Ballistic Response to Active Violent Encounters (BRAVE) is a family of classes presented at Gunsite Academy designed to enable students to develop multiple skills in the field of personal protection studies.

The classes were developed in response to requests for a cost and time effective means for students to gain knowledge and skill beyond the basic abilities encountered in other classes.

When evaluating your training needs, recognize there are at least two levels. Level one consists of core skills. Basically, the bullet goes in here, comes out here; stand like this; aim like that, etc. You have to have those skill sets before you move on to the next level of tactical training. In tactical training, you analyze a problem (street crimes, carjacking, home defense, etc.), decide what skills are needed, develop and rehearse a basic plan of action then perfect your plan in a variety of square range and scenario-based exercises. Often, students stop in one level of training or the other for a vari-

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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.

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THE FIRST DAY IS A COMPREHENSIVE REVIEW OF BASIC SKILLS.

The first day is a comprehensive review of basic skills. Time and money constraints are often reasons students don’t round out their skills. We sometimes see students who have awesome shooting skills with no tactical capabilities or the reverse; students who are hell on wheels tactically but can’t hit the county they’re standing in. BRAVE is designed to remedy that problem.

Students are given a mindset presentation that covers everything from what, when and who to look for as indicators of a problem such as subjects loitering, changing direction to follow or intercept an intended victim. They are given examples of grooming and touching as an intimidation or distancing behavior. During role play sessions, instructors demonstrate the behaviors during controlled encounters with students to provide the opportunity to build experience with simulated unknown contacts. We also provide information on how the brain functions in a crisis, physical fitness as a component of personal protection, equipment selection, being a “gray man” and other topics relevant to the subject at hand.

From there, it’s off to the range where training day one is spent completing a comprehensive review of core skills from basic pistol classes. In BRAVE, students are expected to know how to run the gun, so instructors don’t teach those skills unless we see a safety problem. If a student is doing something counter to Gunsite instruction, but are efficient and safe in their operation, we let them roll with what they know. BRAVE is all about developing plans for response to real world problems, not learning how to run the gun.

The range session starts with a 5+1 drill taken from the Combat Shooting and Tactics curriculum. CSAT is a friend of Gunsite and I’m not bashful about adding good drills from other institutions. In the drill, students will perform five dry repetitions of a presentation to the target with a single dry press of the trigger. The pistol is unloaded and the action is repeated with a live round fired. The pistol is unloaded and the entire 5+1 is repeated a total of five circuits. This comprehensive drill allows students to perform multiple evolutions of critical skills while instructors get a good idea where the students stand regarding overall skills. From there, we press a number of drills Gunsite students will recognize from previous classes.

Too often, we see instructors develop tactical responses based on their favorite techniques rather than what happens in the real world. In other words, the process is “hey, this (insert technique here) is cool. If somebody comes at me like this, it’ll work great so let’s act like that’s how people will attack us” whether their concept is based on reality or not, we don’t have to wonder about how criminals tend to attack. There are hours of video that have captured real criminal attacks. If we spend just a little time watching...
those assaults we can get solid ideas about how we can respond effectively to assaults. That-right-to-left thinking is the corner stone for developing the plans we practice in the various BRAVE formats. Seeing and avoiding is the highest priority, you can’t prepare for every contingency, but understanding tendencies and having a basic plan for them puts you ahead of the curve.

Training day two is spent practicing hand combat tactics. Hand combat at a shooting school?! Blasphemy! If someone says, ‘I have a gun … I’ll just shoot ‘em’, they have put themselves in a dangerous position. You have to have the ability and capability to work smoothly through force options from withdrawal to physical presence to empty hand techniques to intermediate weapons to deadly force and back without batting an eye if you don’t want to make a bad situation worse. Poor decision making will increase your physical risks and poor decision making will increase your legal risks. BRAVE emphasizes stand-up techniques with an introduction to ground defense.

Day two also includes a medical brief. In a self-protection event, bullets flying around have a tendency to cut meat. Some of that meat getting cut might belong to you or someone you care about. In those critical first moments, you’ll only have the knowledge and equipment you bring to the fight to save the lives you care about. The medical brief we present in BRAVE classes was developed and is audited annually by doctors on staff or associated with Gunsite Academy.

Another key component of BRAVE has to do with using subject matter experts to develop and verify information presented in the class. For example, we can talk about legal issues related to self-protection issues and, as a former cop, I can give some pretty good examples how situations went sideways or came out in favor of the good guys. When it comes to a detailed legal discussion, however, that’s the realm of the lawyer, particularly the lawyer versed in self-defense law. In any brief we give on legal issues, as an example, any information is forwarded to contacts we have to vet the information for accuracy, just like we do with the medical brief. The brief on brain functions, for example, was developed with, and approved by, neurosurgeons, college professors, psychologists and psychiatrists. We want to know that technical information we present is the most accurate we can provide.

I mentioned that day two touches on physical fitness. If you think you are serious about personal protection and you didn’t take time to do something to improve or maintain your level of physical fitness, you are wrong. Time is the great thief. Unless you are pushing harder every day, you’re not in as good shape today as you were yesterday and you won’t be in as good shape tomorrow as you are today. You have to do something every day to get ahead of the process, or at least slow it down when that is no longer possible. Murphy’s Law suggests your adversary is always 22, so we give a brief on fitness concepts and offer suggestions how students can improve in this

**DRY AND LIVE FIRE DRILLS, ALONG WITH ROLE-PLAYING, ARE USED FOR HOME DEFENSE AND STREET CRIME SCENARIOS.**
vital area without causing injury or exacerbating existing conditions. We start with what we have and dedicate ourselves to day-to-day improvement.

Suggestions are based on the functional fitness concept with an emphasis on supporting the ability to fight. We provide a variety of resources to develop an effective program based on individual needs and limitations. Just two of the resources mentioned are Pat McNamara (former army Delta operator and tactical trainer) and Phil Daru (former professional MMA fighter and a professional trainer for other MMA fighters)To set the example, instructors work out after class most days so students can see how simple it can be to address the fitness requirement.

Training days three, four and five present training in home defense, response to street crimes and vehicle defense. We use a variety of dry and live fire drills and role play with airsoft and blue guns to develop, verify and reinforce basic response plans. The format presents no less than a one-to-one ratio of dry to live exercises. Dry training is where you learn and perfect tactical responses. Live fire training is an additional level of verification if appropriate. As a full-time SWAT officer, I attended as many tactics classes that never launched a live round as classes that put hundreds of rounds downrange. In terms of learning real tactics, the non-ballistic classes were often more effective in conveying information.

We start home defense with a discussion of evaluating your home from the perspective of the criminal and how to “harden the target” by improving locks, lighting, doorframes and area denial landscaping. Next, we talk about the psychology of the home invader. It’s about using terror and intimidation to control territory. The sooner you can escape the event, limit the crook’s ability to control space and people and/or intervene, the better chance you have for a positive outcome.

Response to street crimes is heavy on presenting a strong, capable persona. Most criminals aren’t looking for a fight. They want an easy target. If you look like you can take care of yourself (better when you actually can take care of yourself), the less likely it is you will be picked as a victim. To facilitate that outcome, instructors provide additional opportunity to role play unknown contact scenarios. Students are able to add polish to the basic response plans from day two and can add “tactical posturing” to their repertoire. If things go south, we practice multiple evolutions of engagements within touching range. These exercises include single target and multiple suspect engagements with movement to cover.

Vehicle defense starts with an examination of a typical sedan-style vehicle and pickup truck for potential cover points. Spoiler alert, there aren’t many, but those that exist can be exploited with proper body positioning and “stacking” of points to maximize cover options. Up next, students practice presenting the pistol from a seated position to insure they don’t flag their legs. It would be embarrassing—and cut down your fighting potential—to shoot yourself while trying to save yourself from an assault.

After the basic presentation training, we transfer skills to inside the vehicle. We work an organized basic plan to engage a hostile target from inside the vehicle when such action would become necessary. The basic response includes putting the car in park (you don’t want to get dragged exiting the car), remove the seat belt (I have seen coppers ripped off their feet when the seat belt they didn’t know they were caught in snapped tight, and I have to admit, I laughed.) We present the pistol, engage the threat if appropriate and then get the heck out of the bullet magnet. You can’t learn skills like this just reading about them, you have to do them. Safety and sanity can be provided by a qualified and experienced instructor.

All the domain specific training goes back to the brief on brain functions and how the brain reacts in an emergency. Basically, the portion of the brain that responds to danger uses familiar patterns to respond to emergencies. By practicing a plan based on real world events, we give the brain a chance to “see” a similar problem and build a baseline response, shortening the time it takes to respond to the emergency. Plans don’t have to be perfect, they only need to be close enough to make the connection. Your brain will improve the plan at hyper speed and launch a program if you’ve done the work of front-loading good information. The plans we develop are based on principles supported by tactics, techniques and procedures that allow students to execute “in the moment” with minimal additional thinking required.

Time, money and, in today’s environment, ammunition are always at a premium. We never have enough of any of those elements. The Gunsit BRAVE family of classes provides a training vehicle to develop tactical capabilities in a time and cost-effective way. 

BIO
Bob Whaley (www.Gunsite.com) is a retired St. Louis County Police lieutenant. He spent 15 years assigned to his department’s Tactical Operations Unit (SWAT). Other assignments included: patrol, intelligence and crimes against property. Bob has received training from and holds certifications in a variety of tactical applications and weapons platforms. He attended his first Gunsit class in 1989 and became a staff instructor in 2005.
The Kill Chain is currently popular within the U.S. government and is required reading for some.

Author Christian Brose identifies some shortcomings of the current U.S. defense posture and makes some general recommendations. People interested in the non-kinetic forms of warfare presently evident are interested in the same subjects Brose discusses. People interested in forecasting America’s next kinetic engagements are also interested in the subjects Brose approaches, and those interested in the thought trends within U.S. governmental leadership will want to know what Brose has to say.

In chapter one, Brose states that leadership at the Office of Net Assessment (ONA) endeavored to evaluate how the United States measured up against adversaries in 1991; primarily considering the Union of Soviet Socialist Republics (USSR). Efforts included attempting to forecast the future of war. Emerging technologies and the collapse of the USSR were the prime considerations.

Shortly after the project was undertaken, the U.S. government deployed forces across the globe in WWII fashion to crush the Iraqi army in the “Gulf War”. Brose did not note that contrary to the techniques the Communist Party of China used to deny victory to the USA in the Korean War, and the strategy the North Vietnamese government used to defeat the U.S. government in the Vietnam War, the Iraqi army confronted the U.S. military with 1960s technology and tactics emulating the most linear aspects of WWII and WWI. The world took note of the U.S. government’s impressive ability to dominate a linear, conventional fight with contemporary applications of technology.

ONA recognized that most adversaries would not choose to fight to America’s strength as the Iraqi army had, but would combine technologies and tactics to concentrate on gaps and weaknesses. Brose states that analysts coined the term “anti-access and area denial” to describe adversaries’ logical efforts to develop tactics and technologies to prevent the USA from having the freedom to concentrate and deliver forces around the world to a fight.

Brose stated, “9/11 changed everything”. The author notes that counter-insurgency operations in Iraq and Afghanistan came to dominate U.S. government thought. He also noted dismissively that Secretary of Defense Gates complained of “Next War-itis”.

Those of us who fought in Iraq and Afghanistan were continuously aware of our higher-headquarters (outside the theater of operations) preference for returning to training for WWII with modern weapons over winning the fight on our hands (“Next War-itis”).

Brose seems to be aware that commanders could make nearly limitless technology requests for Iraq and Afghanistan such as...
counter-IED technologies, but seems unaware that commanders were either unaware or unallowed to educate their troops that they were fighting a population based insurgency against multiple factions that were dominated by both cooperating and competing networks that stated both internally and externally that they were “waging jihad in the name of Allah” both to live up to Islamic law (shariah) and to enforce it. They wrote that they were re-awakening the ummah (global Islamic population) to live by shariah as doctrinally obligated. U.S. ground force commanders could condition their soldiers to conduct faster combat reloads and carry out Tactical Combat Casualty Care, but were pressured to act as though it was unclear how and why the adversaries fought. Commanders and troops faced consequences for studying our adversary in detail and for speaking factually on the subject as is required by U.S. warfighting doctrine. Brose’s writing suggests he is only aware of technological shortcomings in these fights and is unaware or unconcerned with the present state of those campaigns.

Brose concludes his first chapter referencing an official at ONA warning in 1992 that adversaries would harness emerging technologies to counter America’s traditional ways and means of war. The author next describes Russian combat operations in Ukraine in 2014 that made use of pretexts, like the Soviet Socialists did shelling their own town (Mainila) in 1939 to create fake news “justifying” an invasion of Finland. He describes the use of unattributed combat troops carrying out mobile ground operations like the National Socialists (Nazis) did in the Battle of the Bulge in 1944; in Ukraine 2014. He wrongly concluded that this hadn’t been done before and communicates surprise that these were combined with contemporary technology (cyber-attacks, drones and electronic tracking), political warfare and deception at the tactical, operational and strategic levels simultaneously. Rather than concluding that he, and those who think like him, failed to anticipate a logical application of force, and apparently never having read defector MGen. Jan Sejna’s 1982 book We Will Bury You, he refers to this as “Russia’s new approach to warfare”.

Brose correctly states: “The challenge that Russia poses, however, pales in comparison to that of China”, and goes on to say: “I, for one, believe there is something worse than change. And the reason has everything to do with the Chinese Communist Party [CCP]”. The author notes that also in 2014, the CCP built islands in the waters of other nations. These islands lack serious application beyond military airfields and seaports that were built in support of their demand international maritime navigation operates only with CCP permission in the South East Asian Pacific Ocean. Brose notes: “Chinese [P]resident Xi Jinping denied them [existence of the islands]. The president of China stood before the world and lied through his teeth”.

The author sums up his vision of near future threats thus:

“The rush by many militaries to develop increasingly autonomous weapons has sparked concerns of a ‘global arms race for killer robots.’”

The Kill Chain, required reading in some quarters, but Unrestricted Warfare is not.

If you want to understand the “future of high-tech warfare” read Unrestricted Warfare and listen to the words on Elon Musk on the above technologies. If you want to understand the conventional wisdom among U.S. government employees about the “future of high-tech warfare” read Kill Chain. 

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.
I have been a fan of the 1911 since I was old enough to hold a gun.

Growing up on a Virginia farm about an hour from the beltway, my dad took me shooting on our land on some weekends. I remember shooting his collection of pistols and my favorite was his Colt .45. There was something so smooth about that gun that I didn’t fully understand at the time. I never really thought about the fundamentals of marksmanship, I just knew I could shoot a Coca-Cola can at 25 yards consistently with that steel beast. There are some guns that are built to shoot right out of the box. That M1911 pistol was and will always be the prime example.
The 1911 style pistol was born out of a requirement to field a self-loading pistol to replace revolvers at the end of the 1890s. During the Philippine-American War (1899-1902) American soldiers reported the ineffectiveness and lack of stopping power of the .38 Long Colt revolver and Colt M1892 revolvers. Soldiers during this conflict reported that the revolvers were unsuitable for jungle warfare conditions and lacked sufficient stopping power. During this conflict the guerillas “Moros” dosed with opium to conduct self-sacrificing attacks against soldiers in close combat situations. After this feedback from soldiers fighting abroad and Colonel John T. Thompson’s pistol round effectiveness test in 1904, the M1911 chambered in .45 caliber became the definitive solution.

The 1911 pistol platform is traditionally built around the same metal design carrying with it a good bit of weight and solid controls. The trigger on the 1911 is what makes this gun special in my opinion. Shooters will say “1911 style trigger” occasionally to describe the highly advantageous design and feel of a crisp breaking trigger that takes little to no effort to press for a clean shot. This feature alone makes the 1911 without equal and other manufacturers compare their triggers to that of a 1911. The U.S. government reportedly bought 2.7 million M1911s that saw action in WWI, WWII, the Korean War, the Vietnam War and with special units today. If you don’t have a 1911 in your home, odds are your dad or granddad does.

The traditional 1911 comes with a single stack magazine holding seven to eight rounds. The pistol has two built in safety mechanisms; the grip safety (which some people keep strapped down) and an external thumb safety which make it ideal for a carry platform cocked, with a round in the chamber, and the thumb safety on. The pistol sights may vary, and many 1911 pistol shooters have either kept their original sights or swapped them for other enhanced mechanical versions and/or mounted a mini red dot. Additionally, the 1911 platform has been chambered in many other calibers by firearm manufacturers to include: 9mm, .38 Super and .40 caliber (2011 series). The chambering of other platforms has drastically increased magazine capacities allowing for the double stack style magazine design holding, in some cases, over 20 rounds of ammunition.

There are probably more aftermarket parts and variations for the 1911 style pistol than any other pistol in the world. I tend to look at 1911 style pistol shooters/owners in three groups. Collectors generally have mint condition Colt M1911A1 pistols that are unmodified and rarely shoot their handguns. The collectors also buy and trade these handguns much like classic car collectors do throughout America. This group of 1911 owners can cite historical references and tell stories about a 1911 based on the manufacturer and serial number.

Tacticians are a large group of 1911 pistol shooters, probably the largest, because of the long history of use and performance of the pistol. Since the early 1900s the 1911 has been in circulation amongst military, law enforcement and used as personal defense weapons internationally. The 1911 is heavily touted for its ease of shooting and accuracy (capable of one-inch groups at 25 yards). This platform is highly attractive to shooters who depend on reliability and accuracy in life or death situations.

Competitive shooters shoot the 1911 style pistol internationally. Most competition pistol shooters who finish in the top percentage shoot a 1911 or 1911 variant, whether chambered in .45 ACP or something else. I have seen competitors who switched from striker fired pistols such as Glock, immediately see significant improvement in performance when operating the 1911 style platform.

The 1911 handgun is a great pistol to train with. Unlike other handguns, the 1911 doesn’t require the same grip pressure to manage recoil like a striker fired polymer gun or revolver. Pressing the trigger on the 1911 won’t build a callus on your trigger finger like others with five pounds of trigger do.
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ZEROING/SIGHTING
Unless the 1911 has fixed sights, I recommend going to the range and punching paper to ensure your pistol is zeroed or sighted in before you conduct any extensive training sessions. This is one of my first steps on pistol shooting and it would be a waste of time shooting a pistol or firearm in general without having your sights dialed in. I check my zero at 25yds for practical pistol shooting (tactical or competition). I typically use a magic marker and make a small circle (2-3 inches) on an IPSC brown target as a point of reference. Lastly, if you are going to change sights, do it right away and don’t waste time. Shooters with bad vision should look into fiber optic front sights with a blacked-out rear or spend the money for a red dot.

AMMUNITION
I recommend that shooters attempt to stick with the same ammo in training as they do in competition or real-world applications for the tactician. This should be an attempt to focus on reliability with your specific load and/or to gain a feel for how your pistol will shoot with that specific round. Ammunition loads can vary greatly between manufacturers and reloaders. While shooting a .45ACP 1911 is smooth and easy, there is a great deal of difference in shooting 185gr .45ACP Jacketed Hollow Point traveling at 1050 feet per second (FPS) and shooting a 230gr .45ACP Full Metal Jacket round traveling at 800FPS.

HOLSTERS
Select a good holster and magazine holders that fit your practical application. Buy once, cry once mentality. I have witnessed several individuals arrive to a course with a fabric holster and later elect to purchase a newer holster. Shooters who are a hybrid tactician/competitive shooter should look at multiple options (inside the waistband, outside the waistband, competition holster and active retention holsters).

DRY FIRING
You can’t dry fire this platform like a striker fired pistol. I ended up damaging some components (firing pin and firing pin stop). For those wanting to dryfire these 1911 style platforms, what I suggest is to use a small piece of foam from an earplug and place it over your firing pin where the hammer strikes, drop the hammer a few times to set it in place. Use this method when dry firing and it will save you from replacing a firing pin and/or firing pin stop. Also, I suggest working magazine changes frequently when dry firing at home. Last but not least, ensure you don’t drop magazines on a hard surface such as concrete (garage) or tile/hardwood in the house. Find a rug or carpet. This is the fastest way to damage your metal magazines.

LIVE FIRE TRAINING
Most who end up spending the money to switch from their striker fired pistol to a 1911 realize fairly quickly some differences in how they have to change their techniques for manipulating their controls. When I switched over to a 1911 styling handgun I went to the range after dry fire practice and shot the fol-
lowing drills repeatedly: Drawing and shooting 1-3 round strings on a shot timer at 5-7yds at an IPSC paper target. My intent was to maintain all shots into the “A” zone and nail the fundamentals of my draw stroke while continuing on through the shot process. I noticed that I needed to land on the gun in a certain way to activate my safety lever during the draw stroke. Shooters definitely don’t want to take their safety off at full presentation (it would be extremely slow and look weird).

The other thing that you would notice when transitioning to a 1911 is the significant weight difference in most cases. In my case, I swapped over from a Glock 17 with slide cuts to an STI 2011 Eagle 5.0. The other drill I love to do when warming up on a pistol is the Bill Drill (Six shots are fired as quickly as you can achieve six acceptable hits on target at seven yards from the holster). Most would say six rounds is excessive, but you can really focus and work on some of the fundamentals that become extremely important when shooting a longer string of fire. Once you get past two rounds on a six round string your grip starts to become loose if you are not careful. This is important for recoil management, follow through and finding those sights again quickly.

**MAINTENANCE**

You will need to keep your pistol clean to ensure reliability in training, real-world or while shooting matches. The 1911 breaks down into what seems to be a thousand pieces, but with practice and intimate knowledge of your 1911-style pistol one can learn quickly. Always check your ejector and extractor. This is a common part that can cause problems if not checked out while conducting maintenance. It is critical to clean the top end of the gun and the frequency purely depends on how many rounds are shot. When taking out the extractor, shooters will more than likely encounter accumulated carbon and grime in the channel. The magazines should be cleaned after live fire training sessions to prevent any potential malfunctions. Magazine cleaning for single stack 1911 platforms can be conducted less frequently, but double stack platforms present a high chance of malfunction due to dirty magazines.

As I look back at the most enjoyable and accurate pistol my father let me shoot at our farm, I remember the legendary Colt 1911. In my opinion, the M1911 pistol designed by John Browning over a century ago is still, ounce for ounce, the best performing pistol platform in the industry. After 20 years in the Army, I have yet to shoot a handgun that has compared to this platform. There is no pistol I would rather shoot and if I had to throw every pistol away except one, my 1911 style handgun (2011) would be it.

If you are interested in being proficient with the most prolific weapons in the world, you cannot overlook the M1911. In addition to the millions produced, skills for operating the M1911 are nearly identical to those for operating the 9mm Browning Hi-Power, another military pistol used by the forces of more than 50 countries and still found all over the world today. Train safe, train hard and be prepared.

**BIO**

Brendan Souder is an active duty soldier, a competition shooter and owner/operator of Range Project Group International (rpg-international.us) in the Panhandle of Florida. RPGi hosts shooting competitions and training courses that leverage the SOF background/competition hybrid model. The views expressed in this article are the opinions of Brendan Souder and do not reflect views of the U.S. Military.

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**GEAR REVIEW**

The Jetsurf Adventure DFI Plus is a motorized board for surfing and can be transported in your car’s trunk. An integrated alternator makes the board independent from charging and the additional fuel tank extends its’ range up to 100 km. The operation of this board is designed to be tool-less for simplicity in the field. It is only a matter of time before Jetsurf boards emerge in the public eye for infiltrating and exfiltrating special operations personnel during the day and at night, but you can use yours for fun and exploration. If the price tag is unappealing, check out used options, and cheaper boards made by foreign competitors.

[www.jetsurf.com](http://www.jetsurf.com)
The Army’s survival Field Manual (FM) 3-50.07 describes how to cope with stress when it manifests itself in a survival situation. It uses the acronym SURVIVAL. It also helps meet Maslow’s Hierarchy of Needs: It addresses safety and physiological needs of the Hierarchy. These include: food, water, warmth, rest, intimate relationships and feeling of accomplishment. Let’s consider a real-world example: David Cicotello’s survival in Utah’s No Man’s Canyon in March 2011 for five nights and six days. Nearly 200 miles southeast of Salt Lake City he was rappelling with his 70-year-old brother. After his brother fell a hundred feet to his death, David found himself stranded on a ledge.

The S stands for Size up your situation. This is also referred to as gaining and maintaining situational awareness (SA). What are the details that define the area in your immediate surroundings and in concentric circles expanding outwards? This enhances one’s ability to recognize clues that will help. In a lost hiking situation, where was your last known location on a map, phone or physical trail? What was the last major terrain feature you passed? Do you know a general compass bearing that will take you back to the trail head or parking lot? What do you know about your environment? What is the weather pattern for the next 24 hours? The more answers you have, the higher your situational awareness. Recognition of your surroundings will help fight some of the aspects of stress. David Cicotello was rappelling with his older brother in No Mans Canyon when things went south. His brother had fallen to his death. After several attempts to climb to safety, his situational awareness told him to stop.

The next SA you will need to have is knowing what equipment you have. What do you have on your body or what do you have in your backpack? Did you do a gear inspection before you left? Did you test it? Did you fall at any point and break anything or have you lost anything you might need? Now might be the time to empty the contents of your pockets.
and pack onto a clear spot on the ground.
Do you have a phone? How much battery power is left? Do you have a signal? Do you carry a backup battery? How much food and water do you have? Do you have any additional warming layers should you be caught outside over night? Do you have anything you can signal with other than your cell phone? Do you have a headlamp for light at night? By taking an inventory, you can increase your confidence in your current situation.

Upon deciding not to proceed, David emptied the contents of his backpack. He was able to account for the following: 15 ounces of water, a turkey sandwich, a knife, matches, an energy bar, climbing webbing, an orange, 25 feet of static rope, a bag of cashews, a climbing harness, a liter of tea with a lemon, two carabiners and a small medical kit. This action helped identify solutions for what Maslow described as a basic need for food, warmth and water.

The last part of SA is taking an assessment of what your current physical condition is. Have you incurred any injuries? Are you at the tail end of a long day and already physically worn out? How dehydrated are you? Do you have any hot spots on your feet? When was your last caloric intake? These questions can help you understand what kind of physical condition you are in at the moment and assess how that might affect your judgement.

The surroundings, your available equipment and your physical condition can all help paint a specific picture of your current physical situation. This will then allow you to make the most informed decisions possible. David had not, up to this point, sustained any injuries. A simple, yet effective coping mechanism for stress at this point is the use of grounding techniques. Take the time to describe the following in detail to yourself: five things you see, four things you feel, three things you hear, two things you smell, and one thing you taste.

The U stands for undue haste makes waste and use all your senses. This part rings true when it comes to deciding whether to make certain decisions that will influence your current condition, location and your available assets. In the event of being a lost hiker, will continuing in an unknown direction stress your body, reduce resources or degrade your ability to find yourself unnecessarily? Will you continue to further yourself from your last known position? Will you potentially hurt yourself if you go any farther? How soon is it to sundown? Is the terrain safe to move around in at night? If you do not know where you are, you may be best off to stay put, especially at night. You will need to conserve your energy and resources.

These actions can help satisfy what Maslow referred to as a need for safety. And that is exactly what David Cicotello did. He made his decision using his situational awareness. If he tried to climb out of the canyon, he could die with one false move. It was his goal to minimize movement so that he would not increase his caloric demands. A technique for coping here is to make small achievable goals and celebrate when successful. This will keep

Psychologist Abraham Maslow developed the concept of a person’s hierarchy of needs. The basic needs are at the bottom of the pyramid, and only when these are fulfilled can a person move on to the more advanced needs.
your mind focused on surviving and not on dying.

The next letter is R. It is there for you so that you Remember where you are. This can be a two-part process. It is a preventative measure and another way to check yourself. In the case of a hiker, the ability to know where you are is always paramount. It is not the responsibility of anyone to know where you are for you. It is your responsibility. Do you have a map and compass? Does anyone else know where you are? Did you leave them with any instruction as to where you were going, with whom, how you will be in touch, and for how long to expect you to be gone? Again, if you do not know where you are at, you may be best to stay put. The longer you move on in an unclear direction, the farther from any type of help you may put yourself. David Cicotello knew where he was and so did his parents back in Tennessee. He had come up with a communication timeline with his parents. He gave them a no later than time for them to expect to hear from him again. If that time were to expire with no contact, then his parents were to send for help. David calculated the time until help would come was at least five days.

The letter V comes next and it stands for vanquish fear and panic. This can be managed in several different ways. David Cicotello found himself exposed to rain one night in the canyon with nowhere to hide. To fight off his despair he made himself sing “America the Beautiful” and “Amazing Grace”.

Preparation in any form is an investment in your future. This could be as simple as attending a good outdoor course. In business, preparation might be: knowing your audience, knowing their needs and using advertisements to reach them. Vanquishing fear and panic is accomplished in an emergency by having some sort of knowledge or training to fall back on. This experience alone can determine if a situation will become life or death.

The author of the book Extreme, Emma Barrent, provided a great example of how to become an “expert” at something. She stated, “skills and knowledge required to perform well in extreme environments can be acquired in three ways: through deliberate practice of core skills, through formal training, and through repeated exposure to challenging situations”. Familiarity with SURVIVAL is simple knowledge that will give you something to fall back on if nothing else.

The “I” stands for Improvise. We currently find ourselves in a society that can provide for us within seconds, hours or a day for our most basic needs using a device that fits into your pocket. It allows for communications with worldwide companies like Amazon. Things we need are at our fingertips or can be on short notice. When you lack this modern capability, necessity can provoke and provide for us through improvisation. It is this type of creativity that can answer our needs in difficult times. When resources are stretched thin, this can enhance our drive to improvise. We can meet our needs through resourcefulness. David Cicotello had inventoried his equipment and was able to determine what he had and how to get what he needed. One concern was to keep his core temperature warm during the cold nights in the canyon. He was able to cut off the padding from his backpack and create a sleeping pad so that he could keep his torso off the ground. The following morning, he cut the webbing of his pack into the word “Help” so that it could be used as a signal. A good coping skill for this would be to reframe your situation. You are a survivor and not a victim. Through these actions David was able to help meet Maslow’s need for rest with the sleeping pad and a feeling of accomplishment after making the “help” sign.

The V represents value living. The Field Manual 3-05.70 (2002) lays out the value of living in this quote: “All of us were born kicking and fighting to live, but we have become used to the soft life. We have become creatures of comfort. We dislike inconveniences and discomforts. What happens when we are faced with a survival situation with its stresses, inconveniences, and discomforts? This is when we will live.”

Life in extreme environments or in a survival situation can be stressful enough. It is worth talking about the impact on those who are left behind in these situations. It is those who are left behind that can become the larger psychological motivator to provoke one to endure terrible situations for extended periods of time. This can be a point of focus for a survivor to call upon and remember what is waiting for him upon return. Framing a situation can be a good tool to consider using. Vietnam veteran Capt. A. Shimkus used to keep a piece of shrapnel on his desk at work. For those who were curious, he would explain it by saying, “That piece of shrapnel flew over my head during the Vietnam War where I was serving as a Corpsman. When I
was having a bad day, I realize things could be a lot worse”. Another good source of framing can be seen in the quote, “I cried when I didn’t have shoes, until I met someone with no feet”. This is a phrase that is widely associated with a prisoner of war. Things like these can be beneficial to keeping a positive mental attitude. The condition of those Vietnam POWs exemplifies the very meaning of survival and the importance of the power of attitude. Many of these individuals were survivors of plane crashes or ejections, then surviving years of physical and psychological torture.

A situation can be a battle of physical survival, and also a mental battle inside the mind. Time and time again, these POWs proved the power of the will to survive. In a survey of 2,439 combat veterans posted in Iraq for 12 months, “dispositional optimism impacts” were studied. According to Scheier & Carver (1992), A definition of dispositional optimism can be viewed as: “a relatively stable personal-ity trait reflecting the anticipation of positive future consequences. It was that the soldier who measured high in dispositional optimism self-reported less mental health symp-toms when they would report elevated levels of war time stressors”.

It is one or a combination of these things that can contribute to the increased value of living in a survival situation. David had his family back in Tennessee to think about and rely upon. From a distance, this can help meet Maslow’s need for intimate relationships. Another coping technique for stress management is to focus on gratitude. What is going right for you? Who is left out there missing you? Could this situation be worse?

The letter A stands for act like the natives. In different areas of our country, we have different climates and weather patterns. We find people in these areas have unique ways of dealing with these challenges as the different seasons approach and endure for months at a time. For instance, in arid environments, people can be found dressing in loose layers to help with the ventilation of air. In colder climates, we can find people wearing close fitting layers that help to trap the body heat. These are just small examples of how we have come to adapt and thrive in different environments. We have created special materials that help us to better cope with outdoor activities. The increased use of synthetic material has been shown to pull sweat off the skin and disperse it amongst the garment surfaces. Down insulating material has been replaced in some instances with synthetic materials because even when wet, synthetics can still maintain insulating properties. The use of Gore-Tex material is popular because of its water-resistant property and breathability. It is important to learn how the locals handle the climate and changing seasons to increase your survivability. This also goes hand in hand with knowing what the predicted weather patterns are going to be and then packing kit that will compliment these patterns. David
knew being in an arid environment would create a higher rate of thirst. This contributed to him packing two containers of liquids to help keep him hydrated, as well as meeting Maslow’s need for water.

The L stands for learn the Basics. The Boy Scouts of America have coined the phrase “be prepared”. It is a simple, but amazingly effective phrase that reminds us that it is necessary to be forward leaning when it comes to life. It is imperative that an investment be made into being able to meet our most basic needs. You can see this in places like southern Louisiana where hurricane season can be deadly. It is not uncommon for houses to have working storm shutters, generators, water storage devices, shelf stable foods, lanterns, weather radios and playing cards stocked up year-round. If you are an outdoor enthusiast like David Cicotello, there are some simple investments that can be made to elevate your survivability when things go wrong.

This investment can start with reading books about survival, preparation, planning and conduct in the outdoors. The following are some examples: Colin Fletcher & Chip Rawlins’s The Complete Walker IV, Rick Curtis’s The Backpacker’s Field Manual, the National Geographic’s Complete Survival Manual, The Boy Scouts of America’s manual, Field manual 3-50.70, and Cody Lundin’s 98.6 Degrees are a few of my favorites. These cover topics from equipment to survival stories. YouTube has a lot of good outdoors channels that offer useful information on this topic and show many perspectives, experiences and personalities. For example, if you are a long-distance hiker then looking for channels on people that have hiked the Appalachian Trail, Pacific Crest and the Continental Divide could be valued resources. They can provide ideas on: equipment selection, planning considerations, hazard mitigation, communication, safety and outdoor conduct. Applications on your phone such as All Trails can give you actual routes, real time GPS tracking and it can give you valuable reviews of terrain.

Consider having a buddy plan. Find someone who is not an emotional drain and who shares your interest in the outdoors. This provides the opportunity for some company, helping with navigation, a second set of eyes when evaluating a possibly dangerous situation, another person who can carry supplies, different life experiences to draw from, another person to help with the planning and to divide labor. When it comes to coping, they can also be another source of morale.

Practical experience is necessary and another level of investment is attending some formal training. There is no national accreditation for starting or maintaining a survival school. The military has multi-service accreditation, approved curriculum-based classes, training areas to meet mission specific goals, and built-in training scenarios delivered through intense practical application. Instructors are given formal education on how to be an instructor and how to develop a professional curriculum. I believe programs founded with this background can deliver professional products. One such example is my WIFM School of Survival (wifmsos.com) located in Barrington, New Hampshire. Some other popular outdoor education venues to receive training from are organizations like Outward Bound, Solo, and NOLs. There are other schools that focus specifically on survival.

Check out instructor credentials, experience and the school’s philosophy. The more you know, the better you can select providers that line up with your own goals, and choose what’s best for your needs.

Since our origins as tribes, we have strived to meet our basic needs described by Maslow in his “hierarchy of needs” (food, water, warmth, rest, security, safety etc.). Even in current times we seek to meet these needs across any situation we find ourselves in. This can also be extended into our encounters with stress from finding oneself in a survival situation. Stress affects us biologically, psychologically, psychosocially and environmentally. The use of the acronym S.U.R.V.I.V.A.L has been useful to help us cope with these stressors in a survival situation and meet our most basic needs.

“Be prepared” is a simple, but amazingly effective phrase that reminds us that it is necessary to be forward leaning when it comes to life.

BIO
Chuck Johnson is a former Reconnaissance Marine, team leader, and SERE instructor. He served as a contracted instructor for the Marine Special Operations Command’s SERE school and their technical surveillance course. He and retired FMF Corpsman Dennis Haug are the founders of WIFM School of Survival (www.wifmsos.com).
The overwhelming majority of attacks on principals (AOPs) are preceded by some form of hostile surveillance. It is imperative for those in the close protection field to have a basic understanding of what surveillance is, how it is conducted, and it is useful for security minded citizens to do the same. It is also important to understand the role of counter-surveillance and protective surveillance teams, as they are common in the world of security.

Surveillance can simply be defined as the observation of a person, place or thing by an individual or a group of individuals. Typical forms of surveillance you may already be familiar with include private investigators and law enforcement officers who are tasked with observing a specific individual for a period of time in order to obtain additional information not already available to them. Private investigators are often hired to follow someone and report on their day to day activities. Surveillance operations can be conducted by an individual or a team, and can sometimes include audio or video recording devices, GPS trackers, drones and other technological assets designed to support the surveillance operation.

How surveillance is conducted will be determined by the goals and resources of those doing surveillance. If you travel to a foreign country and a host nation law enforcement agency wants to confirm you are staying at the hotel you reported booking upon entering the country, a single agent may observe your hotel for a short time or simply call and communicate with cooperative hotel employees. If a PRC intelligence team suspects you are abroad meeting your agents and possibly dropping items for them, a large, well trained team may observe you closely and continuously, inspecting everything you ap-
SURVEILLANCE SKILLS

Technological assets such as recording devices, GPS trackers, and even drones, support surveillance operations.

pear to touch, and use technical means to determine if you have left anything behind for someone else to pick up.

Attacks do not magically materialize. Hostile surveillance operations are when criminals or other adversaries employ similar techniques to observe our principal over a period of time with the end goal of kidnapping, assaulting, killing or attempting to publicly embarrass our client. The best way to understand hostile surveillance is to become proficient in the art of surveillance yourself. Working as a private investigator or security professional is one way to obtain some experience. Other ways are to go out and seek training in surveillance operations.

There are two general forms of physical surveillance: static and mobile. Static surveillance as its name suggests, is when the surveillance agent or agents, are observing from a stationary position such as a hotel room window, place of business or parked vehicle. Static surveillance is generally conducted on a fixed target like an individual’s residence or place of business. Static surveillance does not require movement and there is not necessarily anything to prove correlation with the target. NYPD’s stakeout squad was an example of static surveillance. In previous years business sometimes reported multiple robberies at the same location. The stakeout squad observed and ambushed armed robbers in or around stores that had multiple previous robberies. The surveillance was tied to a fixed location.

Mobile surveillance involves following a subject or subjects on foot or by vehicle. Mobile surveillance can be quite challenging as you must maintain accountability for your subject without alerting them to your presence. This delicate balance is also affected by other variables like geography, team size, and availability of technological support such as GPS trackers or electronic cameras. Following someone who is in a vehicle in an urban setting like New York City, presents challenges. Having additional team members can make this task more easily accomplished, and wherever legally feasible, the use of GPS trackers can also make things much simpler. LAPD’s Special Investigations Section is an example of mobile surveillance. SIS detectives surveilled the most active ex-con career criminals until they observed them committing a major crime that they could be arrested for. The surveillance was on a person, not a place and it moved with them. Static, mobile and technical surveillance are often used syner-

gistically as fits the needs of the situation.

Mobile surveillance teams will have to pick their subject up at a starting point. That point could be the subject’s home or place of business. These areas are where the security professional should pay special attention as the risks are greater. Often, surveillance teams will use an individual agent as the “trigger”. The trigger is simply the person who is going to initiate the mobile surveillance team by letting them know that their person of interest (POI) is on the move. The trigger may not give himself away by moving with the target. Once the movement has begun, mobile surveillance teams will position themselves accordingly to maintain a visual with their POI. With skilled teams, only one observer will risk observing the target at a time, the rest will remain out of sight and be prepared for a handoff. Different teams and organizations use different terminology, but for simplicity’s sake we will use the term “Eye” for the individual who has a visual on the subject, and “Rabbit” for the subject.

The Eye’s responsibility is to maintain a constant visual on the Rabbit without alerting them to their presence. The position of the eye will be rotated from team member to team member during the operation to minimize the chances of the rabbit noticing that they are being followed. This is especially important when conducting mobile surveillance with a vehicle. Anyone who is trained in counter surveillance (CS) will be looking for correlated movement over time, distance and change of direction. Seeing the same person or vehicle at multiple locations throughout the day is a red flag to the CS trained security professional. Rotating the eye responsibilities without getting burned and without losing a visual of the Rabbit is a skill that can only be developed through experience. Surveillance teams typically multiply their usefulness with quick changes. When you see a surveillance jogging laps around your neighborhood in a sweat suit, later see her in the mall dressed casually pushing a baby carriage and then see her in the bank wearing professional attire, you have seen three of her quick changes.

Good tradecraft involves having both a cover for status and cover for action while conducting surveillance operations so that when you are forced to interact with others, you are not grasping at straws for reasons to justify your presence or actions. Who you appear to be has to make sense and what you appear to be doing has to make sense. You
could be posing as a student in a coffee shop or a member of a cleaning staff in an office building. Cover for status is your costume that gets you where you need to be without drawing unnecessary attention to yourself. Cover for action however, explains why you are doing what you are doing. Surveillance detection depends on detecting correlations over time, distance and changes of direction or detecting contradictions between status and actions such as when you see an individual dressed as a power company employee “working” on plumbing.

Surveillance detection (SD) is merely the observance of surveillance (determining it is there) whereas counter-surveillance (CS) agents are trained surveillance personnel who are employed to detect, identify and take steps to mitigate other surveillance teams. CS agents typically work in a very low or no profile so that they are not easily identified or associated with the protective detail. CS agents who are supporting protective operations will float a bubble around the security detail and alert the close protection team if they see anything of concern. CS team may also be used to move ahead of the team and help ensure there are no threats along the route. While close protections are on the inside looking outwards, CS teams are generally on the outside looking in. Not all protective details incorporate CS teams, but having a dedicated CS component is truly a force multiplier. Protection is about mitigating risk and the best way to mitigate risk is to identify it at the earliest possible time. Well trained, experienced CS agents will act as a first line of defense against would be attackers or hostile surveillance personnel. In your day-to-day life, if you observe surveillance on you, that is surveillance detection. If you maneuver to follow them, or take action against them, you are now practicing counter-surveillance.

Protective surveillance is essentially a low or no profile protection detail that in some cases replaces the more popular close protection team. A protective surveillance team provides physical security for the principal while remaining out of the limelight, thus allowing the client to go about his or her life without the intrusion of a typical close protection team. Clients who want to be protected, but don’t want the typical suit and tie, pigtail earpiece-wearing overt protection detail, may opt for the convenience and comfort of the no profile protective surveillance. Protective surveillance agents are trained to blend into the environment while remaining close enough to protect the client should a threat present itself. This type of protection involves floating a protective bubble around the client as he or she moves throughout the day. Similar to the CS team, the agents will dress in a manner that blends in with the local environment. Think of protective surveillance as a combination of your typical protective detail and a counter-surveillance team, as they are essentially performing both functions simultaneously.

If you are interested in confirming or denying the likelihood of a surveillance team being on you, you can run a surveillance detection route (SDR) to determine if you are being followed. An SDR involves having a pre-planned route that is thoroughly reconnoitered and timed out. It involves taking some turns over distance justified by logical stops such as travelling to a store and purchasing one or more appropriate items and doing something appropriate at the next stop. You get to see if anyone’s movements correlate...
with yours. This can be done on foot and/or in a vehicle. Once the tail has been identified the protective agent or team can determine the best course of action. Teams who employ counter surveillance agents may choose to utilize them to follow and/or obtain information on the tailing vehicle. Teams without a dedicated CS team may choose to head to the nearest safe haven (police station, safe house etc) or they may choose to take steps to lose the tail. How you handle a tailing vehicle really depends on your SOPs and your intended end state. But taking action to lose a tail will simply confirm you are a person of interest to a sophisticated adversary and may provoke them to reacquire you at a known point in the future with a larger, more skilled team that you may not detect or even convince them to initiate an attack at the earliest possible opportunity, since your actions have confirmed you are not a normal oblivious person.

Understanding what surveillance is and how it is conducted is important for close protection. Knowing that almost all AOPs are preceded by surveillance means that protectors should also be students of surveillance and be constantly working to hone their craft. Once you have gained experience conducting static and mobile surveillance you can begin to look into the world of counter-surveillance, which is becoming more and more popular. CS teams are employed in a wide variety of capacities to bolster security operations for tech companies, high net worth clients and others around the globe. A well trained, experienced CS team provides an additional layer of security that can help to ensure that your client and their interests remain safe. Some clients who do not feel the need for both close protection and counter-surveillance teams may opt for the more low profile nature of a protective surveillance. This protection model is slowly becoming a favorite.

Robberies, home invasions and kidnappings are conducted after a surveillance phase is completed. Terrorist attacks and attacks on principals are also carried out after a surveillance phase is conducted. This surveillance may be rudimentary or complex, but the best way to know what to look for comes from the experience of having done surveillance. Once surveillance is detected, routes and schedules can be altered and appropriate precautions can be taken. Only one person or vehicle of surveillance has to be confirmed to confirm you are under surveillance, but you will never see it if you are not looking for it.

**BIO**

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Whether you are facing two battalions of AK-47 wielding communists, facing the economics of COVID-19 attributed policies or facing the subjugation of censorship, 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 a Distinguished Service Cross citation for David Hackworth. Hackworth is author of the unparalleled biographical American classic on combat leadership: About Face.

The President of the United States of America, authorized by Act of Congress, July 9, 1918 (amended by act of July 25, 1963), takes pleasure in presenting a Bronze Oak Leaf Cluster in lieu of a Second Award of the Distinguished Service Cross to Lieutenant Colonel (Infantry) David Haskell Hackworth, United States Army, for extraordinary heroism in connection with military operations involving conflict with an armed hostile force in the Republic of Vietnam, while serving with Headquarters and Headquarters Company, 4th Battalion, 39th Infantry, 9th Infantry Division. Lieutenant Colonel Hackworth distinguished himself by exceptionally valorous actions during the period of 23 to 25 March 1969 as battalion commander while his unit was engaged with elements of two Viet Cong battalions. After one of his companies came under attack from a numerically superior hostile force, Colonel Hackworth landed his command and control helicopter amid heavy enemy fire to resupply the unit with ammunition and to evacuate casualties. Remaining with his forces on the ground, he led a patrol in pursuit of the withdrawing enemy and, after learning the enemy’s withdrawal plan from a captured soldier, directed the insertion of other elements of his battalion into blocking positions. As the conflict developed into a large scale battle, he again took to the air and flew through intense anti-aircraft fire to adjust artillery fire and direct the movement of his men. He repeatedly landed to coordinate with his ground commanders, lead assaults against hostile positions, and evacuate casualties. When a friendly scout element sustained several casualties and became pinned down near the communist emplacements, he disembarked from his helicopter to maneuver through the hostile fusillade and assist the wounded men to his aircraft. When he had insured that the injured were being evacuated, he adjusted supporting fire on the enemy fortifications until the enemy was soundly defeated and their weapons and supplies confiscated. Lieutenant Colonel Hackworth’s extraordinary heroism and devotion to duty were in keeping with the highest traditions of the military service and reflect great credit upon himself, his unit, and the United States Army.