some in-

stances catastrophic damage resulting in need for corrective surgery.

The common denominator despite the different roles we take on in our respective lives, training and careers is ... *dehydration*. Our bodies are approximately 70 percent water and we are constantly in a state of dehydrating by breathing, sweating, urinating and the occasional diarrhea (illness).

#### **TOTAL BODY WATER (TBW)**

TBW is distributed throughout the tissue in the body. This distribution maintains what we like to call, *homeostasis*. Water in our body is stored in our vessels and tissue. The water

stored in our blood vessels is referred to as, *Intracellular Fluid (ICF)*. The water stored in our tissue is called, *Extracellular Fluid (ECF)*.

Approximately two-thirds of our TBW is present in the ICF and about one-third in the ECF. When medical professionals use I.V. therapy such as Hextend or Hetastarch, these I.V. fluids pull ECF from the third space, tissue, into the blood vessel. This is what creates *Volume Expansion* or increased pressure in the blood stream when we use it for treating trauma and more importantly, Hypovolemic Shock.

Dehydration is a metabolic disorder involving our body's Sodium balance. Our body's electrical system is generated by the *Sodium-*

*Potassium* cellular exchange. In our heart this system is called the *Sodium-Potassium Pump*. This exchange is constant and requires the proper balance in the cells. And when we hydrate or drink water, this helps maintain this balance. So does a good diet. Too much sodium or potassium in the body is lethal. Water is the substance that keeps everything in check and working correctly.

There are metabolic signs and symptoms of acute onset TBW depletion (dehydration). Initially, we recognize thirst. However, other signs and symptoms like chapped lips, dry skin, sinusitis, lethargy, nausea, edema and headaches are just as common. Have you ever wondered why you wake up with puffy eyes in the morning or your feet are swollen at the end of the day? There is a very good chance that it's dehydration.

Principle causes of TBW depletion for SOF are: sweating, supplements, caffeine, nicotine, alcohol, energy drinks, enhanced protein (steroids), vomiting, diarrhea, burns and trauma and simply, not drinking enough water throughout the day, seven days a week. Other means of unexplainable dehydration may be signs of renal and adrenal or other issues and

should be addressed by your medical doctor immediately.

**HYPONATREMIA & HYPOVOLEMIC HYPONATREMIA**

Hyponatremia is a decrease in the plasma/sodium concentration below 136mEq/ L caused by an excess of water relative to solute.<sup>1</sup> This metabolic condition is most common in electrolyte disruption in the body. This was the premise of the invention of Gatorade at the University of Florida back in the 1980s. Gatorade is more than just water, it's a combination of sugar, water and electrolytes balanced for rapid absorption into the body. Rapid absorption is relative to the body's needs; have you ever thrown up from drinking too much Gatorade or other sports drink after a hard work out?

One reason this occurs is, you just flooded the stomach with something it may not be able to handle in large solution and volume at that time. Instead, take small sips and dilute

the drink with fifty to seventy-five percent water. Think about what happens internally when you put the body through stress. Your body acts in accordance with "flight or fight". This function sets off a cascade of chemicals in your body that is intended for survival. The body systematically prioritizes what is most essential for life and redirects blood from the peripheral systems, arms/legs and fingers/toes, to include some internal systems such as the GI tract. The gastrointestinal tract and stomach are considered non-essential in the flight/fight so the body shuts down digestion and reroutes the blood flow to the "core." The core three components that blood is concentrated to, are the brain, heart and lungs. While



above: U.S. Marine drinks coconut water for hydration during jungle survival training.  
PHOTO BY MCIPAC COMBAT CAMERA LANCE CPL. JESUS MCCLOUD

left: Boiling snow for water.  
PHOTO BY USMC CPL. ERIC TSO



**99 percent of the time we can prevent dehydration.**

the body shunts blood from other parts of the body, the volume of blood has not changed, but blood pressure and respiratory rate most likely will increase. This increase in BP and RR helps to keep the brain oxygenated for optimal performance.

Hypovolemic Natremia is characterized by a disproportionate amount of Na<sup>+</sup> (sodium) to water solution. Meaning more water has been lost than Na<sup>+</sup> in the cell and tissue. This is why Isotonic (Hexend & HetaStarch) I.V. solutions can become problematic. These solutions work as a Volume Expander by taking that water from the tissue to put into the vessel. It's like stealing from Peter to pay Paul. At the end of the day, everybody needs to be paid back.



Troops must stay hydrated while in gear, but must not compromise the seal of their gas mask. The M50 mask has a drinking tube to allow hydration without risking contamination. PHOTO BY USAF AIRMAN 1ST CLASS BEAUX HEBERT

## DEHYDRATION RELATES

A common thread that binds every operator, ground pounder and fitness enthusiast is dehydration. And 99 percent of the time we can prevent it. I still remember a defensive comment I made in basic training: "Drill Sergeant, I am supposed to drink  $\frac{3}{4}$  to 1 canteen per hour, not to exceed 1 canteen per hour!" I also won't forget the salt tablets they force fed us at breakfast, lunch and dinner at Airborne School in summer and I even remember back in High School, the infamous football practice "two-a-days," where we had dispensary boxes of rehydration salt tabs on the wall at both entrances to the locker room.

Hydration is an all-day event that takes place seven days a week: "wash, rinse, repeat." Another thing few people do well is proper

re-supplementation of essential vitamins and minerals. Without proper mineral supplementation and absorption the body cannot uptake necessary vitamins. Vitamin B is one of the biggest ones hit without proper mineral supplementation. The important thing to remember when taking a multi-vitamin (MV) and mineral complex vitamin, it should preferably be a colloidal plant derived organic base supplement. These are vitamins that are mixed with water and then ingested. Products like *Beyond Tangy Tangerine multi-vitamin and mineral complex*, made by Youngevity, are able to be absorbed by the body by roughly 95-99 percent of the essential minerals and vitamins the body needs. As opposed to the common store-bought mainstream brands that roughly get 5 to 50 percent absorbed by the body depending on the kind, quality and ingredients. The other remaining stuff gets taken up by the body and stored in various areas, organs, fat or tissue, for potential later use. If the body doesn't use it, it has to be excreted in waste form and this is where we usually see OTC vitamin toxicity in some form or another. Most of the time the body can handle it, other times it becomes a medical emergency.

When you start taking your MVs after being off them for a while you may

notice an iridescent yellow urine stream. For a lot of people taking OTC brand name MVs this color urine may last up to a week or more until the body has properly resupplied its' mineral stores and now can start taking up vitamins. When you take a really good organic plant derived MV and mineral complex, the bright urine usually subsides by about day three, for the same reasons. The bright yellow urine is Vitamin B being discarded because the body is unable to process it at its current amount in the system.

## OPERATIONAL READINESS

Men and women in field conditions are often chronically dehydrated. Sustained missions and training, acute diarrhea (gastrointestinal), viral/ bacterial infections and environmental factors

(heat stress or strenuous activity) all may exacerbate dehydration. It may also occur in cold or high altitude environments. A simple sanity check before we step off for any outdoor activities is: Am I physically and mentally fit and prepared for what I'm about to do? Have I considered contingency responses using the *If This, Then That* mental game. Do we have a medical plan, and does everyone know it, and can everyone execute it if needed?

Signs and symptoms include: lightheadedness that gets worse with sudden standing. Mild headaches are common, especially in the morning. We often recognize dehydration with dry mouth or mucosa. People will experience a decrease in urine output, frequency and volume. The urine may be dark in color. Dehydration is ultimately responsible for degradation of performance.

The best field management is to increase oral fluid consumption, as long as it can be tolerated. If you can, use carbohydrate/electrolyte drink mixes for fluid replacement. My *Pararescue Handbook*<sup>2</sup> instructed us to dilute this mixture at a ratio of 1:4 solution. Just think:  $\frac{3}{4}$  H<sub>2</sub>O and  $\frac{1}{4}$  powder or sports drink. Avoid using anything containing caffeine.

If the person is unable to drink or keep down fluids, another option is Intravenous fluid therapy. If you have to go the I.V. route the initial bolus (dose) is 1 liter of normal saline, followed by repeated attempts PO (per oral). If the person still can't keep the fluids down or can't drink, repeat the 1 liter bolus of normal saline.

Some Medics may ask, "Why not Lactated Ringers?" And I agree with you, I think LR is better for dehydration than Normal Saline and NS may eventually be contraindicated in trauma patients due to the pH levels, which came in 3, 6 and 9 percent solutions (at the time I was doing the job). I don't personally like to push NS on trauma patients due to a potential for a metabolic shift in the blood's PH level. It's a personal preference based on my experience in the field.

Make sure to keep patient diagnostics (BP, HR, RR, SpO<sub>2</sub>, BGL) and document, to include how much fluid has been pushed onboard and how much fluid is being urinated out of the system. Be very vigilant about closely monitoring recurring dehydration and renal failure if dehydration is persistent. In the field, my rule of thumb is *If the patient continues to experience complications with dehydration 24 hours after initial diagnosis and treatment, I evacuate immediately from the area of op-*

eration and transport to an emergency medical center. Continue patient treatment and monitoring until you hand off the patient to an equal or higher medical treatment provider.

### WATER SOURCES

Obviously, we want to pack water with us on every excursion, mission or training event, but water is heavy. “1 gallon of water weighs 8.34 lbs. ... 62 degrees Fahrenheit.”<sup>3</sup> As the saying goes, “Ounces on the back are pounds on the feet.” Everything we do, especially if it is mission oriented or remote/austere environment in nature, we want to plan for a way to refill water stores.

I carry the LifeStraw in my bugout bag and med ruck/pack when I’m working down range or stateside. It’s lightweight (2oz), easy to pack and filters about 1,000 gallons (4,000 liters). The LifeStraw also removes bacteria, parasites and microplastics. It sells for \$19.95 on the LifeStraw website. The approximate U.S. national average for a gallon of bottled water is \$1.25. 1,000 times \$1.25 equals, \$1,250.00. When related to the cost of the LifeStraw at \$19.95 for a 1,000 gallons of water, that would equate to \$50.13. \$1,250.00 minus \$50.00 equals \$1,200.00. And there is “No” shelf life, according to the manufacturer.

Another great lightweight, compact water filtration system that I carry with me for redundancy is my Katadyn system. Katadyn is a Swiss company and they make great products and have a wide range of different systems to choose from. The prices vary and these are not exactly inexpensive, but you do get what you pay for and it’s a solid piece of kit.

Iodine tablets are another great way to travel with a way to treat water. You can purchase these at just about any outdoor store or online. The cost isn’t even worth talking about. Another low-cost item that can be used for water treatment, as well as sterilization, is good old bleach. The CDC recommends 1/8 to 1/4 teaspoon of unscented bleach per gallon of drinking water (depending on how clear it appears). While packing bleach may not be your first choice, it may be available wherever you happen to find yourself. Spend a little time and money in R&D to figure out what works for you and your lifestyle.

### HYDRATION 24/7

The best way to get hydrated is to stay hydrated. This, unfortunately, is a battle we lose daily because of the many ways we lose water.



The LifeStraw removes bacteria, parasites and microplastics, and is extremely compact.

LIFESTRAW.COM

Make a water source immediately available and keep one in your line of sight. Make your water interesting; consider flavoring it. I take cheese cloth bags and put in sliced cucumber, mint and blueberries and let them infuse my water overnight in the fridge. You can use apples, watermelon, pears, mango, grapes, etc. It makes the water more palatable for some and it’s awesome in the Summer.

I discovered in my operational days when we were deployed at altitude, our flavor palates changed. And at higher altitudes above 10,000 feet water and other fluids just are not appealing to a lot of people. Regardless, this is why it’s great to keep packets of hot cocoa with you. We also kept the flavor squeezer bottles in our rucks to flavor and sweeten the water so it would be more appetizing. The body will generally only last about three days without water. Eating also helps and I always kept shaved parmesan cheese and sliced pepperoni in Ziploc’s when I could. When I couldn’t pack the cheese and pepperoni, GOO was, and is, my go to backup. There is something about fat, salt and sugar that makes it taste so good at altitude.

At the end of the day, it comes down to ORM, Operational Risk Management. Are you ready, trained, equipped, mentally and physically fit, have a plan and a way to execute it? Have you backed up your plans with contingency and tertiary plans? Do you have safeguards and redundancy built into your COAs (courses of action)? Who is coming to get you if something happens or will you have to self-rescue? A lot of us spend ridiculous amounts of time implementing training programs for ourselves or others. I think it’s time we think about hydration as a routine we need to in-

corporate daily like our fitness schedule. ✓

### BIO

*Phil Dwyer (www.surferlabor.com) is a Pararescueman in the United States Air Force. He participated in combat operations in Iraq and Afghanistan. While deployed he served as the essential surface, air link in Personnel Recovery (PR) and material recovery by functioning as the rescue and recovery specialist on flying status as mission crew or as surface elements with his Combat Search and Rescue (CSAR) Team.*

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# GANG COMBAT

## A DETECTIVE'S INSIGHTS

HOW DO GANG MEMBERS ACQUIRE THEIR GUNS?

There is much talk about stopping “gun violence” these days.

BY KENT O'DONNELL

The call for more gun control laws is at the forefront of most arguments presented in the media. But, *people* are responsible for murders using guns, cars, knives and anything else. Laws are meant for voluntary compliance. When you drove today, you stopped at red lights and stop signs because you chose to, not because it was impossible to keep going. There were no barriers to stop you if you did not yield. We have laws against murder and citizens of the US are well aware that you are not to murder in our nation, yet it still occurs. More gun laws

are not a real answer. It makes some false assumptions.

How do gang members acquire their guns? Criminals, by definition, conduct illegal activities. The preferred weapon of gang members is ... anything *free* ... and by *free*, I mean stolen. Second most popular that I have seen is: super low cost. Read High Point, Star and used guns. They do not often shop for quality.

I once arrested a particular male who was strongly linked to Mexican drug cartels. His Glock was missing a front sight, but fully loaded with spare magazines. Gangsters may not

plan to use their front sight when shooting a man inside the space of a room; they often point and shoot. It has been a technique employed by gang members for years. Very close ranges and deception or “sucker” attacks have been common. There are several cases I remember that may provide some insights for your defensive planning.

### CASE STUDY #1

We investigated Tortilla Flats for a drive-by on South Side where one brother was killed in his front yard. It was not in the city where I



THE SUSPECTS HAD SHOT AT THE HOME OWNER WITH THE PISTOL THEY HAD JUST STOLEN.

IF A GANGSTER STEALS YOUR CAR, THE PROCEEDS WILL OFTEN BE USED TO BUY AND SELL DRUGS.

worked, but in the adjacent jurisdiction. We responded to assist. The victims told us who did it. We looked at the evidence at the scene to include the passenger side door mirror of the shooter's vehicle with powder marks on it. Apparently, the Tortilla Flats shooter shot off the mirror. We found the suspect vehicle, missing the mirror. We contacted the occupants of the home, operating within the letter of the law, obtaining the required warrants, but never made an arrest in the case. Too many differing stories came from the witnesses. They wanted to resolve it themselves. This case went "unsolved" for years, until one day in a mall, the victim's brother walked up to the suspect. Words were exchanged in the mall, with many uninvolved persons around, but no one called the police. The suspected shooter was in the passenger seat of a vehicle with his girlfriend and her two kids in the back seat. The living South Side brother had his friend pull up behind the parked car to block them in. He walked up and said to the Tortilla Flats member, "This is for my brother".

The shooter was armed with a Glock, using point-shooting, not sighted fire. All 17 rounds struck face and chest. The kids in the back seat were covered in blood and debris, as was the driver. The murder suspect fled, but was captured after a short pursuit. His weapon was thrown out the window during the pursuit, but was recovered. The explanation for this shooting was that the cops did not do their job. The gun used was stolen during a residential burglary.

**Lessons Learned**

Gang violence is often connected to an emotional response to a wrong or perceived wrong, not a lot of logical thought is put into critical decisions at times inside gangs. Gang violence is not limited to home turf,

it can be anywhere gangsters meet or have chance contact. Know your surroundings. Know who is around you. Know what your exit routes are.

As gun owners we should keep our firearms secured, ready for use, yet not easily stolen. Criminals will break into your home and take valuables, money and firearms. If they can, they will destroy safes as well.

**CASE STUDY #2**

In another gang related crime, some thugs were breaking into cars in a residential area during the night. They were going from house to house straight down the street. On about the fourth house, the home owner heard a noise and went outside to investigate. He encountered the suspects breaking into his vehicle. The suspects fled from the parked car and got into the getaway car, then fired several shots at the home owner. During our investigation the neighbor approached us stating his vehicle had been broken into, and that he was missing a Glock 26, 9mm handgun. The casings on the street were 9mm, and the investigation later confirmed the suspects had shot at the home owner with the pistol they had just stolen.

**Lessons Learned**

The weapons used in many gang crimes are stolen from gun shops, residential burglaries and many from auto burglaries. As responsible gun owners, we need to secure our firearms when not in direct physical control of them. If you are going to leave a gun in a car, secure it well. Likely firearms storage places are priority targets in break-ins.

**CASE STUDY #3**

In many shootings, gangsters have a very low hit ratio. In fact, many shootings have a lot of rounds fired with no hits, but that is not

always the case. I investigated a case where a young West Side Crip was robbing a pizza delivery man. The West Side Crip juvenile was armed with a small .380 pistol. The pizza delivery guy refused to give him the money, and it is stated he then moved toward the kid with the gun in a threatening manner. The kid fired the weapon. The pizza guy was shot one time in the chest. He walked around his car, collapsed and died. The shooter fled. The pizza company was called due to a complaint the pizza did not arrive and the police were called by the pizza company to look for the missing driver who was not answering his phone. The investigation revealed many people had heard the shot, but in this neighborhood, shooting was not uncommon, and it was only one shot, so no one called for police.

**Lessons Learned**

One shot from a .380 to the high center chest can kill you just as a .45 to the high center chest may kill you. If you hear a gunshot, think that it could have been a gunshot, might have been a gunshot, *call the police to investigate*. The suspect in this case is believed to have violated the rule "Keep your finger off the trigger until ready to fire". When faced with a robbery, the suspect's lack of training increases, not decreases the danger.

**CASE STUDY #4**

A Native Pride gangster was at a car wash, sitting in his car selling drugs. He got into a dispute with a buyer. The buyer either presented a weapon or credibly threatened the seller. Seated in his car, the seller began to draw a pistol that he had tucked in his waistband, appendix carry style, without a holster. He pulled the trigger while the weapon was still in his pants, explosively removing one of his own testicles.

### Lessons Learned

Drug deals happen in lots of locations, and you may be near one. Know your surroundings. Use a holster and keep your finger off the trigger until the sights are aligned on target.

### CASE STUDY #5

A female walked in and reported she had witnessed a murder. She provided names of the deceased and the suspect. I knew them both, and knew the residence she stated it occurred at. We rallied the troops and went to investigate. I was the supervisor. We surrounded and called for the suspect to exit the house. She stated everyone had left, but this had to be done as a precaution. We then knocked on the door, but there was no answer so I had a new officer kick it down. We entered the house to immediately see a person I knew seated on the floor, back against the couch, with a large exit wound on his head, obviously dead. We cleared the house. No one else was present and there were no shell casings. I asked the victim what happened, and he refused to make a statement. The new cops could not figure it out, but the veteran cops knew revolvers do not leave shell casings at the scene for evidence. A revolver was used in this case.

We never located the weapon, but eyewitnesses and the suspect's jail house conversations with other gang members lead to a conviction. The suspect was recorded on the phone saying they were to now call him "Quick Draw" because he killed the victim so fast. He stated the deceased was just running his mouth and "Quick Draw" was tired of it, so he shot him without warning. I also worked another gang killing of two persons in an apartment, both shot dead in their sleep. Officers again found no shell casings at the scene of the crime. The young officers on scene prior to the gang unit were looking all over a third time. They never carried or worked around revolvers. In this incident each person was shot three times. There were no shell casings, and the investigation revealed—again—a revolver was used.

### Lessons Learned

Revolvers are used less often than autos and do not leave shell casings, but the cops will still catch the suspect in most shootings.

### CASE STUDY #6

We saw many AK/AR drive-by shootings. We

did not see many shotguns used, but in the following case a shotgun with 00 buck was used.

A group of gang kids were fighting some local kids who were just being stupid. The kids brought bats to the fight, but the gangsters brought guns. The kids ran away and one suspect fired a 12 gauge Remington 870 loaded with buckshot. One 16-year-old girl was hit by one 00 buck pellet in the mid back. It entered her ventricle and killed her.

### Lessons Learned

Shotguns are effective beyond the A, B, and C pattern test zones we talk about in classes. She was about 60 yards away from the shooter when hit. This is a danger in shooting—even for defensive purposes—in a metro area.

While these are situations where gangsters illegally used guns, we can still learn a lot from them. What we can expect from gang members is disregard for laws and general public safety. We can look to their illegal use of guns and learn from misuse, over penetration and degree of danger when using guns. Gangsters provide many lessons in what-not-to-do though we must plan for the most competent or lucky exception and not the average.

If a gangster steals your car, the proceeds will often be used to buy and sell drugs, but you are not a drug dealer. They may use it as a getaway car from an armed robbery, but you are not a robber. If they use your firearm, taken from a place they must break the law to access and use it in a homicide, you did not kill anyone.

It is important for each of us to ensure our firearms are as secure as possible, and it is important for each of us to remember that killers are responsible for killing, not their stolen tools. Make sure *your* defensive planning, training and gun use are safe, sufficient and legal. ✓

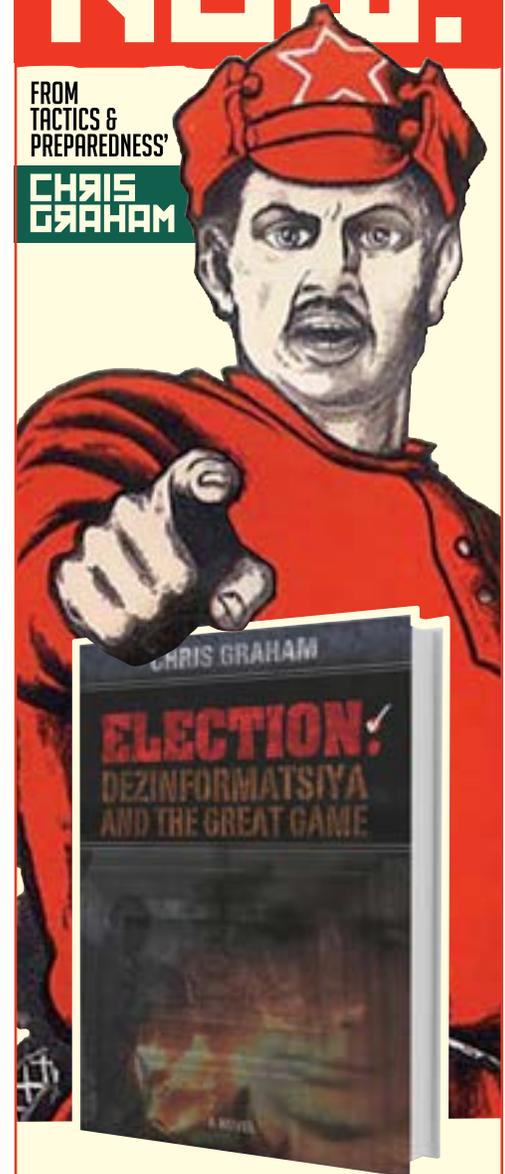
### BIO

*Kent O'Donnell is a former Recon Marine and a retired police sergeant. He spent most of his career on his department's SWAT team. Kent has done risk and security audits and training throughout West Africa, South America and Europe and provided weapons and tactics training around the world. Kent worked on a U.S. government project in Libya for six months and currently serves at [www.360worldwidesecurity.com](http://www.360worldwidesecurity.com).*

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После развала Советского Союза и превращения КГБ в СВР, организации-наследники успешно продолжили активность в Америке. Что, если президент США был избран в результате дезинформационной компании начатой десятилетиями назад? Был ли обвал финансовых рынков 2008г случайностью? Какова роль подрывной деятельности в сегодняшних войнах с исламским терроризмом? Что будет дальше?

"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. All who savor a thrilling ride will get one in Election: Dezinformatsiya and the Great Game." - Oliver North

DEZINFORMATSIYA

**As a life-long student of the fieldcraft and tradecraft employed in tactical operations both throughout history and around the world, I have long been fascinated by visual tracking capabilities and what those skills can allow a person to do.**

**BY CHRIS GRAHAM**

**W**hile many nations without our technological advantages, and specialists within adversary groups have long cultivated more advanced trackers than those commonly found in wealthier nations, there is one primary repository for operational visual tracking skills for Americans: The Tactical Tracking Operations School (TTOS). TTOS ([www.ttoscorp.com](http://www.ttoscorp.com)) draws upon the fieldcraft experience gained by MACVSOG in Vietnam, the Selous Scouts in Rhodesia, the British military, Israeli border units and interaction with countless other tracking teams around the world. These skills share a common heritage with the American Indian scouts of the Plains Wars and TTOS's

Pete Kerr was generous enough to host me to one of their courses a few years ago. What I learned is critical information for any person interested in awareness, self-defense, security and survival skills whether you find yourself in the city or in the woods.

On a crisp autumn morning I began two weeks of training with TTOS. The course was taught by a law enforcement tracker with years of tactical tracking experience in the United States and abroad named Pete Kerr and by Jerrod, a former Recon Marine who also had years of combat tracking experience.

#### **AGING TRACKS**

The course began in the classroom and we

discussed terminology and concepts. We went outside and created an "aging pit". We placed broken branches, paper, blood, human waste, food items, foot prints etc in the sand exposed to the elements. We visited the aging pit regularly throughout the first week to evaluate how these items age and create a mental database of aging evidence for time elapsed. There is little potential for advancing the skill of aging tracks through reading books, but you can create your own aging pit.

Even in your own yard you might be able to find a clear outdoor area that will not be disturbed by people and animals. Place samples of things you might want to be able to "age" accurately, like the ones above. Visit

# FIVE TRACKING TIPS

**FROM THE TACTICAL TRACKING OPERATIONS SCHOOL**

**LEARN TO READ "SPOOR", SUCH AS WHERE BIPODS AND SNIPER TEAMS HAVE BEEN.**

PHOTO BY LANCE CPL. AARON PATTERSON

the pit and your items daily or on a more frequent schedule. Photo, memorize and log the details of what you see on each visit. This will hone your skills very specifically for your specific terrain and climate and generally for all situations. Being able to tell if the evidence of feces your quarry has left on the ground is a half-day old rather than two days old is a valuable skill, particularly once honed and combined with others.

### READING SPOOR

We went to the “spoor pit” and began to read ground spoor. We successfully determined that one set of “action indicators” depicted in the sand had been two men picking up and carrying a third. Another was a sniper team emplacing for a shot. A third was a fire team in a diamond formation halting, and the final was a meeting of four men practicing Islamic rituals. We were provided a cheat sheet of key weapon measurements that enabled the determining of type for some of the most common military weapon types from ground spoor such as bipod marks left by a previously emplaced machinegun or the buttstock print of an AK or AR leaned against a tree.

This is an exercise you can practice too. All you need is an area to provide terrain fa-

vorable for leaving tracks (you can make this more challenging over time) and one or more people to play out a scene that you don’t observe. From their spoor, can you identify that two people met face to face from opposite directions and departed together and which direction? Can you tell that two people travelled together and one acted as a look-out as the other relieved themselves? Can you tell that someone moved slowly and attempted not to be observed? Can you determine that someone apparently followed a trail unconcerned about tactical considerations? Can you tell if someone was walking backwards? Can you tell their size, sex and weight? The more time you consistently put in, the better your skill becomes. No amount of video viewing can replace this.

### REAL WORLD CHALLENGES

We received classes on aging spoor based on the effects of the elements, practiced micro tracking and interpreted more scenarios that had occurred in the spoor pit. We discussed the mission and role of a tracking team, pursue and follow missions, key elements of an individual’s, print, stride and step and key factors for scent (dog) tracking.

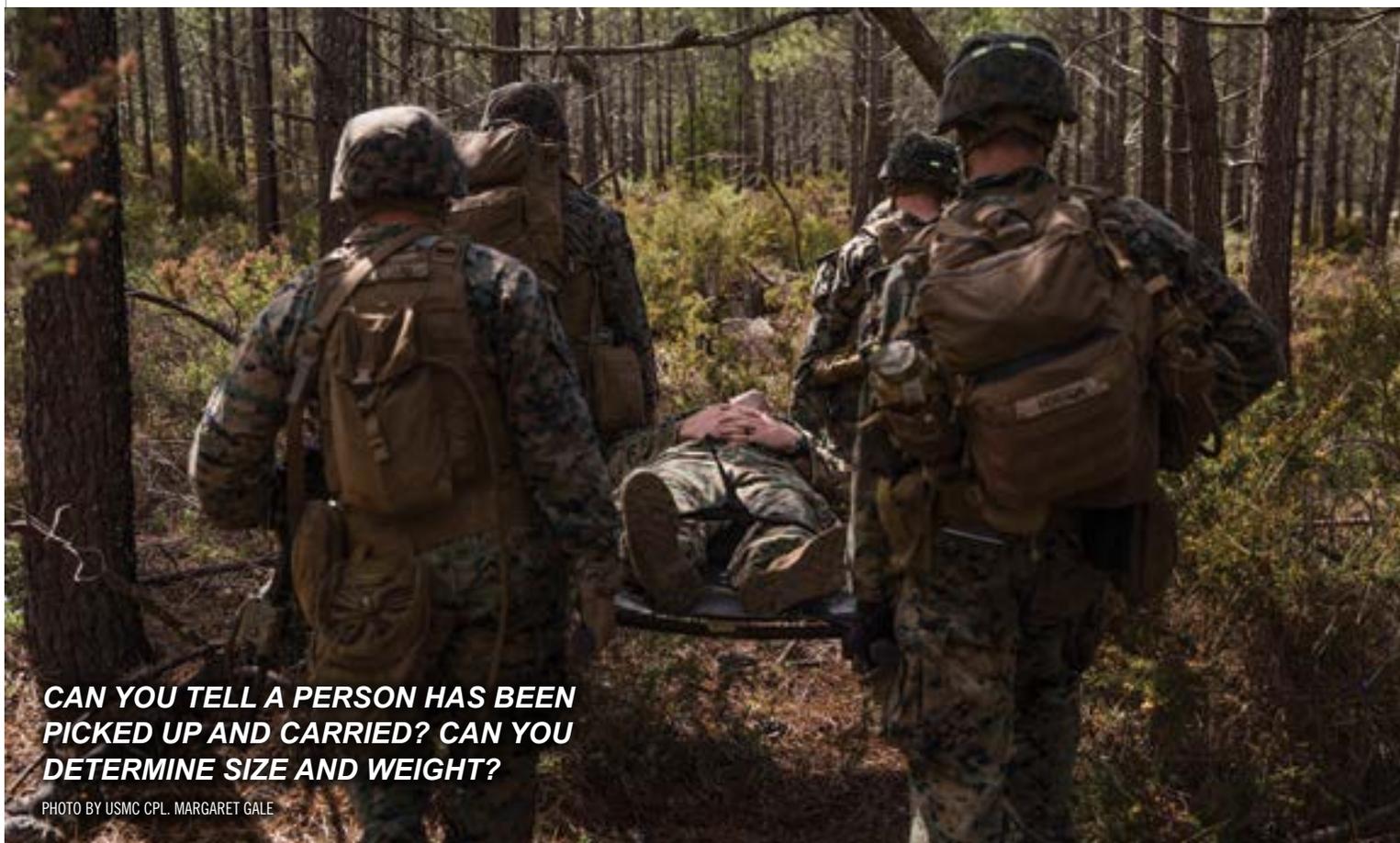
In the real world, trackers must accom-

plish far more amazing feats than just following footprints. Following your seven-year-old for 25 yards on an undisturbed beach is a fun place to start, but the real world demands much more. Can you determine one foot size from another? Can you determine one shoe sole from another? Now, can you determine that specific sole from small isolated partial prints alone? Practice is the way to do this.

### PURSUIT SKILLS

Broken into two teams, we practiced tactical formations such as the Y, 1/2Y, extended line, staggered column, lazy W, V and X. Each team practiced macro tracking and lost spoor procedures. These included: checking “gates” (likely lanes between obstructions) for spoor, searching a wedge-shaped segment of terrain focused on the direction of travel, doing near and far 360s, box pattern searches and cross-overs.

Not only is it likely that the terrain may only yield partial prints, but it is also likely that those partials may only be visible on five, ten-or-more-foot irregular gaps. Can you determine what direction of travel a print indicates? That is the direction to look for the next print, even if terrain does not reveal intervening steps. Can you tell direction of travel from



**CAN YOU TELL A PERSON HAS BEEN PICKED UP AND CARRIED? CAN YOU DETERMINE SIZE AND WEIGHT?**

PHOTO BY USMC CPL. MARGARET GALE

the way vegetation is broken or pressed? A person may alter course for many reasons, including deception, but the direction the majority of their prints indicate tells you where they are trying to get to. Back tracking or direction changes can only be carried out for so long before a person must make progress toward their actual destination. When spoor disappears, the near and far 360s will eventually find the new direction of travel.

**CATCHING UP**

Over time, the dominant true route will become evident. The combination of learning the quarry's preferred direction of travel, knowing who they are, what they may be trying to accomplish and knowing what lies ahead, is the basis for predicting the future.

If you follow your quarry track to track, you will be dependent on simply moving faster than they do to close the gap. This may not be viable for a number of reasons, so it is necessary to anticipate where they are going to be. You might skip a segment of their route to get ahead of them based on your superior knowledge of the terrain and forecasting their logical destination (Is it water? Is it a town? Is it your neighbor's house?) or you might send another team or individual to an intercept point while the pursuit is continued. Either way, you must hone the skill of being able to anticipate where your quarry is going based on the variables described above.

We rehearsed immediate action drills for

contact when we had the initiative, when the enemy had the initiative and when we had a chance encounter. We received classes on "advanced shooting techniques" that were useful and classes on IED tactics relevant to tracking operations.

The training also included classes on tires and vehicle tracks. One of the most useful aspects of training was anti-tracking and counter-tracking skills; all with surprising pitfalls. Teams practiced rural surveillance operations, urban tracking and night tracking.

The value of visual tracking skills to special operations, reconnaissance teams and fugitive recovery is obvious to most people when we consider it. Perhaps less immediately obvious is how much every infantryman, deputy, police officer and investigator could gain from these skills. Every property owner who makes a hobby of practicing these skills has a valuable secret weapon for home security. Any CCW permit holder or martial artist who takes up the tracking discipline has a whole other world of experience to bring to their awareness skills.

Tactical uses for tracking include, but are not limited to: detecting observation posts, drug operations, border crossing points, safe houses, rat lines, IED sites, caches, sniper hides and tracking down the

people making use of them. These skills are also valuable for locating missing or abducted people, confirming stories you have been told, and countless other uses.

Many adversary groups have significant tracking experience. Combat tracking is a skill that no technology purchase can replace and it is one of the most valuable fieldcraft skills to acquire. Daily observations of your spoor pit and a quick tracking game can be fun anti-fragility training at home with your kids. Regular tracking practice, over time, is the only road to tracking proficiency. What could you use tracking for in your life? ✓

**BIO**

*Chris Grabam 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.ChrisGrabamAuthor.com](http://www.ChrisGrabamAuthor.com).*



**ANYONE FROM THE INFANTRYMAN, POLICE OFFICER, PROPERTY OWNER OR CCW PERMIT HOLDER CAN BENEFIT FROM TRACKING SKILLS.**



**LEARN TO TELL WHAT DIRECTION YOUR QUARRY IS GOING, NO MATTER THE TERRAIN.**

PHOTO BY USMC CPL. ERIC TSO

**Contemporary terror style attacks, either committed by a lone operator or group can be defended against. Prevention demands constant vigilance and preparedness to act when lethal danger presents itself.**



# CHURCH DEFENSE

A gunman killed one and injured seven at the Burnette chapel church of Christ, Antioch, TN, 2017.  
PHOTO BY METRO NASHVILLE POLICE DEPT.

**Attacks against houses of worship and their parishioners have again escalated to commonplace events in our world.**

**BY LEW GOSNELL**

**T**he attacker's motives, while of interest to some, matter little to the victims and their loved ones. Analysis of recent attacks (i.e. the last 20 years) reveal our weaknesses and naivete. I created a five day Church Defense Class and teach it at the Gunsite Academy in Paulden, Arizona to enhance existing emergency response plans in houses of worship. With 30+ plus years as a sworn police officer, 40+ years of experience as a weapons trainer and competitive shooter, I share what I can to prevent more incidents like the March 2019 Falls Church

mosque murders from being carried out again.

Attacks and persecution of those practicing their faith go back before the beginning of recorded history. Pharaoh Ramesses II cast out the Jews, ancient Rome persecuted Christians (and anyone else that resisted them), witch hunts in the Middle-Ages, the Spanish Inquisition, and systematic Nazi extermination attempts against Jews are recurring snapshots from history, and persecution of Christians is on the rise around the world.

Contemporary terror style attacks, either

committed by a lone operator or group can be defended against. Prevention demands constant vigilance and preparedness to act when lethal danger presents itself.

I have given talks to school administrators, clergy, business leaders and others in leadership positions in their communities. Often, the information is accepted and plans are put into place for improvements to security processes. Most often, the listeners rationalize: "This has never happened here"; "that only happens in those kinds of areas"; "We don't have the problems big cities have", etc.

Bad things can happen anywhere, and not planning for how to deal with them is like trying to buy life insurance after your parachute fails to open.

In my course, we discuss the most recent attacks: Who carried out the high-profile church attacks in the United States in the past several years? How were the attacks carried out? How were the attacks initiated? How many attackers were involved? What types of weapons were used? Was there an explosive/IED/distraction device used in the attack or left behind to cause secondary casualties? Were the attackers stopped at the scene? Were they killed or wounded, driven off or later captured/killed by law enforcement?

There are defensive alternatives available other than firearms. However, when we discuss these, students can generally answer their own questions. How do you stop a person hell bent on killing, and willing to die in the attempt? The answer stays the same. Just as you need a fire extinguisher to stop a fire, the best tool for stopping a gunfight is a gun. In fact, without one or more guns in defense, and one or more skilled operators, an attack is likely to be more of an execution than a gunfight.

### ASSESS YOUR VULNERABILITIES

Instead of hiring a professional security consultant, you can perform an assessment of the security risks at your own location. Often, there are security professionals already present, who are members of the congregation.

Active or retired police officers, deputy sheriffs, military professionals, alarm installation technicians, etc. often already attend your church or have friends who do. The insight and experience these persons possess is invaluable and should be exploited.

All modern structures have emergency exit plans. The vulnerabilities in a building's emergency exit plan needs to be determined and then, hardening the target by increasing security around those areas, a layered defense can be created.

Physical access to the areas where people gather in large numbers to worship must be addressed. "Greeters" stationed at entry points should be trained to note suspicious behaviors that can be telltales to a possible attack: Nervousness, clothing unusual for weather conditions, suspicious bulges under the clothing and other unusual actions should be reported and the individual monitored until the issue can be resolved. Houses of worship almost universally provide some type of child-care services, nursery schools or Sunday school for toddlers to teens. These are very normally vulnerable and are high-value targets for the high-casualty killer seeking notoriety. These must be secured.

High casualty events are an obvious concern, but the more common "regular crime" also warrants mitigation. All suspicious activity must be reported. Petty theft, trespassing, loitering in parking areas, etc. should be reported to your local police (or sheriff's) department. Sexual assault and crimes against

children are an especially challenging concern to prevent.

### THE SECURITY TEAM

Look to what your local police and sheriff ask for in a candidate as far as background and experience for your security team goes. That is a good start. Keep in mind that we won't be asking a team member to jump walls or chase bank robbers, but we do want them to be thoughtful, considerate and conscientious. Often, our choice of who will be a team member is dictated by who wants to volunteer for the job. Persons of questionable character, criminal background or who have demonstrated a lack of maturity should not be invited for obvious reasons. If you will be having armed personnel, they should be lawfully able to possess firearms, and comply with any local ordinance applicable to the carrying of concealed weapons.

Have your team members qualify on a regular basis with their weapons. This will give them an incentive to maintain their skill with firearms and help build teamwork. Two good drills to test skill level are as follows:



PHOTOS THIS PAGE COURTESY GUNSITE

below: Church Defense Class students receive instruction from Gunsite Rangemaster Mike Moore (center, tan shirt).

right: A student shows a perfect "50" score, on the Gunsite 250 Drill, during Day-3 of Church Defense Class.



***"Greeters" stationed at entry points should be trained to note suspicious behaviors that can be telltales to a possible attack.***

(\*Note: The following are drills that are “trained up to”. Gunsite starts students first firing from “Ready”, then from the holster, with extended time limits. As competence and speed increase, the allowed time is decreased.)

### Gunsite 250 School Drill:

All shooting starts with the pistol holstered (add 0.5 seconds when drawing from concealment).

- 3 yards. Single head shot, 1.5 seconds. Repeat. (2 shots)
- 3 yards. “Hammer” (two shots to the chest), 1.5 second (2 shots)
- 7 yards. “Hammer” (two shots to the chest), 1.5 seconds (2 shots)
- 10 yards. “Controlled pair” (two shots to the chest), 2.0 seconds (2 shots)
- 15 yards. “Standing to kneeling” (two shots to the chest), 3.5 seconds (2 shots)

Possible score of 50. Gunsite “Option” target is scored 5/2 for in/out of scoring area.

### Single Draw Presentations:

- 25 yards. Single shot to the upper chest, 3.0 seconds. Repeat for total of 5 shots.
- Possible score of 25. Gunsite “Option” target is scored 5/2 for in/out of scoring area.

(Depending on clothing/covering garment, you can add 0.5 to 1.0 seconds to the par time)

## THE SECURITY PLAN

“Perfection is the enemy of good”. A decent plan put into action is better than no plan. Individual needs, cultural sensitivities, political influences and other factors are factors in moving forward with improved security measures. These can include: improving the physical security with improved locks on doors and windows, and video surveillance equipment to monitor entranceways, parking areas, youth service classrooms, etc. Additionally, it is a good security measure to determine where to place security members during services, and having a written protocol for emergencies: “If this happens, we do this” etc.

Like actors in a play, team members should

rehearse likely scenarios that could happen or have happened. From the vagrant who is experiencing a psychotic episode, to a lost toddler separated from a parent, to a medical emergency suffered by an elderly parishioner, to a sudden gunfight. Practicing responses to many different incidents can help reduce a team member’s stress during the real thing and improve chances for success.

I encourage you to include your local police or sheriff’s deputies in your training. Invite their SWAT teams and local patrols to use your facility for training during low traffic times and include them in your planning sessions. They will be an invaluable resource.



In addition to CPR, immediate action for stopping serious blood loss via application of a tourniquet or direct pressure or stuffing a bullet hole with a finger, should all be taught and practiced. Many lives have been saved by simple, quick action in stopping blood loss. Do you have trauma care packs or other first aid supplies available in your church? Does every member of the security team know where it is, and how to use it? Is there a plan for putting it into use?

### RANGE TIME

After the first morning of lecture in my class, students move to the range for pistol training. Gunsite Academy, founded in 1976 by Col. Jeff Cooper USMC, is the oldest private firearms training school in the world. It is first a “fighting school”, dedicated to saving lives by use of the defensive firearm. In the Church Defense Class, not every student will have first gone through the basic Gunsite 250 Defensive Pistol Course. Many may have little experience with firearms of any type. As such, students are put through a hybridized pistol class, which still demands the same strict adherence to safety, and safety rules, as all Gunsite firearms classes do.

Over the rest of the week, students will fire between 800 to 1,200 rounds of ammunition, starting on the Square Range, learning to safe-

ly draw from the holster at speed and then from concealment; engaging targets from three yards to 25 yards and beyond. Malfunction clearances, immediate action response, tactical reloads, speed reloading and other weapon manipulation drills are covered.

On the last two days, students are put through indoor and outdoor “Simulators” where they must identify and engage “Threat” targets, as well as “No shoot” targets, at unknown distances, over varying types of terrain. Threats are engaged in and around vehicles and while using vehicles as cover.

Finally, for some stress inoculation, students are given clear instructions, cleared of anything that could possibly be used as a weapon, then checked again at the training site and issued a Simunitions (marking ammunition) pistol and protective gear. This is often remembered as the best part of the class. The student is engaged by role players in a force-on-force training scenario. The scenes are carefully scripted and depict typical “potentially” violent crime events, such as workplace violence, or dealing with an emotionally disturbed person. Using the skills and techniques presented over the week, they can often solve the scenario as it branches, based on how they react to the unfolding event, without having to resort to “simulated” lethal force. Gunsite Academy is proud of their reputation for quality training, giving good people the skills needed to protect themselves in a dangerous world. I know it is working.

I hope these ideas encourage you to consider the security needs and processes in place for your church. Please remember that you are responsible for the safety, propriety and legality of any procedures you decide to implement, and you are responsible for confirming the safety and quality of any training you pursue. ✓

### BIO

*Lew Gosnell is a former Marine and police officer. He served in Los Angeles as a Patrolman, Detective, Patrol Supervisor, Gang Unit Supervisor, SERT and Department Rangemaster. He has won the Soldier of Fortune 3-Gun Championship, SASS “End of Trail” Cowboy Shooting Championship and Steel Challenge Shotgun Speed Shooting Championship. He competes in USPSA, IDPA and GSSF, and is a Gunsite Academy (www.Gunsite.com) Staff Instructor and Rangemaster.*

# PROFILES OF COURAGE

Whether you're facing a kidnapper or killer, 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 compiled from multiple open source reports. Signore X is a pseudonym.

*Sy ignited a lighter and lit the bus on fire as the school children tried to escape.*



WIKIPEDIA - JOLLYROGER

## SIGNORE X

**O**n a sunny March 2019 day, Ossey-nou Sy drove a bus carrying middle school students east of Milan, Italy. Sy reportedly poured gasoline down the center aisle of the bus and announced that he was taking the bus and his hostages to Linate Airport.

He then gave zip ties to three adults, ordering them to tie each child's wrists together as he drove. It is unclear why adults complied with his demands rather than incapacitating him and taking control of the bus, but Carabinieri officers received a distress call from the bus and responded.

Two Carabinieri cars bracketed the bus

on a Paullese highway, but Sy reportedly rammed the cars. The officers caused the bus to stop and diverted the attacker's attention. While officers engaged him in dialogue, others from a third vehicle breached the bus's side door and broke the windows at the back to allow passengers to flee.

Sy ignited a lighter he was holding and lit the bus on fire as hostages were escaping. Signore X placed himself in danger, assisting hostages in their escape from the fire while other officers physically subdued the attacker and apprehended him. There were no fatalities.

Osseynou Sy was reportedly born in Senegal in 1972 and became an Italian citizen

in 2004. Sy reportedly said that he intended to send a message to African refugees "not to come to Europe, but at the same time to punish Europe for what he saw as its unacceptable migration policies" according to officials. Sy had previous arrests for driving under the influence and sexual assault.

Italian interior ministry officials stated that North African refugee arrivals were down 94 percent this year, compared to 2018 as the result of new security policies. Few details have been reported about Signore X, but risking flames to assist escaping children held hostage is an act of commendable bravery.

✓