

TACTICS AND PREPAREDNESS

SKILLS AND SURVIVAL FOR ALL SITUATIONS

BECOME A TRACKER

GAIN THE EDGE IN
YOUR OWN BACKYARD

BY **KALIN WOLF**

From Native Americans fighting on the plains, to Rhodesian Selous Scouts pursuing communist insurgents, to U.S. forces in Afghanistan, a skillful tracker has always provided great advantage.

To the uninitiated, they seem to have supernatural abilities to see things others cannot see. They not only spot things most miss, but they also interpret what they see into past actions, as if they were replaying a video. It seems almost magic. So how do they do it, how do they see things most people don't? The answer is simply two things: practice and neuroscience. Learning is a process of both of these things. Once taught what to do, the practice and human brain fine tune the skill set. *continued >*

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TEN STEP DRILLS

The first thing you must do to become a tracker is to be able to spot tracks. The first drill we always use to train new trackers is what we call the ten-step drill. The drill is quite simple. Start in a flat grass yard where the grass is no longer than six inches tall. Get a bag of popsicle sticks, spray paint them bright orange and cut one end to a point. Now with a handful of these take one step with your left foot and hold. Lean down and place a stick in the ground that is touching your left heel. This marks your first step.

Now take the next step with your right foot and walk straight forward for a total of ten steps, including your first left step. Your tenth step will be your right foot. On the tenth step mark the heel of that foot with a stick. Now carefully step forward and away from your footsteps. Walk around your path to where you began to your first marker. Look for the toe mark of your first step and place a stick in the exact end of the toe. Take another stick and mark the heel of the second step now. Then mark the toe of the second step. Then the next, and so on, until all ten steps are marked at the heel and toe. Always do this from the side, being very careful not to touch or step on any of your tracks.

If you cannot see the next step, you can use a couple different techniques. The first is to pick up a longer stick or tape measure. This is our tracking stick. A tracking stick is used to measure the distance between two steps. Your steps will typically be pretty consistent

in spacing on a level surface. It won't be exactly the same each time, but it will be close enough that we can use that to find the next track. We always measure from heel to heel. In the field we can break off a random stick on the ground to improvise one on the fly. To get the starting point for a measurement simply take two steps off to the side and then measure between the heel imprints. Now take your measurement over to your drill tracks and measure to find the next one. Put the tape or stick on the popsicle stick marking your first step, then move the other end around that axis. Within just a couple inches of the tip of your tracking stick you will find your second step. When you do, mark the heel and toe of that step as well and proceed to do this until all ten steps are marked with heels and toes.

The other method to locate the next step is to recreate that walk next to it. Without touching the tracks, simply put your heel on the ground parallel to the stick marking your first step and simply take a step. Now look directly parallel to where your heel is and the track you are looking for will be right there. This is a quick and easy way to find the next step. This will work under many other tracking conditions as well, if you recreate the person's gait, meaning if they were running you run to recreate the reference tracks, etc.

How would you know if they were running? This will be obvious to you after you have closely examined a few prints to compare running and walking. Do the ten-step

drill with running, as well as uphill, downhill and other relevant conditions.

Light plays a large role in seeing a track. A track is simply a compression or dent left by the weight put on a substrate. Because the track is lower than the surface around it, light reflects differently on the parts. Unless the light is directly above the compression, the track will be in a shadow. The shadow may not be obvious on bright sunny days, especially in the beginning, however the shadowing produces a color difference which can be seen quite easily.

After you get good at this ten-step drill, you will start seeing tracks popping out at you simply by the color difference. However, in the beginning you can make it more obvious to sight by lowering your angle of view. This is done by placing your head closer to the ground. Typically, the lower the angle of view the more obvious the track becomes. You will notice that different angles work better in different lighting conditions. For this reason, you should walk in a circle around the tracks to see what direction gives you the best light conditions to see the track. At some angles

they will be invisible to you and then by simply looking at it from a different direction it pops right out.

Once you have found the heel and toe of all ten tracks you will notice it is getting easier. After completing only ten or fifteen ten-step drills you will be quite proficient at spotting and following people's tracks. The next step is to do the ten step drills the same as before, adding in the two outermost edges of the tracks, the sides of your feet. Now each track should have four marking sticks. This will improve your ability to spot tracks and it will help you to start spotting groups of tracks as well. After all the ten steps are marked with four markers, stand ten feet behind the first track and look at the pattern on the ground. Gaze at the orange sticks all together. You will see what a human path looks like. The more times you look at these the easier they will be to see. Walk around the entire set of ten and see what a full set of tracks looks like from every angle. Study it. The more practice you get, the better you will become. This may sound obvious but this is where the neuroscience comes in.

Have you noticed that as soon as you get a new car you start seeing them everywhere? This happens to everyone and it is your mind's filtering process that makes this happen. You filter out and synthesize much of what you see. This means your brain will ignore much of what goes into your eyes and dismiss it as non-essential information to bring to conscious thought. However, once you give your brain a conscious thought of what to notice it will do that. Once you start noticing tracks on the ground, you will start noticing more and more, and so the cycle repeats and you see tracks everywhere, all the time just as you see your own car everywhere. It eventually becomes easy and doesn't require conscious thought to see them anymore.

Scientists have studied this for its' use in camouflage. Basically, your Reticular Formation in your brain filters out the majority of what you see and replaces the actual images with synthesized general imagery. It may be hard to believe, but you truly don't notice much around you. This is how camouflage works, and is proven with eye tracking software. All of this matters because we need to



Once you start noticing tracks on the ground, you will start noticing more and more.

train our brains to see the tracks and notice them.

You will start to see them everywhere, and think to yourself how they have always been there, you just didn't see them this whole time. Because of this same phenomenon, we can hurt our tracking abilities as well if we don't train our brain properly. Imagine you do this ten-step drill one hundred times. You now see them very easily every time. Now, imagine you are looking for tracks in a place with grass and rock. You will notice that your ability to see the tracks has diminished quite a bit. This is because only part of the track is visible to you. Part of the track is on the grass and part on a rock. Because you have only studied complete tracks your brain will not recognize a half or partial track. Our brain is like a big filing cabinet. We need to fill it with every type of track image available. Whole prints, half prints, partial prints. Prints in mud, snow, short and tall grass, rain, dew, dark, rock, concrete, etc. Every image we put in our head is a different file that can be drawn on later to recognize and identify what we are looking for.

If you haven't stared at a partial footprint, you will not know specifically what it looks like, and you often won't recognize it as a footprint when you see it. Your brain will filter that image out as not recognized. The more images you load your brain with the easier it will be to see them. There is no "muscle memory" in tracking, it is simply image recognition, and this is gained through practice (staring at thousands of tracks).

TRACKING BOXES

Another seemingly magical skill of trackers is to age a track. Not only do they seem to see things no one else does, but they can also tell you how old it is. This skill is acquired by endless testing. The way to learn to age tracks is to build a tracking box. You can use anything you can think of from a sand box, to a garden but the premise is to find a spot that is outside with undisturbed ground. I built my first one with four 2x8s nailed together in a square and then filled it with playground sand. Each day go out and make one footprint in the dirt. Each day making one new one next to the last. As you go out every day to make a new print, look at each of the others you have made and study them. Take pictures and carefully study the subtle differences between them. That slight difference is what tells you the age of the track. Keep notes of the conditions with

each photo. If it had rained note that, if it was sunny or humid note those as well each day. At the end of one month, you will have thirty tracks to look at and compare. You will see clearly what a one-day-old track looks like and what a one-month-old track looks like. One day, one week and one month old tracks have very different features.

Once you notice the differences, you will now have a baseline for aging a track in that substrate. After this, change out the dirt for something different. If you used sand the first time then fill it with field dirt the next month. Learn how the different mediums react to weather and study each closely. The same can be done for other things such as broken sticks. Whether a person steps on a stick and breaks it or brushes past a tree and breaks it, that is a sign that a person has been there. Learning to age these signs works exactly the same way as tracks. Break a stick, look at it and study it. Document it with pictures and notes. Every day pick up the stick and study it again. You will see a stark difference in the stick from one day to one week and one month. Log all of this data into memory for recall and comparison later.

INTERPRETATION

How could you look at the ground and tell what the person was doing or feeling yesterday? Yet again we can look to experimentation and documentation for the answer. I always have students start this in a medium that is easy, such as sand or moist dirt. Walk straight and then look over your right shoulder and then back forward again while walking. Now go back and look at the tracks. You will see a very obvious print that demonstrates your head movement. Stand in one place looking forward and then look down. Then step forward one step and stand looking straight. Now compare the two sets of prints and you will notice a very obvious difference. Study the one looking down and log that into memory. Do the same thing with as many different movements as you can think of. Kneel down on one knee. Urinate. Sit down to rest. Sling a weapon. Take off a backpack. Drink water.



COURTESY KALIN WOLF

Popsicle sticks painted bright orange help mark foot imprints.

In each and every scenario you will notice a unique set of prints that only form during that action. Study and log them and you will soon have the ability to accurately interpret each individual movement a person had done as though you were rewinding a movie.

How valuable would it be to know who is coming and going and what they are doing on your property or on the property of people you care about? The benefits of tracking skills are limited only by the imagination and pay dividends in all areas of situational awareness. These drills will get you started seeing tracks, aging them and interpreting them. Remember, the more tracks you look at the better you become. It is simply a numbers game, and there is no substitute for time spent practicing the skill. ✓

BIO

Kalin Wolf has served as a security consultant in Southeast Asia, and Southwest Asia including: India, Iraq and Afghanistan. He provided security services in support of Hurricane Ike, Hurricane Gustav, Hurricane Katrina and the Asian tsunami. He provides instruction in urban escape and evasion, tracking and survival.

MILITARY WHISTLEBLOWER PROTECTION ACT AFFIDAVIT OF LTC THERESA LONG, MD

BY LTC THERESA LONG, MD

I, Lieutenant Colonel Theresa Long, MD, MPH, FS being duly sworn, depose and state as follows:

1. I make this affidavit, as a whistleblower under the Military Whistleblower Protection Act, Title 10 U.S.C. § 1034, in support of the above referenced MOTION as expert testimony in support thereof.

2. The expert opinions expressed here are my own and arrived at from my persons, professional and educational experiences taken in context, where appropriate, by scientific data, publications, treatises, opinions, documents, reports and other information relevant to the subject matter and are not necessarily those of the Army or Department of Defense.

EXPERIENCE & CREDENTIALS

3. I am competent to testify to the facts and matters set forth herein. A true and accurate copy of my *curriculum vi-*

tae is attached hereto as **Exhibit A.**

4. After receiving a bachelor's degree from the University of Texas Austin, completed my medical degree from the University of Texas Health Science Center at Houston Medical School in 2008. I served as a Field Surgeon for ten years and went on to complete a residency in Aerospace and Occupational Medicine at the United States Army School of Aviation Medicine, Fort Rucker, AL. I hold a Master's in Public Health, and I have been trained by the Combat Readiness Center at Ft. Rucker as an Aviation Safety Officer. Additionally, I have trained in the Medical Management of Chemical and Biological Casualties at Fort Detrick and USAMIIRD.

5. I am board-certified in-flight Aerospace Medicine and board eligible in Occupational Medicine.

6. I am currently serving as the Brigade

**Editor's Note: The COVID 19 (Wuban Virus) survival rate is known to be over 99%, yet President Biden reversed previous statements that he did not have the authority to mandate medical treatments in September, 2021, stating that he was ordering OSHA to force employers to force employees to submit to an open-ended schedule of involuntary mRNA gene therapy injections. This statement from LTC Long, MD, provides relevant information. The affidavit and additional information on LTC Long's background can be found at: Deepcapture.com. America's Frontline Doctors (Americasfrontlinedocs.com) filed this and other documents with Judge Raymond Moore in federal court.*

This affidavit is shared for informational purposes. Independently confirm all medical advice with a qualified physician who prioritizes scientific rigor above political directives, revenue streams, and groupthink.

PIXABAY - LISCHIK



“Use of mRNA vaccines in our fighting force, presents a risk of undetermined magnitude...”

Surgeon for the 1st Aviation Brigade Ft. Rucker, Alabama and am responsible for certifying the health, mental and physical ability, and readiness for all nearly 4,000 individuals on flight status on this post.

7. My appended *curriculum vitae* further demonstrates my academic and scientific achievements by me over the past thirteen years.

8. Prior to the outset of the pandemic, I received specialized military training from Infectious Disease doctors from the Army, Navy and Air Force on emerging infectious disease threats, FEMA training, Emergency preparedness training, Medical effects of Ionizing Radiation, OSHA, Aerospace Toxicology, Epidemiology, Biostatistics, medical research and disaster planning. More recently I have functioned as a medical and scientific advisor to an Aviation train-

ing Brigade seeking to identify risk mitigation strategies, and bio statistical analysis of SARS- Cov-2 (“Covid 19”) infections in both vaccinated and unvaccinated Soldiers. In so doing, I have identified, diagnosed and treated Covid 19 pathogenic infections. I have observed vaccine adverse events following the administration of EUA vaccines, and followed the success of Soldiers who obtained various Covid 19 therapies outside the military. The majority of the service members within the DOD population are young and in good physical condition. Military aviators are a subset of the military population that has to meet the most stringent medical standards to be on flight status. The population of student pilots I take care of are primarily in their 20s - 30s, males and in excellent physical condition. The risk of serious illness or death in this population from SARS-CoV-2

is minimal, with a survival rate of 99.997%.

9. In observing, studying and analyzing all the available data, information, samples, experiences, histories and results of these treatments and inoculations provided, I have formulated a professional opinion, which requires me to report those findings to superiors in the chain of command and colleagues in the military. I have done so with mixed results in terms of acceptance, rejection and threats of punishment for so sharing.

10. The application of risk management is critical to the safety and success in both medicine and aviation. Aerospace Medicine is a specialty devoted to safety of flight by the aeromedical dispositioning and treatment of flight crew members, as accomplished by the consistent and careful application of risk mitigation and management strategies. ATP 5-19, 1-3. Risk Management (RM)1 outlines a

disciplined approach to express a risk level in terms readily understood at all echelons.

1 adminpubs.tradoc.army.mil/regulations/TR385-2withChange1.docx 4

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11. 1-6. States, "A risk decision is a commander, leader, or individual's determination to accept or not accept. The risk(s) associated with an action he or she will take or will direct others to take. RM is only effective when specific information about hazards and risks is passed to the appropriate level of command for a risk decision. Subordinates must pass specific risk information up the chain of command."

12. "When the specific information about hazards and risks is passed to the appropriate level of command for a risk decision. Subordinates must pass specific risk information up the chain of command. Conversely, the higher command must provide subordinates making risk decisions or implementing controls with the established risk tolerance—the level of risk the responsible commander is willing to accept. RM application must be inclusive; those executing an operation and those directing it participate in an integrated process".

13. 1-7. States, "In the context of RM, a control is an action taken to eliminate a hazard or to reduce its risk. Commanders establish local policies and regulations if appropriate".

14. The five steps of Risk management include; 1. Identify the hazards, 2. Assess the hazards, 3. Develop controls and make risk decisions, 4. Implement controls, 5. Supervise and evaluate.

15. It is therefore my responsibility and that of every leader to apply the steps of risk management to the current pandemic and countermeasures used. **The CDC and the FDA are civilian agencies that do not have the mission of National Defense that the DOD has.** Guidance and recommendations made by these civilian agencies must be filtered through strategic perspective of national defense and the potential risks recommendations may have on the health of the entire fighting force. Ensuring that the health of the fighting force is not compromised is a strategic imperative, for which **every** military physician is responsible to of the entire fighting force. Ensuring that the health of the fighting force is not compromised is a strategic imperative, for which **every**

military physician is responsible to ensure.

16. Step 1: Identify the hazards: As defined by FM 1-02.1 Operational Terms, pg. 1-48, hazard is a condition with the potential to cause injury, illness, or death of personnel; damage to or loss of equipment or property; or mission degradation.

17. Step 2: Assess the Hazards: There are numerous therapeutic agents that have been proven to significantly reduce infection and therefore provide protection from the harmful effects of SARs-CoV-2.

18. Literature has demonstrated that natural immunity is durable, completed, and superior to vaccination immunity to SARs-CoV-2. mRNA vaccines produced by Pfizer and Moderna both have been linked to myocarditis, especially in young males between 16-24 years old,²The majority of young new Army aviators are in their early twenties. We know there is a risk of myocarditis with **each** mRNA vaccination. We additionally now know that vaccination does not necessarily prevent infection or transmission of SARs-CoV-2 Therefore individuals fully vaccinated with mRNA vaccines have at least two independent risk factors for myocarditis after vaccination. Additional booster shots add more risk. It is impossible to perform a risk/benefit analysis on the use of mRNA as counter measures to SARs-CoV-2 without further data... Use of mRNA vaccines in our fighting force, presents a risk of undetermined magnitude, in a population in which **less than 20 active-duty personnel out of 1.4 million, died of the underlying SARs- CoV-2.**

19. Aircrew Training Program (ATP) 5-19, 1-8. **Accept No Unnecessary Risk**, states, "An unnecessary risk is any risk that, if taken, **will not contribute meaningfully to mission accomplishment or will needlessly endanger lives or resources.** Army leaders accept only a level of risk in which the potential benefit outweighs the potential loss.

20. Research shows that most individuals with myocarditis do not have any symptoms. Complications of myocarditis include dilated cardiomyopathy, arrhythmias, sudden cardiac death and carries a mortality rate of 20% at one year and 50% at 5 years. According to the National Center for Biotechnology Information, U.S. National Library of Medicine, "despite optimal medical management, overall mortality has not changed in the last 30 years".

21. Step 3: Develop controls and make risk decisions: Because vaccination with mRNA increase the risk of myocarditis, a comprehensive screening program should be implemented immediately to identify individuals who have been affected and attempt to mitigate immediate risks and long-term disability.

22. Step 4: Implement Controls: Send out clear guidance to all DoD healthcare professionals on risks of-vaccination myocarditis. Compulsory SARs-CoV-2 mRNA vaccination program should be immediately suspended until research can be done to determine the true magnitude of risk of myocarditis in individuals who have been vaccinated. We must evaluate and immediately implement alternatives to mRNA vaccines, to include Ivermectin (FDA approved 1996), Remdesivir (FDA approved 2020), Hydroxychloroquine (FDA approved 1955), Regeneron (FDA EU approved 2020). Review VAERS data for deaths from COVID for age-matched data and data from active duty COVID deaths within the DOD to perform a risk/benefit analysis.

23. Step 5: Supervise and evaluate: We must establish a screening program to identify those at increased risk of myocarditis, i.e., those that have, received mRNA vaccinations with Comirnaty, BioNTech or Moderna, or have any of the following symptoms chest pain, shortness of breath or palpitations. They should have screening tested performed in accordance with the CDC recommendations prior to return to flight duties. Per the CDC guidelines the initial evaluation of individuals identified according to the above criteria include; ECG, troponin level, inflammatory markers such as the C-reactive protein and erythrocyte sedimentation rate. It should be noted that the gold standard for diagnosis of myocarditis is end myocardial biopsy (EMB).

24. Given that the labels for Comirnaty and BioNTech clearly state that the vaccination should not be given to individuals that are allergic to ingredients. I have noted that one of the primary ingredients of the Lipid Nanoparticle delivery system is "ALC 1035" (two attachments, parts highlighted) in the Pfizer shots. The fourth attachment is the toxicity report on ALC-1035, which comprises between 30-50% of the total ingredients.³ The Safety Data Sheet, (attached as Exhibit B) for this primary ingredient states that it is Category 2 under the OSHA HCS regulations

(21 CFR 1910) and includes several concerning warnings, including but not limited to:

- Seek medical attention if it comes into contact with your skin;
- If inhaled and If breathing is difficult, give cardiopulmonary resuscitation
- Evacuate if there is an environmental spill
- the chemical, physical, and toxicological properties have not been completely investigated
- Caution: Product has not been fully validated for medical applications. For research use only

25. Other journals and scientific papers also denote that this particular ingredient has never been used in humans before.⁴ To be abundantly clear, one of the listed primary ingredients of these injectables is Polyethylene glycol (“PEG”) which is a derivative of ethylene oxide. Polyethylene Glycol is the active ingredient in antifreeze. While it is hard to believe this is a key ingredient in these vaccines, it would explain the increased cardiovascular risk to users of the BioNTech or Comirnaty shots. I cannot discern what form of alchemy Pfizer and the FDA have discovered that would make antifreeze into a healthful cure to the human body. Others seem to agree my point per recent scientific studies that caused a group of 57 doctors and scientists to call for an immediate halt to the vaccination program.⁵ In short, this antifreeze ingredient is being studied for the first time in human injectables. According to the VAERS data, which admittedly underreports by as much as 100 times the actual SAE’s, there are well more than 600,000 documented Serious Adverse Events (ones requiring medical attention) alone and more than 13,000 fatalities directly linked to this particular vaccine. I cannot understand how this vaccine remains on the list of available options to treat Covid, when there are so many other non-deadly or injurious options available.

26. As such, I believe it is reasonable to conclude that many humans are allergic to these dangerous and deadly toxins and therefore should not take vaccinations with either Comirnaty or BioNtech. Again, I have identified an agent that possess a significant hazard to Soldiers, which would fall under DA Pam 385-61 Toxic Safety Standards cited in 2-11.

27. My assessment is that ALC 0315 is a known toxin with little study, specifically re-

stricted to “research only” and effectively has no prior use history, with the SDS designation of (GHS02), listed as H315 and H319, in other words, hazardous if inhaled, ingested or in contact with skin and a health hazard with the designation (P313). A review of the SDS outlines that it is not for human or veterinary use,

28. I have not taken significant time to delineate the risks of other Covid 19 Vaccines other than the Safety Data Sheet of Moderna’s key ingredient, SM-102 (attached as Exhibit C). Suffice it to say that SM-102 is significantly more dangerous than the Pfizer ALC 3015 and it appears that the DOD is not actively acquiring or distributing this IND/EUA. If the DOD were to undertake use of the Moderna vaccine, one can expect a much higher Serious Adverse Event and fatality rate given that SM-102 carries an express warning “Skull and Crossbones” characterized under the GHS06 and GHS08. In other words, this Moderna ingredient is deadly.

29. Given that these Covid 19 Vaccines were both Investigational New Drugs and Emergency Use Authorization vaccines, I have taken considerable time to understand potential risks, hazards and dangers these and any new drug or Investigational New Drug will / may have on the health, safety and operational readiness or ability of pilots under my care and at this post. I have sought to research military records and track systems for recording events and Serious Adverse Events and fatalities associated with vaccines, new vaccines and Emergency Use, investigational vaccines in computer data systems recommended by the General Accounting Office in 2002 and ordered to be developed and implemented by the Secretary of Defense in 2003.

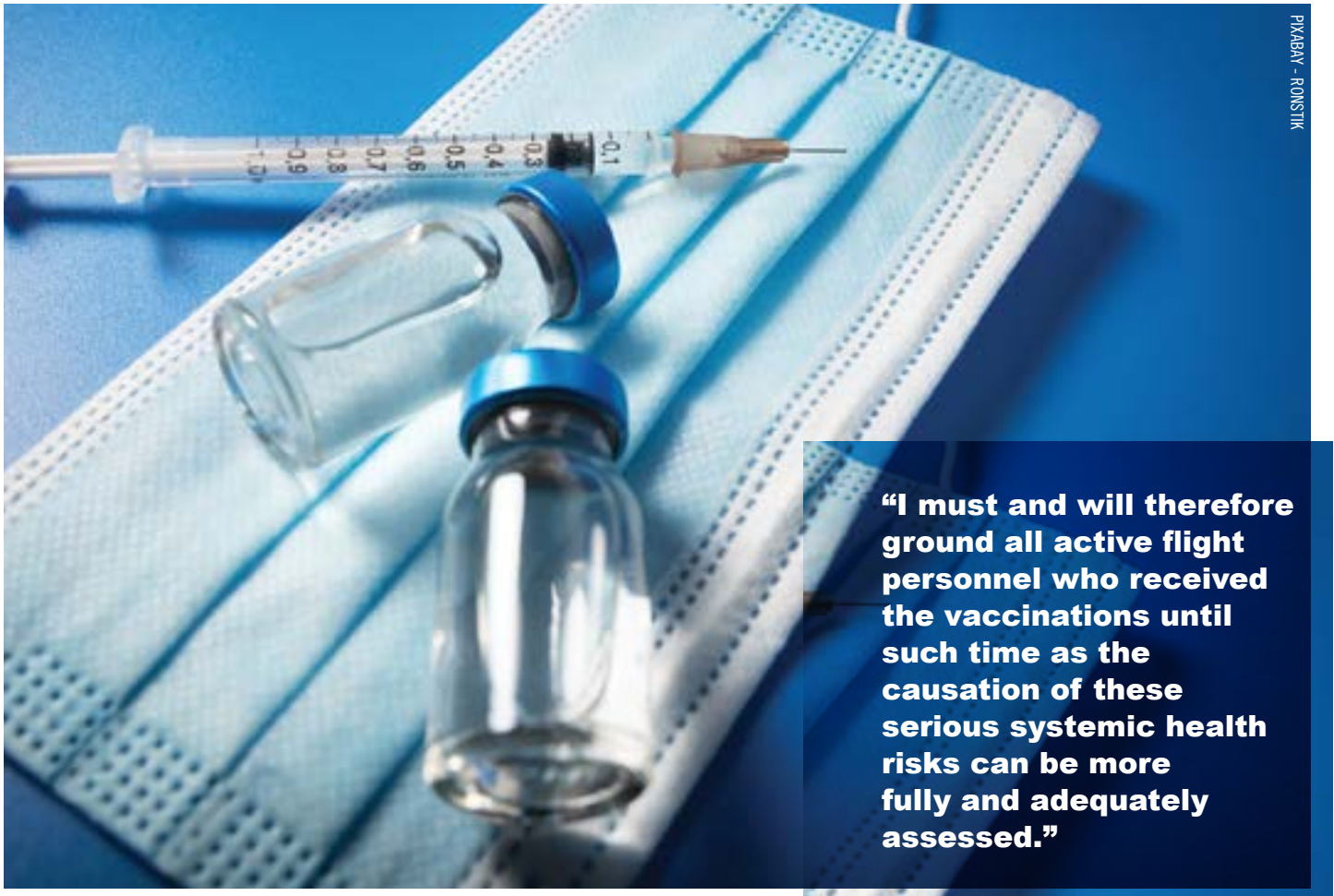
30. A weekly MEDSITREP report fails to report the CDC data from VAERS or internal data regarding vaccine adverse events. Despite recommendation made by the Government Accountability Office in the GAO’s survey of Guard and Reserve Pilots and Aircrew GAO-02-445, published Sep 20, 2002, in which it was recommended that the Secretary of Defense should direct the establishment of an active surveillance program (unlike the passive VAERS) to identify and monitor adverse events, was not implemented. I have been unable to locate, access or assess any data, data base or internal system to track, store, evaluate or research the effects of vaccines on our military members or pilots.

31. I have also reviewed scientific data and peer reviewed studies that discuss, analyze results and conclude that natural immunity is at least as good if not far superior to any Covid Vaccine available at this time. I have also reviewed Dr. Peter McCullough’s sworn affidavit in support of and in relation to the Complaint filed in this case and have reviewed its supporting data. An additional peer-reviewed study not referenced in Dr. McCullough’s materials also supports the same conclusions drawn and reports that natural immunity provides a 13-fold better protection against Covid 19 infections than any currently available Covid 19 Vaccine 6. More recently, in a meeting of the FDA Advisory Committee on September 17 of this year, fourteen of seventeen members voted against the authorization of any Covid booster vaccines in the juvenile age group having noted that the vaccine program has breached the defining test under the EUA statute as to whether the experimental treatment benefits outweigh the risks; in fact, they found the shots are far more dangerous than helpful in this age group and some voiced concerns that this would apply generally to all age groups.⁷

32. I am also aware of the Secretary of Defense Austin’s order in relation to Covid Vaccine mandates made this week. In an information paper, it was stated that, “Unit personnel should use only as much force as necessary to assist medical personnel with immunizations.” The use of force to administer a medical treatment or therapy against the will of a mentally competent individual constitutes medical battery and universally violates medical ethics. Currently, I am not aware of the Comirnaty available within the DOD. Emergency Use Authorized vaccines, despite the attempt to characterize some of them as approved despite such approved versions not being available and regardless of a military member’s prior immunity to Covid 19; even where it may be demonstrated with a recent antibody test.

33. Finally, I have reviewed a recent study entitled “US COVID-19 Vaccines Proven to Cause More Harm than Good Based on Pivotal Clinical Trial Data Analyzed Using the Proper Scientific Endpoint, All Cause Severe Morbidity,” by J. Bart Classen, MD and published in *Trends in Internal Medicine*; August 25, 2021. Attached as Exhibit D.

34. I have also seen policies, memoranda and guidance as it relates to exemptions for



“I must and will therefore ground all active flight personnel who received the vaccinations until such time as the causation of these serious systemic health risks can be more fully and adequately assessed.”

vaccinations as fully detailed in Army Regulation 40-562, which purport to eliminate any exemption for prior immunity by our military personnel.

OPINION

35. I have reviewed the Motion for a Preliminary Injunction which discusses the issue of prior immunity benefits outweighing the risks of using experimental Covid 19 Vaccines, together with proposed exhibits and materials cited therein. In opinion on this subject matter, I am also drawing my own conclusions that will be put into practice in my current role as an Army flight surgeon knowing full well the horrific repercussions this decision may befall me in terms of my career, my relationships and life as an Army doctor.

36. I personally observed the most physically fit female Soldier I have seen in over 20 years in the Army, go from Colligate level athlete training for Ranger School, to being physically debilitated with cardiac problems, newly diagnosed pituitary brain tumor, thyroid dysfunction within weeks of getting

vaccinated. Several military physicians have shared with me their firsthand experience with a significant increase in the number of young Soldiers with migraines, menstrual irregularities, cancer, suspected myocarditis and reporting cardiac symptoms after vaccination. Numerous Soldiers and DOD civilians have told me of how they were sick, bed-ridden, debilitated, and unable to work for days to weeks after vaccination. I have also recently reviewed three flight crew members' medical records, all of which presented with both significant and aggressive systemic health issues. Today I received word of one fatality and two ICU cases on Fort Hood; the deceased was an Army pilot who could have been flying at the time. All three pulmonary embolism events happened within 48 hours of their vaccination. I cannot attribute this result to anything other than the Covid 19 vaccines as the source of these events. Each person was in top physical condition before the inoculation and each suffered the event within 2 days post vaccination. Correlation by itself does not equal causation, however, significant causal

patterns do exist that raise correlation into a probable cause; and the burden to prove otherwise falls on the authorities such as the CDC, FDA, and pharmaceutical manufacturers. I find the illnesses, injuries and fatalities observed to be the proximate and causal effect of the Covid 19 vaccinations.

38. I can report of knowing over fifteen military physicians and healthcare providers who have shared experiences of having their safety concerns ignored and being ostracized for expressing or reporting safety concerns as they relate to COVID vaccinations. The politicization of SARS-CoV-2, treatments and vaccination strategies have completely compromised long-standing safety mechanisms, open and honest dialogue, and the trust of our service members in their health system and healthcare providers.

39. The subject matter of this Motion for a Preliminary Injunction and its devastating effects on members of the military compel me to conclude and conduct accordingly as follows:

a) None of the ordered Emergency Use Covid 19 vaccines can or will provide bet-

ter immunity than an infection-recovered person;

b) All three of the EUA Covid 19 vaccines (Comirnaty is not available), in the age group and fitness level of my patients, are more risky, harmful and dangerous than having no vaccine at all, whether a person is Covid recovered or facing a Covid 19 infection;

c) Direct evidence exists and suggests that all persons who have received a Covid 19 Vaccine are damaged in their cardiovascular system in an irreparable and irrevocable manner;

d) Due to the Spike protein production that is engineered into the user's genome, each such recipient of the Covid 19 Vaccines already has micro clots in their cardiovascular system that present a danger to their health and safety;

e) That such micro clots over time will become bigger clots by the very nature of the shape and composition of the Spike proteins being produced and said proteins are found throughout the user's body, including the brain;

f) That at the initial stage of this damage the micro clots can only be discovered by

a biopsy or Magnetic Resonance Image ("MRI") scan;

g) That due to the fact that there is no functional myocardial screening currently being conducted, it is my professional opinion that substantial foreseen risks currently exist, which require proper screening of all flight crews.

h) That, by virtue of their occupations, said flight crews present extraordinary risks to themselves and others given the equipment they operate, munitions carried thereon and areas of operation in close proximity to populated areas.

i) That, without any current screening procedures in place, including any Aero Message (flight surgeon notice) relating to this demonstrable and identifiable risk, I must and will therefore ground all active flight personnel who received the vaccinations until such time as the causation of these serious systemic health risks can be more fully and adequately assessed.

j) That, based on the DOD's own protocols and studies, the only two valuable methodologies to adequately assess this risk are through MRI imaging or car-

dio biopsy which must be carried-out.

k) That, in accordance with the foregoing, I hereby recommend to the Secretary of Defense that all pilots, crew and flight personnel in the military service who required hospitalization from injection or received any Covid 19 vaccination be grounded similarly for further dispositive assessment.

l) That this Court should grant an immediate injunction to stop the further harm to all military personnel to protect the health and safety of our active duty, reservists and National Guard troops.

40. I am competent to opine on the medical and flight readiness aspects of these allegations based upon my above-referenced education and professional medical, aviation and military experience and the basis of my opinions are formed as a result of my education, practice, training and experience.

41 As an Aerospace Medicine Specialist, and flight surgeon responsible for the lives of our Army pilots, I confirm and attest to the accuracy and truthfulness of my foregoing statements, analysis and attachments or references hereto:

- LTC Theresa Long, MD, MPH, FS ✓

GEAR REVIEW

HYDROXYCHLOROQUINE

Humankind's experience of the last year suggests that physical fitness (non-obesity, non-smoking), healthy vitamin D and Zinc consumption, and expanded hours spent outdoors (with minimized hours spent indoors) may be among the most beneficial non-pharmaceutical individual actions that can be taken against COVID 19 (Wuhan Virus).

America's Frontline Doctors (americasfrontlinedocs.com) state: *The safety of HCQ is irrefutable. The evidence supporting HCQ efficacy against Covid-19 is also overwhelming. All negative HCQ studies have used either: too much, used it alone (it needs Zinc), or used it late (it should be early.) The treatment dose is 200 mg HCQ twice a day for five days + Zinc 50 (elemental) daily. The prophylactic dose is 400 mg HCQ weekly + Zinc 50 (elemental) daily. (There are studies right now to see if HCQ 200 mg. weekly is sufficient.) This is a very low dose. (The usual dose of HCQ in Lupus, Rheumatoid Arthritis is 400 mg. daily for years.) There are telemedicine physicians who are aware of the facts and if you are concerned about this, please see one. It is also over the counter in many places*



in the world including Indonesia and most of South America.

For the censored side of the COVID debate visit Dr. Robert Malone's (pioneer of mRNA therapies) Twitter or see rwmalonenmd.com.

Independently confirm all medical advice with a qualified physician who prioritizes scientific rigor above political directives, revenue streams, and groupthink.



**Practicing
the front kick
after being
OC sprayed.**

ART OF THE

FRONT KICK

BY **DAVE CADY**

I have been asked many times: “What is the best martial art?” My answer has been: the martial art that is available to you.

If you have the luxury of picking different styles you should check them all out. Research what style is best for your physical abilities. Japanese styles have hard linear motions in their kicking and hand techniques. The Chinese styles are known for their circular hand and feet techniques. Korean Tae Kwon Do is a mixture of both Japanese and Chinese styles. Tae Kwon Do blends the hard and soft techniques of the hands and feet. I believe the best martial art is a combination of techniques from all the arts. Although I only hold a black belt in Tae Kwon Do I have experience with many and respect all the arts. The Mixed Martial Arts (MMA)

schools have found a large following because of their use of a combination of striking, kicking and grappling techniques. They teach no nonsense hand to hand fighting. Many arts share something in common: the front kick.

The front kick is usually the first kicking technique that is taught. It is easy to learn and easy to execute. Think of this fact. A Martial Arts student learns the front kick and diligently practices it over several years. It is safe to say that the student will perform that kick several hundred times. This is a great example of practice makes perfect. In my thirty-seven years of training in the Martial Arts I have executed the front kick thousands of times. I

have executed the front kick dozens of times in real life situations. The proper execution of technique and power made the difference between success and failure.

In my earlier years I was mesmerized by the spinning and jumping kicks performed by Chuck Norris and Bruce Lee. These were complex techniques that required a lot of diligent training. It took me some time and pain to realize that they were great looking, but not practical.

MECHANICS

The front kick is executed by lifting the knee straight forward and pointing the knee at the

target. Keep the foot and shin hanging freely or pulled into the hip. Then in a quick snapping motion extend the leg striking the target area with the foot. There are two basic portions of the foot that are used to strike with. The first area that I teach is the ball of the foot. This takes a degree of training. A common mistake is to execute the kick and strike with the toes in the normal extended position. This can cause pain and possible injury. The toes must be pulled back in order to strike with the ball of the foot.

DRILL 1:

Place one hand on a wall. Face away from the wall as though you were facing an opponent. Raise the hand that is not against the wall in a manner that would protect your head. Then raise the knee and extend the leg. Pull the toes back and focus on using the ball of your foot to strike a target area. You can practice balance by taking your hand off the wall and conducting the raising of the knee and then the extension of the leg. Do this in sets of ten for both legs. This will help you work balance and proper techniques for the front kick. Slow extensions of the leg will help to strengthen the leg muscles.

Another portion of the foot to be used is the heel. The heel of the foot is used in a pushing manner. The ball of the foot is good for the quick snapping motions of the front kick. You can use the same drill when practicing the use of the heel of the foot.

Kicking techniques are conducted in the area outside the reach of the extended arm. Kicking with the front leg is slightly quicker than the rear leg. However, a rear leg kick can usually generate more power. You can slide or skip into the front kick to gain ground on your opponent. If you are too close to kick you can strike with the knee. Working with a partner or a heavy bag will help you to figure out what your distance should be when executing a kicking technique. Estimating range improves with practice.

TARGETS

When executing a front kick, you will be in a forward fighting stance. My theory on this stance is that it can be used for any situation. It is a platform for all types of defense and attack. Your hips will be square and facing your opponent. One leg will be slightly forward, and the knee bent. The other leg becomes the rear leg and that should also be slightly bent. Your hands will be open and placed even

with your jaw and ears. Your palms will be open and positioned to cradle your head in a defensive posture. Be loose and on the balls of your feet.

It is imperative that you check your state and local laws regarding the justification of physical force for self defense situations. Executing a front kick to certain target areas can cause physical injury. In regard to front kicks to the knee or groin it must be understood that serious physical injury can result. The justification for physical force must exist before kicking or striking another person.

The Shin is an area of the body that can cause great pain to your adversary. One big advantage is that the kick will be executed on a lower portion of your adversary's body. Detection of the kick is reduced because it is out of your adversary's line of sight. It can be done with the front or rear leg. The front leg is quicker and can also be designed as a feint that can distract for a striking technique with the hands. A quick point of the knee to the target area and a snapping motion with the lower portion of the leg will complete the strike. The portion of the foot that will be used is the ball of the foot. Even if you are wearing shoes, you do not want to kick with your toes. That action could injure you. The type of footwear that you routinely wear is a factor to consider. When I was a uniformed officer, we wore a standard duty boot. In plain clothes I wore hiking boots. When I was a suit and tie guy, I sought out the sturdiest type of shoe possible. If you are wearing sandals or flip flops your chance of success is diminished. If you wear steel toe boots, kicking your adversary in any area of the body can cause serious



THIS PAGE: USMC LANCE CPL. MICHA PIERCE



Strike with the ball of the foot or the heel. If you're too close, you can strike with the knee.



SSG MATTHEW WINSTEAD

Kicking your adversary in the knee can cause serious injury.

physical injury. If you kick the shin slightly below the knee you can then use the inside or outside edge of your foot to slide down the shin and stomp on the top portion of the foot. I used this technique successfully with an aggressive individual. This technique can create pain compliance however, you will be in the trapping zone and must be prepared for a counterattack.

Kicking your adversary in the knee can cause serious injury. The justification for force of that nature must be present. Does my attacker have a weapon? Is my attacker of superior size and strength? Can I articulate the reason for such an act of self-defense? If so, a well-placed front kick to the kneecap can take your attacker down. You can strike with the ball or heel of your foot. You can use the front or rear leg. If the attacker has his back to you and you want to take him off balance you can kick the rear portion of the leg at the knee joint. We used this technique when separating individuals that were fighting. I would grab the shoulder area of the main aggressor from the rear and execute a front snap kick to the rear of the knee joint. This would cause the aggressor to lose balance. A quick take down could then be initiated.

The Pelvic Girdle is the area located at the front of the body from the navel to the pubic

bone, right and left side hip joints. The femoral artery can be located in the inside of the thigh on both right and left sides. It is the skeletal foundation for the body. In this area of the body I would use the heel of my foot and my rear leg. I want to generate as much force as possible when striking this area. A well-placed kick to the pubic bone can generate a great deal of pain as well as take an attacker off balance. This technique saved my life during a SWAT operation.

I was advancing down a hallway during a barricaded subject call. It was unknown if the suspect had a family member hostage or not. We covertly entered the resi-

dence and approached the area of the home that the suspect was supposed to be in. While advancing down the hallway the suspect turned on the light in the bedroom that he was in. The door was closed but I could see a shadow of his feet at the door. As he opened the door, I observed that he was holding a rifle in a cross-carry position. With my MP5 trained upon him I executed a rear leg front kick to his pelvic girdle. This caused the suspect to fall backward dropping the rifle. He was taken into custody without further incident. The family member that he held hostage turned out to be the family dog.

The Groin is another area of the body that can sustain serious injury when struck. Kicking the groin is easier said than done. Just about any man will flinch protectively when any part of another person's body attempts to strike him there. An attack to that area of the body is generally easily seen and defended against. An easy defense against the attack is to turn either leg inward at the thigh and the testicles are protected. I don't advocate kicking a person in the groin when they are down on the ground. Unless they have some type of weapon that is readily capable of causing you harm you have likely lost the self defense justification for that type of technique.

A well-placed kick to the stomach can be

useful when executed correctly. It must be done with speed and power. The higher the kick the greater chance that your opponent will see it coming and either block it or step away from it. Being kicked in the stomach can cause pain and nausea. It can also cause injury. Justification for this use of force must exist in order to execute this technique.

DRILL 2:

From the forward stance place both hands in a defensive position guarding your head and face. Raise the knee of the rear leg and point it at an imaginary target. Slowly extend the lower part of the leg. Making sure that the toes are pulled back, extend the leg outward to execute the kick. Build up your speed as your accuracy increases.

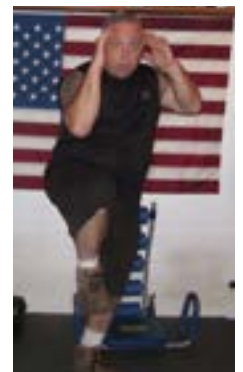
DRILL 3:

From the forward stance with your hands in a defensive position, execute a lead jab technique followed up by a low front kick to your opponent's shin area. Work on technique and speed. Add other hand techniques and follow up with additional front kicks. Use your front and rear leg.

Achieve the basics of the front kick first. Point the knee to the target and pull the toes back. When using the heel, push the heel into the kick. Start off slow and build up speed. Conduct the wall kick drill to develop strength in the legs. Remember that any kick waist high or above can be easily seen and blocked or avoided by your opponent. Expect to use the front kick in combinations and add hand techniques into your training and you will have some solid self-defense strikes to expand upon. ✓

BIO

Dave Cady is a 27 year Law Enforcement Officer. He has held positions as a Village Patrolman, Deputy Sheriff and Criminal Investigator. He held assignments in SWAT and served as an Investigator with the Oneida County Narcotics Enforcement Task Force. Dave is an FBI certified Defensive Tactics Instructor. He holds a 5th Dan Black Belt in Tae Kwon Do.





PERFORM ON DEMAND

DON'T TRAIN TO DIE

BY FRANCIS DUFFY

I recall training at the Blackwater training facility (now Academi Training Center) in Moyock, North Carolina.

We were engaged in Simunition training inside a shoot-house. One member of our team was shot with a Simunition round and he stopped fighting. The instructor said loud enough for all of us to hear: "Train to live. Don't train to die." By stopping, our team mate took himself out of the fight. He was training to die.

The Spartan Firearms Training Group, LLC has been delivering high quality firearms training since 2016. We have trained thousands of Maryland residents and we train with some of

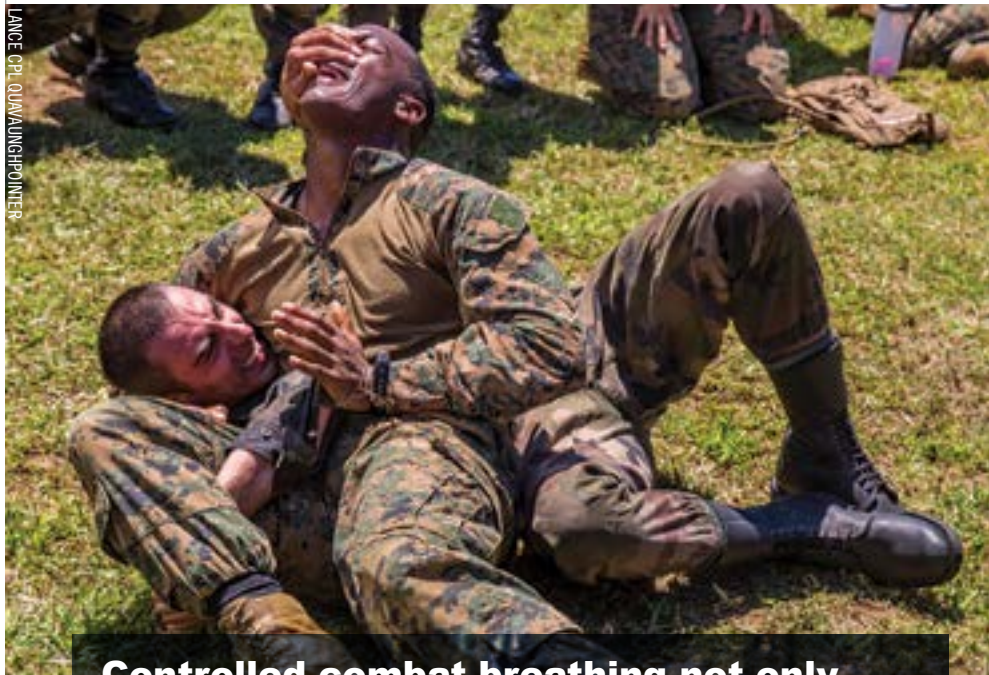
the best veteran special operations warriors in the world. We take what we learn from those warriors and pay it forward to our customers.

One of the things we learned from those warriors and from my own experience serving in Special Forces is about the critical importance of being able to perform on demand. Performing on demand means responding to a deadly force threat quickly and effectively.

The ability to perform on demand requires mental toughness. Mental toughness does not mean having guts or being exceptionally

brave. Mental toughness is about preparing yourself mentally, physically and emotionally to perform on demand when faced with a deadly force threat.

You develop mental toughness by designing and following a specific training routine. The training routine we recommend has several components: combat breathing, using a centering statement, using positive self-talk, performing firearms skills perfectly, visualization, engaging in Simunition and shoot/move drills, and combat conditioning.



Controlled combat breathing not only helps with firearm skills, but can also get you through strenuous physical demands.

COMBAT BREATHING

Use combat breathing before you start your dry practice or live-fire training. Here's how: Breathe through your nose. Breathe deep into your abdomen. Inhale for a count of 6 seconds, hold for 2 seconds and exhale for 6 seconds. Repeat for a few cycles.

CENTERING STATEMENT

While training, use a slogan or a thought to center yourself before pressing the trigger. This should be something that is embedded in your subconscious and quickly accessible. One I learned from the instructor who teaches our emergency casualty care course is "not here, not now, not this way." In other words, "bad guy, you are not doing this to me...not here, not now, not this way." When I am engaged in dry- or live-fire practice, while looking at the target, I repeat this thought before pressing the trigger.

POSITIVE SELF-TALK

Develop the practice of using positive self-talk about your gun handling and marksmanship skills. Don't self-criticize—do self-praise. It really does have a positive effect on your subconscious and ultimately on your performance; for example, I often use statements like: "I am an excellent shooter. I hit the target all the time. I press the trigger to the wall and then break the shot."

PERFORM SKILLS PERFECTLY

Many people believe that gun handling and marksmanship skills are developed on the range doing live-fire drills. Competition shooters and skilled warriors know that firearm skills are developed along several different pathways that include proper instruction, an uncompromising dedication to dry practice, and comparatively little live-fire practice.

You use an unloaded firearm to engage in dry practice with absolutely no ammunition in the training space. You can practice most of the firing cycle skills through dry practice. These skills include: drawing from concealment, acquiring the target, aiming (sight alignment and sight picture), reloads, immediate action, use of lights, and trigger press. You will likely be unable to practice resetting the trigger without racking the slide repeatedly, however, a company called DryFireMag (www.dryfiremag.com) sells magazines that allow you to dry fire and experience trigger reset without racking the slide. You cannot manage recoil while doing dry practice drills.

Practicing correct skills incorrectly or practicing the wrong skills correctly creates training scars that are difficult to fix. We experience this phenomenon on the live-fire range with some of our concealed carry students. Some of them have years of shooting experience, but have never received proper instruction on safe and efficient firearm skills; for ex-

ample, they use inferior gripping technique, or they use an inferior trigger press, or they do not properly align their sights. When we see this happening, we give those students real-time feedback. When we see them repeat the same errors again and again, we know incorrect skills have been programmed into their brains and that programming interferes with learning and executing superior skills.

Neural pathways are created in your brain to accommodate new skills. Myelin coats the neural pathways as you continue to train a particular skill. The myelin becomes thicker as you train. The neural pathways layered with thick coats of myelin become very efficient, which helps you to use those skills quickly and effectively without thinking. But there is a catch.

If you practice a correct skill incorrectly you are training your brain and subconscious to implement that skill incorrectly. If you practice incorrect skills correctly you are training your brain to use the incorrect skills. You are training yourself to fail in both instances.

The myelin that is created is not removed from those neural pathways that have been trained to fail. You will need to create new neural pathways to accommodate superior skills practiced correctly, and that requires good instruction and time.

If you are ever faced with a deadly force threat you must find solutions in the moment. You will not have time to contemplate all of your options. You must react with speed and effectiveness. If the solutions you need in the moment are not correctly trained into your subconscious you will likely not survive.

When you are engaged in skill-training you are also programming your subconscious to perform. In the data-analysis world they say: "garbage in, garbage out." Once the wrong skills or the correct skills trained incorrectly are programmed into our subconscious it will take even more effort and time to correct and rewrite the subconscious training programs into new neural pathways.

VISUALIZATION

Visualization is a process for using mental imagery to see yourself doing something before actually doing it. Top athletes and skilled military operators use this process to imagine how they will perform in real time.

We advise our wear and carry students to engage in visualization. We tell them to imagine possible scenarios in which they could possibly find themselves; for example, imagine

yourself walking across a parking lot and gunfire breaks out. What will you do? Imagine you are in a convenience store and an armed robber enters. What will you do?

The late Colonel Jeff Cooper, founder of Gunsite Academy, famously offered advice to his students. He said something like this: If you face a deadly force threat you must think “I knew this could happen one day and I know what to do about it.” Visualization combined with your skills-training helps you to “know what to do about it.”

Having solutions pre-programmed is important. Visualizations provide you with mental scripts that can be converted into solutions in the moment.

Here is one way to engage in a visualization process:

- Visualize yourself perfectly performing gun handling and marksmanship skills while training (dry practice or live-fire);
- Find a firearms training facility that has a 300-degree simulator that you can walk into and have bad guys on a screen shooting at you while you return fire with a handgun outfitted with a laser (where I live in Maryland there is a facility like this called the Guntry Club of Maryland).
- Visualize situations that you might find yourself in and imagine what you will do to survive.
- Occasionally, visualize a “worst-case” scenario where you are wounded or injured. Visualize how you will stay in the fight and prevail.
- Always see yourself winning the fight.

SIMUNITION

Some of the most realistic firearms training we have ever engaged in used Simunition and shoot and move drills. A Simunition round looks like a real cartridge, but the projectile is replaced with a plastic tip filled with a paint-like substance. Getting shot with one normally hurts (even with protective gear there are still parts of the body that are exposed. I still have a scar on my bicep from a Simunition round).

When you engage in live-fire training on a flat range the targets are normally stationary, they don’t shoot back, and you likely stand in one spot. This is not training for the fight of your life, although it is good for improving your marksmanship. Finding a training venue where you can engage in shoot and move drills, especially with other role players shooting at you with Simunition can be truly realistic and effective training.



Strength and stamina can help win the fight.

COMBAT CONDITIONING

Although strength and aerobic conditioning can improve your odds of surviving a gun fight, most deadly force encounters with a handgun don’t last long and some only last a few seconds. However, if you have to move quickly to find concealment or cover then strength and aerobic conditioning become very important and there is no way of knowing if the fight you are confronted with will be a gunfight. You may need to drag someone to safety.

Combat conditioning has three major components: strength training, cardio training and optimum body composition.

Strength Training: Mark Rippetoe, a famous strength trainer once said “Stronger people are harder to kill.” Strength training makes it easier to move your bodyweight for longer periods, which means your stamina increases.

Cardio Training: The cardio-respiratory system includes the heart, lungs and circulatory system. This system experiences significant stress when faced with a deadly force encounter. That level of stress requires an increase in cardio-respiratory capacity if you want to prevail. We encourage our wear and carry students to incorporate cardio training with their strength training.

Body Composition: The final component of combat conditioning is healthy body composition. Body composition is the relative proportions of protein, fat, water and mineral components in the body. It is calculated by measuring total body fat and fat-free body mass that includes muscle, water and bone.

Body composition varies among individuals because of differences in body density and degree of obesity. Healthy adult males have 6% to 24% fat while healthy adult females have between 14% and 31% fat. Your level or percent-

age of body fat will be significantly affected by your diet and training regimen.

A sensible and consistent combat conditioning program accompanied with a healthy diet will facilitate optimum body composition. Don’t neglect this aspect of combat conditioning.

CONCLUSION

Your life or the lives of your loved ones will depend on your ability to find fast and effective solutions, in the moment, for escaping or neutralizing threats. Competition shooters and top warriors relentlessly engage in dry practice. This means you have no excuse for not training because you can dry practice any time, day or night, and it won’t cost you a penny. You should also engage in live-fire training and shoot/move training with Simunition rounds. As you visualize possible deadly threat scenarios you might face, imagine yourself dealing effectively with the threat. Imagine a worst-case scenario where you have been wounded while staying in the fight and prevailing. Do not forget to work on your strength and conditioning. Not only will you improve your ability to survive a deadly threat, you will also improve your quality of life. Don’t train to die. ✓

BIO

Francis Duffy, Ph. D, is a U.S. Army Special Forces veteran of the 6th and 5th Special Forces Groups, a graduate of the Army Ranger School, and a combat diver. Frank is also a certified executive protection specialist and is the co-founder and vice president of the Maryland-based Spartan Firearms Training Group (www.spartanftg.com).

HURRICANE IDA LESSONS

BY JIM LeBLANC

I live in South Louisiana and like many people here, have ridden out many hurricanes.

Recently, Hurricane Ida hit our area, with the eastern part of the eye passing over us with winds reaching 105 mph. We were lucky, with no house damage, losing only an 80-foot oak in the back and many branches in the front. But what worked and what could have been improved upon?

If you decide to ride out a similar storm, there are a number of preparations to do ahead of time. Fuel up all your vehicles. There will be no gas stations open for days after the storm. Fill up any fuel containers you will need for portable generators. Make sure these are stored safely as they can be a fire hazard.

WATER

Water is an absolute necessity. Before a storm, stock up on plenty of bottled water and fill all tubs with water. An excellent device is the WaterBob. It is a vinyl food grade bladder that sits in a tub and has a valve to recover the water from it. It will work for drinking water. If you do not have one, you might use the water in the tub for flushing toilets. The best option is to have a well and better yet, to have the well on your generator power. I have a well, so I was prepared. In the event my generator went out, I had installed a Simple Pump on the well. This is a hand pump that allows you to pump water by hand. The ability to filter or desalinate water is valuable too.

A WaterBob (below) fills the tub and stores the water for safe future use. A portable option is the WaterBrick (bottom).



WATERBOB



WATERBRICK

POWER

Fortunately, I had a 20KW whole house generator and we ran on it for 10 days after the storm. Over 1,000,000 people were without power in South Louisiana. August in South Louisiana is *hot*. When I selected my generator, I had a choice of air cooled or water cooled. An air-cooled generator runs at 3,600 rpm, while a water-cooled generator runs at 1,800 rpm. I have natural gas, so the fuel decision was easy. Using propane for very long will exhaust your tank quickly, so in my case, natural gas was an easy choice. An air cooled generator requires minimal maintenance, just an oil and filter change every 100 hours. Make sure to have spare oil filters and oil on hand to last through an expected outage. A water-cooled generator also requires oil changes, as well as periodic checks on coolant. I previously had a water-cooled generator at my last house and the fan blades broke off and punctured the radiator. That was expensive.

Also, make sure you know the procedure to disconnect the power to the house and shut down the generator to change the oil. Changing the oil is critical. Many people do not know how to do this and if you are running for a prolonged period on natural gas, expect a huge dollar amount on your next gas bill. I estimate the 10 days I ran on generator power will cost in the neighborhood of \$800. This will be slightly offset by the reduction in your electric bill, but don't be surprised when it comes. A water cooled generator running at 1,800 rpm uses less fuel than an air cooled generator running at 3,600 rpm.

Many people used portable generators. These work fine, with several caveats. First, do not run it in a garage or closed area. There were numerous carbon monoxide deaths. Second, you need to make a choice: run with extension cords or have an electrician install an outlet for you to plug your generator into your breaker box so you can feed the whole house and decide what devices to power via your breaker box (typically, refrigerator and freezer, which only need to be done for several hours a day, fans and lights). This obviously has to be done ahead of time and I had such a setup in a previous house where I did not have a whole house generator. You may not have enough power to run an AC unit—make sure you know the capacity of your generator. Under no circumstance should you try to wire it in yourself. If done incorrectly, you can feedback electricity through the lines and electrocute a lineman working to restore power. Again, have spare oil filters and oil for the portable generator. Portable generators can be run on gasoline, natural gas, or propane. My neighbor ran his on a natural gas conversion unit. There are kits to convert a gasoline generator to run on natural gas or propane and many can be bought with the conversion already installed. Make sure you know what fuel you will be using so you have

an adequate supply. If you use gasoline, make sure it is stored safely away from the generator and house. Also, you may want to consider a small hand operated fluid transfer pump. One of my neighbors borrowed mine to transfer gas from a 55 - gallon drum to 5 - gallon containers. If I had not had one, he would have had a problem. Also, make sure you have the necessary electrical cables. Do not wait until a hurricane hits to obtain a portable generator. Home Depot and Lowes do a booming business after storms from people who wait until after the storm to obtain one.

FOOD

After a storm, the grocery stores will be closed and the ones that do reopen will be on generator power. This means no credit/debit cards can be processed, so have enough cash on hand to operate for at least 7-10 days. Make sure you have small bills, preferably \$20s.



You will need a chainsaw to help clear roads for rescue vehicles and to clear property damage.



Anticipate being without water, electricity, and outside assistance.

Many places do not have change for \$100 bills and are reluctant to take them. The amount depends on how severe the storm is, how you are affected in your area and how long you may need to use cash rather than your credit/debit card. With respect to food selection, if you have generator power you may be able to operate normally. If you have a gas stovetop, so much the better (I do). If your stovetop is electric, you may want to consider a Camp Chef stove with two burners that can be run off of a 20 lb. propane tank to use for cooking. This is a better choice than a BBQ grill for everyday cooking. Several tanks should last for over a week if you are careful in your use. In storing food, especially if you are only running your generator a few hours a day, a chest freezer is a better option than an upright freezer (of course, this decision has to be made well in advance of any storm). When you open it, the cold air stays inside rather than rolling out. I have a 20-c.f. chest freezer and had gone to the grocery several days in advance of the storm. Be aware that when the grocery stores do reopen, shelves will be wiped out quickly since people may not have stocked up ahead of time and also since truck deliveries may not occur for up to a week. Bottled water, bread, milk, eggs, bacon, chips, chicken, pasta and luncheon meats seemed to be the most sought after items. The local grocery stores where I live initially allowed only several groups of five people at a time in and there were long lines. Plan ahead. Buy foods that require little prep, require no cooking or that can be microwaved.

TOOLS

Expect that after a storm you may have branches down. You will need a chainsaw to do cleanup work. I have an 18-inch bar chainsaw and it performed well. Make sure you have bar oil and either premix fuel or oil for mixing with gas (50:1 ratio). Get several tree felling wedges. These wedges are useful when you get your chainsaw stuck while cutting through a downed tree or branch (and you will). You may want to consider an extra chain. Make sure you have gloves and eye protection. One real lifesaver was groups that came through about five days after the storm to assist people. The Southern Baptist Disaster Relief group from Arkansas and Samaritan's Purse were two such groups in my area. The Arkansas group tackled my eighty-foot tree (thirty inches in diameter) in the backyard. It took five guys and a skid steer 4 ½ hours to cut

and remove the tree. *And they did this for free.* If such a group assists you, *please try to support them.* I could not have done what they did. They did this service for many people on my street. Also, be aware that many streets will be blocked by downed trees and power lines. Several trees had to be cut to allow passage out of our street. Access roads were similarly blocked until the trees were cut. Although downed power lines are unlikely to be energized, always assume they are. Also make sure you have rakes to clean up debris in the yard.

Anticipate that there will be no mail delivery or trash pickup. It would be prudent to have several boxes of 39 gallon contractor bags to put garbage or yard debris in. Once the storm is over, anticipate that you will have no internet, phone or TV. I am on satellite, so I had both (but no phone) and was able to follow recovery efforts and stay in touch with people. Those on cable were not so lucky and still, after 2 weeks, do not have internet, phone or TV. Your cellphone may be your only link. Be prepared to assist your neighbors if they need to reach family. A good radio should be in everyone's kit. Games or books for children are a good addition. Make sure you charge your cellphone ahead of time and have a battery booster to recharge it when it dies. Your cellphone may be your only outside link and if you have no power, a battery booster will be invaluable and solar chargers are available.

We also had extended family stay with us. If you expect family or friends to stay with you, plan on having extra food and be prepared to alter your daily routine.

MEDICATION

Medicines are another planning item. Like the grocery stores, pharmacies will not be operating for many days. Make sure you have an adequate supply of necessary medicines on hand. Some people can go for several days without their prescribed medicine, others not. If you are on insulin, have a supply large enough to carry you through. Your physician should be able to assist you on this prior to a storm. Make sure you have a cooler to store it in if you do not have a generator. Treatment of minor medical issues should also be planned for. My elderly neighbor across the street got hit on the head by a falling branch. After I treated the cut, I checked on him every hour for 4-5 hours

to make sure he had no concussion. Medical skills are as valuable as medical supplies.

Make sure you carefully watch the news on the storm progress. Until the last 8 hours before it hit, we expected the storm to trend more West of us- it didn't!

I teach disaster preparedness and try to practice what I preach. I covered all the bases and there were no surprises. One planning issue for many people will be whether to stay or evacuate. This is a personal decision. Many areas of South Louisiana are low and tidal surge and rain can make homes uninhabitable. Anticipate many low lying areas will be flooded and choose your driving routes carefully. Rivers in my area were above flood stage. If you are not comfortable riding the storm out and not adequately prepared, evacuation may be a better choice. You may be restricted on re-entry for a time.

Do not forget to take before and after pictures for insurance purposes. This will assist your claim if you have to file. Also, register for



Make sure you have a supply of needed medications.

FEMA assistance, even if you do not anticipate needing anything. Right now, FEMA is offering \$800 reimbursement on generators purchased due to the storm and \$250 on chainsaws purchased. But you have to register to take advantage of the offer. It is generally safest to evacuate when possible, but with careful planning it can be possible to ride out a hurricane or recover from one with minimal discomfort. ✓

BIO

Jim LeBlanc is the owner of Contingency Planning Consultants, L.L.C. and is the former Vice President of the New Orleans Chapter of the InfraGard Louisiana Members Alliance. He previously served as the chief financial officer for a major chemical company for 23 years, and as a reserve deputy for his local sheriff's office. He is author of Real Risk Management (Center for Security Policy, 2016).

Whether your highest priority is tracking and supporting the forensic audits of the 2020 election in all 50 states (visit: Telegram, search: America First Audits) or getting to the bottom of the COVID 19 (Wuhan Virus) misrepresentations (visit: americasfrontlinedoctors.org for the censored side of the debate) or whether you are simply interested in navigating the contemporary wilderness of censorship and deception for your own family, it is encouraging to see how selfless human beings can be.



DR. LI-MENG YAN

Dr. Li-Meng Yan is a Chinese virologist previously associated with the Wuhan Institute of Virology, who fled Hong Kong to the United States. Dr. Yan stated she became aware of person-to-person transmission of COVID 19 in late December 2019 and that the Chinese Communist Party (CCP) suppressed her research. Dr. Yan's first report revealed indicators that COVID 19 had been deliberately human altered or weaponized.¹

The Unnatural Origin of SARS and New Species of Man-Made Viruses as Genetic Bio-weapons, a 2015 PRC document, predicted that World War III would be fought with bio-weapons. It described SARS coronaviruses as a "new era of genetic weapons" that can be "artificially manipulated into an emerging human disease-virus, then weaponized and unleashed in a way never seen before"². It also reportedly called for "gaslighting with unrelenting misinformation". The Lancet medical journal apparently printed similar misinfor-

mation in February 2020 condemning "conspiracy theories" that COVID 19 did not have a "natural origin", but it is now known that Peter Daszak—a scientist associated with the Wuhan Institute of Virology—had secretly orchestrated the article. Information in the public domain also implicates Anthony Fauci, Director of NIAID, of aiding and abetting coronavirus bioweapon research in Wuhan through at least one cutout.³ He also appears to have publicly lied about this on multiple occasions, and advocates involuntary COVID injections (even for children).

Pfizer, manufacturer of the one hastily FDA approved series of COVID injections: Comirnaty (not available), and recipient of Continuing Emergency Use authorization for BioNtech (available with total liability shielding for the manufacturer) is also immersed in controversy. A Department of Justice press release stated: "Pfizer paid \$2.3 billion, the largest health care fraud settlement in the history of the [DOJ], to resolve criminal and civil li-

ability arising from the illegal promotion of certain pharmaceutical products."

What crimes have been committed in creating, releasing and profiting from COVID 19? Outside of Norway, what motives drive inexplicable COVID policies around the world? A comprehensive investigation must begin with Dr. Li-Meng Yan's courageous reports. ✓

NOTES

1. <https://brooks.house.gov/media-center/news-releases/congressman-mo-brooks-reports-interview-dr-li-meng-yan-regarding-covid-19>
2. <https://www.news.com.au/world/coronavirus/leaked-chinese-document-reveals-a-sinister-plan-to-unleash-coronaviruses/news-story/53674e8108ad5a655e07e990daa85465>
3. <https://www.newsweek.com/dr-fauci-backed-controversial-wuhan-lab-millions-us-dollars-risky-coronavirus-research-1500741>

Ed.: Independently confirm all medical advice with a qualified physician who prioritizes scientific rigor above political directives, revenue streams, and groupthink.